

The New Generation Will No Longer Experience Illness or Aging

Aging is caused by energy and the deterioration of cells. Hormone production becomes inadequate due to the aging process. However, if you live with love and knowledge, energies will not make you sick or old. With this attitude and method, you can completely rejuvenate and heal yourself.

Beautiful people—those who are intelligent, wise, and use their consciousness to create beauty—are kind-hearted, understanding, decent, and respectful toward others. They are like doctors who recognize problems in others. For these people, energies do nothing harmful. Illness and aging problems only appear in those who do not work or engage actively.

Energies send signals when something is not right. These manifest as various physical symptoms. So, it's important to pay attention to these signs. They cause temporary discomforts. One must be mindful of their actions, words, and thoughts. People are capable of regenerating and healing themselves by correcting their mistakes.

If the flow of life energy in the body is blocked due to energetic imbalance (resulting in pain or numbness), illness can occur. That's why it's essential to do things that restore this flow—such as exercise, yoga, breathing techniques, and conscious signals to the energies that you intend good.