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Introduction. If you see this text, it means that you have shown interest in the author's technique of "Soul Reconnection" – restoring a person's lost connection with his Soul through cleansing his energy from foreign intruders and restoring the integrity of his bioenergetic structure, which is realized through Alex (Alex Healing).

CONTENT

1. The technique and procedure for Soul Reconnection.
2. We are Souls who came to Earth to gain material experience.
3. The distorted energy of the Soul.
4. How the state of Soul Reconnection manifests itself in practice.
5. The concept of Soul Reconnection. Even deeper into understanding the phenomenon.
6. Implementation of the results obtained. The courage to live in harmony with your Soul in practice in real life.
7. The Age of Aquarius. Why the topic of transformation and spiritual growth has become so relevant for many.
8. Stellar, alien Souls.
9. The pain of a fanatical esoteric. Lack of real-world implementation.
10. The realities of the modern world. What really happens and how we live.

The text below is fragments of my book "The Book of Truth. The Great Awakening of Souls."

1. The technique and procedure for Soul Reconnection. Soul Reconnection is a unique healing technique that involves:

1. Step-by-step (in order of priority and importance) identification of any kind of destructive phenomena and influences in the human bioenergostructure and their further complete elimination at all levels. Yes, immediately and forever, completely and completely and at all levels, so that there would be no setbacks and no return to the same issues after a certain period of time.;

2. Restoring a complete and pure connection of a person with his Higher Self and Soul, Kin, healing channels of communication with the Earth, channels of flow of sexual energy through the identification and elimination of any kind of blockages. All this eventually gives a clear understanding of "who I am", "why I live" and "what is my Path" and I want, can and can create the reality that I want and choose according to the desires and Path of the Soul.;

3. Identification and diagnosis of all the features and specifics of a particular person and his energy. As a result, you will receive clear instructions on how your body and mind work and how to find balance in all areas of life.

4. Answers to all the questions that bother you, starting from "why am I allergic to ..." and ending with "I want to increase my company's revenue 10 times and I need to completely purge myself of the attitudes and beliefs that still hold me back from reaching a new level." By reading information through your Soul through me, you will literally receive answers to any question that bothers you, and most importantly, healing and transformation of the moments that bother you will be performed to further change your real life according to your requests.

Many people may have a question about which energies I work through. So, I'm just connecting you to my own Source, both Divine and Ancestral. You are already God and you are the Creator, and everything is subject to Your free will. But no one has taught us this, and we live in the illusion of dependence on external

factors and inner self-doubt. But everything in your life is created by yourself through the freedom of your will. Information is read from your Soul and Spirit. I do NOT involve ANY extraneous energies in the healing process other than the energies of the Creator of all that exists. In some cases, if it is flowing and with your permission, we can "connect" the energies of the Creator Gods of your Soul, your Kind (although, in fact, your Kind will be present in any healing process in one way or another), in the case of alien Souls, ask for help and support. Your native civilization, where your Soul comes from. Through me, there is NO work with "earthly" gods, egregors such as religious and others, and "lower" energies such as spirits, demons or entities.

2. We are Souls who came to Earth to gain material experience. When a person has a close conscious connection with his Soul, knows how to listen to its voice, he can literally instantly get TRUE answers to all his questions and life as getting material experience with his exams, checks and tasks becomes an interesting educational game in which there is nothing "bad" and "good" and you understand that from your Soul and the universe want you, creating certain situations in your life. In esotericism, this is called "awareness", as well as life "from an observer's perspective." A player who seems to see everything from the outside and is not emotionally involved (as much as possible, we are all human). Perhaps, from the point of view of psychology, this can be called superconsciousness and an active constant connection with it.

When a person does not hear His Soul, which means he does not live his true Life according to the purpose and Path of the Soul, he will always be unhappy in the end, and in the deepest cases of self-betrayal, it all ends with depression, apathy and "midlife crises", a feeling of being lost in life and not understanding "what I want and why I live".

The symptoms are that your Soul is very manifest in you and it wants to be heard.:

1. You have a very developed intuition, to one degree or another you see through other people, sometimes you understand without words, when other people lie to you, it is immediately obvious to you;

2. You can't eat everything. You become uncomfortable with heavy food and food with preservatives, flavor enhancers, and so on. This food can easily cause acne, gastrointestinal problems, and so on. Most likely, it's hard for you to eat milk and meat.;

3. You are interested in development topics, such as psychology, psychotherapy, business literature, esotericism, and so on. Are you interested in going deeper into yourself and getting to know yourself;

4. You've already noticed how you create problems for yourself when you don't follow your gut and intuition. If your inner voice tells you one thing and you act differently, you get problems in your life.;

5. You are very sensitive. You FEEL it, and that's the main thing—in relationships, in food, and so on. I FEEL like... not "I think that"... Yes, perhaps you haven't allowed yourself to live through feelings yet, and you live through thoughts, not sensations. Nevertheless, you have a high sensitivity.;

6. You realize that the "values" that most people live by – for example, alcohol with friends on Fridays; the program "you definitely need to get married"; you need to get a higher education; you need to have a stable job, and so on – all this is false for you, not suitable, You don't like it and you refuse to choose it. But how to build the "life of your dreams" is still not clear.;

7. With a high degree of probability, you feel and see what is REALLY behind the mass management system of humanity and choose to live "outside of it".;

8. Religion and other similar concepts of "how to live" do not make you want to join, because deep down inside you know that God (the Creator) exists and he is inside you, you do not need external intermediaries on this path.

It is important to follow these and many other hints and parting words of the Soul. They come to you through your intuition and subtle feeling for a reason. But as hints of what is really important and necessary for you at this stage of life, where to look and where your truth is, what is important to you and what is not, and this is not your story.

But not all people... more precisely, not so, usually absolutely all people do not hear these subtle hints of the Soul until they start working on themselves, self-knowledge and personal growth, and live in oblivion, illusions, and false ego (different concepts of cognition use different categories to denote an identical phenomenon).

And the more you move away from the voice of your Soul (and as a result, those choices in life in all aspects – relationships, occupation, place of residence, choice of social circle, diet and eating habits), the more you go the WRONG WAY. I call it that you deviate from the PATH of YOUR SOUL.

The more you deviate from this Path, the more problems and inconsistencies will come into your life and space, the universe will show you – you're going the wrong way, wake up. Because you will not be playing your own Game, not the scenario for which your Soul incarnated into this body. And the more it hurts you, the more you go wrong, even if your Ego thinks that everything is fine and everything is in its place. No, that's not true. It's just that the truth is from you in the shadow of yourself. Through the lens of your Ego's glasses, you look to the northwest, and the answer is to the southeast.

Why is this happening? I feel the answer to this question is as follows: in my opinion, the scenarios of our lives are predetermined (this concept appeals to me

and I feel my life this way and see it in the life scenarios of the people I work with). Yes, we are certainly endowed with freedom of choice and this is a key Universal Law, but there are basic points in our Life Path that we must go through one way or another – there are meetings that are vital and whether you want it or not, and interaction with these people according to the contracts of your souls will not be avoided, as well as moving to other countries, if it is provided by the Path of Your Soul and so on. And not with a carrot, but with a stick, life will bring you back to this Path and series of events, so that the most important thing for which your Soul came to Earth happens. You can resist these processes through your Ego, which may not agree with the transformations at the moment, with the fact that something old is crumbling. It's painful. But it only hurts for one reason – at the moment of the collapse of the old and obsolete, you still do not see a new Path that will open up for you after the false leaves and a place is made in you for your true one. Therefore, the "pain of transformation" and the pain of "spiritual growth" are not so much about real emotional pain, but rather about the willingness to "surrender" to the Higher Purpose of the Universe, which endlessly cares about us and always wants the best for us, even if at the moment we are like little children, mischievous and unhappy with what is happening.

Until the moment of reunification with your Soul, often a person's Soul wants one thing, and through your brain you live a completely different, false and not your "picture" of being. The world periodically creates "problems" and various uncomfortable situations for you, just so that you finally wake up and choose yourself. Through thorns to the stars, through the knowledge of darkness, the conscious choice of Light, through the knowledge of how to betray yourself, make the choice never to do it again, to be yourself and live Yourself.

3. The distorted energy of the Soul. One of my teachers called it "disqualified divine energy," a phenomenon where the Creator, through Spirit, Soul, and Higher Self, endlessly gives you the energy of creation, Life, and creation. It gives you an idea of why I will actually send your Soul in this body to planet Earth. But, in the case of betrayal of oneself and one's Soul, not following one's own path, excessive fascination with the "temptations" of the black matrix of being (I write a lot about this in the full version of my book, as well as in the following sections of these materials), the Soul plunges more and more into the so-called oblivion (I would say - meaningless behavior that does not bring any creative benefit to both the person himself or the people around him and the world as a whole, behavior that often boils down to obtaining imaginary, false and easily accessible pleasures of the very "black matrix of being"). As a result, it turns out that the Creator provides an endless stream of Life energy, and a person invests it in the wrong way, poisoning the world around him and himself. The phenomenon lies in the fact that the more a person follows this path, the more he transforms the very energy of Light inside himself into darkness, blocks, he seems to toxify himself and poison himself with the energy that did not benefit, into the destruction of himself and the world around him.

Moreover, the energy of Life and Creation, which has turned into darkness, that is, its vibrational frequency has significantly decreased, becomes a tasty morsel for residents of the lower astral and other destructive entities. According to the protocol of the Universe, when a person has, relatively speaking, a mass of "darkness" that exceeds certain limit limits, they gain access to it and begin to "engage in it," teaching lessons that are, to put it mildly, unpleasant. The language of their interaction with humans is the creation of problems, diseases, and troubles. Passing through this darkness, a person has a chance and opportunity to come out into the Light. But the process itself, of course, can sometimes be painful.

4. How the state of Soul Reconnection manifests itself in practice. Soul Reconnection is the restoration of a lost connection with one's Soul. It is quite difficult to explain this condition in words, you can only feel it. And often after my sessions, people find that blissful state when words are not needed, everything falls into place and you just feel good. People get answers to all their questions and life becomes clear and transparent. From this state of "good" you can move forward and build a much more harmonious life than it was before. This is EXTREMELY important! This, in fact, is the main key to creating your life the way you want it, creating your reality according to your goals, desires and dreams. Your mood today and now completely determines how you will feel tomorrow. It is your CONDITION NOW that creates the reality that will happen to you tomorrow. So, what is your current condition? Resource-based? Are you feeling well? Or you're sitting at a job you don't like, you're talking to people you don't like, you're eating food that you don't like, don't like, and don't like. And the reasons for such self-betrayal can be different - starting from "what will others think" and ending with the fact that you are simply too lazy to leave a space that does not suit you.

I'll give you an example that happened to me today. Just two hours ago. He knocked me out of my rut a little, but I didn't lose my head and try to make the most of this situation – for example, I'll even fill this text with a fresh example.

And so, two weeks ago, my friend sent me information that in the country where I am now, there will be a powerful retreat with a very powerful master who has been teaching the topics of healing, integrity and the energy structure of man and the world for decades. I've heard a lot about him. In principle, no "master" has ever responded to me, because I don't understand why some people call themselves "masters" while others "worship" their skills and deify others who are essentially the

same as them. Just people who have become good at something. Social games. Well, okay, let's move on.

I found out about the retreat because many people around me were buzzing that it was a cool master and it was such a "wow" to get to this event, such an honor, and so on, I "fell for it." Well, I think there's money for that, I'm in the same country. The place where it is held is full of resources and nature, beautiful... so why NOT!

What kind of "social burden" was placed on me:

- two very reputable people from my environment claim that this is "wow", "cool", "just a shock, a sensation";

- I paid \$ 450 for tuition, and since childhood my dad carefully put into my head that destructive belief that if "the money is paid, you have to eat it" ... I'm not kidding, I grew up in a fairly poor family and my dad could often eat even something not quite edible or spoiled, only because "it was paid for." It was a very destructive attitude that I had been cleaning myself from for a long time, but fortunately I realized a long time ago that no amount of money would be more valuable or more important to me than physical health and psychological well-being;

- I went to the first day of classes and, after sitting for 2 hours, realizing that this was not my thing at all, some part of me started saying, "well, how do you get up and leave, this is disrespectful to the teacher," and when about 50 people present began to repeat after the teacher and wave their hands in the same way uttering some sounds, it seemed to me that I was in a madhouse. Sects are not my topic. I was in a network company selling dietary supplements, I was in societies where they teach and initiate into "energy channels", I know what non-religious sects look like and why they were created. Not my story. I just sat in my chair for two hours, not repeating anything and closing myself off from this whole group action. In the end, two hours later, I realized – what am I doing here anyway? Why am I wasting my time and my life on something that I don't need or care about at all? I'd rather go

back to my hotel room and get back to writing a book, which is what I'm doing right now.

Without sacrifice, without drama, it's easy to choose yourself always and in any situation. Isn't that Freedom and Life? How many people can do the same thing out of Freedom, and not out of "necessity"? And this is a small example of what "bonuses" and states Soul Reconnection gives you. You begin to Live, To Live a Life for yourself and for your own pleasure.

5. The concept of Soul Reconnection. Even deeper into understanding the phenomenon.

Soul Reconnection is not esotericism, spirituality, or religion. This is not a "technique", not a "practice", and certainly not a "meditation". It is a state of being honest with yourself and following your inner voice of Truth at all times and in everything 24/7.

For about 6 years, I traveled the Earth, coming into contact with various healers, and completed a huge variety of courses, trainings, and studies. More than 45 countries, probably more than 200-250 sessions taken from other massage therapists/healers, more than 25 training courses.

I studied all this, combined it, practiced it... until all this knowledge combined to turn my approaches and consciousness upside down... quantitative changes turned into qualitative ones! One day I realized that techniques and practices are all good. But this is a template job, and each person is different and unique. And people who rely on previously acquired knowledge, first of all, are in prison of these concepts and knowledge, blindly believing and perceiving it as "truth", having lost the opportunity to see further, wider and deeper than these concepts. Secondly, the work of such people regarding the healing of others often boils down to the fact that they, as if sorting through their knowledge and information files, try to "fit" each

new case to one of these card files, devaluing and "cutting off" those individual characteristics of each particular case. As a result, the situation is not perceived holistically, completely and multidimensional, and with the fact that such a specialist has not "learned" and has not encountered before, he simply does not know what to do.

A completely different situation occurs when we approach the healing process not through the left hemisphere – as a collection of knowledge, concepts and ideas, but through the right hemisphere – these are our sensations, feelings, intuition. There are no boundaries, limits, in the flow of the Soul / intuition / superconsciousness / God / Creator (you can choose different words to refer to the same phenomenon), we have unlimited possibilities and prospects for a complete understanding of the situation and "detached" observation of a situation for a complete and successful solution "at the root" completely and forever. Unfortunately, it is very difficult to do this simply by selecting previously studied mental constructions. Only a pure flow from the Creator, without a mental one, without awareness by the brain and the left hemisphere, will help to solve a particular request once and for all in a multidimensional way. This is a situation where you work through the voice of the Soul – intuition, clairvoyance, clairaudience, clairaudience, clairvoyance.

In general, after studying all this (and to be honest, just remembering – in my Soul it was all already "written down" and written down, visiting different countries and meeting different people-guides, I only remembered what was already embedded in me. For this, my dear guides and teachers, I would like to thank you very much. It was warm to interact with each of you), I realized the following. The most powerful work is working through a person's Higher Self, his Soul. The soul is what connects each person with the Creator. The soul knows everything about, let's

say, its Avatar on planet Earth... and our body is just an avatar for realizing the goals of the soul in the space of planet Earth.

Actually, years later, I have developed my own unique approach, through which I help people who contact me. It doesn't look like anything else I know. The only thing is, there's always a lot of exorcism involved. Because where your energy is occupied by someone or something, there is no place for your Soul energy. And almost every healing session of mine is accompanied by an active "eviction" of uninvited residents from people.

Reconnecting with your Soul is, first of all, about being honest with yourself and cleansing yourself of the false, what you consider to be a part of yourself. It has been with you for perhaps a year, perhaps two, or perhaps it has been absorbed into your mother's milk since birth. This is the set of beliefs and distortions that, like stones scattered on the Ground, make your life Path harder, you constantly stumble over them, have to stop, turn around, or sometimes make your own way through these rubble on your own.

You can get rid of this on your own (for example, through meditation), but with an abstract specialist with great energy potential, it is much easier and faster. Because where there won't be enough energy, and you just won't "take it out," I'll back up, take your astral hand and lead you through, showing you – look around – this is a black tunnel that isn't you, and I see a way out. Let's go to the exit, leave everything behind and let's burn it right away so that it never comes back into your life again, and a new version of You starts living this LIFE of your dreams.

You may ask me, but how can I know what is best for you? And these are not questions for me. When I have a consultation with a person, I just get the text that I'm saying in the stream. In fact, this is a direct "channeling" from your Soul – down to the dates, events, situations from the past that became the root cause of your destructive states and the prospects of how to act most effectively and correctly. And

yes, I often, as a person, don't understand what I'm talking about at all, I'm seeing people for the first time. But for them, it's like a "perfect text", pinpoint answers to their questions that have been bothering them for weeks, months, even years... and usually it's a "shock, how can you know that about me?" reaction. I usually don't even really remember what I was saying in the Stream of a person's Soul during a session, and I don't need to know. I came here in this body to enjoy my earthly life. I fulfill my mission without attaching special importance to all these processes. It goes on and on, great. At the same time, I do not predict the future and do not tell you what to do specifically (therefore, personally, I categorically do not support the so-called "coaching" - no one ever has the right to tell you what to do and what not to do. This is solely your life and your experience).

This is a Gift – the universe has authorized me to read information from people's Souls, and the Soul naturally, like a flash drive, stores all information about you. About your past/future development options and what is REALLY happening to you right now.

Yes, yes. What IS REALLY HAPPENING TO YOU. This is the key. What does your Soul, Spirit, and Universe want from you NOW, at THIS STAGE of your LIFE?

Because usually the brain comes up with a million projections and excuses, and it's not immediately possible to "see" what kind of lesson you're going through. You become emotionally involved in the game, the outer shell of certain situations, getting lost in them, becoming emotional, losing the "main thread", not seeing the true essence of what is happening to you. That's why classical "psychology" doesn't work, because by and large, what psychologists do is they deify what shouldn't be deified. They work with the brain, and the brain is 2-3% of our entire bioenergetic structure, the iceberg effect. The brain is a collection of settings and programs. They just spend a lot of time and attention digging into programs, often bot programs,

inspired and artificial. It looks like a person who is drowning in a swamp himself (a psychologist) is trying to pull another person out of the same swamp. Only an absolutely pure guide who is directly connected to the Creator, when the area of the head and crown is not blocked by egregors, false beliefs and beliefs and concepts, will be able to help you, because he will be able to help you see the situation from the perspective of the Creator, Spirit and Soul and help you pass this life lesson faster, more effectively and without pain. Because your "troubles and sorrows" will not stop until you understand what your Soul REALLY wants from you through certain situations and what is REALLY happening now. I remind you that it would be useful to read my favorite book by Steve Rother, Spiritual Psychology. 12 basic life lessons". It will help you a lot to understand how everything REALLY works and works.

The key thing is what kind of Soul lesson you are CURRENTLY going through. Until you understand this, the universe will guide you harder and harder until you realize and make the choices that your Soul expects of you. Me or another person with the gift of talking to people's souls, we can count on you directly and verbatim, and tell you what is REALLY HAPPENING TO YOU RIGHT NOW and HOW TO FIND A WAY OUT OF THIS SITUATION.

Soul Reconnection is about returning to oneself, to clarity, to "surrender" to oneself and without fear look inside oneself and MASTER one's state, energy, unleash one's potential, gifts and know the SPECIFICS of one's energy. EVERYONE HAS THEIR OWN SPECIFICS!!! At

EVERYONE

own

specificity

ENERGY!

And only through a deep acquaintance with yourself and tracking the cause-and-effect relationships in your life can you "catch" this specificity and not fight it, but use it advantageously for the benefit of yourself and in the name of your development. Through me, you will be "read" and you will be informed of all the nuances, details and specifics of both your biorobot / avatar and how it works and what it needs, as well as your mental and emotional state. And if there are injuries at the Soul level and blockages, we will rise to the Spirit level and from the position of Your Spirit we will see what kind of lesson the Soul is going through if it "refuses" to help us because of too painful past experience on a particular topic.

As an example, I often work with healers, magicians from birth, powerful wizards who, knowing about their gift, still do not dare to discover and realize it, although if the Power flows through their body, one way or another, it was the choice of the Soul, and they ARE OBLIGED to fulfill their healing purpose. If they do not do this, quite a lot of problems in different spheres of life may arise in their Path.

6. Implementation of the results obtained. The courage to live in harmony with your Soul in practice in real life. People who are engaged in self-knowledge, purify their energy from false beliefs, informational and energetic implementations, establish more and more connection with themselves and their True Higher Self, reconnect with the Soul more and more, deeper and deeper, and they literally begin to feel/hear/see it through inner sensations. an inner voice or inner images. And yes, it is possible. This is one of the main goals of the Soul Reunion session. So that this connection always exists.

Here, of course, it's a matter of practice and not self-betrayal. Yes, yes. The key to connecting with your Soul and who you really are is to ALWAYS follow your inner feelings and NEVER do anything that doesn't respond to you inside, something that would be a betrayal of your feelings, something that eventually makes you feel

bad. Once again, this is the key. I've done a lot of Soul-reconnection sessions for people. What helps them to "roll back" and breaks the connection with the Soul again is:

the first is the lack of REAL actions aimed at realizing the results of the session in the world of matter (for example, if during the session the Soul told a person to eat a lemon a day every day to remove certain groups of toxins, then this is important and needs to be done – this information is "not from the ceiling", but NECESSARY and important the factor of restructuring and restoring human energy);

the second is, just after hearing the voice of the Soul and learning to feel "where I need to go, and where I don't, where is mine, and where is not mine," to fall back into a state of feeling that it is not mine, by doing this, I betray myself, but TO DO IT ANYWAY – 90% because it was done before.

If you don't take the LIBERTY to act differently than you did "before," no miracle will happen. No matter how powerful a healer is, the responsibility for your life lies solely with yourself.

7. The Age of Aquarius. Why the topic of transformation and spiritual growth has become so relevant for many. The key point during the Age of Aquarius is the Truth. Therefore, any kind of falsehood, including inside each of us, is revealed. And when your vibrations grow along with the vibrations of the Earth, the old destructive programs literally begin to vibrate painfully in your biofield, because there is no place for them there anymore, Your vibrations are higher than they are. At such moments, unreasonable panic attacks, aggression, fear, loneliness, and so on occur. And traditional medicine with the advice to drink a sedative will not help, but will only worsen the problem, because your energy structure seems to

freeze and weaken from the drugs. And what should have come out of your field, on the contrary, remains there and begins to rot, poisoning you more and more. Then, following herbal sedatives, the doctor prescribes chemical drugs for you, more and more. This is the path to self-destruction.

At the same time, it is important to understand that there is nothing superfluous in your biofield. Whatever destructive element is found there, you have deeply attracted it yourself, or you have generated it yourself in order to learn a certain experience and become a better person. All this can be realized and transformed into light, awareness and understanding of what is REALLY happening to you.

The main thing is how much energy will be released as a result of healing a particular disturbing condition. And remember - the more painful the injury or condition, the more of your own vital energy is there, which you spend on keeping this state inside and seeming to close your eyes to it without seeing it. Turning away from the pain inside yourself, the problem does not go away, but only grows every day so that you finally pay attention to it. Someone converts, and someone finds other methods of "dumping" - alcohol, drugs and other escape from reality. But in fact, in this case, a person is only running away from himself, afraid to look into the most hidden corners inside himself, where there are unlimited resources for obtaining everything that you can only imagine. When you become the Master of everything that happens inside you, you can easily control the space around you, the Universal flows of abundance. Because our most terrible enemy looks at each of us in the mirror.

The essence of our work always comes down to the basics. To recognize that your bioenergetic structure is not yours and alluvial, liberation from it. Awareness of the reasons why you have introduced these artificial constructions into your psyche / emotions/ thoughts. What have you forgotten about yourself or haven't

seen yet that you need these artificial crutches? We find this resource inside you, accept it, and reveal it. Step by step, not all at once. Because the bioenergetic structure needs time to adapt. Our Spirit and Soul work at lightning speed, the sphere of thoughts changes a little slower, emotions even slower, and the slowest is the physical body. I've neglected the body before, and I know what I'm talking about. A transformation that is not fixed at the body level will not happen until the end, and there will either be incomplete study of the issue (which is why people often go to psychologists for YEARS), or there will be a rollback to the old behavior model. By working with me, you will get rid of the problem on all levels and forever. But again, this is your life and your choice, you can always "roll back", no one is immune here, and you choose every second of your life yourself.

What bothers you disappears from your biofield forever after 1-2 sessions (usually this is enough). Instead, we reveal a huge resource – you will have much more strength, energy, inspiration, and most importantly – self-reliance, self-confidence, and awareness of your own worth.

Such a feeling of the "True Self" is possible not only in relation to a person. In fact, everything that is not the True Self, but is False, is an energetic distortion of the Universal flow of energy, as if it were plugged in, it is felt. Such "traffic jams" can occur in any area of life – relationships, business, the development of your company, and so on. It is possible to eliminate and harmonize them at all levels, depending on our level of access (for example, we will not be able to adjust the egregore of the state just because you do not want to pay such a high tax. However, we will be able to unlock the maximum potential of your company so that the payment of taxes does not reflect in any way on your wealth and high income level as a result of its significant increase).

One of the most important unique techniques that I use and that I have received from my Soul is the technique of wish fulfillment. The bottom line is that

you and I are smoothly and carefully uncovering the connection with your Soul, finding out which of the desires are yours and which are alluvial. After that, we, interacting with the space-time continuum of planet Earth, set a program for you to achieve these goals and desires. The main goal is for you to become genuinely happy when you achieve them. After all, the goal is not as important as the feeling of happiness and joy when it is achieved. It is in this format that you will have the inner motivation to achieve everything you want. Because no matter what motivational coaches tell you, you will never achieve what you don't want deep down. And even if you do, it will never make you happy, but will only drain your vital energy into something that is not your path, and as a result, the coefficient of getting results in real life from your actions will be very low.

When you move in the flow, according to the true path of your Soul, you perform 10% of the actions and get 90% of the result. When you follow the path of delusion of the False Self, you perform 90% of the actions and get only 10% of the result. Because you are not shining your vibrational frequency into the world, you are not fulfilling your Soul Program, and the universe is not supporting you in your actions, and there is a lot of resistance to what you are doing all the time.

You may have noticed that often, when working with psychologists or psychotherapists, sooner or later the negative state/problem returns. Experts in this field often attribute this factor to the fact that our development occurs "in a spiral" and, having worked out a certain request, it will be important to return to it after a certain time for even deeper healing.

My approach works differently. Due to the sufficiently high energy potential, as well as the sufficiently high energy volumes of my clients (others do not come to me), we enhance your personal energy so much by activating your entire bioenergetic structure at all levels so that, despite fears, doubts, limitations and

beliefs, the request is resolved in the moment here, now and forever. This is very important:

"Despite fears, doubts, limitations, beliefs, I express my intention..."

This is the most magical and powerful formula for fulfilling desires and achieving goals that exists in the universe according to the key Universal Law of Free Will. Taking into account the laws and principles of the flow of the energies of the Universe, your goals will simply be doomed to success.

Our common work will primarily involve identifying destructive patterns, connections, hooks, and interactions in your consciousness, subconscious, and other levels of your being that block and reduce your energy, as a result – you do not realize your potential in all areas of life – finance, business, family, relationships, social development, and so on. next– to the fullest extent.

Only what is fully discovered can be eliminated "at the root". If it's hiding from you, you can't solve the problem once and for all. Programs are very fond of hiding, not showing up during the session. By using the above phrase, you give permission for complete healing, regardless of the depth and thickness of the resistance and mental defenses built by your psyche. This ceases to matter, the main thing is the complete achievement of the result as a result of our session.

8. Stellar, alien Souls. I want to add this section, because 70% of my clients are alien souls.

Since there are so many alien women watching me and coming to the sessions, I want to tell you about you too. I love you so much! You are very special

and always "out of this world." WE. "Not of this world." We are not like the original earthlings. We are not interested in their values and lifestyle. One thing distinguishes us all is that we miss home very much and will never feel that the Earth is our home. There will always be a slight complaint and discontent. Yes, we're here, the game is happening, and that's important. Actually, that's why we're here, to learn a specific experience. But this material reality will never become our home deep in our Soul, and somewhere deep down each of us is waiting for "when it's finally over and I'll come home."

The obvious symptoms of being an alien are the following:

- you are a very strange character. Very. You want to live in some very unusual country, house, and wear something strange. And not because you want other people's attention and say something to the world, no. It's just that it's important, delicious, and valuable for you personally. You're not interested in anything else. You are sickened by the clothes that everyone wears and which are so gray, rotten and dull. Only if you were very "broken" in childhood, you went along with society and started to look like everyone else, but deep down inside it makes you unhappy.;

- most likely, you have an endless thirst for traveling, exploring new countries, getting some new experiences, trying different unusual delicious foods, new ways of spending leisure time, and so on. It is important and valuable for you to learn something new. Because at your core, you are the messenger of your civilization to Earth and explore everything new and explore different facets of this world of matter – this is your main subconscious desire, the desire of the Soul, from which "You will never escape.";

- since childhood, you have felt different/ different, you have felt your own peculiarity. If you have not been "broken" and you have not betrayed yourself, then most likely this dislike of the ordinary has made you a bright, charismatic, successful person. If society has "tried very hard" and broken you, then it can be a very closed existence, detachment from people, fear and timidity to express themselves, introversion, unwillingness to "once again" go out "in public." But, in the end, this is what makes you unhappy, because communication, cognition and research are your main task and purpose. If you don't do this, you won't feel happy.

Many esotericists speak of the category of "star souls." How do you know that you are a star soul? Yes, you yourself have known and felt this since childhood. That you are not like everyone else and most of the values of modern society and most people are not clear to you. You are a more sensitive, subtle person, most likely an empath. On the one hand, you feel everything much more deeply, you feel the subtle cause-and-effect relationships of the processes taking place in the world. On the other hand, because of your subtle mental organization, it is so easy for the rougher energies represented on Earth to offend, attack, and upset you. But it is important to remember that it was for the sake of getting rougher experiences that we, the star souls, came to Earth. To get an experience of dense dimensionality, where not everything is as blissful and highly vibrational as in your native space. Very often, star souls on Earth have a period of childhood in a physical body, and in general, the period up to 30 years is quite problematic, although eventful. Relationships with parents are often very difficult. But this is given to us only so that all these factors provoke us to develop. Because we are here for development. And if there hadn't been such severe factors, you probably wouldn't have become what you became at your age. Because there were many "negative" factors that pushed us to grow and develop. But it's worth remembering that our reality is shaped only by

ourselves, and one day you can decide to develop not out of need, pain, or necessity, but because you LIKE to develop. To find my motivation, why I want to live the next day more pleasantly, more joyfully, more comfortably than the previous one, because I want my life line to move only forward and upward, to a better life, and not stand still and, as a result, roll down. Self-love is the most important motive for development out of goodness and a desire to sincerely live a better life, and not out of pain. In this case, the Universe no longer needs to kick you in the ass to encourage you to develop, because the strengthening of the Soul in you and the energetic expansion become your integral components of life. Everything is dynamic and everything is always changing. Having caught this "wave", you find yourself in the same rhythm with the Universe. It's an amazing feeling to be always in the right place, at the right time, with the right people, and only moving forward. For what does not develop, it degrades. What doesn't go forward rolls backward.

9. Another very common story among my clients. That's why I want to include the next section of the book: the pain of the fanatical esoteric. Lack of real-world implementation.

A fanatical esotericist – a person who is excessively interested in esotericism has lost himself and any kind of grounding and at least minimal involvement in the real world, even to the point of moving to places with a high concentration of other fanatical esotericists (not because he likes this place, not because he sees his Path and his personal, individual and unique development in this but because it's "easier" and "easier" to live somewhere in Bali and not be responsible for your life (I'm not talking about those people who, for example, have powerful online businesses and they, of course, it's very comfortable and exciting to move and live in the warmth in Asia, where there is delicious food, pleasant people and beautiful nature). I mean

those categories of people who just run away from reality into some invisible worlds and end up just getting lost from real life somewhere in the jungles of Bali with a piece of durian in their mouth and on an old bike that is almost not working anymore.

A fanatical esotericist, his "world has come together in a wedge" exclusively on this topic. He chooses a partner only from this field, he reads books only on this topic, and his YouTube playlist (if there is one at all, and the esoteric comrade has not yet renounced real life and gone into the woods to another fanatical esoteric hut, where some mushrooms are endlessly eaten and "group practices" are conducted) is filled exclusively with videos on the topic of "spirituality", "practices" and other similar things. Okay, okay, just kidding. I myself periodically look for answers to my questions, I like to develop, and so on. But it's one thing to have it just as a piece, a direction, and an element of life. It's another thing to give up everything, just running away from real life into these invisible Neptunian worlds.

But it all makes sense and is beneficial as long as it serves you and provides answers to your questions in order to improve and optimize REAL life. Many fanatical esotericists have had a pole shift, they have gone headlong into it all. And instead of esoteric knowledge SERVING THEM in order to improve their real daily lives, leading to stable, healthy and harmonious relationships, health, and financial success, they began to SERVE this in some hut in the center of some jungle with twisted dreadlocks, a bundle of some kind of grass/mushrooms or other substances., "expanding consciousness" by conducting "group practices" with their own kind.

Distortion of the mechanisms of understanding and integration into real life, society, lack of money, sex, successful profitable activities. Why? Because it is a substitution of concepts, because it is an escape from reality, because everything that is excessive usually ends in collapse, and even medicine can become poison.

You are the Soul in the BODY. You are a Soul who has come TO KNOW the MATERIAL EXPERIENCE. And getting the experience of living in the world of matter is the most important goal and the end result of your stay here. Not meditation, not practice, not escaping from reality into a hut, but LIFE.

Yes, it's more difficult for "star souls" here, yes, you have to get along with different people, and you can't escape from reality, but that's exactly what LIFE is! And there are other laws here. And it seems to you that you need to "manifest", "meditate", "pronounce affirmations" and so on, even more every day, because the previous volume of meditations and affirmations does not make you happy and does not give answers to your questions. Anyway, by and large, you feel bad and unrealized. You most likely feel "tasteless" - there is no sex, there is no interest in life, nothing bright, memorable and interesting happens in life ... why? Yes, because OF THE ISOLATION FROM REAL LIFE!

The lack of realization in the real material world (in fact, the main reason why your Soul came to your body) is the main scourge of those who have experienced a strong bias in the world of esotericism.

In the world of matter, it is important not to read affirmations, but to ACT! Act a lot and desperately! You take the first step, you show the World that you are acting, ready to do something, that you are investing your time/actions in some process and want to get results. And this is what will give you a result in the world of matter, a tangible result in the real world that you can touch, touch, taste, feel. Real actions produce real results. Everything is very simple. If you are happy to live in meditation with zero in your pocket, you do not need this information, you have found your nirvana. And if you still want a real delicious life, I advise you to pay attention to it.

10. The realities of the modern world. What really happens and how we live. Have you noticed how the modern world promotes the encouragement of human "weaknesses" and "pains"? Let's be honest, because you can make a lot of very good money from this.

Why promote growth, why promote eating clean and high-quality food, why promote listening to high-quality classical music that sobers the mind, and watching high-quality movies?.. why? After all, you can so easily and successfully sow self-destruction through watching meaningless movies and listening to music, which only contributes to the degradation of the brain, but in no way to its development, and by advertising fast food and selling it at every turn, you can easily accustom a person to such food (and this is a proven fact that flavor enhancers are addictive and over time a person becomes unable to eat normal natural food like fruits and vegetables and "satisfy" his food receptors, only such fast and dirty food with flavor enhancers can).

And it would seem – and what's the big deal here – well, fast food and fast food... yes, only such a thing can only be said by a person who does not feel himself and his Body. Because a person who is clean enough in Body, who drinks a lot of clean fresh water, eats a lot of vegetables and fruits, even holding a burger from another fast food in his hand, will feel discomfort and a feeling like poisoning (in fact, a really clean person will not even look in the direction of that burger). I'm not even talking about eating this burger... if you have strong contact with your body, you FEEL it, and do not perceive it as an unconscious given, you will instantly feel heaviness and discomfort in your stomach after eating such unhealthy food.

Because we are not designed to consume plastic. A person cannot consume such an amount of garbage, which has been introduced into our diet by destructive

food propaganda over the past 20-30 years. All of this actually has one big end goal – encouraging a person to intellectual and emotional degradation.

And that picture of an overweight man sitting at a computer screen at home and inexplicably stuffing his stomach with burgers, controlling through computer technology an avatar robot that represents him in real everyday life on the streets and in interaction with the outside world, as it was shown in one of the films, can become a reality. It can happen if we don't stop massively consuming low-quality foods that are flavored with flavor enhancers (or listening to the same mass music that seems to be so easy to listen to, but the meanings and energy that are embedded in it leads to degradation and misconceptions of our consciousness). It's not clear, is it? I'll explain in more detail.

This is one of thousands of examples. Well, look, let's take the theme of classical music. A lot of experiments have been conducted on the topic that the sound of classical music structures the water in a glass of water, that listening to classical music significantly improves a person's psycho-emotional state, enhances concentration, learning ability, and reduces symptoms of depression. So the question arises... if listening to such music is so useful, then why not listen to it en masse, everywhere and all the time? That's right, my good ones. The first is because it won't bring much money to anyone and the producers of *Sovremennost* simply aren't interested in it. Like states, let's be honest.

What kind of music is being popularized and "sold" massively? He loved me, I forgot him, he fell in love with the third, and the third fell in love with the tenth. Everyone is grieving and crying from unrequited love. In general, the theme of distorted, traumatized infatuation, sex that is confused with love, unhealthy codependency is, in case you haven't noticed, a key theme of modern pop music. All this is also abundantly seasoned with the video sequence during the broadcast of the

clips, which often includes alcohol, the theme of unhealthy chaotic sex and "suffering."

And so a man is born, and he has good caring parents, he has healthy concepts and perceptions on the subject of love and relationships, but. He turns on the TV, watches TV series, movies, listens to music and music videos, in which 99% only one theme sounds – he didn't love me, I loved him, the third one stole him from me and other destructive distorting programs.

He puts on headphones and goes to exercise (if he does it at all), walks, does something else, and these songs are playing in the background. Or he's doing something around the house, and the movie is on in the background, and this movie is literally full of distorted values and ideas about codependent painful relationships.

What do we end up with? Since such a child does not yet have rigid filtering mechanisms for incoming information and a proper level of critical thinking, all this is literally "recorded" as behavior programs. You have it written down too. And you don't even understand that. Allow me to hack you NOW for your benefit and solely through the permission of your Soul.

Give not even me, but your Soul permission to heal, and let all the false and destructive programs on the topic of love / unhappy love / addiction and codependency that were instilled in you by your parents, society, and mass cheap pop be burned out through the Light of your Soul and Spirit right now, in the most gentle, kind and comfortable way for you.- culture. And the place in You that is being released is filled with the energy of your Soul, that energy / states / emotions that are truly Yours, truly real, given to you by birthright from the Progenitors of the Family and coming directly from your Soul according to its purpose, Path and choices, which were actually made clearly and concretely more until the moment of your incarnation on planet Earth in this body.

Let's return to the second example described above. The topic of easily accessible harmful plastic food. Everyone understands that such food kills. A natural and logical question arises. And why, realizing the harm of food additives and flavor enhancers, not stop adding them to food? Why not just purposefully ban and remove all this junk from store shelves? After all, it physically destroys us, it does not carry any useful nutritional value. It's just plastic, shaped like a piece of potato and called "chips" in a bright, attractive package. Why is it easier to buy it than an apple? And the places where it is sold are dozens of times more than the same apple stores? Again, it all depends largely on the host country. But I live in Asia today, and I talk about what I see on the streets I walk on every day. Perhaps your situation is different.

And so... Why? That's right, my good ones. Because now, with the help of diligent propaganda, a cult of eating shit has been artificially created, which is seasoned with spices and such enticing and tempting flavor enhancers. I see this very vividly in Asia, where there are often small shops at every turn where you can't buy fruits or vegetables, you can't buy natural yogurt without sugar... or at least something sugar-free and lively, natural. When I go to such stores, to be honest, my stomach turns into a tube of fear. You can find there 100 types of instant noodles, in which there is nothing natural and which, in fact, is a fast carbohydrate with a high glycemic index, which so diligently and carefully increases the tendency in your body to develop diabetes due to an extremely high glycemic index, as well as a bunch of plastic-flavored seasonings.. But due to the flavor enhancers and the exquisite efforts of food chemists, who combined 30 types of plastic odors, the result is an illusory smell of meat.

A question arises. Why not sell fruits instead? Or vegetables? Yes, even if the same fast food options, but not made of plastic? It's clear that fruits and vegetables are a perishable product, unlike, for example, dry noodles, but still... The

answer is simple. The more shit you pour into yourself and stuff it in, the sooner you'll go to a doctor's appointment and leave your MONEY there. The "conspiracy of the food and pharmaceutical industry" is already well known and discussed in many places - and this is not a joke, it is the truth.

Pharmaceutical companies love us very much because they love our money. It's that simple. But in order for all this good to be bought, a person must have the same "pain" that pharmacy so skillfully "closes". And part of the existing System creates and cultivates these pains, and the second part "comes to the rescue" and skillfully closes them. It's brilliant! And even more ingenious is that this happens in the format of millions of consumers and brings billions of dollars, euros and other wonderful monetary currencies of the modern world to the relevant people. It's kind of fascinating.

So millions, no... billions of people are falling into the abyss just because they are too lazy to think about themselves and their health... and it is precisely this laziness that is being cultivated more and more by the mass propaganda of the "easy life," including the "sugar life." Did you think eating so much sugar would have such a negative effect on your mental state? I already adore you, you are so naive. You are a very nice conversationalist, my dear friend.

A real-life example... Not fictional, not according to "research results" (paid for), but from real life. How do you feel when you eat something sweet? Is it drowsiness? Ah, the drowsiness... well yeah Do you think this is just an accident for you? No, this is a natural pattern of eating something that was not originally intended for our diet. We are not designed to eat refined sugar, just like the plastic described above with flavor enhancers.

You can read about the dangers of sugar in the studies of physiologists. As an energy therapist, I am primarily interested in the energy component, not the

physiological one. If you would like to get acquainted with the physical aspect, you can read the following articles.

Eating sugar is one of the most common modern ways that people commit on their own and create ill health with their own hands, provoke diseases in their bodies and, most importantly, voluntarily give their Life energy, draining it into nowhere. That is, no one is even forcing anyone to do anything, there are no complaints against anyone. It's just that sugar sales points have been set up at every turn, under different types – bars, ice cream, drinks, and so on. Almost a stereotype has already formed that eating sugar is "normal." And people, WITHOUT THINKING AT ALL, began to perceive this as the truth, as a fact, as an element of daily everyday reality. It's elementary not to have information about how much it actually harms their health. For those who possess information and know the Truth can control their lives, time, and reality. Based on the information, a person can make a voluntary decision – yes or no. If he did not voluntarily make this decision, but some kind of energy, essence, phenomenon, egregore is introduced into his space, they can and should be punished for violating the Law of Free Will and deception.

Do you know how I free people from demons and entities? Pointing them to the Universal Law of Free Will. If a person refuses to have a settlement in his bioenergetic structure, he IS OBLIGED to leave this body. And for violating the Law, if he does not voluntarily leave, he can be burned. It's when it's against a person's will. But you voluntarily feed sugar entities every day. Themselves. There aren't even any violations here. You pour your energy into these entities every day. And that's WHY YOU FEEL SLEEPY after eating sweets (from an energetic standpoint, I don't take into account the physiological aspects). Your energy was simply devoured at the moment. And it should take 2-3-4 hours for this energy of Life in the body to be restored to the necessary parameters. Sleep helps a lot here, and resources recover much faster during sleep. Therefore, after a hearty

"carbohydrate" lunch, we are so strongly attracted to sleep. I have no strength left. Physiologists will tell you – this is because blood from other parts of the body is sent to the stomach, to digest food, and so on and so forth. But again, I'm an astral healer. I am more interested in energy processes in the human bioenergetic structure than in physiology.

At the same time, a complex multidimensional slice is important. By the way, after sessions with me, people stop smoking, they have an aversion to alcohol, meat, they stop wanting sweets. Do you know why? Because if a person gives free rein to Purification and Liberation, to Reconnect with his Soul, I burn out everything that is not the energy of your Soul. And believe me, the essences of alcohol, cigarettes, meat, sugar are certainly not an element of Soul Energy and a natural, natural component of our reality. The use of all this is inspired by programs that more and more turn a person into a kind of animal, cutting him off from the flow of the Soul and from who he really is according to his divine nature (although I am also not perfect and, of course, sometimes I eat sweets, sometimes I eat meat, because I am a living person and I live in the real modern world, and I don't want to "cut myself off" from the goodies of this world. But it's one thing to be conscious, when I'm turned on and from time to time, understanding what's going on and why I'm doing it (for example, I prefer to eat this kind of food on vacation, because it "weights" the body, slows it down, causes drowsiness and I just sleep with it at this time), another thing – every day and in huge quantities, feeding your "creatures" that live in you and feed on you.

While describing the topic of sugar, I used the phrase that people "drain" their energy. I'll try to explain what I mean. It often makes it hard for me to read people's minds, even from the future, even now I am writing this text and I see/read

your thoughts and states. And I feel that you seem to be a little "confused" in my text, maybe even a little annoyed. This is how it should be, it's not your irritation, but those destructive intrusions that have penetrated to you – both on the topics of sugar, meat, substances, and other topics – everyone has their own. If inside, in your heart, there is a review of what I am saying, but in your body something does not seem to find a place, you are not comfortable, there is like irritation and as if you cannot sit still, something constantly distracts you and "throws" you into extraneous thoughts while reading this of course, this is it. Now your emotional state may even change, emotions can change continuously – from the most pleasant to the most difficult. It's not you, it's your false programs and your connections. WITH WHICH I WANT TO REMIND YOU THAT ACCORDING TO THE LAW OF THE UNIVERSE, THERE CAN ONLY BE ONE SPIRIT IN ONE BODY. And the reader's body is solely a vessel for his Soul and Spirit, there is no longer any place for any inspired and alluvial programs, entities, hooks, egregors and demons. Right now, everything must be corrected, if the reader has the will to do so and go to his halls. Summon your Soul, Spirit, Higher Self, higher heavenly and earthly guardians, guardians of your Kind. Attention to the heart area.

Inhale/exhale, inhale/exhale. Everything that is not truly Yours, as far as possible, in the most gentle, smooth and benevolent way, leaves the space of your bioenergetic structure and goes to its palaces, and what violates the Law is burned to zero right now.

If you want a deeper cleansing after reading this text, please contact me. The condition for continuing this work will be to make an energy exchange in the amount of \$114 USD or more (depends on the specific case and request) and I will continue this work with you with individual consultation, diagnosis of your energy condition and release you from the fact that which is not you. I will be glad to be useful and become a part of your path at this stage of your Game.

Let's return to the topic of draining the most important and basic thing, what everyone is fighting for – Souls, wanting to defend themselves, egregors and demons, wanting to feast on it, governments and states, coming up with more and more new ways to collect it from you more and more... this is the theme of draining your ENERGY. ENERGY is everything. This is the level of your health, money, and quality of your life. Everything is entirely a REFLECTION of the quality and quantity of your energy.

So why do I talk so much about "draining energy"? What does it mean to "drain" your energy? This means that when you feel good, you are in a good mood and that's it... it seems like it's time TO DO SOMETHING USEFUL AND DEVELOPING, you find something extraneous, something insignificant (like flipping through the social media feed, which you spend your time on and after a few minutes / hours you really feel tired, although in fact you haven't done ANYTHING USEFUL, as a result there is a feeling of emptiness, insignificance, idleness. People in the modern world partially refer to this condition with the word "procrastination").

The underlying reason for these states is that you have not yet found yourself in this life, You frankly do not understand why you live and why this life at all. You are, in fact, whiling away your days, fearing that in a few days / weeks / months you will have a birthday and you will simply become a year older, feeling the bitter feeling of approaching old age.

What do such people generally think about and what do they waste their precious time and energy on? By the way, this is how the body's aging and aging program works. Instead of developing and growing psychoemotionally, personally and energetically, despite age, a person begins to fixate on issues of illness / fear of getting sick / age and impending death. Because it's customary to start thinking about it when you're over 40. But what if you completely switch your focus from the topic

of death to the topic of FURTHER DEVELOPMENT, no matter what and despite your age? In my opinion, this is the main secret of centenarians. Diets, herbs, and exercise are good. But thoughts are the foundation, and if the thoughts in your head are directed at death and self-destruction, then no herbs will help.

I don't like this phrase, because it "scares you" and makes you move through life and develop out of fear, not out of self-love, but... as they say, the tree for your coffin is already growing! Already! And yes, this Soul is eternal, and your Soul has already been hundreds / thousands of incarnations on Earth, living in different bodies, and it is not afraid to die... But you still haven't figured out who you really are! You are still living in the program of the black matrix of existence. And you are influenced by meaningless news from TV screens, where the most difficult facts and the most traumatic information are selected daily to plunge you into anxiety, fear, anxiety.

In my opinion, the first sign that a person is starting to wake up and become closer to his Soul and to who he really is is the desire to throw away the TV. And it's not about escaping reality, no. No one will ever tell you about the real state of affairs in the news. These are perfectly thought-out stories, beautifully created by political scientists, sociologists, psychologists and other masters of manipulation to keep your attention, and insert ads between the news and once again sell you something.

As a result, all this tinsel in the form of news was created to shift the focus of attention from what is really happening. No one will ever tell you about it publicly anyway. So relax, you won't lose anything if you stop watching THIS. Do you know what you'll get? MYSELF! Do you want to experiment? Don't read ANY news or watch anything for a week. I know you will feel such indignation now. Because there it is, at the back of the neck and on the back of the head... Yes, yes, you may have a connection where you feel it now... Ooooh, more anxiety and anxiety in the

abdominal area showed up... Can you feel it? It was as if right now I wanted to throw this book away and forget about it, as if something was running and itching in my body. This is it. A zombie hook-up that pushes you to come home every night and turn on zombie TV. Even when you don't want to, even when you don't need it and aren't interested... Often even "background"... because you ARE SO AFRAID TO BE ALONE WITH YOURSELF that you constantly need this information noise and garbage, just to fill your head with something. It's not their fault, they're just following your request. You're afraid to be alone with yourself and think... Why do you live at all? For whom? Where does most of your energy go? Who do you serve? And why you can wake up in the morning full of joy, energy, inspiration... and then a series of events occur that knock you out of yourself. And there is no trace of a good mood. You are being taken over by egregors, connections, entities that have stuck to you and are pumping your energy into nowhere, controlling your emotional state.

How do egregors pump energy? Example. I am a citizen of Ukraine. Everyone knows about the situation there. It's a very deep story, but... Not mine. For many years, in fact, I had not lived in Ukraine even before the outbreak of the armed conflict. So, the other day I woke up with fear – Ukrainians are not given foreign passports abroad and it is not known what will happen (and I have only half of my passport with empty pages left for visas), fear of the future, the unknown, and so on. Anxiety, worry, and... most importantly... That's it, the egregor knocked me out of my life Stream... instead of turning on the emotional state that is important to me, in order for Me to live MY day as comfortably, blissfully and effectively as possible, I gave myself up to anxiety and worries... for about 20 minutes... And then I realized... It's not mine, it's the egregor who came for the tribute...

Oh, the theme of collecting tribute to egregors, I love it... but I talk about this a lot in my "Great Self-healing Course" - a selection of a large number of videos created by me personally. Each video is aimed at releasing some aspect of your energy and revealing it. To put it simply, yes, it is an exorcism and the liberation of your Soul through video without the need for personal interaction with me. Plus, there is a huge amount of information about the Laws of the universe and how everything really works. Now I have significantly expanded this course and I also publish information for novice healers about techniques, approaches, ensuring personal safety during healing sessions and how to help people as effectively and beneficially as possible.

So that's about the passport and the egregore. It's me who pays attention to my energy hygiene on a daily basis. Yes, I'm not perfect, yes, anything happens. By the way, it is a very interesting experience to write and convey the Truth from Higher Powers, even realizing that I am not perfect, I am also a human being. I mean, even when I write the truth about meat, supplements, and pop music, I can also do all of this in my life sometimes. I'm not a robot, and I want to live a real, delicious, comfortable life, enjoying the benefits of modern civilization. But even if you are already doing something that destroys you, do it slowly and consciously, understanding what YOU ARE REALLY DOING NOW and what the fee will be. The soul longs for this experience, do it. At the right moment, if it is so important for the development of your Soul, some destructive factor will go away by itself as you grow. By the way, this is an important issue in the topic of addiction liberation – whether you want it or not, you will do it as much as this destructive experience is necessary for the Soul's training in this body and in this incarnation. I see this from my clients and I know it firsthand. No matter how much I chased my "demons", I did not exorcise, I did not turn to various specialists, until I very deeply felt the fact that I sincerely want liberation and I really need it, I "ate enough", I "got to know

the experience in full" and it generally ceased to be tasty and attractive to me, Nothing was happening.

I kept coming back to the experience of substances and strange destructive sex. For what? Yes, at least so that there is something to write in this book now and there is something to tell you. Secondly, I wouldn't be able to help people with addictions in any way if I hadn't gone through this school from a to z, studying every facet, every inch of this experience. The third and most important thing for me personally is that I learned the healing experience through substances. I will say bluntly and responsibly that this was my school of exorcism.

At first it was a fun hobby. At first, I probably didn't even feel the destructive effect of the substances. I told people so bluntly, "just because I know in theory that it's harmful, something partially stops me from going into it with my head." But if other people feel bad after acts of drinking, I didn't feel bad at first. It was just common sense that limited me to some extent... but that was at the beginning, until the moment when my sensitivity developed greatly... and I literally started feeling the hell that comes with using substances.

Another important feature should be noted here. The egregore of substances is extremely strong, one of the most domineering, domineering, aggressive and destructive on planet Earth. The only thing stronger and more destructive is probably the egregore of war and a number of others that I don't even want to mention in this book. And then, often, he mentioned that after a couple of days he attracted contact with this experience into his life. I don't need it. So, any egregor is always interested in new adherents. Each egregor has its own well-developed system for attracting new participants. Which is often based on a system of bonuses, gifts and privileges. You are given a sense credit.

This may be a bit of a "ragged" presentation of the material, but I consider it necessary to present here an article I published a few months ago on social media on the topic of egregors, and then we will return to the main text.

HOW EGREGORS EAT PEOPLE

Have you noticed that there are people who are overly involved in some process? And it's as if these people change over time – they become different, as if they put on some kind of image, a mask that corresponds to this hobby. There was a guy named A, who has a set of definitions and attributes. And then he got into, for example, a religious organization.

And now, two months later, his tone of voice had changed, and his habits and values. A characteristic feature is that he begins to **AGGRESSIVELY** defend this new community of his. As if this is the only truth, and everything else is false.

This is an extreme degree of involvement in the **EGREGORE** (I'll explain what it is later). An easy one is, for example, when you start going to the gym and a coach, instead of teaching you to feel your **INDIVIDUAL** body and body **CHARACTERISTICS** and harmonize them by finding which foods and exercises are **USEFUL SPECIFICALLY FOR YOU**, pushes you into the framework of what is **AT THE PRESENT STAGE THIS YEAR AND IN A PARTICULAR TERRITORY** This is considered a "healthy sports nutrition" and will lead you to a result. You start eating this meal by counting calories every day and dedicating your time/attention/energy to this process. In this case, you will inevitably give part of your energy to the egregor of "healthy eating", because you will not eat the way you want, not following the prompts and calls of your body and Soul, but constantly thinking about how to comply with this concept of "healthy eating".

An egregore is when there is a special group of people who experience certain thoughts/emotions about a particular occasion. These thoughts/emotions/energy, because a large number of subjects are involved in them, seem to separate from the participants and begin to live an independent life. Over time, this cloud of information/emotions/energy gains strength and seems to become such an organism. An organism that can survive only if new members are added, and the old ones will not leave this egregor. See the picture:



Any egregor "feeds" on the energy of its participants. There are also predatory destructive egregors that lure a person under the guise of goodness / easily accessible pleasure and so on, giving him energy from his "common cauldron on credit" so that a person on the subtle plane enters into a contract with this egregor, and after that, when the adept finally loses touch with the real world and ceases to distinguish "good" from "evil," he begins to serve this egregor unknowingly and unconsciously.

What does "serve" mean? First, almost all of his thoughts/words/actions are fixated only on this predatory egregore. I'll give you my favorite example – a gay egregor. I was in it for a long time and actively served for a certain period of time. In order to know the light, sometimes you have to fall very deep into the darkness. And then, realizing the difference, make a new choice.

It is important to understand that being gay and being an active participant in a gay egregor are completely different things. For example, I sincerely do not understand why if you are gay, then you should:

- communicate only with gays
- Go to gay gyms
- fly to Barcelona and other places where this egregor dominates.;
- You should love parties, alcohol, drugs, and more.
- If you don't do all this/don't like it, you're an inferior gay man and don't deserve the right to participate in this "community."

You can pay attention to how in the case of predatory egregors concepts are substituted and destruction is passed off as creation. This is a favorite technique of the destructive forces of the universe – deception. Only lies can drag you in and keep you there.

Because the main law in the universe is the law of free will. No matter what destructive forces there are, they will never be able to pull you into this egregore without your direct permission. Your "yes" is always necessary, even if it is obtained in a roundabout false way. What do you mean by lying? Let's tell the guys that this whole movement is a fight for their rights! And it doesn't matter that chaotic sex, alcohol, substances, and the perversion of the views of the younger generation on the sacred process of sex will spread with this. It doesn't matter that it's exhausting and destructive in the end. No, let's lobby for it and "bring it to the masses."

In fact, this is very convenient, because there is nothing to do for propaganda. The adepts will do everything themselves and will serve the egregor by draining their energy there. And another important component of "service" is to attract new adherents. Therefore, let's organize parades, tell everywhere that we must fight for these rights, let's sow it all massively!

But every "adept" understands in his soul how much this destroys him. But the brain-level zombie program is so heavily wired that it's impossible to resist. And, betraying their inner voice, more and more adherents are involved in this game.

What to do? To summon your Soul and express your sincere desire to live only, only and only through your Soul, outside of egregors, implants and pads. This applies to any destructive predatory egregore. Sometimes the process of liberation can be painful, but the freedom you get in the end is worth it.

And let everything that is not good for you and consumes your life energy be forcibly corrected here and now in your bioenergetic structure! Give permission to heal your Soul! And if your choice is the energy of Life, let everything in your space that is not life very gently, smoothly and gently dissolve and leave you. Or it will transform into the energy of Life, which rightfully belongs only to you and will be aimed at your health, happiness, harmony and Life!

Egregors are powerful, they are experienced... Can you imagine how many participants there are in the same substance egregore? And so, just as artificial intelligence is trained through watching videos on YouTube, so egregors, roughly speaking, through other participants, are trained to see human weaknesses. Your most painful and vulnerable places, in order to again "close the pain" in some false illusory way and you temporarily feel better. In general, everything I described above is that someone or something visible or invisible includes a kind of implant in your bioenergetic structure, which makes your existence better and easier for a certain time. For example, with the theme of the egregor of substances, you are given

temporary false pleasure and at first the egregor is so strongly interested in you and your energy that he gives "credit" energy from his pit of energy formed by the fact that all participants pay "tribute" to the common pot.

In simpler words, you used it for the first time – the egregor made sure that everything was clear, pleasant, without "kickbacks" ... (except in cases when the guardianship and protection of your guardians is so strong that you are "admonished" immediately through a hard rollback after or terrible sensations during use).

So that you don't feel bad the next day, the egregor carefully gave you energy from the common boiler, on this energy you "go out" and don't feel the negative consequences. They play with you to reinforce the stereotype of "I like it", "it's nice" and so on. And so that the next time the egregor "carefully" attracts a "companion" to your space for the joint use of substances, you certainly will not refuse. Yes, you got it right. The egregor gathers people, pairs them up, or helps form larger communities. People with the same connections, and this is especially true of such a powerful and destructive egregore of substances, as if they are marked, they see and even on the street they can identify their own, marked.

Put 10 people in a row. Even if they all look perfectly neat and well, and a person with an addiction will not give himself away in any way by external signs, the addict will feel "his own". Because it's the same connection, because it's the same label, the same taste in your mouth when you read the energy of such people.

So, an egregor (any one) initially gives a loan of energy to make you feel good and better from staying in it. That's how it was with the reiki egregor. It seems to be a healing system, but how has it already been stitched by anyone and anything, how much dirt has already been introduced there. And, in fact, it has not been a "clean channel" of energy for a long time. This is a bank, a cauldron of energy, which first gives a powerful loan of impressions, the joy of sessions, and inspiration. In my case, it was an abundance of clients who came to me for 4-5 people a day. At the

very beginning. And then I had an absolutely amazing meeting in the city of Graz, Austria. I was just drinking coffee and two women sat down with me. One spoke Russian. They started asking who I was, where I was from, and what I was doing. I talked about reiki, healing, and so on. These women introduced themselves in response. One was just a translator, and the other (at that time, I didn't understand the significance of this person in the healing world at all, although how much she and her husband had done for humanity... the realization of meeting such a person in person simply blows the roof off) – it was Maria Sophie Helinger, the wife of the famous Bert Helinger, the author of the doctrine of constellations.

So that's what the female translator told me then... and those words really sunk into my Soul. My brain resisted very much, but somewhere in the back of my Mind I felt that she was right. She said, "Not a single Reiki healer has finished well yet, everyone starts having seemingly inconspicuous problems over the years. Some areas are developing, but some, as if unnoticed by the person himself, are slipping away."

It was only later, using the example of my own life and the lives of friends/clients, that I saw confirmation of these words. And yes, it works 100% of the time. Reiki healers either don't have money, or they don't have love, partnership, relationships, or, more often than not, health, sex, or a healthy physicality. Everything is simple. This artificially created energy bank needs to be replenished. It gives a feeling of "energy flow" during the sessions. After all, you have to put on a show! For both the healer and his clients. There should be a feeling of heat in the hands, flow, and the client should eventually relax and "float".. Ask such healers: "what did you actually do during the session and what EXACTLY did the person heal? How EXACTLY will his REAL life improve after such a session?" And then such healers begin to "float away" - the gaze usually becomes a little deranged, they seem to be carried away and their brains melt. Connecting the egregor really turns

them off at this moment, so that, God forbid, such an "adept" does not doubt the fidelity of his beliefs and involvement in this egregor.

The brain really shuts down for a few seconds so that he doesn't think about this topic. In general, if anyone is interested, we discuss this in individual sessions. But in a nutshell, most of the powerful eating egregors—including substances, religions, and reiki—block your sexual energy, physicality, leg energy, and physical health, physical strength, leg support, and self-confidence. Your connection with your family, inner support, sexuality, strength, and body health are blocked. The lower aspect of your bioenergetic structure is being cut off more and more. And that's understandable.

The most powerful exorcists are people with a very powerful connection to their body, homeland, earth, and sexuality. The one who stands firmly on his feet knows what he wants, who he is and why he is. You can't influence him, you can't change his decisions with suggestions and egregious tricks. This is not beneficial to manipulative egregors. Therefore, first of all, the legs and the third eye area are blocked so that you do not see what is really happening to you and what the egregor is doing to you. Hence this nonsense that is suggested during initiation into Reiki: "you are a pure conductor of energy, you are a cocktail tube, you are like a reed stick through which energy simply passes." On the one hand, yes, it is very important for a healer to turn off the Ego and the brain during the session. But. Who forbids you to SEE what exactly you are doing with the client? So those who are in this egregor do not see anything. For a huge entity settles in the area of the third eye during such an "initiation", and it shows only what is beneficial to the egregor and what he allows to see. It is still seasoned with a huge portion of pictures, cartoons and illusions inspired by the viewer. As a result, a person begins to see the world through the prism of illusions of the egregore and this spider-shaped entity stuck on a person's forehead. An attempt to get out of the reiki egregore will be accompanied by the

suggestion of a huge number of fears that you will not survive without it, will lose the healing gift, and so on. Well, well. You've only stuck to this man for one simple reason. Due to the fact that he initially has healing channels and a strong healing gift. It's just that the man didn't believe in himself, and you dug in to devour that energy and give the man a percentage of his own energy. If you have a fear of "becoming uninitiated," congratulations, you've been taken over and you don't belong to yourself. A bitter truth is better than a sweet lie. The spider on the third eye will tell you a sweet lie, and I'm here to highlight the truth. Everything must go out for correction and go to its halls, if there is a will of the reader, because, I remind you, there is only one spirit in one body. And this body is for the Soul and Spirit of this person. Everything else that does not voluntarily leave this body here and now is burned and unwound to zero, for violating the Law.

Wow, it makes you feel sick from the abundance of states, energy, information, right? Yes! I really like it too! Let's move on. Remember, I'm done on the topic of passport/citizenship and the country's egregore. And how fear was inspired to me "under the guise". So this is for me, a person who strives daily to purify his energy and monitor his energy hygiene. But what about an ordinary person? The average person who is at the mercy of dozens or even hundreds of egregors... and each egregor eats it up a little bit... some are bigger and some are smaller... But the main thing that happens is that you don't belong to yourself, but are being crucified by a huge number of external forces that are eating you... and so for decades you have not been living yourself, but serving external invisible interests with the help of your energy... and then feelings of indifference to life / worthlessness / and why do I live / and why all this at all.

Your "being lost" is not an accident, but a natural result of your unconscious and lost lifestyle. Because you are not a priority for yourself. Your priority is

everything – friends, mom, religion, movies, the state, a beer with friends on Saturday, but not yourself. It's killing. No kidding. It kills. It takes you away from yourself and your Soul every day. And then there was a midlife crisis and awareness around the age of 40-45... why did I live/have lived these years at all, and why did all this happen? But we'll talk about that later. In fact, this whole book is about it.

The main task of Souls in the body is to look for new solutions to problematic situations, evolve, build new scenarios and show sensual volitional activity. What is sensual volitional activity?

I FEEL – I feel, in my heart (that's where the Soul lives), that this is so... and I don't care what modern "scientific" propaganda says with their paid grief research, I don't care what others say, I don't care how egregors, norms, rules, traditions and foundations push me through. I FEEL differently and act only as my heart feels.

STRONG–WILLED - well, this is about the fact that in the modern world, where bot programs still dominate, one's "feel" must be defended and shown. Sometimes through mild conflicts, sometimes even through harsh rebuff – often to demons, egregors who "come" into your space through other people and their connections, or on a subtle plane, in dreams, in thoughts, with contracts. We'll talk about this later in the book too.

ACTIVITY is the key. Actions. You ACT according to the decisions you have made, which are based on the inner feeling in your heart. You create your Life through actions. You'RE PLAYING, actively PLAYING this Game, creating your reality desperately. God and the matrix encourage only those who act, only those who are manifest and active. The world does not pamper parasites lying on the couch, but, often, like a cancer cell, it gradually survives.

By realizing and feeling contact with your Soul and ACTING according to its voice, NO MATTER WHAT, you begin to create a new reality through your Soul.

This is what distinguishes Life through the Soul from the existence that most people with bot programs attract. Because they make decisions not out of true desires and feelings in their hearts, but because of "it is necessary", "it is accepted", "what will they think", "the boss said to do so", "and in our religion it is accepted" and so on. That's all, they don't live for themselves, but serve the connection that told them to do one way or another. Their energy and resources are not directed to realize their true desires, interests, needs, no. Initially, before the start of the "action" component, the decision was made under the influence of an external force. Everyone, do not be surprised why you are not happy, and your life is not going the way you see it in your brightest desires and fantasies. Because you are far from your Soul and you don't even notice it yourself. Self-destructive programs are to blame for what I mentioned earlier.

The will component is very important here. Only through a strong will can you build your reality the way you want it to be. And do you know what really "undermines" your will? Sugar and masturbation. Yes, yes, all the same, the aforementioned sugar. Do you remember when we discussed the topic of drowsiness? Now think about it, if you consume sweets endlessly... You become a chronic sleepy fly, often unnoticed by yourself! Sugar makes you weak energetically, because at the moment of consumption, the essence of sugar begins to devour your energy, giving in return for a few minutes emotional relief from your bad mood / depression / feelings of your own insignificance. And you have this feeling because you don't live yourself and don't do what your Soul actually came into this body for in this incarnation. And then there's a vicious circle – you feel bad, you're looking for an outlet in easily accessible junk food. To make it easier. It seems to be getting a little easier. But after you, the same sugar throws you even more into self-doubt and WEAKNESS. Sugar WEAKENS THE WILL. This is the main energy effect of sugar. sugar. TURNS IT OFF. THE WILL.

What else in the modern world takes a person away from himself so much? That's how you found me. Yes, yes, social media. The moment you "stick" on social media, when your consciousness turns off and your gaze in zombie mode stares at flipping through the tape, your energy flows endlessly there. Yes, yes. The very energy that you could invest in development, money, health, achievements... it is this that you simply, turning into a zombie, merge for the benefit of the egregore of this social network. And this is not a joke. That's a fact. This is one of the reasons for your loss and deep sense of worthlessness and worthlessness. You feel this justifiably, because you're just wasting your time and energy flipping through social media feeds, wasting precious time in your life, at which time you're not doing yourself or people any good.

All this information can make you angry, and you can start saying boilerplate bot phrases like "yes, it's harmful to breathe nowadays," "but what if you can't do both?" and so on. And giving up everything I described above will only drive you into depression. Because all or most of your life is built on the crutches of false pleasures such as dirty, but such "delicious" food, social networks, and so on. Don't give up right away. Just start being aware of yourself. When eating different foods, do not watch TV, but pay attention inside the body. How do you feel when eating this or that product? Drowsiness after or a surge of energy?

How does your emotional state change after watching certain movies or listening to certain music? Do you feel better, lighter, happier? Or, on the contrary, emotions of irritation, longing, annoyance, aggression rise in you for no reason? Do you need it, or do you have enough problems in your life? Feel and be aware of yourself.

Do everything slowly. Even if it's bad habits... Okay, you choose to smoke or drink alcohol... so do it exquisitely, beautifully and SLOWLY! And not like a starved animal (in fact, there are holder entities behind any addiction, and it is when

these creatures in your biofield become excessively hungry that they push you again and again to alcohol, cigarettes, and so on. And the more your energy is polluted by these creatures, the less you can consciously choose your behaviors and control your reality. It's just that the creatures have taken you in turn, and as the puppeteer controls the doll, so he controls yours and what you do).

So, watch how this force pushes you to do something destructive QUICKLY, as if unnoticed by yourself. The creature really wants to eat. Enjoy this sweet process of self-destruction. Realize what is happening. This will be the foundation and basis for your further decisions on the topic "do I want to continue doing this or do I want to change my life". Do not ask how to change, you are not God, the Creator knows best. The main thing is your desire to live a different life from your Heart? How? See right now this version of your life, this branch of the future reality – where you are a harmonious, healthy, happy person, in unity with your Higher Self and Soul, where you are the Creator of your reality, and not a doll of hundreds of demon entities - egregors of puppeteers. So be it! And the process of Soul Reconnection will begin right now for the benefit of you and the entire Universe in the most gentle, benevolent and comfortable way for you and your surroundings.

And so, the topic of encouraging weaknesses in the modern world. In order to get your money in any way, the sales system in the modern world invests a lot of time / resources / finances in order to understand what your "pains" are and give you something to close these "pains". Honestly, I'm really sick of that stupid word. I had several attempts to get in touch with "producers", "experts in promotion" and other similar people. To be honest, it was always pointless and fruitless. I can not. They try to impose stereotypical patterns of what I need to do, learned somewhere, and pass my creative flow through a system of beliefs learned somewhere in some university or in some courses, which these people often did not try to implement in their lives to such an extent that it would bring them success and meaningful results.

the results. There are also all the pages of "experts" on Instagram, which seem to help you get a million subscribers, and these subscribers themselves have 2000... Don't you find this strange? Just inclusiveness, just facts, just an adequate analysis and assessment of reality.

But let's return to our "pains", which the marketers of the modern world are so diligently trying to close. When it's necessary and when it's not necessary. Moreover, this concept of "closing" can be understood as phenomena of different levels. I'll try to explain in more detail what I mean. For example, you have a cold, cough, runny nose. Let's look at the different levels of "pain closure" in this case. I'll give you my own healing examples. But it can be projected onto different phenomena of our world. For example, the repair topic is a hole in the wall and it needs to be closed somehow. There may be different options. The easiest way is to tape a hole in the wall, or hang a TV so that it covers the hole, or peel off the old tile and lay a new one. Or you can demolish the wall altogether and arrange your apartment in a new way, as you have always dreamed of, and now there is a great reason for this. Or you can even change the house. Here I am for those who are ready to demolish everything and build new walls or even change their house, most likely by changing their rented apartment to their own personal housing... but first things first... Let's return to the topic of healing. I'll give you an example of healing from a cold. And what does the modern world of matter offer us to cure this cold?

The first is massive, the simplest, most accessible, primitive, cheapest and, of course, the most destructive. This is what the MASS zombie and mind-numbing advertising advises us to do - drink a sachet of a paracetamol-based mixture and everything will go away. Has anyone had a cold from using paracetamol? Well, at best, a person believes in it so strongly that the next morning they really have symptoms of the disease. In many ways, this happens because a person, feeling unwell, stops eating, drinks a cup of hot drink, wraps himself in a blanket and at

night, sweating well, recovers in the morning. Let's do an experiment. Do the same thing, but instead of a sachet of this artificial mixture, squeeze the juice of one lemon into this glass of hot water. The result will surprise and please you. I am already silent about the repeatedly proven harm of paracetamol, which is sold at every turn. In addition, the reaction of rising body temperature is the only normal state in which the human immune system can kill viruses/ bacteria that have entered and multiplied in your body. And it is these viruses and/or bacteria that enter your body that provoke the reaction of colds and diseases. That is, the main task is to destroy the virus./Bacteria can cause diseases. Mass advertising suggests that we immediately lower the temperature so that you "feel better" (but how do they cover your "pain" so that your condition at the moment seems to improve). But in this case, no one talks about the long-term prospects of such "treatment", such "pain closure", which very often causes a severe course of this kind of cold or its overflowing into a prolonged or even chronic form.

The second one is more conscious, natural, and natural. A lot of healers work in the body plane. And they absolutely logically and, from my point of view, correctly say things like that in case of a cold, it is better to completely eliminate food intake for hours/days (all individually) in order to activate cleansing and immunostimulating processes in the body (in principle, our body naturally pushes us to do this in case of illness. We just stop feeling like eating. Your body is literally screaming at you about its needs. What kind of "chicken soups" can there be (especially if it's not chicken of organic origin, and it itself is basically a bouquet of hormones and antibiotics...

This has nothing to do with healing from colds. You are simply overloading your body with additional factors that aggravate the course of the disease and the body, except for the raging virus./the bacteria still have to cope with a decoction of dead flesh flavored with antibiotics/hormones that were used to raise this chicken

not in a year, but in a month. But who's talking about all this? After all, neither people who sell paracetamol, nor people who raise chickens, nor people who take money for advertising chickens and paracetamol, will earn on this.

Of course, the natural approach is about fasting, dieting, special exercises, cleansing the body with natural remedies, herbs, essential oils and other wonderful things that heal our body in natural ways. To be honest, I just love it all! I drink and eat every day and a lot.

The natural approach is very good, it is true, but, alas, naturalists do not take into account the fact that everything around is a perfectly organized matrix of being, and we are Souls who came to Earth to comprehend experiences. And these are not empty phrases. Scientists who have been purposefully dealing with these issues have investigated the facts that after death a person abruptly becomes a little lighter (they assumed that it was as if the Soul were flying out of the body. To be honest, this approach doesn't really appeal to me. Well, or they conducted experiments with dying people who were really already strongly connected to their Soul, were very adequate, included, conscious. I see it in all my clients, I see it in the people I meet on the streets... Often, a person's Soul wanders very far from the body in the astral darkness. At the same time, the human body is occupied by anything but the person himself, his Soul and true nature... Therefore, when dying, it is unlikely that there will be anything to "fly out" directly from the body. That's to be honest. But! These are just my thoughts and observations, which I share in my text. I could be wrong. By the way, yes, I can be wrong about any of the points in this book. Just like any other person. And it's gorgeous. Either this text resonates with you at this stage of your life, and you use it for the benefit of yourself and for the sake of your development or not. There is no truth, there is no truth either. If only concepts. And as we grow and develop, we adhere to certain concepts of different levels or create our own.

Let's get back to our cold. But no, not ours. Because I admit that the majority of people reading this book have gone even higher than the representatives of the natural approach and noticed the psychosomatic causes and prerequisites for the onset of colds. I would call this approach psychosomatic. This book will be translated into many languages. If it is easy to find literature on this topic in the Russian-speaking space and there is a lot of it, as well as in the English-speaking space, then alas, for example, in Asia, no matter with whom I raise the topic of psychosomatics, people often do not understand what I am talking about.

Explaining this topic to them reminds me of myself many years ago, when I had a causeless allergy for several months and no one could help me with this issue. I went to a very experienced immunologist who understood diseases not only as a classical doctor, but also as a specialist in the field of psychosomatics. She started telling me about the PSYCHOLOGICAL causes of my itchy skin. To be honest, I listened and thought, "what nonsense.".. It was only after years of studying this issue and looking at the situations of my clients that I saw that there is nothing accidental in our lives. Everything is natural, everything is literally saturated with causal relationships. This applies to everything – relationships, money, health. And psychosomatics is nothing more than the science of studying the cause-and-effect relationships of the way we think, look at life, how we feel/see/realize ourselves and the world around us and HOW IT AFFECTS OUR HEALTH. And it affects 100% of the time, whether we want it to or not. This has been proven many times and shown by human examples, and there is no doubt about it.

So that's what psychosomatics says in the case of a cold. To be honest, I didn't really go into it, other methods are closer to me, although the psychosomatic approach really works in many cases... the question is how effective it is and whether it can completely and permanently help. If you want, search for this information on

the Internet. Perhaps the most famous author on this topic is Louise Hay. Perhaps you can search for her writings, and they will inspire you to something.

I am inspired and like the cross-section of the Soul and Spirit, and the experience of the Soul that it comprehends in this body. In fact, in the end, everything, absolutely everything in your reality – both "bad" and "good", absolutely all cause-and-effect relationships in your reality come down to the fact that your Soul came once again in another incarnation to planet Earth to comprehend certain experiences. In general, if you look at it the way it really works, as such, time and space simply do not exist. This is how the matrix of being is shown for us humans, for our human brains. But, as is known from the laws and approaches of quantum physics, the system changes under the gaze of the observer. And so it is, and this is one of the most important laws and principles of the structure of our matrix of being. The system changes depending on the viewer's gaze. This law is very important to remember when egregors, entities, demons, and other attachments and connections begin to "shake" you.

By and large, they have no other means of influencing your life, except through the suggestion of certain false thoughts/ emotions/ states to you. A thought or emotional experience can be so strong that it kind of "knocks" you out of yourself, knocks you out of balance and emotional stability. You begin to think hard / be afraid/ angry about the topic of a thought that has been suggested to you and placed unnoticed in your consciousness by one or another destructive implementation. And whose thoughts are in your head? Have you ever thought? Is there purity in your head that helps you connect directly with your Soul and Spirit, and through them with your Gods and Your Creator, or is it chaos, a mix, a salad of thoughts, worries, worries, and feelings of endless anxiety that push you to literally "think" thoughts that harm you? Today you were thinking that you were scared, and tomorrow what you were so afraid of came into your reality. Yesterday you were thinking about

wealth and prosperity, not allowing the destructive effects of lack of money to knock you out of yourself and your balance – today you will receive a good amount of money. And so it is always and in everything. The topic of mastering your mental flow and passing through this topic makes you the Creator of your reality, who creates his own tomorrow, and does not wake up with a dual feeling of fear and anxiety, because he does not know what "the coming day holds for him." No, on the one hand, we live in a very wonderful matrix of existence, filled with wonderful and unusual events every day. Moreover, when we set a goal for our subconscious/superconscious/Soul, in fact, in the real world we cannot know exactly how it will be achieved.

A lot of experts in the field of reality programming have talked and written about this. You wanted something from the bottom of your heart, from the very depths of your heart, you told the universe that this is your will and you really want it. If at the same time there is a unity of desire of the body / brain / Soul / Spirit, everything in a single impulse desires it, the Universe puts a green check mark and says "yes, I see, the desire is true and will benefit the development of your Soul, it is accepted for realization."

Now imagine the relationship between your brain and what it knows/knows how to do today and the infinite resources of the matrix of our being and the Universe as a whole. Can you imagine how many opportunities there are? An endless abundance of resources, opportunities, and the same money... but why can't we have it all at once if everything is so fabulous and abundant? Yes, because it is important for the Soul not to make you a millionaire, but to gain relevant experience. Even sometimes "through thorns to the stars."

Because your Soul doesn't really care if you have a million or zero in your pocket. Either you have some pain or not. Experience is important to her, and Souls don't always come to Earth for a clean and painless experience. For example,

someone is born with severe congenital pathologies, someone leaves serious diseases at a fairly young age. And this is also an experience. It's not the result that matters, but the process and the experience. For example, for the same person who died at a young age from a slow-developing disease, perhaps it was a lesson to learn to love yourself and life, no matter what, savoring the last moments and minutes of life. Or people who die by volunteering to go to war. After all, they subconsciously understood that their end would come there. And yet, they chose it. Perhaps, for the experience of the Soul, it was necessary to "fill in" this cell of participation in military operations, realize certain information, integrate certain states, and "tick the box" of the Soul so that this experience would not be repeated in future incarnations.

For an untrained person, all this may seem strange and incomprehensible, but that's how the universe works. Please take the following recommendation seriously. There are two books that I recommend you to read. First, I strongly and unconditionally recommend Steve Rother's "Spiritual Psychology: 12 Basic Life Lessons." To be honest, I have not seen better literature on the subject of human structure, the matrix and being in general. If you read it, I assure you, you will find answers to A LOT OF YOUR QUESTIONS. The second book is Michael Newton's Travels of the Soul, where he describes, among other things, how experiments were conducted by professional regressologists. The man was put into hypnosis, where he moved into his "past lives", he described everything in detail. He was describing things he just couldn't know. Then these data were rechecked, compared with data from archives, libraries, and surveys of people, and this was always confirmed. Why I wrote "past lives" is because they are "past" or "future" only for our human brain. There is no time for the universe. There's just EVERYTHING. It exists simultaneously. We simply move with our body / consciousness /intention and, depending on the level of access provided by the Higher Powers, we can only be in this body at the moment here and now, or as we grow, develop and receive access

keys, doors open to us into the multidimensional space of existence of all that exists and we focus our attention, as if using a kind of energy elevator, we can travel through time and space. I repeat, this is "time" and "space" for our brain, for the universe, everything is always simple at the same time.

Looking through the "past lives", we can carry out healing, changing the decisions made "then", re-evaluating the experience, as a result of which our existence here and now will be improved, because the corresponding "karma" of the destructive decision made then will be healed. We move the focus of attention "into the past", looking at the experience that was gained then and the decisions that were made then. In the future, according to the Soul's program, it has "suffered" the consequences of its actions committed "then" in the here and now, and you must "work out" your karma. And you will practice it until you realize those "mistakes" that went against the existing foundations of the Universe, and affect you to this day through your destructive way of thinking and/or perception of the world.

Moreover, what may be the "norm" for one person and he can do this all his life and, roughly speaking, also earn money from it and "live well", for another person, even one such act will certainly turn into negative and unpleasant consequences in real life. Because, according to the individual Plan of the Soul for this incarnation, one is possible, but the second is absolutely not. That is why it is so important to study YOURSELF, paying attention to yourself, observing yourself and your reactions, studying the personal characteristics of interaction with the outside world.

This is just a small touch on the theme of the Soul. But I'll say one thing. You can drink paracetamol endlessly, you can starve, you can go into psychosomatics, but until you understand what your Soul wants to tell you through the creation of certain situations in your life, everything else will be futile and ineffective. And, most importantly, you will never have a vision of the most

complete picture of what is happening to you. To be honest, as humans, we will never be able to see the full picture, even under the most consciousness-expanding methods and drugs or in the most powerful meditations. This is an access level topic. And even the most "enlightened" person has limits of access to awareness of Universal processes, simply because he is a HUMAN BEING and it is precisely by this fact that these prohibitions and limits are imposed. Someone sees more, someone sees less, but we all see only individual fragments and pieces of the puzzle, someone is a level higher, someone is not so high, but the whole picture is completely inaccessible to us. Our human brain would just explode, our software just can't stand it. Therefore, we are content with what access is provided to.

Sometime early in the morning, in the state between sleeping and waking up (it is at this time that I often receive "channelings" and realizations, I was shown a picture: an ant crawling on the ground under our feet. Relatively speaking, if we get into the ant's head with our focus of attention and look at the world through its eyes, we will see a completely different picture, absolutely not the one we see.

And not just because of the size of the image, no. He perceives and realizes everything differently. Absolutely different. And he doesn't perceive us as people, it's just a big moving something. Take the ant in your hand and bring it to your face, look into his eyes. Do you think the ant understands that you are now trying to look into his eyes with your own eyes? No, he has a completely different picture of the world, let's say, beliefs and principles of life. He will have absolutely his own perception of reality there. And who told you that people are the ultimate crown of creation? It is absolutely natural for me to see and feel that we are one of the most primitive beings and live in a rather primitive (in comparison with other dimensions) material space. Yes, far from the worst. At least you and I have Free Will and the right to choose. There are very difficult dimensions where beings are deprived of this right, and that's where it's especially difficult. Perhaps this can be called "hell",

where the above-mentioned Universal Laws peculiar to space on Earth do not apply, their own work there.

So, who told you that the wind is not the air flow that occurs when creatures of a much larger order and size simply step on their own feet and create these air flows relative to us? And lightning is nothing more than some kind of essence, invisible to us, that makes what we humans call "angry" and as a result we "see" the effect of "lightning in the sky", although in fact it is something completely different in its original essence, and we even We can't even comprehend this with our human brain, much less with "modern scientific research methods."

Therefore, let's just tame our Ego a little and realize that everyone is given as much access as possible. And it's not about modern technology. You can't fool God with technology. Yes, people study something and access opens up somewhere. As long as it is allowed. If the Ego starts to lead away the "learned minds" too much, the Higher Powers will figure it out quickly. As an example, the situation with "causing rains" in Dubai in the spring of 2024, when it all ended in disaster. And that's right, that's how it should be. Because you don't have to do what you don't have to do. We are pieces of God, but we are not God. Everything obeys Universal Law, and what does not obey it is burned out like a cancer cell. That's how the world works.

Access is granted as the subject confirms his readiness and passes, relatively speaking, exams from Higher Powers. They prepare you, purify you, check you, and give you exams. As you progress through them, your level of healing/space-reading and/or other similar "supernatural" gifts increase.

You can, of course, try to hack the system through a variety of substances, but usually no one finishes well after using such substances. Why? Because there is no readiness. Because give a monkey a grenade and it will blow up everything around. What is the result of using substances when a person is not ready? Well, as

a maximum – schizophrenia, suicides, inadequacy. The minimum is that it will just be very bad and it will be difficult to cope with this condition. Plus, when you enter a multidimensional space, if you have not "curbed" your stream of thoughts and have not learned to be in an emotionless state (namely, the state of "without emotions" is the basis and condition for your safe stay in the astral), you will simply be devoured by dozens of entities that will attack you immediately upon exit. into the astral. In other words. You've "discovered" something under something, you're like wow.... and then there's a kaleidoscope of pictures/images that you can't control. Of course you can't. Because you are an observer and you wanted to SEE how everything works, rather than start controlling it. So, in an unprepared mind, due to what it sees, but cannot control or control it, the strongest fear turns on. Fear of new images, the unknown, or something else. Fear, falling in love, excitement, sympathy, aggression... any emotions are something that you absolutely cannot go astral with. You become immediately visible to the lower layers of the astral, and since these emotions are essentially phenomena of a rather "low" nature, earthly (the Creator, closer to the Higher Layers of the Universe, simply has no emotions there... there is an even eternity and infinity, everything and nothing at the same time). So, going out into the astral with such emotions, you are immediately "attacked" and fixed in you by different entities. Now imagine that it was a "trip" for several hours and you experienced a VARIETY of different emotions? Ohhh, it's going to take a long time to clean up. It's very easy to lose yourself. By the way, I saw this in Bali, Koh Samui, Kathmandu... alas, but "spirituality" in its modern sense often borders on the abuse of various substances, even if it is something "natural". People lose themselves by attaching a ton of entities in the course of all sorts of "practices", and do not notice how they lose their individuality, face, contact with themselves and Soul. No wonder the typical portrait of such an "esotericist" is always the same – dreadlocks, tattoos, baggy linen clothes in muted tones and a rather untidy appearance in general, which

is masked by the theme of "naturalness" and often even ignoring basic body hygiene. You can argue. But I see it with my own eyes, I travel around Asia all the time and I know what I'm talking about.

I don't talk about any "group" "healing" events, meditations, and so on, where you are in a room with a bunch of other people. There is simply no place for your Soul, it is a feast of destructive implementations that most successfully "roam" between the participants, copying, relocating, finding a more "tasty" victim while she is in a relaxed state and the control mechanisms are removed, integrating into the bioenergetic structure of such a person imperceptibly.

And no matter how much a person might have noticed after such a group "spiritual therapy", everything seems to be fine. I got a "boost of energy" from the egregor, it was fun and wonderful. And then, weeks or months later, problems begin in his life for some unknown and uncontrollable reason. All kinds of things – health, money drains away, unreasonable conflict appears, as a result of which your relationship with your partner suffers. And the average person will not even be able to think that these are all the consequences of that playful and such "light" and "healing" meditation that he underwent while, say, in Bali a few months ago. Why Bali? Yes, because this is the most striking example of a place where "everyone who is not lazy" meditates, there is a HUGE, simply excessively huge number of entities of various kinds and levels floating in the space. And, to be honest, staying there, it's important to be on the lookout 24/7. You give up a little bit and they "eat" you instantly. People who stay there for a long period of time are constantly "learning lessons" that are quite difficult, the island is "testing them" and so on – these are direct phrases that I have heard from people living there. Is it an island? I have been there many times, seen and felt that by its very nature this land, this space, the original inhabitants are really a kind of paradise and an island of dreams. What the people who have arrived there have now developed, beginners and experienced

"spiritualists", it resembles Walpurgisnacht that has gone out of control, and if this continues and the energy of such a resource-rich place becomes so actively clogged, then the prospects for this place are not bright.

When the total mass of the energy, let's say, "negative" load exceeds the permissible thresholds, a "sweep" is activated according to the protocol – these are wars, hurricanes, floods, volcanic eruptions, revolutions, mass riots, and so on. Thus, the "energetic purulent abscess" of a particular space is opened, as it were, and a powerful energetic, emotional and mental release occurs, cleansing, and then zeroing out.

THANK YOU FOR READING!

The text above is fragments of my book "The Book of Truth. The Great Awakening of Souls." To purchase the full version of the book, write to me on one of the messengers, links to WhatsApp and telegram are listed on the website: <http://AlexHealing.com>

The cost of the full version of the book is \$ 44.44