

Healing with mental and total physical cleansing

With purification, we can reprogram both the body and the mind. You need to change your thoughts, behavior, actions, and sensations. You can clear your thoughts, for example, with mantras and prayers. You have to be loving and use positive affirmations. You "delete" or "throw away" the old, outdated thinking, old programs that no longer work. You have to write down your mistakes, your transgressions, your bad behavior, and why it was all bad that happened to you. Confession is an ancient method that works well. You must confess to yourself and ask forgiveness if you have sinned. Write down what you would do to make the problems go away. Use words like this: start over, cleanse, start with a clean slate again, create healing thoughts and circumstances, change all the negative thoughts to positive ones. Love, goodness, peace, tranquility and knowledge should guide you.

Let's not forget that in addition to our consciousness and energies, we also have a body. When you reprogram yourself, you have to cleanse your body as well. I recommend the following medical treatments: water cure until the cells regenerate. This can last from 1 day to forty days. In the case of a long period of time, it is important to go for a medical examination, as you need to know how your recovery is progressing. Another less strong cure is healing with fruit, vegetable juice and herbal teas. For example, you've probably noticed that cigarettes cigarette does not fall well after an apple or kiwi. It is recommended to eat a piece of fruit after eating. This cleanses your consciousness, the leader of your sensations, cleanses the stomach, the food residues in the body. After three hours, eat a fruit or vegetable as a snack, if possible, eat it raw. You will notice that this will not make you have an appetite for a large menu later. It's important to give up big meals and snacking on unhealthy things. If a medicine can cure you, you should also look at how much of what you take into your body at meals. Homeopathy also works on the principle of low doses, as do vaccines taken in small doses. So a small dose can cure you, unless your entire energy balance is upset. If it is, then you have to heal with energetic and mental healings. Relaxing and calm help. Yoga exercises such as kundalini yoga, gymnastics with breathing exercises help. If you already need it, sedative medications will help. Soothing music, colors and scents are also helpful.

Mindfulness methods are changing your senses, hearing, touch, seeing, smelling. If you cleanse your body both energetically and physically, you won't be able to talk badly anymore, for example, because after cleansing you will have good energies. So you can't be with anything else but clear thoughts and more organized behavior.

It contributes to your physical healing if you don't eat meat. If you can't stand it, eat chicken and fish. For example, you should not eat animals that are not clean and have a greater capacity for consciousness. If a pig eats slurry all its life and grew up in a dirty place, it should not be eaten. The piggy can also be trained, so it has brain capacity and such living energies that it should not be slaughtered. You eat its good energies or take its dirtiness to yourself. As I wrote before, you can get sick from taking small doses of the substance. Beef, which you also say is chewy, can barely get your teleport out (which turns matter into energy). This meat will also make you sick easily, because the teleporters will have a hard time getting this food out of you. Even your mental energies suffer from teleportation, you can have Alzheimer's-like illnesses. Cattle are also larger

mammals, they suckle their babies like pigs. So it is a more conscious mammal than the chicken. It is not recommended to eat it.

It is part of physical recovery if you do not drink alcohol either. This corrodes and burns out the cells of the human body. If you can't stand it, drink two decilitres of fragrant, good-tasting mulled wine with little alcohol left, or a sip of herbal alcohol. Here again, I emphasize that the amount of dose matters. You can imagine what damage the drink does if the drink lands in the head or in one of the limbs. If not for the lower limbs of your body, then your consciousness in your head is an important thing for you. Your consciousness is your sense system and your knowledge at the same time.

It is part of physical healing if you do not smoke hoe tobacco. If you can't stand it, smoke a low-smoke, fragrant cigarette. From that too, in moderation. Do not inhale smoke or wash your mouth after smoking a cigarette.

It is part of physical healing if you do not eat dairy products. If you can't stand it, eat very little of these. Milk indicates allergic symptoms in a lot of people due to lactose. It spoils quickly, so you should drink long-lasting milk lactose-free. Herb-based milks, rice milk and soy milk are good. These are digested over a longer period of time, so it is burdensome for the human service, so only in moderation. I only know this from hearsay, and it is not a proven fact that milk causes diabetes. It would be worth looking into this for doctors. I got to know a very good healer who worked with Reiki and physical cleansing, who did not allow his cancer patient, who had a giant tumor growing in his belly, to consume dairy products. In addition to his new diet and energetic and mental cleansing, the tumor completely withdrew from his body.

You will achieve physical healing if you do not eat from bakery products. If you can't stand it, just eat 3 bites. These products stick to the body and are very difficult to convert into energy, like meat. It quickly takes away the feeling of hunger and instead of vegetables and fruits, you quickly get after it. But it's very unhealthy. As you have seen, bread gets moldy quickly, so your digestion needs to work very well to completely clear it from your body. If you can't stand it, eat abonette or long-lasting bread that lasts a long time.

You will achieve physical healing if you do not eat sugar. If you can't stand, you can eat a cookie. But that should be your sugar intake for the whole day. Use sweeteners, like those who have diabetes and can't process sugar in their bodies. Eat fruits and that should be your daily sugar intake. Fructose from fruit can be processed better by the human body than from sugar beet.

You will achieve physical healing if you do not drink a lot of coffee. Caffeine is a mind-altering agent and also affects blood circulation, so it should only be used in moderation, as with mind-altering drugs in general. An espresso or a long coffee during the morning makes sense. Don't drink it in the evening and not too much, because then you can't fall asleep peacefully.

You will achieve physical healing if you consume only very small amounts of oils and fats. Here I am mainly thinking of animal fats. These cause vascular diseases. If you already use oil, use vegetable oils, such as olive oil.

I left it for the last time and wanted to say with all this, if you don't have money for fruits and vegetables that give enough vitality for a homo sapiens, then just measure everything and

learn the concept of dose from doctors and healers, because otherwise you can very easily make yourself sick with bad food.

You can get sick from unconscious thinking and fears. With conscious thinking, you can build a beautiful world for yourself. This does not include the so-called fears. You have to work constantly to be with the consciousness of doing something for your body, your mind, your energies and the person in general. This means that your clock must be ticking positively throughout the day in order to live in positive reality.

I have been healing for 17 years, and during this time a lot of energy has come to our earth. These are energies that have made many people sick. We can end this struggle by understanding what they want from us and working our world to make it a positive place for us again. You can protect yourself from them with those thing that I told you above.