

## **How to Create in the World of Energies**

Every moment of your creation is worth reflecting on consciously, for action itself is a manifestation of your divine essence and a significant karmic deed. Incorrect creation — ill intention, lack of love, and ignorance — leads to inner disturbances of the soul and to suffering. Correct creation, however, is realized through goodness, love, and knowledge, naturally bringing harmony, health, and inner peace. Experiences of success, good feelings, and joyful actions lead you into the “realm of the heavens.”

You can reach the state of correct creation by consistently directing your attention toward it. When you wake up in the morning, begin your day with positive affirmations and pure intentions — these help cleanse you from the negative energies that may have accumulated around you. Plan your day, write down what you wish to accomplish, and note the steps that will support your goals. This helps you avoid confusion, distraction, and failure. The key to success lies in willpower, perseverance, feasible ideas, and effective action. A consciously planned life is beautifully complemented by creativity and intuitive spontaneity — for the soul needs not only order but also flow.

Knowledge protects you in the transcendent world because knowledge is sacred and reveals who you are in human existence. The path of healing is meaningful, thoughtful, conscious behavior, the cultivation of knowledge, and the practice of love. It is worthwhile to “sanctify” the objects around you with knowledge: place on them images or symbols connected to learning, work, or personal growth. This can help your own energies recognize that your presence is guided by intention and awareness. Alongside knowledge, love is also a powerful protective force against negative energies. If you radiate love and approach others with good intentions, you are far more likely to receive the same energy in return.

Bad habits — whether manic behavior, depression, smoking, alcohol, drugs, bulimia, or anorexia — are distortions of human energies, not the true essence of the person. These energies disturb the subtle layers of perception and bodily functioning. Deep healing often comes through energetic methods, especially when a person lets go of the “sweet lure,” the thing that maintains the harmful pattern.

Your faults are also part of your creation. They can cause serious energetic disturbances in the body and soul, and your conscious energies do not welcome them. Write down each day what your fault was, why you acted that way, and how you would make it right. Since life is continuous learning, through conscious self-reflection and loving correction you may find forgiveness — at least from those energies within you that possess intention and goodwill.

Energy is the source of all emotion. Faults often arise from the energies of anger, nervousness, fear, or sorrow. If you replace these with calming, pure energies, you can free yourself from the negative effects of emotional turbulence. You must recognize what triggered the negative feeling within you and approach it with love and understanding. Many people choose soothing herbs or medical support to ease fear — widely known methods that bring relief to many.

The art of creation is, in truth, the art of consciousness. When you treat your thoughts with care, approach yourself and others with love, and take responsibility for your actions, your

energies align, purify, and rise. Knowledge, love, self-reflection, and conscious presence together create an inner space where the soul can grow freely. Correct creation is not a single act but a way of life — a continual return to the best and purest version of yourself.