

Conscious Healing

Through our consciousness, we are capable of achieving exceptionally rapid healing. This is possible because our thoughts and words possess creative power. When we attune ourselves to positive thinking, we are already halfway to health. From childhood onward, we build our lives with our consciousness. It is important to consider what kind of karma we create for ourselves and what energies we nourish from our childhood experiences. We must live with love and knowledge in order to be loved. We must work with our energies so they can recognize the human within us who carries meaning for them.

It is essential to emphasize that inactivity can lead to physical and conscious energetic problems. Our energies, which long to soar, do not know what to do with stillness. The spirit world, which has been with us since childhood, is a manifestation of our love. They accompany us throughout our lives, and we must act on their behalf. If we care for them, they care for us—and heal us when we need them.

Remember: you, as a human being, embody birth or leadership. Your consciousness learns from birth to old age. Therefore, you carry responsibility in every moment. You must act for yourself, for your spirit world, and for your inner child.

Each day we encounter new energies. The daily energies that reach us become part of us. They may be filled with knowledge or carry ignorance. We have to be with knowledge because then the energies with knowledge will love us. We must teach „ignorance energies“, because they often does not even know what they do to our physical body. So once again, we must use our consciousness to cultivate positive energies and heal.

The older generation is a good example of the effects of inactivity. Those who actively use their consciousness and energies remain fit. Those who do not read, do not learn, do not move, often suffer from energetic and physical illnesses.

A varied life leads to success and fulfillment. One should not engage in monotonous, robotic work over the long term, as it drains both consciousness and energy. Researchers, for example, often retain their mental and spiritual freshness even in old age. Spiritual energies appreciate challenges and continuous growth. Mental vitality therefore leads to energetic and physical health.

People in the modern age have reached an average lifespan of 80 years. This is partly due to education, workplace activity, and a more conscious lifestyle.

It is essential to highlight the stress-reducing and healing power of love. Stress, which we hear so much about, is destructive. It affects emotions, well-being, and ultimately health. Poor mood, workplace tension, and lack of familial love all cause stress. That's why it's important to be in environments and engage in activities that bring us joy. It's also important to switch off our consciousness during such times—listen to calming music or read soothing texts.

Consciousness is not only capable of thinking, but also of traveling. Writing, learning, conversation, prayer, music, and kind words are all tools that support healing. The more present

you are in the conscious journey that strengthens your human self, the deeper your inner peace will be, and the more easily you will move forward in life.

We must not live in a constant state of acceleration, as that too causes stress. Urban life, for example, is much more tense than rural life. If you drive fast, the chance of making mistakes is greater than if you proceed calmly and thoughtfully. The same applies to life: if you live too fast, you're more likely to make mistakes than if you act with reflection.

Stress also affects lifespan. Those who live in constant tension often live shorter lives. A conscious, loving lifestyle, however, extends life and ensures a deeper, more complete existence. This means your consciousness and body remain fresh.

Consciousness not only guides—it also heals. If we learn to work with it, if we learn to live within it, we will not only become healthier, but also happier. Consciousness is nothing less than the inner light that can illuminate the body, the soul, and life itself.