

A glowing blue human figure is shown from the chest up, with a bright red heart in the center. The heart is surrounded by a network of fine, glowing blue lines, suggesting a complex system of energy or information. The overall image has a dark background, making the glowing elements stand out.

AT THE SOURCE OF
HEALING

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Here is a long reflection on health and its possible leads to healing written from a recorded telephone exchange with a person confiding in me its health problems. I have expanded the topic right up to include all potential bodies and how to restore, maintain the balance of the whole according to a global extraterrestrial point of view.

It is not easy to decide where to begin to explain a cosmological vision of balance in all things and the health which results from it in each of us. We all live in symbiosis with a group, meaning that we are constantly in interrelation with a universe in which all existing life depends on it without restriction. What is our part of decision-making independence and at the same time, in return, our responsibility to our immediate environment and in a larger sense to this great whole?

It has to be understood and accepted, at first, the concept that we live in a huge universe which is, in fact, a gigantic living and conscious organism. Many extraterrestrial peoples have found irrefutable evidence. Thus, we all live in a colossal being that can be called rightly God. The word God describing here the sum of all known and unknown things bounded by an envelope and which are found vibrating to different frequencies. This implies that the whole universe is crossed by a consciousness that maintains unity of the whole and the balance between all its parts. Therefore, all that is living in that Divine universe is dependent from it and cannot act individually without taking into account even remotely, consciously or unconsciously, the fact that it is under the guardianship of a global consciousness. Each gesture, each emotion and each thought of an individual has repercussions on other individuals and vice versa. Each life, to evolve, has to become aware of its role as a transformer agent and must be accountable for its actions, take its responsibility and accept the implications.

We cannot either separate nor escape from this immense organism which some call a matrix because it would be like an organ or even a cell that would want to be totally free and independent from the body to which it belongs. Its independence would be at the cost of its own life. This vital relation, intimate and complex between a myriad of organisms that form a whole being, takes out a certain percentage of autonomy but in return, each part of that being acquires immense capacities thanks to that union with the whole. What a single cell could imagine as potential of realization is minimal in relation to exponential possibilities, even infinite that can provide its association with a collective consciousness.

This introduction is there to make you understand that this immense universe is completely inhabited by an intelligence which maintains a coherence, a consciousness that unifies all its parts in a harmonious whole. This finding must now apply to each living being taking part in this universe. To find an inside balance versus outside and also to cure oneself, we must at first see ourselves as a consciousness that lives in a vast universe which is our glorious body. This body divides itself in different frequency levels going from the most dense matter through subtle frequencies as emotions, thoughts, feelings, etc. All our bodies are as much complex that can be a whole galaxy and from this fact, it is necessary to see them as such. Most of

humans on earth perceive themselves as unique complete individuals but few perceive themselves as a complex group where billions of units are in symbiosis to form a well-functional whole.

We are then the supreme being, the God in a way that controls the balance of this vast whole. We detain all the power and all forces to maintain the harmony in our universe because we also are the essence, the primary energy that unites all its individualities in a harmonious whole. We are responsible for multiple lives in us regarding their happiness or unhappiness. For them, we are the omnipresent God which animates, surrounds and inhabits them. Thus, decide now to be a leader full of love and goodness instead of a tyrant full of hate and revenge. Also, do not be anymore one of those creators who neglect their creation except when it comes to disrupt them in their routine either by a pain, a discomfort or any kind of complaint. The same applies to all constant emanations, either in emotion, thought or feeling that we release around us without caring about their impacts on our environment. Naturally and inevitably, at the end of their momentum, they will come back sooner or later by affecting us profoundly. Nothing must be issued thoughtlessly because what we emit towards others, it is also to oneself that we do it.

If the word God disturbs you or is not familiar to you, take rather the term King; the definition of the one who is at the head of a vast kingdom that divides in counties, then in villages and at the end, in subjects. You all have seen one of those movies of the Middle Ages where certain ruling leaders were unjust and cruel, starving or torturing the majority of their subjects to afterwards gorge with luxury some favorites. You were happy when at last, in conclusion, a good king would dethrone the despot and took power to establish justice and balance among his people. Therefore, what kind of leader are you for all members of your collectivity, for all lives that are in you and under your guardianship?

As an entity of a ruling Divine origin, we have to learn to love all parts of our being no matter which ones, as tiny or unimportant they are according to our values, as it is that unconditional love given in equal parts to our slightest parts that guarantees a balance, a harmony of a whole. This feeling of love towards ourselves can exist and become deeper despite handicaps, disabilities, the worst situations as a profound and entire acceptance of our reality. Only an acute awareness of our present life can be a source to exceed that same state. And why not spread that unconditional love to all our environment. Be in a constant state of love does not mean to deny problems but see them instead as challenges to be addressed for our evolution, our well-being.

We must be sincerely convinced that we are our only responsible agent of the fact that we are inwardly balanced or not. Our physical body is full of organisms and intelligent entities at all levels even microscopic. That intelligence is then in all cells of our body and it is us that are the instigator, the sustainer and absolute master. We are only partially responsible of what is going on around us because we must take into account the other but everything going on in us is under our entire and unique responsibility. Therefore, we can consider ourselves as a god as it is what all inhabiting us think of us. As some of us have understood, we perceive ourselves also as a vital element in an immense organism that we call the god-universe. Then, as ourselves as a divine being, we must also love all parts of our being without rejecting any of them. Our force as a god is that we have full power to direct that body in the direction we want, either to sickness or health. But the more we love our body unconditionally with all its qualities and faults, the more we encourage it to thrive, the more

we trust it in its capacity to renew, the more we accept its intelligence and the more we thank it for all the sensations it provides, then the more the body will be inclined to self-heal, meaning regenerate by itself constantly and completely according to its original perfection.

But before all, we must establish a dialogue with our bodies. At first, you must know that our consciousness is not located only in our brain but inhabits the whole space of our being. This implies that it inhabits each of our bodies beginning by all cells of our physical body, then all the molecules of our emotional body which is one third greater than the physical body, then all the particles of our mental body which is still one third greater than the emotional body.

If you only knew how our bodies are always ready to inform us on all that have been registered since the beginning of our history. It is even more salutary to them to get the overflow of information out, especially those that concern the blockages or ill-beings, than keeping them deeply buried. Certain unconscious secrets are heavy to bear. It is easier than you believe to simply lie down, spread the arms and legs a little in a position of vulnerability, breathe more and more deeply with the stomach which is the seat of the primitive brain and emotional child in us and then let the bodies express themselves. Thus, the least physical sensation followed by an emotion will be the carrier of a message. You must learn again to let yourself go to feel, express what all our possible bodies have stored with time and which, unconsciously, influence us still today. This implies mostly the experiences that have not been lived at one hundred percent and have then been blocked or frozen in us.

When we were younger or more immature in this life or in another life, we often have seen or lived traumatizing events or simply too intense for our capacities of that time and did not get necessarily the inner force to live them fully. Then, a phenomena happens in such cases where, to protect oneself from an aggressive environment, all our internal organs along with our external senses block their receptors, in other words, reduce their captations from the exterior. We find ourselves diminished, atrophied by measure of survival. We bury also the memory of the experience badly lived in our cells and it freezes creating then a residual blockage in time, a deposit of a part of history not completely assimilated. These blockages are truly concrete and find themselves at every level of frequencies in all our possible bodies. The results make the energy that feeds our whole being not circulate anymore as freely in us and even stagnate in some places.

Thus begins the crystallization of certain organs meaning that by not having any more the contribution of constant stimulating energy, they freeze in a state which in the long run will pass on in chronic ailments or in degenerative diseases. Though, if an event even traumatic is lived at one hundred percent, there are no residues left in general that could impede the bodies either physical, emotional or mental. When a body blocks its senses to bad experiences that life brings to it, it also blocks to good experiences that life could give. It is the same senses that are involved in the uptake of the whole exterior universe. You must then unblock these bodily protections that are set up against exterior agressions at a moment of its history where it was necessary. There comes a time where certain armors have no more their reason for being. The vulnerability of a child that engages a shell of survival is understandable but this childish protection becomes an obstacle at an adult age when the disturbing elements are not there anymore. This implies also the residual trauma from other lives that have no more their reason to influence us, limit us, prevent us today from enjoying fully our whole potential.

Self-healing goes by the reappropriation of all our being and of all its history registered in the slightest cells of the physical body and in the slightest particles of its other bodies. Self-healing goes by the total accountability regarding the least discomfort affecting us and our duty to take charge of our life. Self-healing goes by the lucid observation of its real present state to then act concretely. Self-healing goes by a real and sincere dialogue with all its living and conscious parts that form our whole being, our personal universe.

The physical body in humans is its most accomplished body thus the most stable which is made for action, discovery with its senses of its environment. But its secondary bodies as the emotional or mental ones are still in formation, in search of a certain balance thus likely to be again modified or affected by experiences out of common. It is often concrete perturbations in these bodies which, if they are strong enough, repetitive or are not lived fully, will leave wounds hardly being able to scar. Then, as in a fountain with many basins levels, the troubled waters will pour, fall alternately in the bodies more and more dense up to form a solid deposit in the physical body. Inexorably with time, the mental or emotional malaise if it is not solved, will become physical. In this circumstance, an only alternative appears to us for a complete and definite cure; it is to go up the river to its source meaning go back the scale of frequencies of its bodies up to the one containing the disruptive elements which, at the origin, have engendered the malfunction. When the blurred source is identified, you must evacuate completely the emotional or mental charge unlived at one hundred per cent which is there, frozen in time. Only a personal effort to assimilate, digest completely that residual blockage of a badly lived experience can at last free us of this obstacle which prevents the pure energy to circulate freely in us. When the source of pure water runs again in us, it carries naturally with it the calcified deposits, cleans deeply all our bodies up to the dense matter of our physical body.

The example of the fountain with many elevated basins as a source of purification of our whole being is not only a beautiful poetic image. The universal divine energy must be able to enter by the top of our head and flow freely along our central axis. Then, at the level of each important basic chakra, it will spread in each corresponding body up to reach the basic chakra which feeds in your case the physical body. And yes, each major chakra which is found along the spine is in fact the anchorage of a body and its main transmitting capacitor of energy. This energy, if it is pure, always ends up cleaning, evacuating the shady residues in us by vitalizing the slightest elements that make us up.

The movement of the fundamental energy feeding us is a circuit functioning naturally, unconsciously. We all have an energetic battery at the base of the vertebral column feeding all our possible bodies by diffusion through our major chakras. It diffuses its energy along the spine up to the top of the head and gets out to go down along our body to our feet. This energy then penetrates by the sole of our feet, move up along our legs and redo the same course. This battery can be stimulated, encouraged to function at the best of its capacity by mental willpower. If, for any reason this is not enough, the earth, between others, can sustain us with its powerful energy. The earth does not feed only with physical food but it is also a great source of essential vitality to energize our whole being and enforce our belonging to this planet. Our rooting down here gives us a stable base to be able to rise after, if we wish, to the superior frequencies.

The feet well anchored on earth, we can only draw our energy simply from the ground. By the strength of the imagination, we provoke first sensations in our feet. We let fill ourselves by

what we feel physically. It is important to learn to understand the language of our body. Afterwards, we let that energy in by our feet and hands; we make it rise along our members and then along our spinal column up to the level of the heart. It is the first step of the ascent with regard to the anchoring of the lower body in the matter. We have to be attentive to the slightest sensations that our members send us to begin to decode the contained messages. To sustain our basic battery, we can make it go up higher to make it spurt out by the summit of our head. After this ascensional ultimate step, we make this powerful energy go back down around our bodies so that it forms this way a protective cocoon. In the final, we make it enter again by the base of our members to create then a continuous cycle. The vital energy which feeds us must form a close circuit that guarantees its free constant internal circulation and a solid protection against all external aggressions. When this energy is concentrated at the height of the heart, we can direct it towards our arms up to our hands to transform it in healing energy. We can, by will, become our own healer by imposing the hands on any place of our body that needs a surplus of energy.

In the search of a superior cure or a greater inner transformation, we can appeal to the divine original universal energy (non modified) which is present everywhere around us. The universe is not empty but, on the contrary, is full at different levels of concentration of the primary essence which has created all things. We can then, thanks to our will, call it in imagination so that it concentrates in a kind of dense column on top of our head. At this stage, we can keep it pure or modify it, meaning color it to give it the characteristics that we want to acquire (ex. force, health, balance, harmony, etc.). Afterwards, you just make it descend to the level of the heart so that it concentrates at the place where there is the junction with the energy coming from the base. From there, it can spread out everywhere in us or at wanted places. Contrary to the original movement of ascension of the basic energy that feeds us permanently, this essence comes from more elevated frequencies and descends on us to raise our vibrations towards a greater perfection.

I am not aware of any sickness, under small reservation, that the intelligent body cannot cure at one hundred percent. Our bodies are continually crossed by currents of energy vitalizing us, maintaining a maximum balance and contributing to regenerate us. Our bodies renew regularly its slightest cells or particles identically no matter if they are healthy or not. It is up to us to change a bad programming. The disease must not be seen as an ordeal coming from the exterior, or worse, an uncontrollable aggressive exterior agent but well as a badly or partially lived experience. The tests afflicting health are often a return of our own disturbing emanations from the past which we badly accept and which we refuse the teaching load. So, we must at first assume responsibility as being the principal cause, even unique, to all problems of internal unbalance even if this finding is difficult to accept. This first finding is essential because it is only after this acceptation that we can plan to deal with the challenge to reconstruct a body with good health. You must next put yourself in a position of opening and demonstrate a real desire to know the cause of the disturbance. In a state of the most deep relaxation, we engage in a sincere dialogue with our body, with our whole being and we ask it the reason of this suffering. Why are you in this state? Why do you live this discomfort? Why are you suffering? There is a cause to our afflicting condition and I would like to know it. I sincerely believe that you know the reason and I am ready to listen to you.

In this kind of approach, you must be truthful. If it is necessary, you must let go of the frustrations, animosity and even anger towards the situation. Do not hide anything from your consciousness as it can generate other problems. This intimate contact with the forgotten

memory, sometimes hidden from our bodies, can suffice to defuse inner tensions which are causes of ill-being. But in many cases, you must let the contained emotional charge express itself, even empty itself in many stages if necessary; then give yourself the chance, time to recuperate, reconstruct a stable of durable well-being. Nothing is more important than our health. When our inner balance is gravely threatened, nothing should come before our recovery.

Sometimes, when it is a question of a malfunction from birth, chronic illness or all kinds of long-term disturbances, the primary source can come from one or many previous lives. How do you investigate past lives to discover the roots of behaviour from this life? The easiest method and the one without needing exterior professional help consists to lie down and relax at first in a most simply and deeply possible way without forcing anything. If we are not used to easily relax, we can help ourselves by creating, in imagination, a closed place with a pleasant and reassuring decor. We take the time to put in that place our personal decoration with furniture and objects we cherish. We also add a comfortable recliner chair to sit or lie down. When, at last, the setting pleases us and is enjoyable, we can ask for a superior positive force to protect and assist us in what we are going to live.

Sitting or lying down comfortably in our chair, after a time of relaxation, we imagine in that room, in front of us, a staircase going down deeply into the ground. This staircase has 10 steps and we decide to take it. Always in our imagination, we go down slowly one by one the steps while counting backward 10-9-8-7... and knowing that the last step, the one, will bring us in a second state of great relaxation and abandonment. At the end of the stairway, we imagine, in front of us, a corridor having on each side as many doors as our past allows us because behind everyone of these doors, there are souvenirs from each of our past lives. At that stage, we can ask our protector guide to indicate us which door we must open first for our actual general evolution or to know the origin of a precise problem. We then simply head to the indicated door and we open it. This approach of a first door can be done alone while trusting naturally our instinct. At that moment, we enter without prejudgment in the environment that we see and as a neutral spectator, we examine the scenery around us. We take time to get the feel of the place and we let oneself be taken over by sensations, souvenirs it contains whether it is inside of a building, a public place or any landscape. As it is often the emotional body that carries souvenirs from past lives from a physical body to another, do not be afraid to feel emotions that the place provokes in us. Other places can appear and chain up, but then we do not try to control the situation and we abandon oneself to what comes spontaneously without thinking. Trust the sensations in the body and the souvenirs that they provoke. At any time, we can get out of the room by the door where we have entered if the situation is too disturbing at that moment while promising to return other times to assimilate all. If the situation asks for it, we can go visit the contents behind other doors. Each door contains the vestiges of an only life. It is though important to take time to well feel the contents behind each one and go visit them many times in many sessions if the situation requires it. Then satisfied for the moment with our discoveries, we redo the way in reverse going up while counting the steps beginning with the first one. At the tenth one, we find oneself again in our reassuring decor and lying on the comfortable sofa, we take time to absorb what we have seen, relived and felt. In final, a few movements of our members allow to find a normal state and we open our eyes to perceive again our usual environment.

The first sessions might not be conclusive but it is perseverance which will overcome resistance coming from the mental protector. Maybe we will have to ask the mental to let its

guard down and trust us from the fact that we are now more mature than when the events happened and we are ready at the moment to assume all consequences. But maybe to the contrary, the first sessions will already be significant. It is a technique that is useful when we need to have answers to actual behaviours no matter of what nature they are and which have no root in this life. This can help simply to better know oneself in depth. Though, do not take this lightly because it is a serious experience where we accept the responsibility of what we will discover. Only souvenirs of events and situations that will engage real emotions in the whole being will be a guarantee of authenticity.

You must not forget that remembering the trauma of past lives is liberator but you must also release the emotional charge it contains. You have to let the emotional body evacuate its past residues as it is that body which carries from one life to another the either happy or unhappy souvenirs. You must let it discharge what it has to discharge and not be afraid of the emotional overflow that happens which implies feeling in all the body cells sensations not completely lived while knowing that they are not dangerous anymore but only vestiges from the past. It's like if the person you were in the past did not have back then the capacity nor the evolution to live fully certain events but, with retrospect, the experience and wisdom of time, this would now become possible.

That is often what karma is. We live experiences, sometimes only partially, and we react to them by emitting emotions, thoughts, feelings that can only come back 100 years, even 1000 years later when at last, we are ready to live fully all repercussions. Our actions or those of others toward us can thus stay engraved in our bodies up to the time we have the capacity to take out the part of teaching which will make us evolve. We do not always have all tools in our hands to totally live all events. The karma is there to bring back our past emanations at the time we can assume them completely. Certain persons can be afraid to remain marked physically, emotionally or even mentally from the awakening of past trauma but it is only the residual charge of these past events which is discharged and not the event as such. This awakening of old wounds will surely upset us in the present but they will leave no trace if they are completely evacuated. On the contrary, this necessary step will free the protagonism forever.

It is necessary to accept also that certain suffering in the body are karmic debts to feel and understand intimately what we have subjected to others in the past without understanding the impact on the other. Only this kind of return, with the benefit of hindsight and a certain level of evolution, can allow to relive the same drama but in understanding at last the impact on the other by the rebound on oneself. There always comes the right time to fully live the rebound of our actions or else we emit again the same vibrations of misunderstanding and postpone, in a new return, the part of the contained revelation. I speak of course here of the responsibility regarding our actions and not guilt. All can be a cause of teaching and progress.

Bodies have their language that we must learn to decode. We have to be attentive to recognize the warning signs of a more serious problem that will definitely settle in a body. We must learn to stop regularly, take a pause, make abstraction of the everyday life, leave the usual environment, surround oneself with silence, calm our mental to let at last the global body express itself, let out the accumulations that could, if they are not expressed, evacuated, transform themselves in permanent disturbances to an extent to affect the physical body. To pay a particular attention to the well-being of our bodies, either physical, emotional or mental is already a sign of respect toward them and a behaviour that puts them in a good disposition

to function in an optimum way.

There are great events in life that are inevitable returns of our past actions and are registered in time. It does not go the same way for the slightest daily events. The scenario of our life is not established in the least details but there are crossroads, meetings that are unavoidable for the subsequent development of our evolution. They are sometimes debts we must pay to readjust in our progress. The karmic debts are unavoidable because the part of lesson they contain are essential to the evolution of the individual to re-establish him in his inner fundamental balance.

We must look at the trials of life, after the shock and upheaval period, with a certain detachment, a certain hindsight or even a point of view in height. Yes! I live them, assume them, go through them because I know they are the opposite reflection of my aspirations and fulfillments. The more we have high goals and reach the top of realization, the more we are risking to meet opposite forces to experience our acquisitions. It is not rare that when we believe oneself to be emotionally balanced in certain directions, life sends us experiences that will all of sudden destabilize us and test also the slightest breaches in what we consider solid.

Sickness often comes to remind us that there is something in us that is wrong. Many right-thinking individuals and in good health consider that persons which are often sick are not very active, combative, kind of passive, victims, whiners. So, it is by living themselves similar diseases that they understand in all subtleties what the sickness carries. At that stage, they become conscious that health is not necessarily an achievement and that it must be constantly renewed. The real empathy comes forcibly by living ourselves what the other one is living. This is the way we understand that despite the goodwill, this asks for serious efforts to find the natural balance which is not inevitably obvious. It is not when sickness is well installed in us that we can necessarily find the strength to fight it. It is when we are in good health that we must develop the capacity of self-healing.

If it is really too difficult to ask ourselves direct answers to our bodies, we can go through a guide or a superior being in whom we trust. A request of sincere help to an evolved disembodied being, no matter if it is a protector or healer, can be necessary and even beneficial to objectify the best possible the answers to our questions.

Many physical illnesses, said hereditary or from birth, have often their origins in other lives. The legacies of our ancestors hide almost always a simple karmic attraction that brings us to explore a facet of us in concordance with a chosen environment. Events or serious situations of other lives, charged with strong emotions, can mark the physical body as well as the emotional one. At the death of this first, the physical body, the emotional body which is the body that survives, carries in it the residual charge of events not entirely lived so much they are intense. Then, the emotional body will permeate the new physical body with its traces non completely assimilated. It is what we call a direct transfer from one body to another of a trauma. It is then that it will choose a family environment genetically favourable if it is necessary. For example, a respiratory or asthma problem can be residues of a violent death either by drowning or strangulation; an eczema or shingles problem can be the consequence of a serious burn or physical abuse; the weakness of an organ or a physical handicap can have its origin in a mortal wound or an abusive particular stress. Those are physical marks that have been permeated at the origin in the body of another life.

For those who feel they are not up to the challenge that this involves to look themselves for answers to their health problems, a good hypnotherapist, who does not reject the theory of reincarnation, can also bring back to the consciousness the source of ill-being. If it is well in another past life that is the origin of the problem, the liberation of buried souvenirs can remove completely the residual traces in one or many sessions. You must have however a good hypnotherapist who does not exclude that many illnesses have roots in other lives even when they seem to have family genetic origins or seem to have sources in childhood. The choice of a lifestyle for a new incarnation can be done in relationship to a dysfunction that we want to update. It is often a repetition, a return without end of a past trauma, which asks ceaselessly to be settled. But I recommend to even make the try of learning to investigate yourself so that the participation of your own cure is the result of your own efforts. On the way to independence, the understanding by yourself of mechanisms of healing is essential.

Some appeal to benevolent divine forces to make come down curative energies on them which is praiseworthy and positive in itself. But there is often emotional or mental charges blocked in the bodies that prevent all energy, even divine, to circulate freely. These charges ask to be evacuated at first. Before being able to rebuild a health that we want lasting, we must always analyze and understand what can be an obstacle to this permanent positive change or else, the source of the problem will resurface sooner or later and will bring back the same conflictual state. We cannot really improve our condition if we are not conscious, at the departure point, of its real situation and what created it. You cannot repeat ceaselessly 'I am well' 'I am in good health' when the reality is the contrary. There will be an internal shock between our affirmations and the reality of the illness even generated by us. You must rather say 'I have health problems, I am conscious of them and want to understand the source' 'I want to free my body of emotional or mental charges that are buried in my cells.' After, we can talk of a new conditioning which calls for superior forces in us as 'I feel better and better every day.' 'My balance and my health improve constantly.' 'I find back my joy of living because I am more and more in harmony with my whole being.' This is called the progressive recovery of a positive state. We can also appeal to egregores that are in themselves energetic accumulations of thoughts or concepts of similar basis. It means that emanations from all kinds of life which have affinities, correspondence between them tend to agglomerate in entities more or less conscious, more or less voluminous but can acquire a great force of impact if we invoke them around us, in us. In our case, they are called: HEALTH, BALANCE, ENERGY OF HEALING, WELL-BEING, HARMONY, VITALITY, FORCE, SELF-LOVE ETC. We invoke them, in general, by number of three for more efficiency and without using the slightest 'I' as in 'I am in harmony'. The only word HARMONY invoked and the reasoning attached is sufficient to attract it in us, in our life. This method works for all other egregores that concern love, success, abundance. Naturally, after these steps, the appeal for additional divine forces can be required.

The essence of life is to be in good health physically and in balance energetically. Also, we must manage the emotions which ensue from our actions and those of others. The mental however will always look for solutions to keep a balance through this even sometimes to the detriment of our social life. It is everything that we do not live fully that creates troubled emotions followed with obsessive thoughts. This will entail stagnations in the corresponding bodies and if they go on too long, they will materialize in the corresponding organs of the physical body. The majority of illnesses that affect the physical body are the continuation of stagnations in our secondary bodies, internal blockages that prevent the energy from circulating freely according to its natural cycle.

There is also a guilty feeling that we prolong consciously or unconsciously and which affects our cure. Our mistakes or past errors must be put into perspective of our abilities of that time. The guilt shows on the contrary that we have developed a consciousness that shows us the immature side of our past actions and in that sense, it is promising of evolution. These actions that we blame ourselves for would not be lived anymore in the same way with regards to our actual evolution. The consciousness of the good and the bad is relative to the level of past experiences, the evolution of each being. It helps us to not repeat anymore the actions that make us stagnate or even regress in our opening of the world including the respect and understanding of all forms of life.

Sometimes, we can be oppressed, harassed or even assaulted by other beings but even though the context can often be very traumatizing, there is no victim or torturer. There is only an interrelation between two beings that contains a part of responsibility from the two protagonists and which ask to be solved and understood. The implication, often unconscious from each in this kind of relation, must be decoded and annihilated. As we have not much power on the other, it is on us that the work of understanding must be done on what has brought us to live this situation; why we wallow in it and how to assimilate in it the part of teaching in order to free from it as soon as possible.

This concerns also disturbances by disembodied beings living in the emotional or mental world, which we call the bottom or the top astral plane. All beings which have no physical bodies cannot intervene or interfere in our physical universe or even in our physical body without having received our conscious or unconscious accord. We must open a door to give them access to our physical energy so that they have power to manifest in the matter. However, their influence can be real in our secondary bodies since the emotional or mental correspond to their own basic bodies. The majority of physical manifestations of spirits in places, in order to occur, must draw physical energy straight from those present in the premises. Nevertheless, when our energetic envelope is in good health and indeed in closed circuit, there is no reason for being affected by these entities from other levels of frequencies. You must sometimes bring back to memory this basic principle of inviolability of your bodies by any harmful exterior agents. It is good to ask occasionally for help and protection to superior beings but if we are balanced energetically, this should not be necessary.

What can you do however when the understanding of the deep force of a troubled relation which affects our health either mental, emotional or physical is discovered and the link remains even then? If despite all our efforts we do not have the capacity to free ourselves from all forms of oppression either by embodied beings or not and even parasites at the embryonic stage, there is an incantation which is efficient to initiate a liberation. All incantation can be modified to better suit our particular needs. It is more efficient as long as we recite it with sincerity three nights in a row before falling asleep. Here it is:

I -(surname, name)- am conscious of my life experience and of my terrestrial existence. I am at present where I should be. Nothing happens by chance. Today, I vow to open my consciousness in depth. Today, I surrender to the divine light and to its content that is positive and regenerator. I also connect myself to my superior being and ask him this: Please, oh my mighty superior Self, deliver me from all unhealthy links, deliver me from all destructive and blocked energies. Allow me to access to divine knowledge, at the very essence of what is life. Allow me to access to the sacred union with God, to feel again his light on me and in me, to remember who I am in reality and to why I was created and put on this Earth. Help me to

renounce all negative energies implanted in me without my consent and which slow me down, halt me, obstruct my divine channels that allow me to feel freely, to be attentive to my real interior needs. I agree with my heart and consciousness. I agree with my superior guides who connect with me, here and now and supervise this liberation. I access this way to higher and to the truth. My whole being in all dimensions remembers and takes flight here and now. I am free, I am free. I now ask in a humble and respectful way to Archangel Michaël, the one who frees of all restraints, to come and deliver me, here and now, in a permanent way. Michaël, I ask you to part and get away from me all negative links, all negative entities, implanted on me, in me and around me in this past, present, parallel and future world. Thank you Michaël to cut off with your flaming sword all that is negative in me and around me. Allow me to be at last the one who I am in reality, in full consciousness, awake in total harmony and connection with the universe, the divine whole. I am now protected against all negative attacks. I am related to the highest, three times greatest. I am totally Me with my capacities, my gifts that are awakening and progressing everyday. I fully realize my wish to be free and conscious. I am liberated forever, I am liberated forever, I am liberated forever in all possible worlds, in all possible directions. Thank you, thank you, thank you to have given me back my autonomy of conscience. Thank you to reconnect me to the divine light and its positive energies which are now optimal in me, around me and support me eternally.

If, despite the good will from your part, a serious illness appears having even a mortal potential, the first action to take is to stop immediately all activities. This includes work, leisure activities, social life and even the fact of eating. It is no use to continue to act as if life should keep on as before because it is that same life, lived up to today, that has brought this critical condition. In this kind of urgency where physical survival is in peril, everything must be questioned. What did I neglect, bear or abuse in the last years or maybe all along my life to arrive to that situation? What should I do to let go and rethink my life in the smallest details? To extreme illness, extreme awareness. At what moment of distraction did I not know how to listen to what my body was saying? Time has come to be true to yourself and listen at last to your whole being in its real torments, real complaints, its real lacks and needs. From which abuse, in passing by which hardships your bodies went through, do you find yourself in this state of ill-being?

With methods already pointed out previously, we must go back to the source of the problem no matter if it is of physical, emotional or mental origin. These three bodies are in symbiosis to a point where each organ of a body with its function, as small as it is, has its counterpart in all the other bodies. So, any perturbation in one of the organs of the body, if it is not taken into consideration very early, it will affect slowly but surely its correspondence located at other levels of frequency in other bodies. As a simple example; the sight of an emotionally traumatizing event can affect the performances of physical eyes; the charge of too great mental responsibilities can bring about chronic physical back pains; the fact of holding back, not evacuating daily worries, can bring troubles at the level of the physical colon. Look for the exact function of the sick organ and you will find its equivalence in the other bodies and with this fact, the source of your imbalance. All is interrelated.

We are all living individuals, conscious and unique but we are also each of us a whole made from numerous lives which got associated to progress and it is together that we must undertake the healing. Our unity should not forget also that each part of us, including all organs and even the slightest cells, have a certain individuality, autonomy and we must

address them with respect when we look for the cause of the dysfunction. Each part of us has its own individual memory and its collective memory which we can have access to. When a part of us suffers or is in loss of vitality, we must address it first to know its history and after, we address to all which form our being to explain that since a part of us is suffering, the rest of our universe cannot continue to act normally. The healing goes by the mobilization of all elements that form our whole being. Each part of our bodies must support the part in difficulty by giving a little, or much of its energy, its vitality. We must all show solidarity of the wellness of each of the elements that make us up. As a supreme leader, we must believe that we have the full power to restore balance in our universe by ordering respectfully to the whole collectivity under its supervision to contribute to the recovery of peace and global harmony.

After the evacuation of blockages or conflictual charges, we must rapidly revitalize our bodies with the appropriate care. The physical body must go through a deep cleansing followed by a strong dose of very energizing healthy food. (see my pdf: Best alternative anti-cancer treatments. http://www.music-close-to-silence.net/anti_cancer_a.pdf). The emotional body must cut itself from all forms of aggressions, exterior tensions and even withdraw, if needed, in a surrounding of peaceful life and generator of emotional well being. The mental body must disregard all responsibilities, obligations, constraints to dedicate itself to discovering what are its real reasons to exist. Our survival and our regaining control of our destiny must prevail, really prevail before all other considerations.

There always comes a time for the big question. Has my time arrived to leave this physical world? If not, what can I do to regain trust in all the wisdom of my body to self-heal? Death is unavoidable as we all have a registered date in each of us which cannot be moved back without undoubtedly major reasons. It is our energetic battery dosed at birth that sets our duration. For any form of extension, we must defend our cause to a high authority. We must call to superior beings who can understand our situation. I need more time to realize such a project which would help greatly my evolution and that of others. Our life, as we have lived it up to date, brought us to this deadline. What would we want to change to really progress in a significant fashion? An extension of life asks for a surplus of energy granted only by beings which have that capacity to give of their energy. But even if death is unavoidable, it is not a brutal end of all we have built. It is only a transitory step when we sincerely believe that life renews constantly and our conscience stays whole and progresses under different forms. All has its reason for being and it is up to us to find ours.

To a small challenge, small ordeal; to a big challenge, big ordeal. For those who go through life humbly on easy paths, it could only be a tiny rock that makes them stumble and even fall. While those who have great intentions, great ambitions and follow precarious paths, it will be mountains that will challenge them. When we think we have attained a certain level of consciousness, it is an ordeal to its equal that will come to test us, verify if we have really attained predominantly that level of evolution. Fate does not send unsurmountable challenges to individuals that do not have the capacity to live them. So, we must never forget that the more we want to attain high levels of realization, the more we can expect to have great ordeals that will be up to our expectations. This is a natural phenomena that calls for the principle of the pendulum. All approach that goes in one direction will lead to the manifestation of its contrary of same intensity. The goal is to reveal the true value of a gain by its confrontation with its contrary; this in the context of finding a balance between two equal forces opposing each other.

It is not necessary, in front of a benign or temporary pain, to go back to the profound source of the problem as often, a simple finding of the problem is sufficient. A part of us which is suffering must be able to rely on the fact that we form a solidary whole and that a part of us in position of vulnerability can rely on the whole for his cure. We must know how to ask with gentleness but conviction to our whole organism to give a bit of attention and energy to contribute to cure the affected part. We must be in symbiosis so that each part of us, however small, can count on the help of the whole.

It is the same if we consider oneself as a tiny part of the universe to which we are intimately connected, a parcel of the divine whole. We must be convinced that we can always count on the support of that immense conscious and benevolent being in which we live. But for this, we must at first be in harmony with oneself and after, with all our environment. Do not ask the universe we live in to gratify us with benefits if we do not give the same benefits to all lives that dwell in us.

If we accept a priori the concept that each cell and particle of our bodies contain our whole history since coming into the world, since our first individual awareness and we can access to it, then we can extrapolate saying that since we ourselves are a cell, a particle in the universe, we can then have access to the entire history of the universe from all its beginnings and why not, its future projects. An immense knowledge is accessible to us to the extent that we connect, we become one with the whole or at least a part of the whole. This knowledge can allow us to transcend our individual limits and make known the immense gain and immense potential which is already pre-existing down here. Some beings can even aspire to pass from consciousness in evolution to supra-consciousness in revolution. When the information circulates freely, there is no reason that there are blockages in us causing tensions, handicaps that hinder us in our self-fulfillment. Our total satisfaction to enjoy life was created perfect in consciousness at the origin but in the limits of some senses. We are only perfectible in consciousness. We are not imperfect but it is our perception of the universe and ourselves, in turn, which is incomplete due to our limited senses. We are only partially conscious of our perfection.

Any chronic disease should not be accepted as unavoidable but as a chance to become aware that natural energy does not circulate freely in us; that a blockage is at the origin of this dysfunction which impedes our full enjoyment of our bodies. We have full power concerning our inner personal balance as the universe has full power to keep us in balance with our environment and the rest of the universe. If we do not accept the fact that we are in symbiosis with all that exists and that on the contrary, we believe to be separate from others, we maintain an ill-being in us that will end up manifesting as dysfunctions. As a cell in a body which is not in harmony with the whole anymore, it becomes then chaotic, cancerous, a menace potentially serious for its environment. We must stop being afraid of disease as an unpredictable exterior aggression and hardly controllable even held down. It is the fruit of a long internal unrest which has not been taken into consideration in time. Illness is an accumulation of clumsiness, unfortunate gestures, harmful or inharmonious; a series of shortcomings to love, to the force of cohesion which unites us to our fellow human beings. There is also the denial that there is a greater force that maintains the balance in all things; the lack of trust in this privileged link with the great whole that ensures us a constant vitality.

But unfortunately there is something we cannot avoid; it is the returns of our past emanations that are the source of awareness. We then must know now how to make a sorting

in our emotions and our thoughts that we maintain daily to recognize the ones that can be the seeds of future disturbances and cancel them immediately.

Illness is a signal our physical body sends us to take a break and question ourself to discover what are our behaviours in our life that are not in harmony with our real being; the real reasons of our existence; the goals that we have fixed before our coming into this world. Are we in agreement with the fundamental reasons that made us choose this incarnation? Are we a source of harmony, joy, pleasure, serenity for us and our environment? What are the discords, contradictions that we maintain in us and with our environment? Is the slightest life precious and do we contribute to its development? Are we the cause of suffering, tears and even hate? Do we share our experiences, our wealth? Do we live relational disparities with others? Do we strive to a more just distribution of wealth or the contrary? Do we have at heart the happiness of others as well as ours? Do we know how to share our surplus of vitality so that a balance settles in our environment? Is the slightest life precious and do we contribute to its development? Health is the consequence of a set of behaviours that play a role in the global balance.

Outside karmic debts, when we agree with our real identity, our real abilities, our real ideals, there is no reason for the divine providence to not give us the basic minimum so we can realize our mission in this life, whatever it may be, and the maximum of health to bring it to term. We must be in symbiosis with all our possible bodies, have an intimate relation with our whole being which guarantees us a continuous internal communication that informs us about our state every present moment. We must be in symbiosis also with the environment in the respect for all which contributes to maintain us in balance and in vitality. We must be in a permanent state of thanking to all what life brings us, even ordeals, diseases as a chance to progress in consciousness. We must be in symbiosis with the universe, the great whole which we are part of as it is that universe which brings our essential energy, gives us our superior consciousness. If we are a beneficial element for it, it will see to provide us with all we need to live and flourish. If we agree with ourself and our reason to exist and in agreement with the universe, nothing can be missed in life, health included. The respect and mutual aid with all living guarantee a daily support from all our environment. Thank after each action taken, after each gratifying fulfillment, emphasize the slightest source of progress must become natural in daily life. This encourages fate to congratulate more and more beneficial events all along our life.

In conclusion, if I seemed to repeat certain notions, it was to show them to you under the largest number of possible angles. I am conscious also that this vision of health contains many absolutes reachable with difficulty in many conditions prevailing on earth. But if this can make germinate in you a few changes, better healthy choices in your life and be in better control of your global balance, this will be for me a great satisfaction for this modest contribution. Naturally, my way of seeing health must not come into conflict with medicine such as practised in your country. The liberty of choosing the method of healing concerning your health should belong to you as a right.

Colin Chabot

Here is, in addition, a series of general reflections on health drawn from my first book 'At the origin of all' which is available free of charge in pdf with this link: http://www.music-close-to-silence.net/to_the_origin_of_all.pdf

It is not asked of you to feel pleasure in situations of suffering. But to live fully what life sends you, to discover in it the richness of the teachings and the stimulation in consciousness that it contains. All that you live has a meaning for you, it is up to you to discover it. Happiness is found in living fully each moment without holding back anything, without rejecting anything so that each event is a revelation of your real identity.

But the deeper cause, isn't it the lack of flexibility to adapt to changes? Some perceptions of the world or oneself, that become too rigid, can create an extreme imbalance between them and the new reality. Are you listening to your body, do you respect its natural rhythm, do you try to bring back a balance to its weakened parts? Or you are one of those individuals who waits until your whole, your life is threatened to react? Are you part of one of those societies that search for solutions to the well-being of its individuals, only when its survival is threatened?

Concretely, our thoughts, our words and our actions are modified energy, modulated at a frequency that we propel into space. It always comes back to us at the end of its surge and provoke in ourselves the same sensations that it contained at the start. Here, I want to remind you that a thought, a word, an action is an ephemeral form. Only its content, the modified energy, is eternal. Fear, jealousy, hatred, vengeance which are contained in our behaviour, the more they are charged with energy, the further they will go and the longer they will take before they come back to us. Their original intensity and duration in turn will give in the order, the force of impact and its prolonging. In the same way, the softer emanations of trust, mutual help, kindness, love, modulate the energy with higher frequencies which propagate not as far, but which come back faster toward its transmitter. The whole range of emotions, of thoughts, of feelings, each one with their multiple nuances is in fact a vibratory register. The thoughts, the words and the actions, which are the most charged with energy, thus with force of expansion, will come back after a very long time, which can be counted in century or in millennium. When they will come back to their source, the being who is their creator, if he has evolved by other stimuli, won't understand why destiny burdens him or gratifies him without immediate cause.

There is no great registrar who keeps a record of the bad and the good actions to distribute the punishments and the rewards afterwards. This is done by a natural principle issued from the primordial movement. Everything that we emit comes back to us, some time or other, and from this encounter the consciousness, source of transformation, is born.

You too should also be lenient for all your years of learning, your past mistakes which made you aware of what is good for you and in rebound what is good for others. Your acquired qualities were such by the experimentation of their opposite faults. The important is to be at one's best in each circumstance, even if one's state of being changes and progresses with time. In the past you were what you could be, today you are what you can be and tomorrow you will be what you will be able to be. Also, be understanding, but not too complaisant toward all beings who are still discovering what you already know.

Any encounter with a new energy is a cause of imbalance in oneself, awareness of what is not self and then the acceptance in oneself to give a new me. You who suffer and yet would like to feel pleasure in living, you should know that suffering and pleasure go through the same senses. Your capacity to enjoy life gives you the same capacity to suffer. These two opposites go through the same sensitive channels. Do you know what makes their

difference? The pain, the suffering, it is the rejection of what touches us. It is not recognizing that everything that we experience, live, is an inverse reflection of ourselves. Nothing that happens to us is a mistake of destination, an experience imposed by someone else without our consent. Literally, we are where we are supposed to be, live what we are supposed to live. It is totally impossible to be somewhere else. Pleasure, joy, it is the acceptance of what touches us, to recognize in them a part of ourselves; that everything that happens to us is just, even the tragedies and the sufferings, because they help us to grow and develop beyond their ephemeral contexts, a state of constant happiness.

If we do not fully live everything that happens to us, it is often because of the immaturity of our body, of the imbalance too intense or because of an anterior blockage. We shut ourselves off to the exterior aggression by desensitizing our envelopes, by crystallizing our reactions in a protective armor. This armor keeps us from feeling the energies judged unpleasant, but also keeps us from feeling the ones that are pleasant. Our universe congeals and doesn't progress any more.

Because of each one of the cells in your body, you are conscious at each moment of existing. Each one of them is particular and they form some ensembles who orchestrate themselves in a totality that you can be proud of. This entire collectivity deserves to receive daily, your gratitude and your unifying love. Take time to meditate on each part of your body, on each organ and on the harmonious beauty of the whole. You can't meditate on each cell of your body because you are such a complex God. But you can learn to love profoundly the whole being that you are and thereby, touch with that love each entity that lives in you. This unconditional love will be perceived by the smallest of your parts and will be returned to you by a sensation of well being, of total harmony. It won't be a state of being necessarily perfect, nor exempt of challenges to overcome, but more and more serene in an eternal becoming.

Concretely, to transform, improve, make the being that we are grow and his life in rebound, it is necessary, first of all, to know that you only have the power to act in the now. We can only transfigure our past in the present. We can only illuminate our future in the present. The past and the future are reflections of our consciousness in the eternal present. The past, like a mirror, is a projection in the intensity of our experiences of what shapes us and tints our actual life and can be changed at each moment. The future, like a mirror, is a projection in the intensity of our potentials of what shapes us and tints our actual life and can be changed at each moment.

Another stage of the evolution is to examine our thoughts, our words and our actions. For that we have to reverse the processus described earlier. The one that a body, to evolve, must lean naturally on the stability of the body that precedes it.

Therefore, in your case, it is necessary to start by examining your thoughts, become aware of the content of each one and of the whole which forms your mental body. The only way to become an objective observer of oneself is to study the self starting from a superior body. The following body, thus the sentimental body is sufficient. Each one of your thoughts which succeed each other in a certain rythm, underlies a hidden emotion which comes from your inferior body, the emotional body, and can be identified. If the emotion is clarified, it reveals that it is a reaction to a sensation experienced by the physical body, a lower level. This going back from the observer in a superior body, to the one to which belongs the element to be observed, is the guarantee of the acute awareness of the element and of its transcendence.

For a given period, the systematic observation of each thought, the understanding of its reason of being, brings an awareness, a reactualization in its pertinence for your evolution. Many of your thoughts are naturally issued from the present moment and are ephemeral with a limited impact on us. But the ones that manifest themselves repeatedly, often under the form of reflections on oneself or the universe, must be observed from a more elevated viewpoint. Because these thoughts are the threads that weave the background canvas of your universe and redefine your personality in permanence. The universe is what we think of it.

It might be difficult sometimes to neutralize the thoughts that keep us from progressing, and even make us regress in some lesser states. An efficient way to do it, is to meditate on their opposite. A thought of helplessness, frustration or depreciation which is a crystallization due to many emotions felt during repetitive situations, can only be dislodged at first by the identification of its source and understand if its source is always existing or if it belongs to the past. If it is always present, we must understand why it is still influencing us and what it has to teach us in the immediate time. We must give back the just proportions to the situations. To drop a glass of water and break it by inadvertence doesn't make us a total imbecile and for eternity. To put back the proportions to their just value. What is just in our thoughts and what is exaggerated in relation to the context? What in the past made you get used to perceive yourselves and perceive the world in an exaggerated, amplified manner in one way or the other? To remedy the situation, only the opposite can balance again this imbalance. If you have targeted diminishing thoughts, don't try to deny them, they would indirectly influence you, more sneakily. But it is in meditating on their opposite value that a solution is found.

We are made from the sum of our thoughts. You decide as of now, which ones will be the most numerous in you and will weigh the heaviest in the balance.

Afterwards, it is the observation of your words, the prolonging of your thoughts that is done at a higher level, because if the thoughts belong to the mental body, surely the word is associated to the sentimental body, the expression of your heritage from the first four bodies. It is for this reason that you have the language the most complex of all the species on earth. The beginnings of the language start with the reactions of the emotional body, structure themselves with the observations from the mental body and become reflections with the sentimental body, etc. Therefore, it is in the body of love, the connection with the other that we can better observe our words and their impacts. If our thoughts define us as individual consciousness, our words define us as collective consciousness. Many of the words are ephemeral and seem to reflect a sentiment of the moment. But be attentive because the sentiments are always the durable prolonging of thoughts, which themselves prolong some emotions, which themselves prolong some sensations. It is not asked of you to control your words nor your thoughts at the source. But to observe them to bring to light their content. This actualizes them in their essence and gives you the choice to repeat them or to stop them knowingly.

Wanting to cancel a behaviour by its prohibition, it is simply to believe that ignoring it will make it disappear. Ignorance never brings the elevation of consciousness.

It might be difficult sometimes to differentiate the words that make us regress or make the others regress from the words that make us progress. But from the more elevated viewpoint of the amorous body, seat of the comprehension, there is no ambiguity. Do our words serve us to come closer, to unite us with others or on the contrary, to keep us distant, to separate

us? Are our words some exaggerated limits that restrain our progress and elevate some barriers between us and the others or if on the contrary, they stimulate our evolution and build bridges between the individuals? Do we generally talk to make ourselves smaller and make the others smaller or the other way, to grow or make the others grow?

Do your actions really reflect yourselves? Do your different bodies harmonize themselves in this intention? Are the enthusiasm and the deep satisfaction present in this action? Like a sacred ritual, are your gestures a constant tribute to the life expressed through you? In this continual dance, you can celebrate your unique grandeur while respecting the ballet of the ensemble.

I repeat that to examine our thoughts, our words and our actions by actualizing them in our consciousness to attempt to transform them, should not be a sort of control to better compress them in the unconsciousness, and this way be influenced in an even more insidious manner. A sincere desire for progress goes through the calling in question and in depth of these three elements fundamental to the expression of life.

The acute awareness of one's own limits is in oneself a first step to go beyond those same limits.

One of the imbalances of your period is that you are bombarded more than necessary with information, news, sometimes happy, often unhappy, by all your media of communication. You are kept informed of everything that is happening in the four corners of your planet. Your senses are crammed to the extreme, without having the time to follow the natural cycle of assimilation. This cycle is that a sensation brings an emotion which in turn transforms itself in thought, then in sentiment. Our sentiments are the solid base which brings us to react by posing gestures to adapt ourselves to the stimuli or transform them. To have so much sensitive and emotional provocation, only the sentiments of powerlessness, of frustration perpetuate themselves in you.

Now you understand that in increasing and in manipulating the energies in your bodies, you purify the matter, you give it back a fluidity, you prevent its crystallization, forerunner sign of its inertia before its dissolution. Many illnesses are due to a devitalization of the matter, a local energetic imbalance that threatens the harmony of the whole. A premature crystallization of the matter is due to a premature dispersion of its energy.

Your physical body is your basic body the most stable, the most accomplished, therefore the less inclined to dissonances. Which makes it that the perturbations, the sicknesses, the deformities that affect it, can only come from the other bodies still unstable, in full development. It is the emotions, the thoughts and the sentiments still immature, confused, even perturbed, that affect the state of your physical body.

Therefore, you have to do in sort that the energy circulates in all your bodies in a way that it is spread equally. Because sickness is an energetic imbalance provoked by an imbalance of your emotions, your thoughts or your feelings, etc. This prolonged imbalance exaggerated, brings a crystallization of the matter, thus an impoverishment of the energy in a precise zone of the corresponding body. Its densification in matter will descend automatically the line of the bodies if the cause prolongs itself up to the most dense, in your case, the physical body. At that stage, it is indispensable to redo the course in reverse to go back up to the source, and

thereby make the crystallization stop. Normally, if the blocking, the set condition is reanimated, the energy once again will vibrate and will circulate freely. Any emotion, thought, sentiment even the most painful, if they are lived fully, are a cause of temporary imbalance but not of long term sickness. It is their blocking, the refusal to live them in totality, their crystallization in us that provoke worse imbalances, even permanent. To make the energy circulate in all these bodies, it is to accept to make all the sensations which come from the exterior, circulate freely. To assume them all as being the reflection of our own emanations, thus necessary to the evolution of our consciousness.

If your state of being is unsatisfactory for you, do not criticize the events of your life, but your reactions to these events. You create a vicious circle by always having the same reactions to situations, which is what creates their prolonging in a state of being to their resemblance, and this state of being tints your reactions to your new experiences. Only a serious and objective analysis of your reactions can deeply change you.

Don't expect any more from your external worlds than what your internal worlds receive from you.

Don't be like a God who spreads discord, disunion and suffering in him any longer. Give to your universe what you expect from your own supreme being to whom you belong. Spread some waves of love, kindness, beauty, truth through your different internal worlds and receive in return, their waves of gratitude.

Naja

