

DO IT YOURSELF:
HEAL YOUR LIFE



UNIVERSALMATTY.COM



THE PATRON OF THE SCRIPT IS PLANET

NEPTUNE

"I REQUIRE UNITED CONSCIOUSNESS"

UNITY

*is achieved through
empathy, art and service
for Mother Earth.*

You'll achieve more with a sensitive heart.

Table of contents

Read this script at least several times to fully integrate the knowledge acquired here.

Spirituality: basics

The Law of Oneness	04
Consciousness & its cycles	08
Purpose of Life	13
What is a human being	17

Spiritual development

What is it	22
Acceleration methods	27

Rituals of protection

Quadruple Grid	34
The Lightning & the Flame	36

Spiritual guidance

Energy of Space	39
Four Elements	42
You are what You eat	45
Sleeping with Yin & Yang	51



SPIRITUALITY: BASICS

PART 1: THE LAW OF ONENESS

WE ARE

*part of something
bigger. We are
cosmic family.*



What is unity consciousness? Are we separate beings or part of something larger? What does it mean to be a part of God? What does it mean for God to live within us? What does it mean for us to be children of the Creator?

Imagine a Garden filled with various Magical Trees. Each tree is of a different species and is part of a vast experiment aimed at exploring all possibilities! All of them grow from the soil of a Magical Source of Energy (I know it sounds like a fairy tale, but for the purpose of understanding the concept of Unity, it will be helpful). Each such Tree has its unique character, specific traits, and a distinct appearance. Consider now that each of these Trees represents different Universes! **Although all grow from one Source, each of these Trees is different.** Now, imagine that Everything existing in one Universe, is part of one Magical Tree. Let's focus on that Tree now. Notice that this Tree grows in an infinite number of forms! **Initially sprouting from a seed (the Big Bang),** it appears as a homogeneous form of energy that is not yet divided – **forming a single trunk.** At this point, **it experiences itself as UNITY,** and even as the trunk becomes thick in the future, it will still feel this place as UNITY. The next step in the evolution of the Universe is the **branching out into branches and creating the structure of the future Tree.** This is the moment when the Universe begins to share its energy into different types and variations. Various branches (Galaxies) begin to exist, which are part of Unity, but at the same time, they are separate and differ from each other. **Each branch has specific traits and differs from the others** (after all, it is a Magical Tree).



Each branch begins to create **twigs (stellar systems, for example, the Solar System)**, and on them, **leaves appear (planets)**. These leaves sometimes become **planets full of life (flowers)**, **inhabited by various species and creative potentials (pollen)**. Each being contains the entire Universe within itself because each is the pollen of the tree. Each being is a part of one Great Being – the Universe. Each being is a creative potential that grows and awakens to life! **Within each of us exists one Self – one Creator – but each of us possesses a different, unique personality** – a temporary self necessary for the exploration of a specific sector of reality. Personality is a set of unique traits that attract unique life situations to us. This way, as creative beings, we explore a unique path of life. Now, imagine that each such being has various incarnations. What I'm about to tell you might be shocking! Each such being, looking back at previous incarnations, will notice that it was once maturing pollen, even earlier only potential, and even earlier a part of the flower. When two pollens trace back to incarnations when they were branches that hadn't yet bloomed into flowers, they may notice something shocking! Both pollen number one and pollen number two had incarnations as branches! How is that possible!? Before they separated into potential pollens, both lived in a growing branch – they were it. That's why it happens that different people remember the same incarnation. **While the closest incarnations are indeed very personalized and individual, the deeper we go, the more it turns out that we return to Unity from which we grew.** We are all part of this Unity, and only because we separated into branches, twigs, leaves, and flowers do we have a sense of separateness and differences. Remember that the Tree remains a Tree, but each of its fragments fulfills different functions.





Each of us is a part of the so-called "Breath of God" – it is a cycle in which God descends ("exhale of God") through different kingdoms, exploring them and dividing (branching) into a vast number of forms. It is at this stage that it grows like a tree, and it is at this stage that it experiences the sensation of being separate objects of consciousness (branches, twigs, etc.). **When this process reaches its peak, everything reverses**, and all the leaves begin to return through the branches to the bough and trunk from which they once set out on the journey. This is the "inhale of God." This cycle is also known as the cycle of descension and ascension. It happens similarly to trees that go to sleep in winter and wake up in spring. In spring, they absorb all the nutrients from the soil and stores in the roots, expanding their system, only to wither and draw back all the nutrients to their roots in autumn. **The Breath of God is the cycle of the universe's emergence and closure. It is the cycle of exploring all possibilities available in a given universe. Only when they are fully integrated and completed does the cycle come to an end.**



SPIRITUALITY: BASICS

PART 2: CONSCIOUSNESS AND ITS CYCLES

EXPLORE

*cosmic cycle of
life and death.*

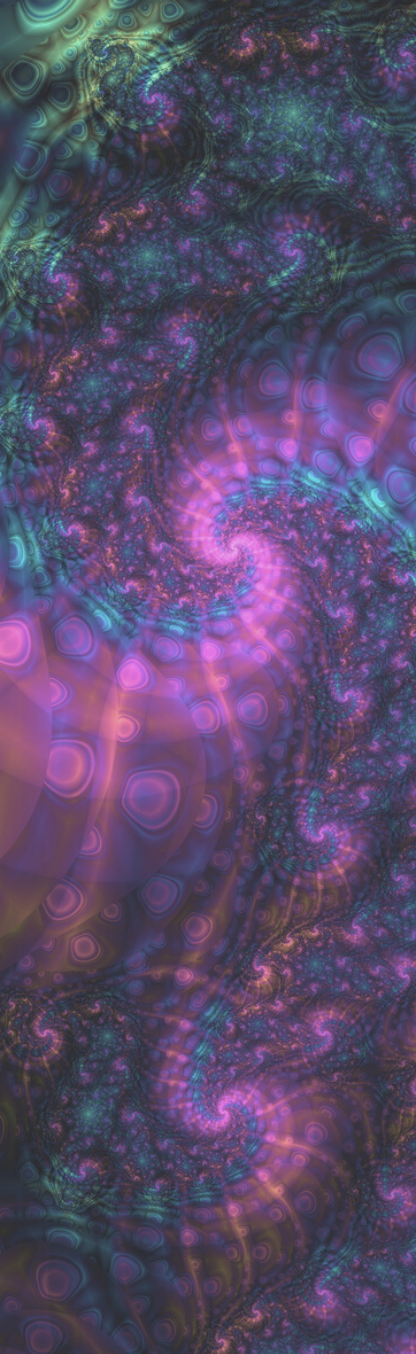


Each of us intuitively knows what consciousness is, but it is challenging to logically encapsulate it in a fitting concept. Do we really have consciousness? What if we are the consciousness possessing a human body?

Everything that exists in the Universe originates from and emerges from the sea of information. Evolution (personal development, spiritual growth) involves acquiring information from experiences that we do not yet possess. Evolution is the development of consciousness through the assimilation of truths that have been experienced, verified, understood, and accepted.

Example:

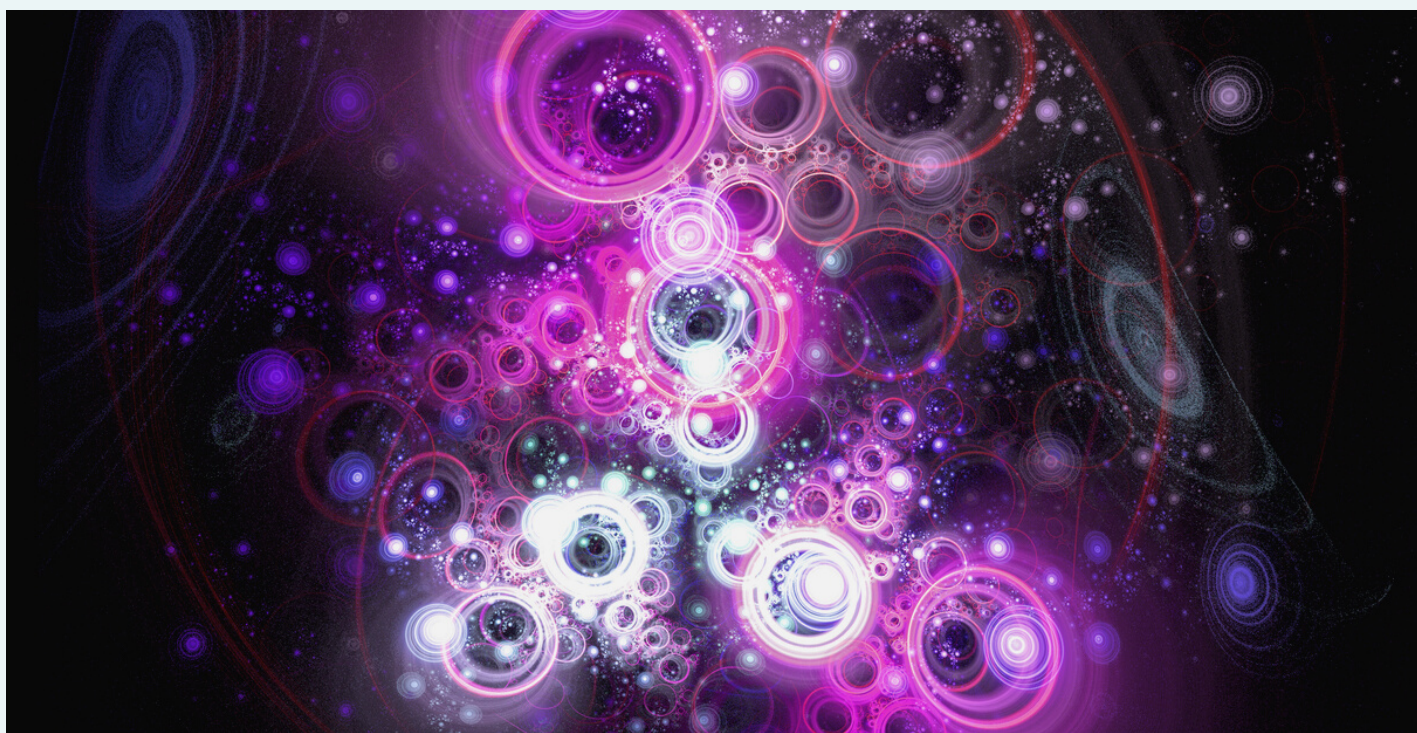
A person repeats a certain pattern – attracts similar people into their life. They don't understand why they encounter individuals who use their resources, exploit them excessively, and leave them feeling exhausted. They start blaming these people, portraying themselves as victims, and seeking rescue. Perhaps a sense of injustice arises. This continues until the person takes responsibility for themselves. When this happens, they begin to seek the true cause of the situation. They formulate various hypotheses and test them in practice, considering that perhaps it's because of their childhood, zodiac sign, destiny, and many other factors. However, none of these answers is correct because the person still doesn't feel spiritually at peace; something is still missing, something still doesn't fit. All of this is a manifestation of ignorance (lack of information). Time passes, and eventually, the person comes across information suggesting that they may be responsible for all the situations that arise – not expressing their needs, not setting boundaries, allowing themselves to be used, and thereby subconsciously attracting more people who sense this vulnerability.

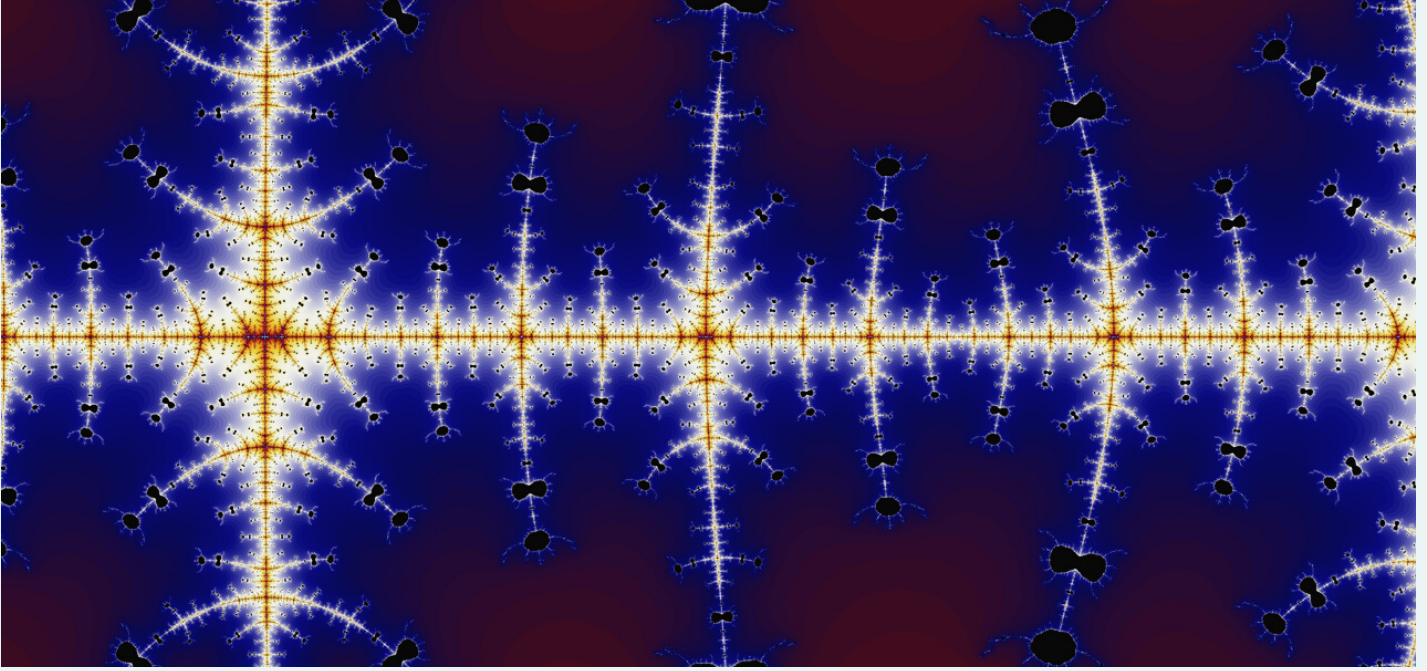


In the moment when they fully realize this and take appropriate action – eureka – that was it. Now they understand, have verified the correct hypothesis, and, thanks to the results, have accepted that life was trying to teach them something. In this way, they have expanded their consciousness and will no longer make the same mistakes.

It is now crucial to mention one of the key aspects of consciousness – wisdom. **Wisdom is every lesson we have learned. Wisdom is information assimilated by consciousness.** We acquire wisdom through destiny. It is a compilation of life situations and events that make up about 20-30% of our lives and cannot be avoided. These situations come with varying levels of difficulty and serve as opportunities to learn and absorb the wisdom hidden within them. **In the stages preceding wisdom, we most often encounter beliefs, knowledge, theories, tests and trials, decisions, and mistakes.**

In contrast to wisdom, **knowledge requires only memory and is stored by the personality.** Knowledge, by itself, does not expand consciousness, but true understanding and testing it in practice provide that opportunity. **Knowledge can serve as inspiration, guidance, or hints,** but it alone will not go through life lessons for us (which expands consciousness). I emphasise once again – no matter how many books you read, you won't expand your consciousness that way! At most, you'll establish numerous theses, beliefs, and conclusions, of which only a portion will be correct.

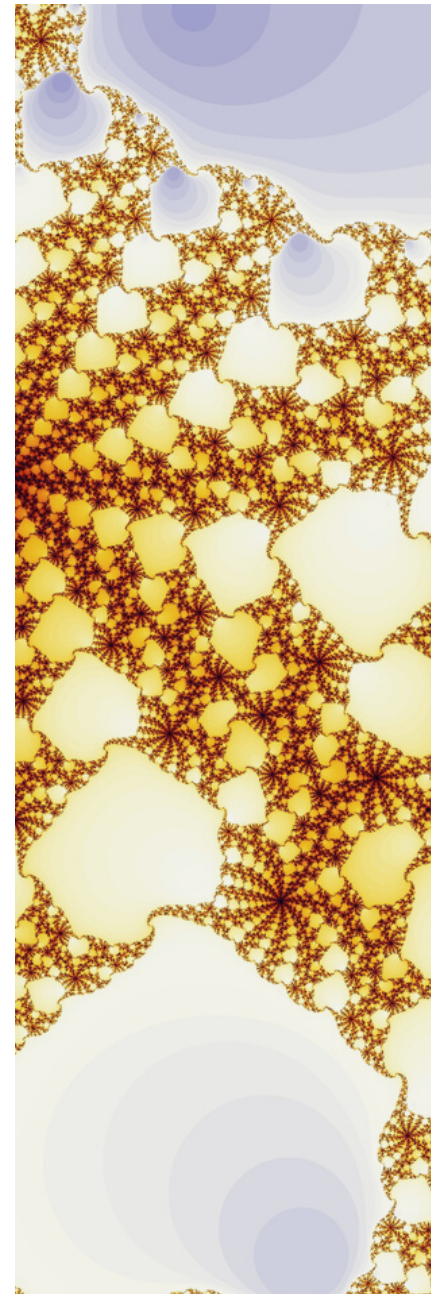




Consciousness is an information archive that stores universal, tested, verified, understood, and accepted truths. It does not accept beliefs (beliefs do not expand consciousness) or theories (knowledge). Instead, it requires experiences and tangible conclusions that free one from a given life process. If someone claims to have gained awareness in a particular subject, yet the life circumstances of that person have not changed, it means there is still further ignorance – some information is still missing, and wisdom is still hidden in that lesson.

The entire process of evolution occurs through consciousness. It evolves and exchanges information among itself, the environment, and other sources of consciousness. **The entire process of expanding consciousness takes place in contact with matter and is possible only with the participation of a conscious being and matter.** Sometimes it may seem that the external world (matter) undergoes intense transformations, but in reality, it is our consciousness that evolves internally and, as a result, changes the external world. I will write more about this in an article on spiritual development.

Finally, it should be mentioned that **consciousness undergoes development through the cycle of life and death.** The first part of the cycle – life – is an active process where wisdom is gained. It always begins from a lack of information (innocence – "I don't know"), transforms into partial or erroneous information (ignorance – "I think I know"), and ultimately grows into wisdom (complete information expanding consciousness – "I am fully aware, understand, and accept this").





For wisdom to be acquired from experience, consciousness must accept it – confirm that it is a universal truth. This cannot be done using free will – it can, at most, disagree, agree, or resign from it. Acceptance is the feeling of completeness of experience, peace of mind, and liberation from the lesson. I will write about it someday as well!

The second stage of the cycle of consciousness development is death (the passive part of the cycle). We are beings of consciousness, not beings of matter, and therefore, we only assimilate wisdom. That's why when we die, we don't take all beliefs and knowledge with us, only the consciousness enriched with the wisdom from this life. Death is the passive part of the cycle where there is arranging, assimilating, and reviewing the assimilated wisdom.

Very often, individuals who have experienced NDEs (near-death experiences) talk about watching a "film of their life," "reviewing various memories," etc. You can find many such stories. It is a crucial element of the death process, where energy for the next life is restored, and wisdom is assimilated by the soul.



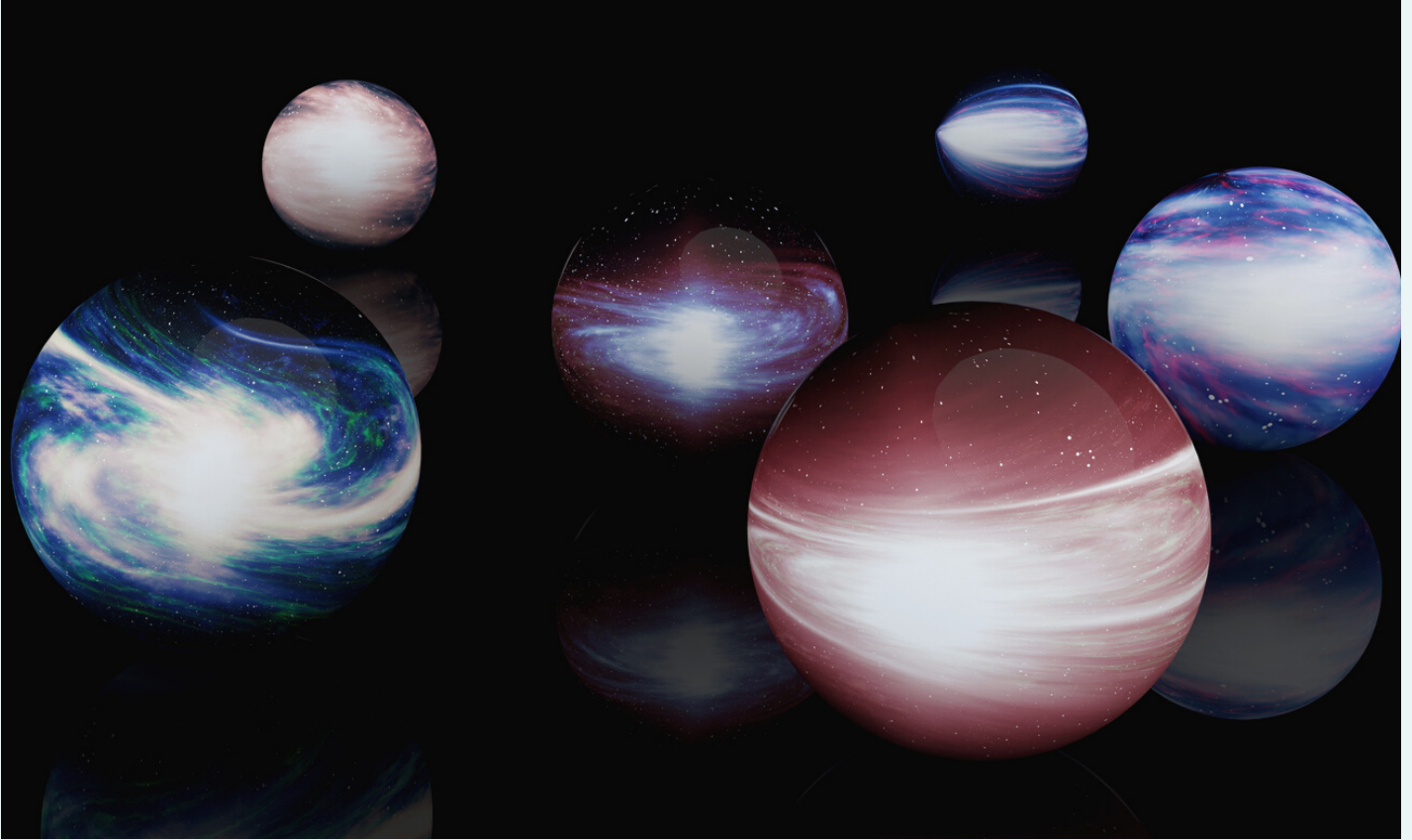
SPIRITUALITY: BASICS

PART 3: PURPOSE OF LIFE



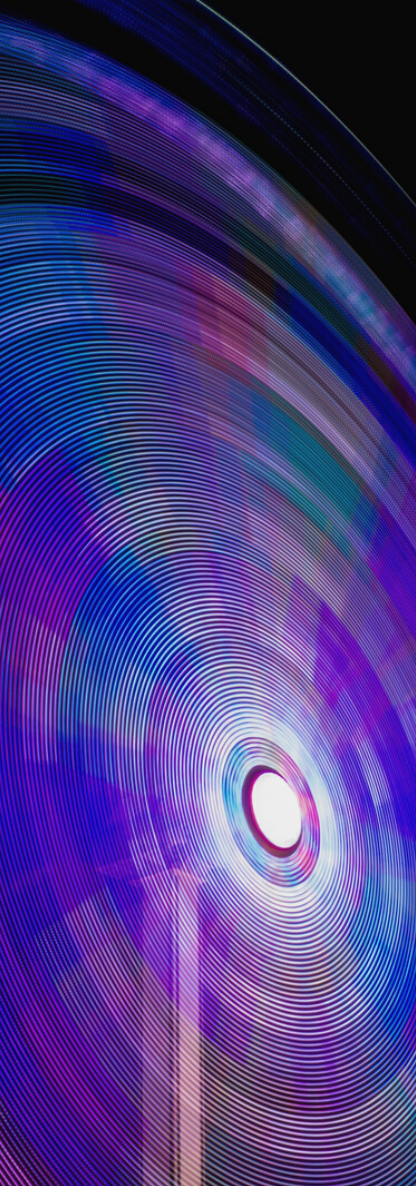
DISCOVER

*the cause
of our
existence.*



Who am I? Why do I exist in this vast world, and what is the purpose of it all? I have asked myself these questions many times and sought answers to them.

I am aware that each of us can identify different reasons propelling our lives forward. However, **from a spiritual point of view, we all came into this world with one universal purpose.** I am talking about **EVOLUTION** - a phenomenon that leads to development, expanding of consciousness, and filling it with wisdom, love, and inner peace. **Each of us is a spiritual being who came to Earth and incarnated into human form to experience spiritual evolution in the world of matter.** The goal of human life is to gain wisdom through experiences that teach universal truths. The entire Universe is based on these truths. Initially, this may sound very lofty or improbable, but ultimately, that is the truth. One could say that the entire Universe is a Great Organism, Unity, Father, Mother - and we are its children. Everything that exists in the Universe has the potential to teach us something useful on the path of evolution (spiritual development). Even things that may seem unrelated to spiritual development often contain hidden metaphors that prove helpful in understanding spiritual matters.



An example could be chemistry (science). How can chemistry teach us something about spirituality? Well, when discussing chemistry, it's hard not to mention a phenomenon like chemical bonding. **Elements with an unbalanced (unstable) number of electrons form bonds with each other by sharing energy.** They do this to stabilise themselves energetically. However, there are **elements that don't need to form such bonds** because they **already have a 'stable' number of electrons** - these are the so-called **noble gases**. A special characteristic of these gases is that they form larger groups and undergo activation, leading to the emission of light. Examples of such gases are neon, argon, and radon. Each of these gases emits light in different colors, and we use them to create neon lights. Can't you see an allegory here to **karmic relationships**, where two people with unstable energies enter into such a relationship to achieve mutual balance? Do you notice that an 'enlightened' person is someone with balanced energy who can emit high vibrations? Throughout the world, we can find numerous allegories and metaphors that hint and guide us on the path of development. Perhaps if we looked at cells and how they created a harmoniously functioning organism, we would learn how to unite as humanity. **What is Earth for us? What is the Universe for us?** We can view this from an infinite number of perspectives, but I'll share with you two that I particularly like to contemplate.





The first perspective states that the Universe is an educational system, and Earth is a spiritual "school," an opportunity for growth in love, peace, and wisdom. In this spiritual school, destiny or fate is seen as a curriculum or teaching program. Each person comes to Earth with a specific schedule, classes, and subjects to work on. Some of these subjects are present throughout generations of Earthlings, while a larger part is more personal. Every life is unique and contains different lessons to go through. **Destiny is an educational construct ensuring that established lessons are learned – hence certain life situations must occur, and they cannot be avoided. Anything beyond our destiny falls under our free will – in this realm, we can decide, choose, and follow various paths, exploring the Earthly School.** Each life experience carries the potential for learning, an opportunity to discover something about oneself and life. It's valuable to ask questions like: "What is life trying to teach me now? What am I not seeing about myself? Why is this happening to me?" Every life experience is a lesson – an opportunity for development.

The second perspective is that the Universe resembles a game. It is one of many places (worlds) where spiritual beings come, embodying themselves in characters they create. The Universe we are currently in is based on the energy of Love, and the goal of the entire game is to achieve full Divine Love energy. This is done by entering specific "levels" and gaining experiences (wisdom) that help us develop our character. In this way, we acquire new abilities and possibilities. Destiny, in this version, is the storyline of a particular level where we undertake missions and tests that increase our level.





SPIRITUALITY: BASICS

PART 4: WHAT IS A HUMAN BEING

WHO ARE WE?

What is our role?

What are our

abilities?



Whether we are human beings, are we a physical body, or do we merely possess one? In reality, by saying "human," I mean the essence of consciousness undergoing the experience of life in a human body.

We are spiritual beings who have come to Earth to undergo certain life lessons for which the human form is well adapted. One could say that our soul has donned a garment allowing the exploration of a specific segment of reality containing the lessons we find intriguing. Consciousness is not human, but it utilises the human experience to evolve in the world of matter. It moves through all realms and realities, exploring and learning from them. In this process, it gathers universal information related to the creation's work. This occurs in a cycle greater than life and death – the cycle of descension and ascension. It involves the soul (containing consciousness) leaving the Absolute Unity and gradually descending through various kingdoms and dimensions into lower worlds. Then, having gained immense wisdom, it begins its journey back home. Consciousness fully awakens when the journey back home must commence. Just as it descended into lower worlds through love, it must return home through evolution.



God (Source of All Love) is present in everything, filling the entire existence. It is not a person but the absolute information, function, spiritual essence, activity, and intelligence of the entire Existence. If mathematics governs the world, and our minds have a certain computational power, the phenomenon of God completely transcends such individual capacity. Therefore, God is impossible to comprehend and grasp with the mind. A better question than "Who is God?" would be "What is this powerful phenomenon?". Each of us names it differently, and I will call it the Source of All Love or the Absolute. It contains all the information needed to manage, distribute, create, and teach the entire Universe and is everywhere, including within you.

As conscious beings, we absorb life wisdom from experiences through personality. Note that this name is not a "person" but its imitation. Personality is a collection of experiences, traits, and tendencies. It guides our lives to specific places where the lessons our soul wants to learn will be encountered. You could say our **personality is the driver, navigating the predetermined route set by destiny. Personality fits destiny like a lock to a key – it attracts situations defined in the destiny's construct.** An illustrative example of the relationship between the body, personality, destiny, consciousness, and mind can be related to making a film. From this perspective, **life is like a movie. The physical body is the actor, the personality is the screenwriter who knows the script perfectly (destiny), and consciousness is the director. The soul, on the other hand, is the producer – the investor of the whole show, while the mind is still the notebook and all rehearsals that do not take place on stage before the audience.** Another example is coming up.





Another example: Consciousness (our essence) is the investor in this venture. It invests in human life, knowing that it can extract valuable information from it and, as a result, grow - take another step on the path back to the Source of Love. It is the investor in the entire enterprise, where choosing the right place of birth and domestic circumstances was previously planned, and the latter will help create a personality ideal for guiding life in harmony with destiny. Imagine that when consciousness comes to Earth, it rents a vehicle, allowing it to move in the physical world and interact with it – that vehicle is the physical body. Consciousness itself needs to undergo specific lessons in this world, so it hires a driver for this purpose – the personality. The personality will move us through life from situation to situation. Why? By developing specific qualities during adolescence, the adult personality begins to attract life situations that correspond to the lessons of life. Consciousness is the investor, the human body is the vehicle, destiny is the map, and the personality is the driver who knows the route well. Let's add one more element – the empty mind – a notebook where we record beliefs, theories, ideas, and test them all to ultimately expand our consciousness. The mind is a kind of place where we create working versions of our concepts about reality. More about it another time – let's get back to the example now. Where does consciousness fit into all of this? Well, it sits quietly in the back seat, peacefully dozing. **Sometimes, when the road presents a very high level of difficulty and the personality struggles with challenges on the way, consciousness may awaken.** There are also techniques that awaken it without such a stimulus. If, however, the road is straightforward and shows no difficulties, the personality records further insights in the mind without the need to waking up the consciousness.



Human is a being that encompasses all the elements mentioned above. It **possesses**:

- **Physical Body** – an archive of genetic memory that stores information and life processes (lessons) available in the material world. It is our material form, vehicle, avatar. Which genes and life lessons are active in the body depends on the type of personality that has been shaped.
- **Mental Field (Mind)** – a perfect laboratory where all information is created, transmitted, tested, processed, etc. The Mental Field consists of three layers:
 - **Unconscious layer:** this is where unconscious impulses and defense mechanisms reside.
 - **Ego:** our personality, belief systems, convictions.
 - **Temporary field of consciousness:** this is where we collect verified and accepted human experiences (life wisdom).
- **Spiritual Field (sometimes called Soul)** – is the realm of the so-called Eternal Consciousness. It is where consciousness beyond the present life is stored. This field merges with the temporary field of consciousness during death. **This field is also called Christ Consciousness.**





SPIRITUAL DEVELOPMENT

PART 1: WHAT IS IT

TIME TO EXPLAIN

*what it is and
what role it
plays in our
life on Earth?*



The goal of human life is evolution, which involves the gradual growth and expansion of consciousness. It can be achieved through many different paths that ultimately lead in the same direction.

Spiritual development (evolution) is an internal phenomenon. Let's imagine for a moment that there is a person who harbours negative thoughts and beliefs. They aren't responsible for them and perpetuates them. They are unaware of them, and various negative situations occur in their life. **Life situations always reflect our internal qualities** (whether we are aware of it or not). **The external reality acts as a mirror for the internal reality** – beliefs, thoughts, imaginations, judgments, etc. Therefore, in the example mentioned above, if such a person does not consciously change beliefs, convictions, and does not begin to control the mind in a conscious way, negative situations will not leave her life (they are merely a mirror). **Most people who operate at the level of ignorance try to change the external mirror instead of dealing with the internal work on themselves.** It looks as if an animal, seeing its reflection in the mirror, bristles, does not recognize its reflection, jumps to the sides, and then moves away from itself and approaches again. It seems as if this animal does not consider the possibility that it is only a reflection of itself.



Ultimately, such "struggle" brings defeat because trying to change the world around us, we discourage people around us, attract similar relationships, similar workplaces, and seemingly something has changed, yet everything seems to repeat in a circle (the same themes but different decorations). Is it destiny? Is it a curse? Does it always have to be this way? **Despite changing people and places, we cannot escape ourselves – our mirror remains a reflection of the same energies present within us.** Personal development is internal work and taking responsibility for oneself. If we want to change the external reality, which is our reflection, we should, like "looking in the mirror," change something not in our reflection (external reality) but within ourselves (internal reality).

Spiritual development (evolution) is a fully personal, individual process. Each of us as an individual is responsible for our own spiritual evolution. This means that no one will spiritually develop us on our behalf. Imagine for a moment that there is a universe where spiritual beings mature to become fully-fledged, powerful co-creators of reality. That's why life lessons repeat until we work through them ourselves. Does this mean avoiding people? Not at all! We need each other. **In each of us, there is both a student and a teacher.** Our presence can be soothing, our wisdom inspiring, and our words motivating. As human beings, we exchange experiences, views, information, and emotions. It is part of the development process, and interpersonal relationships are one of the best laboratories for self-improvement.





Now, let me provide an example. Imagine a person who believes they know better than you and tells you what will be good for you, even though you haven't asked for advice. How do you feel in such a situation? What does it feel like to be seen by someone as not what you "should be"? Do you feel like someone is trying to control you according to their dictates? Do you plan a conscious change? **Will your change stem from fear of losing that person, or from love for yourself?** It happens that people who exhibit such invasive behavior towards others do not understand that spiritual development is a personal phenomenon – one should not interfere, force, persuade, or convince someone to change if they are not convinced themselves. Such actions are merely an example that the person who forces something on us cannot take responsibility for themselves – for example, find another partner, set boundaries, communicate their needs, change jobs, etc. Instead, they complain about what they see. This is fruitless and irresponsible. **People who focus on others only complicate their own and others' lives, unconsciously thinking they are trying to teach someone how to live "better."** People are teachers for others only through presence, helpfulness, and setting an example – not through persuasion, ruling, or forcing changes on others. Spiritual development involves taking responsibility for oneself, not for others – it is about working on oneself and learning to control the internal environment, not controlling the external environment. **Another example illustrating the phenomenon of not taking responsibility for one's own development and interfering with others is intolerance.** Where would intolerance come from if people took responsibility for themselves without trying to control someone else's path? If you don't want to have people in your life whom you don't tolerate, take responsibility for it and change your environment, break ties, or move. Instead of trying to change people who are content, focus on yourself. Don't introduce hatred – instead, take responsibility for yourself.



Should you compare your own development to the spiritual development of another person?

Every person has different lessons to go through. Each person learns something different throughout their life, and most often, this happens at different moments. This means that one person might learn to set boundaries today, while another person might learn it in 20 years. Is one of them better? Of course not – each person goes through their personal, internal processes, at the right time for them and at their own pace. Instead of judging yourself – develop appreciation for your own pace. Moreover, not everyone has to learn the same thing – we come from different backgrounds and have different deficiencies and excesses. It should definitely be said that the path of our development is individual, unique, unparalleled, and that is why it should never be compared to the path of another person. It's like arguing about what's better – food, travel, relationships, or fun – each of them has a different function, is unique, and equally needed in this world. Just like you and your path – you are a unique being with unique potential.

How quickly should one develop?

Let's imagine someone who puts spiritual development on the pedestal of their life so much that nothing else matters. They are constantly evolving, undergoing transformations, constantly saying and doing only what is spiritual, but at breakneck speed. Often, such people have a lot of problems with the physical body – it cannot keep up with the changes that have occurred inside. As humans, we have a biological body, and any changes occurring in it take time and require patience. All spiritual changes should be integrated, energies grounded, and make sure we stay in harmony. People who develop too quickly are often out of harmony, and instead, they usually chase perfectionism, escaping from the here and now or making their happiness dependent on development. The body cannot keep up with such rapid changes in the spirit. Ultimately, such individuals do not respect their own natural pace of development – perhaps they have never paid attention and time to get to know their own pace or they do not show enough care towards the only thing that keeps them in the physical world – the physical body. They are like an athlete on steroids – thinking short-term, focusing on the whim of development, ignoring health, and side effects.



SPIRITUAL DEVELOPMENT

PART 2: ACCELERATION METHODS

TIME TO SPEAK

*about methods used
to accelerate your
spiritual evolution.*



It's time to talk about methods to develop spiritually. In this article you will learn about the most important ways and journeys to achieve spiritual growth (development). Are you ready to dive deeper into this topic with me? Let's go!

#1 INCREASE IN VIBRATION

It's worth starting by explaining what vibration increase is. I won't delve into the details of the law of attraction and the law of vibration this time, as I'll write about that another time. For now, I'll just say that the entire world is built on vibrations that form the variants (paths) of life. What does it mean exactly? **Imagine that there are different energy channels (similar to TV channels), and each of these channels is built on a different emotional energy.** If you're angry, thoughts belonging to scenarios of the vibration channel you're on (in this case, anger) will appear. The mind is a tool for receiving and sending thoughts. It is responsible for attracting specific situations into our reality. If you want your life to be like a fairy tale but you constantly reside on a lower vibration, the chance of your dream coming true is low. It's like constantly switching to a horror channel while looking for a good comedy. Most often, people don't take responsibility for their minds (living in fear and resentment), while at the same time, they want to attract happy scenarios. **It's not possible! The first step is to learn how the law of attraction and the law of vibration work.** What does it mean that everything has vibrations? The situation is similar to playing the guitar. If we strike one string in a room full of guitars, that same string will start vibrating on other guitars. No one touched them, no one moved them, yet they start playing. Similarly, it is with vibration.



Imagine that a person is an instrument emitting various vibrations – different emotional sounds. In such a situation, everything in life resonates on the same channel, begins to vibrate, and resonates with that person. When they play the vibration of joy, they attract all situations playing on the same vibration. **The most common mistake people make in terms of vibration is trying to change scenarios instead of changing the channel.** We see this even in human tendencies when people complain about what others are doing or write negative comments on social media, instead of changing the channel and going where something resonates with them. Conclusion? If you want to improve the state of your life, take responsibility for your mind and emotions, and start steering them to tune into the energy channels where the storyline you desire is playing.

#2 EXPANDING YOUR CONSCIOUSNESS

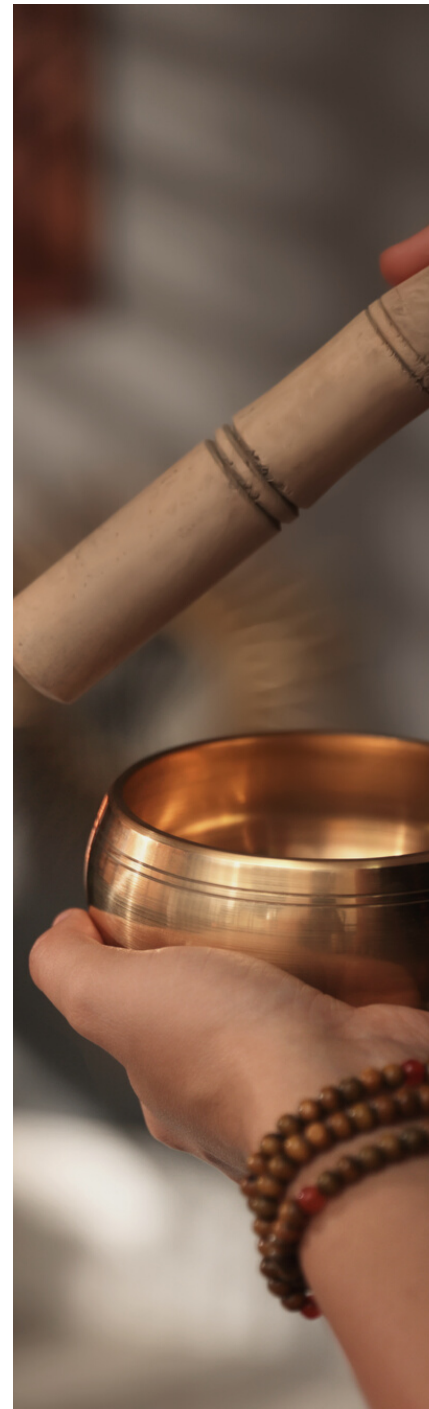
Another inherent aspect of spiritual development is expanding consciousness (**transforming ignorance into wisdom**). In short, expanding consciousness is acquiring new, tested, mind-accepted, and experiential truths of the universe. Consciousness expands only through wisdom, never through beliefs, theories, knowledge, or speculations. **To expand consciousness, treat life as a place of learning and learn from it with humility.** Remember that life wants the highest good for you. As long as we live in ignorance, certain challenging situations repeat in our lives, embed in us, and cause suffering. They are opportunities to learn how to consciously ascend to a higher level, to become a creator of reality someday. This is the path where we all gradually discover truths that free us from karmic cycles. Expanding consciousness is necessary.





#3 WORKING WITH HEALERS / THERAPISTS

Since spiritual development is a personal and internal phenomenon, why do so many people work with healers? What exactly is healing? The word "heal" comes from the Old High German word meaning "to restore the wholeness of being, restore full health." In contrast to treatment, which focuses on removing illness, healing focuses on restoring and maintaining full health. One could say that **treatment involves removing the consequences of our lifestyle or karmic manifestation, while healing involves attuning a person's energy to a harmonious state.** In this state, a person is aware of their energy, causes, effects, and takes full responsibility for them - they begin to choose wisely. Such a person becomes healthy, conscious, and opens up to their highest potential. Healing focuses on the inner self and taking responsibility for oneself, while curing (especially pharmacological) focuses on the external world and avoiding consequences. **Every person is a powerful being capable of healing themselves.** So why is a healer needed? **A healer is a person who possesses a set of tools, skills, and abilities** that can expedite insight and understanding of the processes, karma, and spiritual energy of another person (the client). A healer has a high vibration and a high level of personal development, allowing them to create a resonance field with high energy. It is precisely this field that helps the client elevate their vibration to an intermediate level between them and the healer. One could say that a healer assists the client in awakening their potential and activating the vibration on which the client gains insight and understanding, and their body undergoes healing. **A healer helps release emotional, mental, and spiritual blockages and provides guidance on the path of spiritual development.** Working with a healer is worthwhile!





#4 WORKING WITH PLANT MEDICINES

There are numerous plants and fungi that possess healing properties. Every conscious being has its own wisdom and abilities. That's why we can learn a great deal from plants and fungi. Despite their unassuming appearance, they are highly intelligent beings that, when treated with respect, reveal much about the world, life, and ourselves. Some teach us through the body, while others can penetrate our minds and show us visions. Many of them have healing properties, as we can learn from studying Ayurveda. Ashwagandha can teach us tranquility, Rhodiola the desire for life and joy, Hemp can open us to a relationship with pleasure and food, and Chamomile can show us how to soothe the mind. These are just a few examples from the vast list of plants. Each of them teaches something unique. There are also psychedelic plants, such as Ayahuasca (a brew from two plants), psychedelic cacti, and others. Remember that these are very powerful plants, and working with them should be done under the guidance of an experienced shaman, in a country where they are legal. Such plants can significantly impact our spiritual development, induce powerful breakthrough insights, and awareness. From my experience, they are powerful tools that require great humility, trust, and considerable self-work (integration of experiences). On one hand, each healing plant can be used for insight, learning, short-term therapy, and, on the other hand, as immediate assistance when life lessons are too challenging. However, it's important to treat them as teachers, not saviours. **They should not become a source of addiction but only a source of inspiration or temporary help**—only in this way will it help us grow in responsibility and strength. Apart from plants, there is also a range of medicinal mushrooms, including Shiitake, Reishi, Chaga, Cordyceps, and Psilocybin Mushrooms. Remember that they should not be your way of avoiding responsibility and self-sufficiency but merely a means to understand your processes!



#5 HEALTHY LIFESTYLE

It's impossible to talk about spiritual growth without mentioning lifestyle. Notice that if you cultivate love and care for yourself, your body begins to be the temple of your spirit. The more you treat it with love, the more all toxic substances and habits must disappear from your life. It's hard for me to imagine someone who fully loves their body while chain-smoking cigarettes and regularly drinking alcohol. It's not possible to take responsibility for yourself while blaming the addiction on "having no control over it" or explaining it as work stress, a difficult childhood, and so on. Everything difficult in life requires facing it head-on, strengthening yourself, and growing beyond it. **As we raise our vibration, many habits, activities, or types of food disappear from our lives.** If we become a person who doesn't want others to kill for them, we stop eating meat. If we want to have strong willpower, we get rid of addictions. If we want to eliminate fear, we reprogram our minds, get rid of guilt, and fill ourselves with forgiveness and trust. If we want to give ourselves to this world and fulfil our highest potential, we don't spend three hours a day on Netflix or playing computer games. **We stop running away from the world and start falling in love with life with our full participation.** If we don't believe in slavery, we stop consuming milk from slave sources. Personally, I suggest giving up dairy completely – it contains addictive opioid proteins, primarily designed to keep a little cow eating and growing. The most of these proteins are in cheese - there are plenty of people who can't imagine life without cheese. No wonder, they are addicted, and every attempt to quit the addiction increases insatiable hunger – a feeling of lack. It's also known that if we want to stimulate vital energy in our body, we should move more (depending on the possibilities). **Spiritual growth requires replacing low-vibration habits with those that increase our energy, vibration, vitality, and zest for life. Food should give you strength, not make you feel very tired. Food should serve your health, not compulsive temptations.**



#6 KNOWLEDGE AND MORE

There are even more ways to achieve spiritual development, such as gaining knowledge in various subjects and finding valuable inspiration in it. Nature is the best teacher! However, it is important not to become addicted to acquiring knowledge because knowledge, devoid of action and practical implementation of changes in life, is unable to expand your consciousness (which is the goal of life). Knowledge is not the same as wisdom. Knowledge should be a source of inspiration, guidance, motivation, but never the ultimate goal. People who are stuck in the cycle of acquiring only knowledge often intellectualise their entire reality – they have an explanation for everything. This opens more doors to ignorance because it is easier to explain every lack of awareness with increasingly sophisticated arguments. This is not helpful for such individuals and hinders their development. Therefore, remember to make room for knowledge in your life, but also for practice. There are many other spiritual nuances and ways, but I believe I have mentioned the most important ones.



RITUALS OF PROTECTION

PART 1: QUADRUPLE GRID

TIME TO LEARN

*how to cleanse
your space
energetically.*



<https://www.universalmatty.com/files>

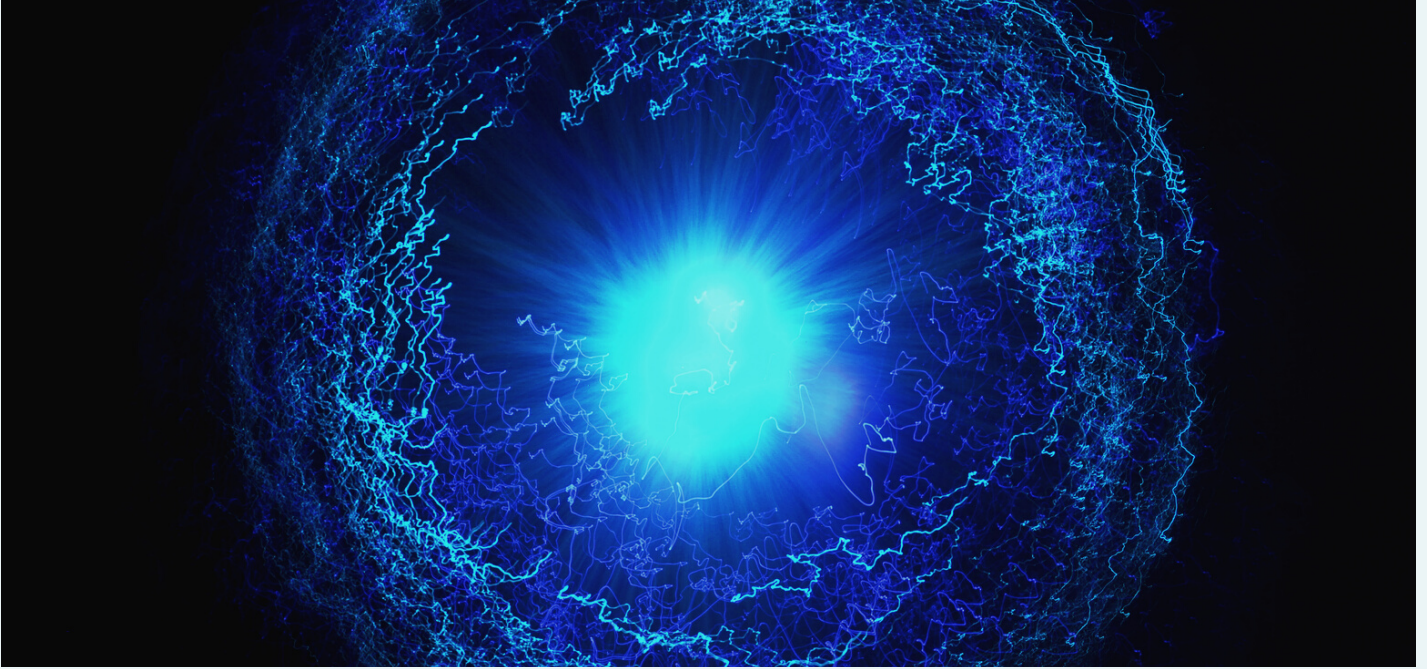


RITUALS OF PROTECTION

PART 2: THE LIGHTNING & THE FLAME

DISCOVER

*methods to
strengthen your
energy.*



The Ritual of the Blue Lightning is a beautiful way to cleanse space and elevate your own energy. Remember that spiritual practices are individual, and it's always worthwhile to adapt them to your beliefs and needs. Here is a modified version of this ritual:

1. **Light the Candle:**

- Choose a candle in the color blue.
- As you light it, focus on the flame and say: "Miraculous Element of Fire, I ask you to absorb and burn all low vibrations with which I am in contact."

2. **White Sage:**

- Take white sage in your hand, symbolising purification.
- Pray to the Spirit of Sage for purification and removal of any impure energies.
- Smudge yourself, other beings in the room, and the room itself, directing your intention of purification.

3. **Relaxation:**

- Sit comfortably and enter a state of relaxation.
- Breathe for 5 minutes at a pace of 6 seconds inhale, 2 seconds exhale, increasing your alertness and raising your energy.

4. **Prayer to Archangel Michael:**

- Pray to Archangel Michael to burn everything that does not serve.
- Ask for the guidance of unfavourable energies to the Source so they can continue the evolution of their soul.

5. **Visualisation of the Blue Lightning:**

- With each breath, visualise the Blue Lightning of Archangel Michael filling you with its energy.
- Spread it throughout the entire room and yourself.
- Thank Archangel Michael for this protection and power.

Remember that the key elements are focusing on intention, emotional involvement, and a deep belief in what you are doing.

The **Ritual of the Violet Flame** is a beautiful way to enhance protection and balance energy. As always, feel free to adapt this ritual to your personal beliefs and needs. Here is the transformation of this ritual:

1. **Light the Candle:**

- Choose a candle in the color violet.
- As you light it, say: "Miraculous Element of Fire, I ask you today to radiate protective light and strengthen my aura as well as the aura of this place."

2. **Palo Santo Wood:**

- Take Palo Santo wood in your hand, symbolising balance and energy reinforcement.
- Pray to the Spirit of Palo Santo for balancing and strengthening energy.
- Smudge yourself, other beings in the room, and the room itself, with full commitment to the intention of strengthening energy.

3. **Relaxation:**

- Sit comfortably and enter a state of relaxation.
- Breathe for 5 minutes with the following pattern: 2 seconds inhale, 4 seconds hold breath, 8 seconds exhale. This breathing pattern will induce a sense of relaxation and tranquility.

4. **Prayer to Archangel Zadkiel:**

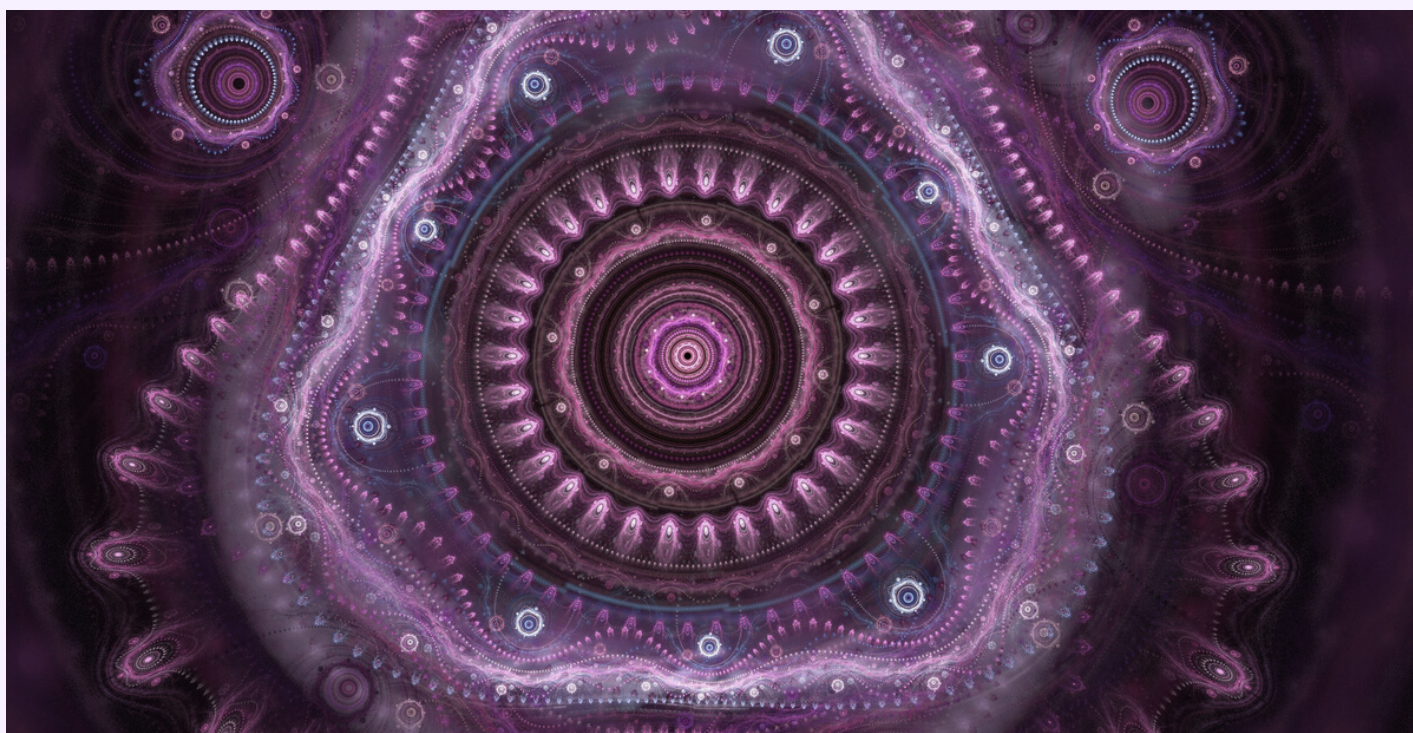
- Pray to Archangel Zadkiel to transform all negative energy into positive energy.

5. **Visualization of the Violet Flame:**

- With each subsequent breath, visualize how the Violet Flame of Archangel Zadkiel fills you.
- Fill the room and all beings in it with this imaginary Violet Flame.
- Thank Archangel Zadkiel for assistance and for the Violet Flame.

Additionally, there are several ways to strengthen your spiritual energy:

- Practice meditation and pranayama.
- Use affirmations about your own strength, for example, "I am a powerful, spiritual being."
- Celibacy and the transmutation of sexual energy into other energies, such as healing or vital energy.
- Elevate energy through physical activities like strenuous exercise, yoga, running, etc.



SPIRITUAL GUIDANCE

PART 1: ENERGY OF SPACE

STUDY

*the basics of
ancient space
organizing techniques.*



Did you know that there are ancient systems that help arrange objects in space in a way that supports the energy of not only the entire apartment/room, but also all the beings living there?

Feng Shui is a practice aimed at harmonizing the relationship between individuals and their environment. By definition, Feng Shui involves arranging elements (objects) in the living space to create balance with the natural world. The goal is to harness energetic forces and establish harmony between the individual and their surroundings. The practice utilizes a grid known as the Bagua, which is used for planning the layout and arrangement of specific rooms in a way that supports harmonious functioning with existing energy fields. Another crucial element of Feng Shui is the principle of the five elements (wood, fire, earth, metal, water). This principle helps in selecting materials and colors that will have the best impact on individuals in different rooms; for example, blue reflects relaxation, calmness, trust, adventure, and exploration. Here are some key Feng Shui principles for the home:

1. **Avoid Clutter:**

- Do not overcrowd your space with furniture and objects; leave room for open space.

2. **Increase Light and Incorporate Plants:**

- Let in more natural light and introduce plants to your living environment.

3. **Designate Specific Purposes for Each Room:**

- Each room should have a designated purpose and be used only for that intended function.

4. **Align Furniture and Objects with the Purpose of the Room:**

- Arrange furniture and objects to emphasize the purpose of the room.

5. **Consider Aesthetics and Symmetry:**

- Pay attention to aesthetics and maintain symmetry between objects.

Remember, Feng Shui is about creating a balanced and harmonious living environment by working with the energies present in the space.



Vastu Shastra is the ancient Vedic art of spatial planning, encompassing principles of design, layout, measurements, ground preparation, spatial arrangement, and geometric patterns. The designs aim to integrate architecture with nature, the relative functions of different parts of the structure, and ancient beliefs utilizing geometric patterns (yantra), symmetry, and directional alignment. According to Vastu, each room should be situated in a specific direction:

****NORTH:**** Balcony, bedroom, bathroom, child's room, entrance, garden, laundry, living room, library, relaxation room, pantry, office, veranda.

****NORTHWEST:**** Bedroom, kitchen, gas and electricity, fireplace, garage, guest room, gym, laundry, library, living room, utility room, pantry.

****WEST:**** Bedroom, dining room, living room, office, study room, stairs.

****SOUTHWEST:**** Garage, gym, library, living room.

****SOUTH:**** Bedroom, dining room, living room, library, office.

****SOUTHEAST:**** Fireplace, kitchen, gas and electricity, boiler room.

****EAST:**** Balcony, bathroom, dining room, waiting room, living room, meeting room, office, open space, stairs, study room, toilet, veranda.

****NORTHEAST:**** Bedroom for elderly, plumbing, water tanks, study room, library.

By utilizing Vastu and Feng Shui, we can create a beautiful living environment that contributes to a wonderful life experience. Have you ever wondered why some homes feel like everything is in its right place, while in others, furniture seems to be misplaced? This is precisely why it's valuable to incorporate these systems, as they tap into subtle levels and bring harmony to them.





SPIRITUAL GUIDANCE

CZĘŚĆ 2: FOUR ELEMENTS

CONNECT

*with a power of
four elements.*



Did you know that you can increase the power of your intention using crystals or cleanse the field with incense? Can you fill water with conscious energy? Do you know that fire can help you free yourself from outstanding issues?

****Air and Fire - Incense and Space Cleansing:****

There are numerous plants used for burning, fumigation, and spiritual cleansing of both individuals and spaces. Among them are Palo Santo wood, White Sage, Yerba Santa, and Cedar. My favourites are the first two mentioned. How to use them? Ignite one of them, say a prayer to the plant, and ask its Spirit to cleanse you or the space. Waft the smoke over your body, objects, or the area, sending intentions for purification and healing to God, Source, or the Universe. This is a sufficient tool for minor negative energies or disruptions in the energetic field. If the issue is more significant, I recommend protective rituals and utilising the service of Harmful Energy Removal.

****Earth - Plant Spirits and Grounding:****

I recommend surrounding yourself with plants both in the garden and at home. I also suggest consuming as many plants as possible and limiting, or preferably eliminating meat from your diet (more on that in a moment). I encourage meditating while touching bare feet to sand or soil. Walking barefoot in the garden can be very calming.



****Water - Infuse It with Wonderful Energy:****

Water has the ability to absorb vibrations from the environment and imprint them in its structure. It's worth drinking water to which we've said 'I love you' or filled it with joy. Store water in glass containers and consume it only in positive circumstances, sending good energy to it. Want to know more? Look up the research of Dr. Masaru Emoto.

****Crystals - Nature's Gifts That Can Record and Transmit Information:****

Crystals, like ice, can record vibrations, store them, and release them. How do they release vibrations? They emit them outside the crystal! This is a crucial ability because if we charge one crystal with love, joy, or Reiki and connect it with many other crystals, creating a crystal grid, the central crystal will emit the stored vibration, and it will be imprinted in all the crystals connected to it. Thus, when we want to use that vibration, we can touch a separate crystal (preferably elongated) connected to the central crystal, and in this way, we access that specific vibration, amplified by the crystal grid. The Earth itself has vast deposits of crystals (beneath the Earth's crust) that form a planetary crystal network, stabilising planetary vibrations. Additionally, crystals have the ability to send information at a distance, so we can charge them and use them for various purposes. Different crystals are suitable for various situations. If you want to know more, the internet is full of articles on this topic. I'll add that from time to time, it's essential to charge a crystal by exposing it to sunlight for 12 hours, washing it in cold water, or soaking it in salty water for an hour (if it's not soluble!).





SPIRITUAL GUIDANCE

CZĘŚĆ 3: YOU ARE WHAT YOU EAT

EXPAND

*your consciousness
about food and
substances.*



Did you know that food has a powerful impact on your vibration? Did you know that the lower the vibration of your food, the heavier it will make you feel? Does your food increase your awareness and sense of presence or lower it?

****Human, as a Physical Being, and Dietary Vibrations:****

As a physical being, humans need to provide physical nourishment to their bodies. However, as consciousness levels rise and the light body activates, the dietary requirements decrease. **In other words, as we grow in consciousness and elevate our vibration, our diet should change.** Imagine that what you consume has vibrations with a value of 50. The moment you surpass this value and elevate beyond a vibration level of '50', you should gradually change your diet. Why? If your vibration is '70' and your food is '50', you will feel tired after consuming it—there will be a need for rest and regeneration. This occurs because lower-vibration food can lower your vibration. It's not about sugar levels!

****Substances: Alcohol, Cigarettes, etc.:****

The same principle applies to substances! Painkillers (including opioids) have the lowest vibration, followed by alcohol, nicotine, caffeine and stimulants, empathsogens, and others. If you consume any of these substances, it means that subconsciously you are trying to compensate for what is lacking in your life, such as self-confidence (cocaine), vitality (caffeine), genuine self-expression (alcohol), security (opioids), and more. I recommend abandoning these substances and, instead, addressing the root of your issues.



****Various Diets and Vibration Levels (from lowest to highest):****

****Omnivorism - Consuming all types of food:****

In this diet, meat carries vibrations of harm, restriction of free will, aggression, and fear. Most animals from which meat is obtained have experienced such feelings for the majority of their lives. They were fed genetically modified fodder and chemically supported with pesticides and other "yield-increasing" agents. Additionally, omnivorism includes the consumption of "processed food," which involves the use of chemical compounds for preservation, enhanced flavour, or other reasons. Thus, this diet introduces many heavy metals, unnecessary chemical compounds, and low vibrations. **This stage concludes with the realisation of the above information and the understanding that many products from this diet are not essential for survival. Killing "for taste" or due to beliefs is ignorance.**

Compare the teeth of herbivores and humans. Compare the diet of primates and humans. Acknowledge that predators exist in nature to maintain the quantitative balance of herbivores, not for sport. Consider whether humans know their place in nature and, like predators, help maintain the harmony of planetary ecosystems or succumb to empty voracity, justifying it in various ways to avoid feeling worse about themselves. What if aliens came and considered us primitive animals, establishing factories and feasting on human meat for taste? Would you still consider it normal?

Before moving to the next stage, let's ask ourselves similar questions regarding cows. Do you know that male calves born in dairies are quickly killed because they are not useful for milk production? If extraterrestrial beings restrained human women and induced lactation in them to enjoy "delicious morning milk," would you still consider it normal? If boys were also killed there? What vibration does milk have? Do you have to drink it?





****Pescetarianism - limiting meat consumption to fish:****

Even with pescetarianism, we still deal with killing and disrupting aquatic ecosystems or farming with the intention of slaughter for taste.

****Vegetarianism - eliminating meat (including fish) while keeping plants and some animal products (dairy and eggs) in the diet:****

In this case, humans still consume milk, which contains opioid proteins that addict a young calf to its mother. Every type of milk contains these proteins to increase a young organism's sense of security, bliss, and to associate them with food. Does an adult body still need to use this system created by nature for young organisms? Should humans steal milk from other species? Is it necessary for their survival? Is it worth tormenting other living beings for taste? Is stealing eggs, even unfertilised ones, any better? It's like throwing placentas to dogs so they can nourish themselves. It's not necessary! Of course, just like with substances, because **civilisation lacks a sense of security, anything that creates its illusion can attract us.**

When a person develops a sense of vitality, trust in life, and empathy for animals, it will be easier to give up meat and dairy. When they understand the concept of karma and develop morality toward the entire system of life, it will come even more easily. The main reason for consuming meat and dairy is a lack of awareness of universal laws, one's own body, and one's role in the Universe. I'll add that even in medicine, they teach that meat (especially beef and pork) is carcinogenic. Did you know that wild animals don't have cancerous changes unless they live close to civilisation?





****Veganism - a diet completely eliminating meat, animal products (dairy, eggs, etc.):****

This is the first diet from a higher, closer to harmony energetic octave. A person following this diet consumes plants (fruits, vegetables, sprouts, seeds, etc.) in various forms. Vegans, like all previous diets, still process their food - cook, fry, bake, preserve, freeze, press etc. **At this stage, they begin to explore the concept of the naturalness of food and the level of its processing.** A higher octave of veganism is **organic veganism**, which involves consuming food from organic and ecological cultivation, etc. **Veganism does not harm animals in any way and does not require vast areas of land for animal feed** (often resulting in deforestation and soil degradation). Instead, it promotes fruit orchards (mini forests) and permaculture (the science of creating artificial, balanced ecosystems for plant food production). Individuals at this stage live in full health and enjoy longevity.

****Raw Veganism - a diet completely eliminating food processing:****

Food is only organic, fresh, and untreated. According to raw veganism, everything processed loses some of its valuable natural values. People following raw veganism realize that food processing aimed to stop rotting and spoilage (being eaten by fungi, e.g., mold). Such individuals care only about consuming naturally occurring foods - raw.

****Fruitarianism - consuming only plants designed by nature for consumption:****

Fruits are a pact that plants made with animals to encourage them to spread their seeds. Fruitarians no longer consume plant embryos (seeds) - they are too precious. They eat vegetables that are fruits (carriers of seeds for planting). Humans help plants reproduce - not just take but also give something in return.





****Mono-Fruitarianism -****

A person prepares for a significant evolutionary leap, teetering on the edge of activating additional DNA structures capable of converting light and etheric energy into life force energy. **Mono-fruitarianism involves gradually moving towards independence from food dependency.** These steps are taken by limiting the diet to consuming fruits from a single plant, such as bananas. The stage of mono-fruitarianism is not necessary, but some consider it useful as a short transitional phase between a solid and liquid diet.

****Juice Diet -****

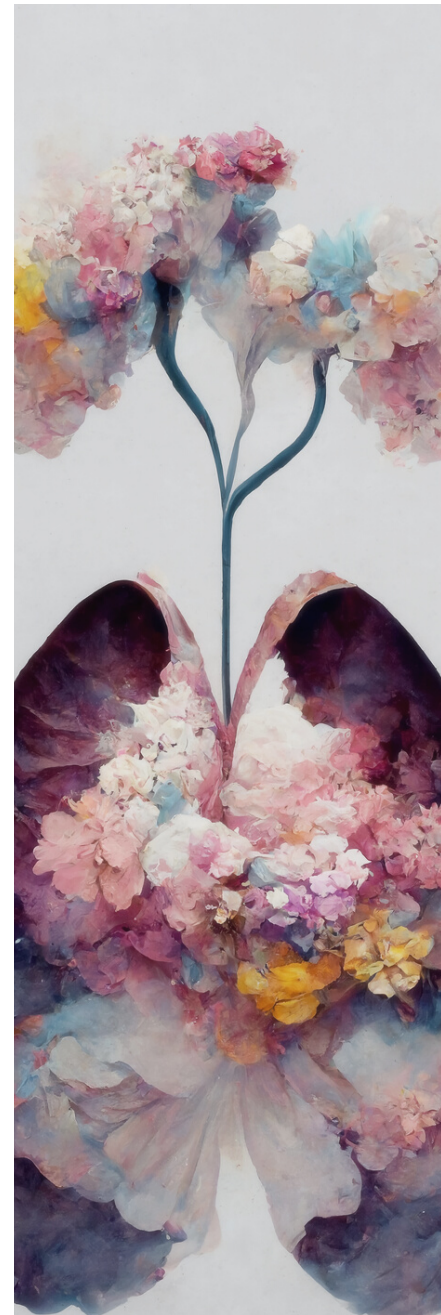
Another stage inducing the activation of 12 DNA strands in the body. It is a further step in detoxifying the body. This stage might be physically felt as a powerful transformation occurring within the body (understandably so, as humans activate silicon crystalline structures in their bodies and acquire increasingly crystal-like abilities). This diet involves consuming only fruit juices or water. The longer one stays on this diet, the more the quantity of juices should decrease in favor of water.

****Breatharianism -****

The final known stage of dietary transformation. The individual has fully activated new DNA strands and can draw life force energy without consuming physical food. A breatharian sustains themselves with prana, small amounts of water, oxygen, and light.

****CAUTION! CAUTION! CAUTION!****

One should not rush their own transformation, and the diet should be changed gradually over the years. **In the case of the last stages, such as breatharianism, working with people who have already undergone such activation is essential. Never do it alone!** Never drastically change your diet in a short time, and do not do it during pregnancy! Give your body time to adjust to the change. Every dietary change triggers transformations in the body that require time. Be patient and do it responsibly, at your own pace!



SPIRITUAL GUIDANCE

CZĘŚĆ 4: SLEEPING WITH YIN & YANG

EXPLORE

*how male and
female energies
impact your sleep.*



Do you sleep deeply? Are you sure your body fully recovers at night? Do you sleep soundly? Do you remember your dreams? Do you wake up feeling refreshed? How much time do you spend resting?

Yin & Yang - Balancing Energies for Well-Being:

Let's start with something seemingly unrelated to sleep - Yin & Yang. Imagine that each person possesses two energies within them - Yin and Yang. To function in full health, a balance between these energies is needed. **Yang energy (masculine, positive polarization) is the energy of stimulation, action, doing, controlling, thinking, and expending one's energy.** Using this energy leads to a state of fatigue - vital energy decreases. Unfortunately, the modern person of the 21st century still tends to have excessively high Yang energy - relaxation is erroneously equated with watching a TV series or meeting friends (yet after both, a person feels tired). Have you ever watched three episodes of a series in a row? Did you feel rested and full of energy afterward? Have you ever returned from a party feeling full of vital energy? Did you still feel that way the next day? An excess of Yang energy brings overstimulation and fatigue. **On the other hand, Yin energy signifies gaining vital energy through various relaxation techniques, meditations, visualizations, rest, sleep, trusting intuition, surrendering to guidance, and working with creativity (dance, singing, art).** These kinds of activities elevate our energy and relax our minds. If there is an excess of feminine energy, there is almost no movement in our lives, and there is a lot of stagnation and passivity. Currently, on Earth, we need much more Yin energy!



Why did I start with Yin and Yang? Note that **living excessively in Yang energy (masculine) leads to overstimulation and difficulties in achieving relaxation, essential for healthy sleep. If you struggle with sleep:**

- Eliminate stimulants from your life (they don't boost your energy but introduce excessive chaos into it).
- Improve your fitness - physical exercise releases excess stimulation from the body through movement. By releasing this energy through exercise, it will be easier for you to relax later and fully allow yourself to rest.
- Incorporate more Yin energy into your life: meditation, relaxation, quiet walks, resting in silence - quiet your mind and relax your body.
- Understand that relaxation is a process where the number of stimuli is reduced. That's why watching movies or having conversations are not examples of relaxation. Relaxation rejuvenates your body and mind, so both need to rest.
- Bring more fresh air and light into your life during the day. Don't stay in a dark room! Let your body saturate with light.
- Finish all Yang-type activities (stimulating) at least 2 hours before bedtime. Spend 2 hours before bedtime drawing, listening to relaxing music, meditating, practicing pranayama, etc.
- Let your bedroom be associated only with sleep. Never with Yang activities.

Additionally, sleeping with your head towards the north significantly improves sleep quality. Also, it's important to sleep in darkness, without lamps or candles. According to Vedic sciences, the best time to lie down and fall asleep is around 9 PM because the electromagnetic field is conducive to falling asleep at that time. It's also crucial not to sleep too short or too long (preferably between 7 - 8.5 hours).





Why is it worth sleeping efficiently? What are the benefits of efficient sleep?

1. **Stable Mental State:** Waking up fully energized and joyful helps maintain positive energy and a good emotional state throughout the day.
2. **Complete Body Regeneration:** Falling asleep in Yin energy, feeling relaxed, allows our body to dedicate energy to regeneration instead of resolving conflicts in an overstimulated mind (reflected in unpleasant dreams).
3. **Vivid and Beautiful Dreams:** Balanced sleep cycles (appropriate duration of each sleep phase - REM and NREM) result in clearer and more beautiful dreams, becoming a source of inspiration and guidance in life without causing exhaustion.
4. **Elevated Vibration and Intuitive Connection:** Falling asleep in tranquility and possessing a balance of Yin energy allows us to wake up peacefully, making it easier to hear the guidance of intuition, angels, or guides. In a calm state, we are more likely to perceive signs on our life path.
5. **Clarity in Action and Goal Pursuit:** Regenerated and focused minds make it easier to observe and understand what is happening and why. In such a state, it is also easier to analyze our plans or intentions.
6. **Increased Willpower:** Reduced compulsiveness and increased free will are observed when sleep is efficient.

To enhance the quality of relaxation, consider working with Solfeggio frequencies. Each frequency serves a different purpose:

- **174Hz and 285Hz:** Physical body healing
- **396Hz:** Release of guilt, sorrow, fear
- **417Hz:** Opening up to change
- **528Hz:** Opening up to miracles, DNA repair
- **639Hz:** Interpersonal connection, balancing relationships
- **741Hz:** Increased self-expression, authenticity
- **852Hz:** Strengthening intuition and awakening
- **963Hz:** Opening up to the unity of the Universe

Where to find them? Look for them on YouTube and Spotify. Ensure you listen with a high-quality receiver to preserve the integrity of these frequencies.





THANK YOU FOR YOUR ATTENTION

Thank you for all your time. This script is written in the form of a "pill". To effectively consolidate the knowledge provided, I recommend reading it several times at short intervals. In this way, the effectiveness of this knowledge and its embedding in you will significantly increase. Don't expect miracles after reading the script once. You must apply the knowledge you gain here in your life by making the necessary changes. I believe you can do it! That's all I wanted to share with you today. I wish you miracles and I know that such a strong being who decided to live on Earth will surely succeed. Remember that you are a cosmic miracle and you decide how to approach each problem. You choose whether you want to be a Conscious Creator or whether you will give up your power and remain in the Kingdom of Martyrdom. Only taking responsibility for your own life can bring tangible, practical results. Only courage can bring about the much-needed transformation. Don't let fear hold you back. Awaken your strength and take responsibility for your life. Embrace the power of creation. Choose your thoughts consciously. Choose your inner dialogue. Don't let doubt defeat you. Don't let the stories of your past determine your future. You are divine in human form and you want to manifest yourself in your own beautiful and unique way. Find your light and illuminate this world with it. Rise above the level of fear. Rise above your own limitations. I know you can. The clock is ticking. Do not hesitate!