

Love, Peace, and the Clear Normal Mind

For people of our time, the truly normal state of consciousness is one in which our thoughts, feelings, and actions arise from the source of love, understanding, and inner wisdom. According to the great religious and spiritual traditions of humanity, these values are eternal qualities of the Creator, radiations of the divine presence. Since human beings are an inseparable part of creation, they carry these qualities within themselves. When our consciousness becomes purified of fear, division, and false identifications, these innate capacities can unfold more fully. In this way, love becomes natural, peace becomes an inner reality, and knowledge becomes a living realization that brings a person into harmony with themselves, with others, and with the Creator.

Everything that is aligned with love, inner harmony, and healthy consciousness has the ability to grow and flourish. Whatever stands in opposition to this inner order is not supported by consciousness and, according to spiritual traditions, not supported by the divine order itself. As a result, it gradually moves away from us. Therefore, it is worthwhile to cultivate thoughts, actions, and creations that are in harmony with our soul, our consciousness, and the higher love from which life itself arises. In this way, we become conscious participants in creation.

Love guided by knowledge is the most normal state of all, for it best understands the essence and importance of a pure, refined way of life. It is capable of creating beautiful, sincere, and genuine happiness. Universities and institutions of higher learning have the potential to help cultivate this state of consciousness. It is especially important that new generations grow up with this awareness, as only through such a mindset can humanity truly achieve peace and prosperity, both spiritually and materially.

Many people are becoming more spiritual because they place love and God above materialism and the conflicts and wars that often arise from it. If you do not respond to malicious provocation but instead choose peace, the conflict simply comes to an end because there is no longer anyone willing to fight. True peace can only be found when love lives within you. Love is not weakness but a conscious choice, an inner strength capable of overcoming instinctive reactions and bringing forth wiser and more elevated responses.

When you understand that creation exists within you, you become able to attract more goodness into your life. Love creates the inner space where peace can be born, and peace provides the quiet background in which consciousness functions clearly. When your consciousness is ordered, the world tends to respond in a more ordered way as well. There are no excuses: your environment, your friendships, and the quality of your life all depend largely on you. Love determines how you connect with others; peace determines how you respond to the world; and clear consciousness determines how you create your reality.

Love is not merely an emotion but a way of relating to life. It determines whether you approach people with patience or impatience, with acceptance or rejection. We constantly encounter challenges, criticism, and unexpected events. Inner peace does not mean the absence of problems; it means not losing your self-control because of them. Your reality is shaped not only by external events but also by the way you interpret them. A clear mind is free from fears, prejudices, and distorted thinking, allowing you to see opportunities more clearly. Therefore, you are the guide of your own reality. When you act from love, remain in peace, and make decisions

with a clear mind, the creative force of existence flows through you without obstruction. In this way, life becomes not only better but also more meaningful and elevated.

You must also remain in balance with your own spiritual world, the inner guardians and guides who help you find the right direction. When you do what truly makes you happy, your soul and your consciousness come into harmony, and you naturally attract what you have always desired. Yet desire alone is not enough; action and knowledge are required as well. You must prepare yourself for every opportunity, for every “bubble of creation” that appears along your path. Your desires do not fulfill themselves automatically. You must work toward them consistently and persistently until you reach your goal. The spiritual world cannot act in your place, because human creation is the responsibility of human beings themselves. The power is in your hands, and you can create wonderful things when you act in harmony with yourself, your spiritual world, and the clear, normal consciousness.

Human energy is influenced by various forces from the earliest stages of life. The physical body possesses consciousness through the brain's energies responsible for perception, thinking, interpretation, and memory. Spiritual beings are with you and may assist you when you seek their guidance. Together with you, they help create a loving, peaceful, and balanced life.

A clear and normal consciousness does not impose uniformity or force people into identical patterns. On the contrary, it liberates. It enables us to become the best and most authentic versions of ourselves and to follow our unique path in inner harmony with both ourselves and the world.

In today's world, where information is overflowing and people are often lost in external noise, it is especially important to return to inner silence. Normal consciousness is not conformity to the crowd but the recognition of inner truth. Those who can regulate their emotions, manage stress, and choose love, truly live in a state of healthy consciousness.

Energies often influence your behavior, sometimes without your conscious awareness. The world of emotions shapes your personality and occasionally creates patterns that do not originate entirely from you. For this reason, it is important from time to time to observe yourself honestly from an outside perspective. Reflect on what no longer serves you and write down what you would like to transform. Conscious recognition is, in itself, a healing force.

Always return to the state in which you feel comfortable in your own skin, where your soul is at peace, and where you are in harmony with yourself. This is your true and natural balance. Creative work that fully engages the mind often helps establish and maintain this inner equilibrium.

The normal state of consciousness comes alive in our homes when we consciously create space for it. When we fill our surroundings with beauty, harmony, and creativity, when we read, write, paint, or simply allow creativity to flow, not only does our living space become more beautiful, but so do we. In such moments, the home becomes more than a place; it becomes the quiet workshop of the soul, where the creative force within us takes form through a clear and normal consciousness.

In contrast, the workplace is often a reality created by others, a world we enter and whose atmosphere influences us. For this reason, it is especially important to choose carefully the environment in which we spend our working lives. A workplace is not merely a collection of tasks

but a space that gradually shapes our thoughts, moods, and overall quality of life. When we choose an environment filled with values, respect, and creative energy, our own consciousness can more easily remain normal, clear and healthy.

Ultimately, every decision we make, regarding our home, our work, and the focus of our attention, determines what kind of reality we allow to surround us. Creation is not a distant mystery but something expressed through the subtle choices of everyday life. With every choice we make, we shape ourselves.

Schools and institutions of higher education invite young people into the community of knowledge that sustains society. The years of learning provide not only information but also a form of inner order. They teach attention, perseverance, cooperation, and responsibility. These are the foundations from which constructive and socially responsible individuals are formed.

The path of youth is therefore twofold: they learn to participate in the order of a community while also discovering how to become independent creators. The normal functioning of the world requires disciplined work, while its beauty requires a free and creative consciousness.

But what about those who are unable to maintain this healthy state throughout their lives? Are they exposed to decline through lack of use? This is particularly relevant for older people who no longer study or work as actively as before. Their consciousness and energies may still be capable of activity, yet without meaningful engagement they can gradually weaken. This may contribute to decline and unhealthy mental states. For this reason, creative activity remains valuable throughout life. A healthy consciousness is not determined by age but by one's inner condition.

In the noise of the modern world, inner calm is becoming an increasingly precious value. Life moves ever faster, time seems to slip through our fingers, and a constant flood of information fills our minds each day. In this rush, it is easy to lose ourselves, our focus, and sometimes even the compass of our soul. This is why inner stillness becomes such a priceless treasure, for it is there that we finally hear the voice of our own existence.

The one who finds inner calm discovers their peaceful, loving, and authentic self. And the one who finds oneself is no longer simply carried along by circumstances. Such a person becomes a creator.