

People and energies

People do not create energy — they transmit it. The spiritual world and the transcendent dimensions are the true sources of energies. Some individuals are able to connect with these realms, but it is essential that this connection be made with pure intention and love. Prayer is the safe path through which we may seek the presence of the divine.

When we live with an open heart and sincere intention, positive energies connect to us, capable of transforming our thinking, our behavior, and even the course of our entire life. Silence, conscious rest, and positive focus help us release negative influences and return to our inner balance.

Trauma can bring old memories to the surface — impressions deeply embedded in our energetic system. Childhood patterns continue to influence us as adults. If these patterns are burdensome, we can transform them through conscious inner work, though this may be a significant challenge for many. Behind numerous physical and emotional difficulties lies an energetic imbalance. Negative vibrations first weaken our subtle energetic system, then affect our mood, decisions, and overall well-being. The human body is a sensitive system, influenced by the energies that operate within us.

Many believe that every person is accompanied by healing, supportive spiritual helpers. According to various belief systems, these helpers can support regeneration and the restoration of inner harmony. At the same time, it is important to seek medical help for physical illnesses, as accurate diagnosis and professional treatment are essential. Inner work, positive focus, and spiritual practices can offer complementary support, but they do not replace professional care.

Harmful habits — such as excessive caffeine consumption, smoking, alcohol use, or overeating — often arise from emotional and energetic imbalance. The key to change is self-knowledge, conscious decision-making, and persistent action. On the path of healing, it can help to clearly define what we wish to change and to ask our healing energies for support.

Our eating habits, sense of taste, and hunger can also be influenced by emotional and energetic factors.

In times of mental difficulty, it is especially important to engage in activities that bring meaning, joy, and inspiration. Reading, learning, and creative expression all contribute to emotional balance and the harmonious functioning of our mental energy. It is no coincidence that academics often live long lives filled with mental clarity — they regularly “exercise” their consciousness.

The most important task is to teach our energies love, goodness, and knowledge, for then they reflect these qualities back to us. If we create conflict, our energies become hostile and unstable. In such states, healing energies cannot function, and they withdraw in confusion — which, over time, may even lead to illness. This is why avoiding conflict is important from an energetic perspective as well.

We must shape our energies into sacred, benevolent qualities, and open ourselves to higher consciousness only with uplifting feelings — such as respect. Respect brings trust, cooperation, love, peace, and growth.

When we cultivate cleanliness, order, knowledge, wisdom, awareness, integrity, love, and kindness, our energies “respond” and help us become who we wish to be. Positive affirmations can activate inner energetic forces that support clear thinking, beautiful speech, learning, and harmonious behavior.

All true wealth begins with knowledge. The energy of money is best used for good, beautiful, and loving purposes — such as helping others or supporting healing. This not only uplifts those around us, but also raises us to a higher spiritual level.

The original energy of consciousness is rooted in the brain, yet there may also be supportive mental forces that accompany us throughout life. Thinking and interpretation are innate abilities of the human mind. Some people arrive in this world with exceptionally high levels of conscious energy, and their presence can serve as inspiration for others.

Energies live within us, grow with us, and manifest through us. Every thought, intention, and action emits vibrations that shape the world. When we live consciously, lovingly, and purely, we elevate not only our own life but also the collective consciousness. The human being is not merely part of energy — the human being *is* energy. And when this truth is recognized, one becomes capable of bringing light where there is darkness.