

## **The Universe Responds**

The universe you live in is always holding up a mirror to you — whether through people, energies, or nature itself. The moment you think, say, or do something, it becomes imprinted in the memory of your energies. This is why it is especially important to focus on positive thoughts, not to live in fear, and to reflect with wisdom, peace, and conscious presence on everything you create.

Your universe becomes what you shape it into. This is why love must arise from within you, for you are the human being capable of generating love. It is essential to cleanse yourself with this uplifting love from external influences, from stress-inducing energies, and to create inner peace.

There are healers who can heal masses through spiritual purification. Jesus, for example, knew that love has healing power. With this, he was able to touch multitudes, and many still follow his teachings today. Those who live in love lead happier and more balanced lives.

Every request, mantra, prayer, and affirmation is heard. Confess and speak honestly to your energies. They accompany you from childhood to adulthood and always listen. If you feel remorse, ask for forgiveness. Tell them why you acted negatively and how you wish to make things right. Your energies — the divine parts of you — love you. Therefore, reprogram yourself positively and turn toward yourself with trust.

Engage in meaningful work that brings you joy. Knowledge is sacred, and every energy supports it. If you occupy yourself with conscious work — reading, writing — and do it at a masterful level, high-vibration knowledge-energies will come to you to help you create at a high standard.

I want to illustrate how important the speech and sounds around us are. We are capable of changing, for example, the crystalline structure of water through speech or music. Since our bodies are 80% water, it matters greatly what sounds, words, and vibrations we are exposed to. With oxygen-rich air, a three-day water cleanse, calm music, and a peaceful environment, you can shed stress-inducing energies.

As a human being, you must guide and shape your energies. But for higher-vibration, pure energies to connect with you, you must release old harmful habits and negative patterns. Caring for your body and soul creates the harmonious state in which these energies feel at home. If someone neglects themselves for a long time, energies cannot align with them, nor can they heal or support them. As a result, instead of good energies, negative ones influence them, bringing illness, poverty, sorrow, and fear.

Since we were born from silence, we must return to silence. The noise of everyday life, the outer world, and the rapid inner thoughts often affect our quality of life negatively. It is important not to burden yourself with films and news that carry negative vibrations. Seek peaceful places, avoid noisy environments, walk in parks, practice yoga, exercise, meditate. Let this be your creation and your living space.

Your energies — who are you yourself — cannot decide in your place. They go with you everywhere and do what you, as their leader, do. This is why it is especially important where you place your body and soul, and what you fill your days with. You are your own redeemer. The universe responds.