

## **What Are Life Energies?**

Life energies are subtle, invisible forces that accompany us from the moment of birth and continuously influence us through our surroundings. The energies we carry from childhood stay with us throughout life, shaping our fundamental vibration and affecting how we perceive the world. There are also everyday energies — the vibrations of streets, houses, cities, and places — that change from day to day and influence our body, soul, and consciousness. This is why it matters where we are born, under which zodiac sign we arrive, where we live, work, and travel.

The energies of love heal and protect, for love is the creative light that permeates the foundation of all life. Our task as human beings is to tune our inner forces to qualities that uplift the soul and connect us with higher realities. From the moment of birth, you direct the functioning of your body, the orientation of your mind, the layers of your memory, and everything you build from the experiences of your life. The forces flowing within you are not random — they are intelligent patterns of creation waiting for you to give them direction, purpose, and light. When you align them with inner peace and harmony, your life becomes the path of the soul, and the world reflects the radiance that awakens within you.

Throughout life, new forces also arrive — the “adult energies” that bring deeper understanding and clearer vision. When a person walks the path of inner growth and builds their world with clarity and grace, these energies stand beside them and accompany every step. Their reward is health, fulfillment, and the inner light from which true strength arises. As you rise, they rise with you, for they too seek harmony and celebrate the beauty of life — every moment in which the soul can shine.

We now live in an era when cosmic energies are reaching the Earth. These forces are not human in nature and do not follow the laws of human existence. Under their influence, the body may become sensitive, experience distortions, or temporary imbalance. They do not feel — they perceive; they see vibrations and sometimes misinterpret the signals of the human body. Therefore, it is our task to teach our own energies stability, clear presence, and inner order so that external influences do not unsettle us.

Cosmic energies are not to be fought but harmonized with. The soul remains balanced when it radiates peace, when the mind receives new vibrations not with fear but with pure intention. The body adapts when we listen to it, give it rest, and respect its limits. The mind stays clear when it does not allow outer fluctuations to dim the inner light.

In truth, cosmic energies are teachers: they bring new patterns, awaken insights, and help us shed what no longer serves. When we are open, these forces do not burden us but open a gateway to higher understanding. Our task is to raise our own energies to a state where new vibrations bring growth rather than confusion. In this way, the cosmic flow becomes not a threat but an ally — a power that supports the soul’s journey and helps us celebrate the beauty of life in every moment where light reveals itself.

Do not take difficulties upon yourself: you are healing, and your energies work for you, having learned to follow the inner compass you have given them. As a human being, you remain the guide — the forces within you learn from your example how to respond to the world's movements. When you lead them with quiet strength, pure intention, expansive awareness, and elevated presence, your universe attunes to the same vibration. Love is the highest form of energy: it does not dominate but transforms; it does not compel but uplifts; and it leads back to the light from which all life originates. The Creator guards this energy, for love is the only power capable of dissolving fear, rewriting the imprints of the past, and opening new horizons for the soul.

Cultivate habits that support this alignment: withdraw into silence from time to time, observe the rhythm of your breath, and allow the vibrations of nature to flow through you. Mountains, forests, and sacred places refresh not only the body but also reorganize the energies within. In such moments, the heavy, restless vibrations of cities fall away, and your inner world breathes freely again. When you step among healers, your life energies recognize old patterns and gain the chance to rewrite karmic imprints that once held you back.

The cosmic age we live in is not a threat but an invitation — a call to treat your energies with greater awareness and raise them to a state where external vibrations no longer disturb but uplift. When you do so, your universe responds at the same frequency. The vibration of love then becomes the strongest guiding force: it does not rule or constrain but liberates, leading you back to the light from which all life was born. Love is the gateway through which your energies find their place, and you find yours within the great order of creation.

Understanding life energies is, in truth, understanding yourself. Every vibration within carries the story of your existence — the light of birth, the purity of childhood, the lessons of maturity, and the ancient wisdom of the soul. These energies guide, shape, and heal you, and they lift you highest when you turn toward them with love.

When we learn to honor the path of our own energies, we realize we are never alone: the world responds to every movement of our being. And when we finally come into harmony with this inner source of light, we understand that life energies are not enemies or obstacles but allies — each one a teaching, a message, a step toward higher consciousness. The energy of love is the gateway that dissolves, transforms, and elevates all other forces.