

Reprogramming the Body and the Mind Through Cleansing

Cleansing allows us to reprogram both the body and the mind. On the path of healing, you must transform your thoughts, your behavior, your actions, and your inner sensations. Thoughts can be purified through mantras, prayers, confession, or any method that brings clarity and inner peace. You must cultivate love within yourself and use positive affirmations. Old, outdated patterns of thinking—those inner programs that no longer serve you—must be released. Write down or say aloud what you are willing to do so that your problems may dissolve. Use affirmations such as: “I begin again with a clean slate,” “I create healing thoughts and circumstances,” “I transform all my negative thoughts into positive ones.” Allow love, kindness, peace, calmness, and wisdom to guide you.

Mental methods work by shifting your inner state: by changing what you hear, what you touch, what you see, and the scents you perceive. But we must not forget that alongside our consciousness and energy, we also have a physical body. When you reprogram yourself, your body must be cleansed as well.

For cleansing the body, I recommend the following healing practices: a water cleanse, which gives your cells the opportunity to regenerate. If the cleanse lasts longer, it is important to follow your healing process with medical check-ups. A gentler method is the use of fruit and vegetable juices, as well as herbal teas. You may have noticed that after eating an apple or a kiwi, a cigarette no longer feels pleasant—the fruit clears the mind, refreshes the senses, and helps empty the stomach. After meals, it is beneficial to eat a piece of fruit, and three hours later have another light snack—fruit or vegetables, preferably raw. This way, you will not crave heavy meals later. It is important to let go of large feasts and unhealthy snacking.

Just as a medicine heals only in the correct dosage, you must also pay attention to what and how much you take into your body through food. Homeopathy and many other methods work on the principle of small doses. A small amount can heal—unless your energetic system is completely out of balance. In such cases, energetic and mental healing methods are needed. Relaxed, calm work, yoga, and breathing exercises all help. If necessary, calming medications may also support you. When the mind calms, the body follows. Soothing music, harmonious colors, and gentle scents also assist in cleansing. Red tones, strong scents, and high-pitched sounds activate; white and dark tones, soft floral scents, and deep sounds calm.

When you cleanse your body both energetically and physically, you will notice that you cannot even speak harshly. Pure energy brings pure thoughts and more orderly behavior.

I have communicated with teleport energies and with God, as Donald Walsch describes in his book *Conversations with God*, and from them I learned which foods support the body and which burden it. Teleports remove food and drink from the body—this is the process of digestion itself. What we consume becomes energy, and this life-force flows through the body, the mind, and the bloodstream.

Physical healing is supported when you avoid certain foods. If possible, do not eat meat; if you must, choose fish. It is not recommended to eat animals that live in unclean conditions or possess higher cognitive abilities. The pig, for example, is intelligent and trainable. If it eats waste

all its life, its energy is not clean. Beef is difficult to digest, burdens the body, and the excessive effort required to break it down can weaken the bones and the mind's energy over time.

Another part of physical healing is avoiding alcohol. Alcohol burns and damages cells and tissues. If you cannot give it up completely, drink a small amount of fragrant mulled wine or a sip of herbal liqueur—the quantity is what matters. If alcohol rises to the head, it causes harm there. Your mind is your most important part: the center of perception and knowledge.

Avoiding smoking is also important. If you cannot quit entirely, choose a milder, fragrant cigarette, and even that only in small amounts.

It is also advisable to reduce dairy consumption. Many people experience allergic reactions due to lactose, and milk spoils quickly. A skilled Reiki and cleansing healer I once knew did not allow her cancer patient—who had a large abdominal tumor—to consume meat or dairy, and with a diet based on vegetables and fruits, combined with energetic and mental cleansing, the tumor completely receded.

Bakery products should also be eaten only in small amounts. They are difficult to digest, stick to the body, and quickly remove the feeling of hunger, causing you to reach for them instead of fresh, living foods. Products made from white flour are not healthy. If you cannot give up baked goods entirely, choose crispbread or long-lasting whole-grain bread.

Avoiding sugar is also part of healing. If you crave it very much, you may have one pastry a day, but that should be your total sugar intake. Use sweeteners and eat fruit—the body processes fructose much more easily.

Use coffee in moderation. Caffeine alters consciousness and affects circulation. One espresso or long coffee in the morning is fine, but avoid it in the evening.

Use oils and fats only in small amounts, especially animal fats, which clog the arteries. If you use oil, choose plant-based ones such as olive oil.

Finally, this is what I wish to convey: if you do not have access to enough fruits and vegetables that provide real life-force for a human being, then consume everything in moderation, and learn the principle of proper dosage from doctors and healers. Without this awareness, improper eating can easily make you ill. It is not worth buying food that you know is harmful. Choose foods that keep you youthful—these are primarily vegetables and fruits. This is how I myself preserved my youth—I look thirty years younger than my age.

Eating is not merely a physical necessity, but a connection between the body, the soul, and your higher divine self. What we take into ourselves shapes our body, our thoughts, and our inner world. When we choose food with pure intention, the body responds with gratitude and connects more easily to finer energies. The essence of conscious eating is not restriction, but recognition: every bite is a message to the body—“You matter. You are valuable. I support you.” When we nourish ourselves this way, food becomes a blessing, and the body, soul, and spirit come into harmony.

Unconscious fears and thoughts can also make you ill. With conscious thinking, however, you can build a beautiful world for yourself—one in which fear has no place. You must work

continuously to become someone who cares for their body, their mind, and their energy. This means living in the rhythm of positive reality throughout the day. The body is the temple of the soul; it is up to you how the divine gift you carry as a human being unfolds within you.