

## **The Universe Responds**

Every request, mantra, prayer, and affirmation is heard. The universe does not judge—it reflects. To connect with beautiful, positive energies, you must live with uplifting thoughts, words, and actions. Love must originate from your own world, because you are the creator of love. The universe you live in becomes what you make of it. Therefore, cleanse yourself regularly from external influences and stress-inducing energies, and cultivate inner peace.

There are healers who can heal masses through spiritual purification. Jesus taught the healing power of love over two thousand years ago. He was able to move crowds with this message, and even today, many follow his teachings. Those who walk the path of Jesus often live happier, more balanced lives.

Since we were born from silence, we must return to silence. In our daily lives, the noise of the outside world and our own rapid, sometimes stressful thoughts shape our quality of life. It is important not to burden yourself with negative films or news. Seek peaceful places, avoid noisy environments, and spend time in parks where nature's healing power embraces you. Practice yoga, exercise, listen to calming music, and meditate. These are your choices—where you place your body and soul, and how you fill your day.

Choose work you love, in an environment where you feel good. Remember: your energies—who you are—cannot decide for you. They follow you everywhere and do what you, the leader, do. Positive energies can only connect with you if you live with love and kindness. So create your own universe. You are your own savior. The universe responds.

Positive speech also liberates us. Pray, confess, and speak honestly to your energies. They have been with you from childhood to adulthood and they listen. If you feel remorse, ask for forgiveness. Say aloud why you acted negatively, and also what you will do to make it right. Your energies—your divine essence—love you. Turn to yourself with trust.

Energies have consciousness, just like humans. They influence what and how much you eat and drink. It is through energy that you may become addicted to alcohol, cigarettes, or overeating. That's why you must live consciously. Change these habits to protect your health. You can resist these energies with positive declarations: for example, during a meal, say aloud, "I won't eat more, I'm getting up from the table." When drinking alcohol, pour only a little and say, "This is enough, this small amount serves my health." If you smoke heavily, say, "I'll only take three puffs," and reduce gradually until you quit completely. Try drinking healing teas to replace the sense of lack with something beneficial to your body. With this method, you may feel significant changes in your body within just a few days.

Throughout this healing process, be loving toward yourself and others. Engage in meaningful, joyful work. Support your body with plenty of clean water and oxygen-rich air. Since our world is shaped by energies, we can even change the crystalline structure of water through speech and music. Our bodies are 80% water, so it matters what sounds, words, and vibrations we are exposed to. With oxygen-rich air, a five-day water cleanse, a peaceful environment, and spiritual music, you can even summon your angels. If you provide the right space, they can come and heal you.

There are also mental energies. If you engage in intellectual work—reading, writing—and master it, high-level knowledge energies will come to assist you in your creative endeavors.

These energies must be programmed by you, the human. You must free yourself from old bad habits and negative patterns, because beautiful energies cannot dwell in a body that is overweight, addicted, or careless. They will leave if you do not treat yourself well.