

Mental Healing

Our consciousness has the ability to achieve very rapid healing. This is because our thoughts and words have a creative power, and if we steer ourselves toward positive thinking, we are already halfway to health. We have been shaping our lives with our consciousness since childhood. It is essential to be aware of the karma we create for ourselves and the energies we carry from childhood. To be loved, you must possess love and knowledge. You need to work for your energy, and those energies must recognize who you are to them.

I want to emphasize that inactivity leads to various energetic problems. The energies that wish to soar do not know how to handle stagnation. The spirit world has always been with you since childhood. They are the love that accompanies you throughout your life, and you must nurture them. Care for them, and in return, they will love and heal you when you are in trouble.

Never forget that as a human, you are the birth and the guide. Therefore, a great responsibility falls upon you every moment of your life. You must act for yourself, for your spiritual world, and for your childhood.

Each day brings new energies. Some of the daily energies that come to you will become a part of you. These energies may have knowledge or ignorance. You must learn with knowledge, and knowledge will love you; ignorance must be taught, as it often does not realize its impact on your physical body. These energies can cause energetic fluctuations and physical symptoms. The energies that have been with you since childhood must heal these issues.

Older individuals provide a good example of inactivity. Those who engage their consciousness and energies remain fit, while those who do not read, learn, or move suffer from numerous energetic and physical ailments.

A varied life leads to success. One should not constantly perform monotonous, repetitive, robotic tasks, as they exhaust the mind and energy. For example, researchers tend to maintain mental fitness even in old age. Spiritual energies appreciate the challenges of research and the repeated experiences of success. Thus, mental and cognitive fitness leads to both energetic and physical health.

Modern society has reached an average life expectancy of 80 years. This is due to education, universities, workplaces, and a conscious, healthier lifestyle in many cases.

I would highlight the healing power of love and stress-free living. Stress, which is so frequently discussed, destroys people. It affects emotions, well-being, and ultimately health. Work-related stress, family conflicts, or a lack of love all contribute to stress. Therefore, it is crucial to be in environments and engage in activities that bring happiness.

Through consciousness, you can embark on mental journeys. Writing, learning, talking on the phone, watching TV, chanting, mantras, praying, listening to music, and engaging in pleasant conversations all significantly support healing. These activities align your brain waves in a way that expels stress. The more often you engage in activities that confirm your true self, the better you will feel. This way life's steps will become easier to take.

One should not always be in a hyperactive state, as that also leads to stress over time. For instance, people living in cities generally experience more stress than those in rural areas. Driving a

fast car increases the chances of making mistakes compared to driving a slower vehicle. Similarly, leading a fast-paced life heightens the risk of errors compared to a calm mindstate.

Stress also affects life expectancy. Those who live in constant stress tend to have shorter lifespans.