

# Heal Yourself

Excerpt

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This will change your perception  
of life and this world!

YES, you can heal yourself with the mere help of your mind and body. You can improve your health, slow down aging and get rid of disease, i.e. you can be 'at ease'. All this potential is inherent in your mind and body. You have it since your birth. All you have to do is know how to access it and allow and TRUST your body to do the healing. In order to understand this concept, you need to understand the laws of the universe. These are principles the universe functions on. If you understand them and go with their flow, you will see your life unfold in a positive and magical way. These laws exist whether you like it or not, whether you act upon them or not. You have always the **freedom of choice**. If you apply them to your life, in whichever way, your good intention it will always work.

The laws of the universe are:

1. **Mentalism:** The Universe is mental. All is thought. The Universe was created by thoughts. Everything originates from thoughts.
2. **Abundance / Cause and Effect:** Whatever you send out into the universe comes back in one way or another. Similar causes produce similar effects. Never worry about what you are going to get, rather concentrate on what you can give. Treat everyone with total respect. What goes around comes around. Never judge anyone.
3. **Manifestation / Attraction:** Thoughts attract one another and thoughts manifest in matter, actions and events.

*If you focus on what you want and on positive things, what you want will show up in your life and you will get positive things.*

*If you focus on what you don't want and on negative things, what you don't want will show up in your life and you will get negative things.*

Because recently there has been a hype about this law (e.g. in a movie called "The Secret"), it is important to understand that you can only use this law to your benefit if the intent is of pure nature, i.e. if the intent has a purpose of the universe. For example, you can try to attract all the money you want, and you may probably end up getting rich, but most likely it won't make you happy or you might end up losing the money, etc., because acquiring money just for the sake of becoming rich goes against the purpose of the universe.

To use this law correctly to your benefit, there are 3 steps to take:

- a. Intent
- b. Expectation
- c. Action

My book will talk about these more in detail. Just know that all these 3 steps have to be fulfilled for this law to work in your favor. So whatever it is you strive for, you should a) wish for it, b) expect that it is coming, but without expecting it at a certain time, and c) take action when necessary to achieve it.

4. **Vibration:** Everything is in motion. Nothing is still.
5. **Relativity:** Everything is relative. Nothing is good or bad until you relate it to something. Therefore duality doesn't exist in the universe. One person's ceiling is another person's floor.
6. **Polarity:** Everything has its pairs of opposites. This is **NOT** to be mixed up with duality! Example for polarity is night and day. Example for duality is good and bad. Night and day are physical occurrences. Good and bad are relative states of opinions and morals.
7. **Gender:** Every seed has a gestation or incubation period. This is the most overlooked law! Ideas are spiritual seeds and will move into form or physical results. Your goals will manifest in the perfect time. Believe and know they will. Just give it time and **be patient**. Don't give up right before the seed breaks through and don't attach a time period or restriction to your manifestation, time is relative in this universe.

**Here is an overview, a quick summary, on the truth about life, the world and the universe:**

We all emanate from the same source, we are all one and infinite. Learn to love yourself and to love all others. Stop judgment, blame, punishment, guilt, shame and all other negative emotions. There is no duality in the universe, it only exists in the 3<sup>rd</sup> dimension, so do the so called "problems" people have. You are, always have been and always will be the creator of your own reality. Thoughts create. Without thought there would be no universe, no life, no creation. We are what we think. These are all powerful wisdoms that my book will explore in more detail.

## You and Your soul:

1. You are a **SOUL** (an intellect so to speak) experiencing human life (you are not a human experiencing a spiritual/soulful life).
2. Your soul is eternal and infinite (your body of course not).
3. You have **freedom of choice** at all times.
4. You, the soul, incarnated into a human body, maybe once, maybe many times, maybe always. You can and will most likely re-incarnate again.
5. You choose the birth location, birth time, birth date, parents and family, your name, your environment. At the same time your parents and siblings (if any) choose you. It is like a contract between 3 or more souls.
6. Almost always, your memory gets wiped at birth, unless you choose not to do so for a certain purpose (which is very rare).
7. You can acquire spiritual knowledge (i.e. knowledge about spirituality, the universe and its laws, life in general) only from within your soul. You are simply using education, reading, information and sources to help you access the memory from **within**. **Spiritual knowledge comes mainly from within**, not from books, not from the Internet, not from someone else. Those, including this article, are all just more or less necessary helping sources for your remembering and making sense out of everything.
8. You are **ONE** with the universe, hence one with the intellect who created the universe ("The Great Intellect", "the Creator", "the Source", "God").
9. You and everyone else is a **genius in their own way**. Nobody is better than anybody else. We are all just better than we used to be (most of us hopefully).
10. Thoughts create, so be careful what you think. Think positive and you will attract positive things in your life, think negative and you will attract negative things in your life.

This is not some kind of theory. This is not a religion. This is pure knowledge from within and I am relaying this knowledge to help you remember/access it from your own **WITHIN**. If you are reading this and a light goes on for you, you have accessed that memory from within yourself, congratulations!

## Life on earth:

1. Many things about this planet you are being taught in school, in media, at work are simply not true.
2. Humans have been seeded here from another star system by aliens (many also humans). The evolution theory is only true within the bounds of 3<sup>rd</sup> dimensional thinking.
3. Humans were designed to BE in the 5th dimension, hence 5 fingers on each hand. However, we currently live in the 3rd dimension, which is a drawback and limiting. There is too much negativity and resistance in the 3rd dimension. Therefore there is violence, anger and wars - all non-existent in higher dimensions. The 3<sup>rd</sup> dimension is too dense, therefore telepathy and other natural talents (such as psychic talents) are only possible in very limited ways.
4. We live in a controlled state. There is no true democracy, in no country on this planet. While people are more free than ever before, still in many aspects of life people are only led to believe that we have democracy. In many aspects, such as healthcare, food, energy etc. you are being controlled, manipulated, and misinformed. You are being denied access to many beneficial things, such as free energy and propulsion, truly healthy food, etc. However many people are starting to wake up and become aware, so there are many movements for truly healthy food and disease free living.
5. The number 1 control mechanism on this planet is meds/drugs (that includes water fluoridation). Yes, you heard right. Number 2 is fear. Number 3 is the food supply. Number 4 is the media and number 5 is commerce.
6. We are being conditioned from early on to believe and buy into the misinformation the governments and big corporations are feeding us. The majority of the population behaves like sheep, follows the misinformation and adopts it as their truth. TV and commercials are like a god to many people.
7. Duality (i.e. good and bad, etc.) only exists in this 3rd dimension and often only in people's minds; it does not exist in higher dimensions and it is NOT a part of the laws of the universe. Only the positive exists in higher dimensions. The higher in dimensions you go, the more positive it gets.
8. Faith is important and very nice, but when it is used by the leaders of the world and other groups of people to manipulate masses, it loses its purpose. When faith becomes a doctrine, i.e. when someone else thinks out your faith for you and you just follow it,

you are actually giving up your real faith and follow a fake one.

9. Greed, hatred, anger, disease and death only exist in this 3rd dimension. The higher in dimensions you go the less these things become.
10. The primary focus on money is a 3rd dimension occurrence. The greed for money and also other material unnecessary things is a waste of energy. While tender is necessary in this world for distribution and fairness purposes, it serves no purpose whatsoever to live only for money and hurt people for the sake of accumulating money. That means: money should not be the primary purpose of a business.

### Health and Disease:

1. You can always heal yourself; this is part of universal law. Our bodies are designed to heal and repair themselves.
2. Disease is an impediment to the purpose of the universe, therefore it is not good. You know that disease is not good, without even reading this article. How do you know? Because your higher self/the god within you is telling you. It is creating symptoms that make you feel sick, so you are compelled to rest your body and take the proper steps to recovery, otherwise you would ruin your body. Symptoms are a necessary part of the healing process. Symptoms are messengers, telling you that there is something wrong with your body and telling you to rest, so don't shoot the messenger!
3. Would the universe ever impose a disease on you? No. Therefore, we can surely conclude that disease in the pure state of nature doesn't exist. Our society has created disease.
4. Disease is caused by toxins in our bodies induced by improper diet, lifestyle, our industrial and chemical environment, also by the constant use of meds/drugs, chemicals and unnatural substances. Disease is also mainly caused by stress, worry, negative thinking, anger, hate, etc. This is called enervation.
5. Disease is not cause by germs. Why should it? Germs are scavengers and eat dead body cells. That's their only purpose. Under disease conditions, they multiply. Diseased body tissue causes germs, not the other way around. (Do flies cause garbage?!?!).
6. At the same time knowing the above, you still need to be careful and not get infected with dangerous viruses and pathogens (such as HIV, hepatitis). The reason being that these are mutated viruses that our society has created by messing with nature. In the

ideal case, i.e., if absolutely no diseased body tissue were present, if you got infected with one of these, you should still not get sick. However, unless you are an absolute master of kinesiology (muscle testing) and can tell 100% which cell group inside your body is diseased and which type of virus will eat these cells, you will not know which types of cells in your body is diseased. Therefore it is absolutely correct and vital to protect yourself from dangerous viruses and pathogens.

7. Artificial meds and drugs DO NOT heal. On the contrary, they make you sick. They may decrease symptoms, but guess what - you need symptoms so your body starts the healing, so germs can eat your dead body cells. If you kill the germs with meds, your body will stop healing - make sense?
8. Most people's bodies are more polluted than our waters and the air in the cities. Most people don't care about their own body pollution.
9. Meds/drugs pollute your intellect and inhibit your natural ability to think logically, let alone all the side effects. Meds/drugs also suppress the body's and mind's natural ability to heal themselves.
10. The act of love making is a natural need of every living organism, same as nutrition. Therefore making it tabu and/or getting offended at it, is not doing anybody any good, on the contrary. Love making is the essence of life. Every living organism, including animals, trees, plants, flowers does it, in their own way. It is the bonding of living organisms for the purpose of reproduction. Therefore it is so pleasurable.

## **Nutrition:**

1. Correct nutrition within the bounds of following the natural circle of life, as most animals do, is important. That means, you should eat according to what nature provides you as part of the circle of life and according to what your body says is good for you. Your senses are your body's tool to tell you what is good for you. **Therefore you need to listen to your body and NOT to the food and drug industry about what to eat.** However, if your body is polluted with meds or toxic food, your senses won't work properly.
2. **Very crucial! Avoid the following:**
  - 1 Sodas, Donuts, Potato Chips, Trans-fat
  - 2 Fat-free products
  - 3 Processed foods as much as you can

4 Artificial sweeteners like Splenda and NutraSweet, i.e also diet sodas, 'diet' - everything.

3.

Foods to avoid:

a. Sodas = Lots of sugar → *weight gain, diabetes, liver problems, bad teeth, etc.*

b. Donuts = lots of sugar and trans fat

c. Potato chips = trans-fats (even if packages say 0%, it doesn't mean they are trans fat free) + acrylamide (as result o frying or baking potatoes) → *cancer*

d. Trans fat → *clogged arteries, heart problems, cancer*

e. MSG (monosodium glutamate) → *asthma, diarrhea, clogged arteries, cancer, heart problems + many other health problems* - Read the labels on your groceries!

f. Fat free = no leptin hormone = no way of knowing when to stop eating → overeating → *weight gain*

g. Fat free = more sugar, more calories → *weight gain*

h. Carb free = too little calories → *less energy, depression, mood swings*

i. Artificial sweeteners = aspartame = mind suppressant = poison (will very slowly kill you and cause many health problems along the way!!)

j. Pasturized milk = destroyed fat globules, proteins and enzymes, less vitamins → *responsible for lactose allergies, mucus + other health issues.*

k. Homogenized milk = changed fat globule structure causing fat layer deposits in arteries → *heart disease*

l. Unsprouted Wheat or white bread = becomes sticky mass, clogging cells, arteries → *cancer, heart disease, constipation*

m. Processed foods: contain lots of chemistry, artificial flavor enhancers such as MSG

n. Sugar = ok naturally from fruits or honey (in small amounts) and **only after a savory meal**, excess leads to spikes in insulin, burning sugar causes muscle loss → *diabetes, obesity*

o. Alcohol in conjunction with sugar → alcohol multiplies the effect of sugar and vice versa

4. Healthy foods to consume:

- Coconut oil (best oil healthy for cooking and baking!! - most other oils will go rancid in your stomach and become trans-fats)

- Virgin olive oil - but only cold on salads or with bread - do not cook with olive oil

- Saturated fat, essential fats - are healthy, prevent heart disease and depression, primary fuel source for our bodies to burn and turn into energy
- Fish oil instead of fish = more Omega 3, less mercury
- Raw whole milk - healthy milk, even lactose intolerant people can drink it, increased energy
- Whole wheat or rye bread (better even: sprouted)
- Organic foods, veggies and fruits
- Organic meats from healthy grass fed or free range animals
- Organic eggs from free range chickens

5. Eat in moderation = balanced = little bit of proteins, fat, carbs, fiber = nothing in excess

6.

a. Weight gain = sugar being used as your primary source of fuel = not all sugar can be burned = remaining sugar being converted to fat storage → obesity → wrong way of burning fuel (equivalent to running your car on orange juice for example)

b. Healthy weight = healthy fat (saturated + essential) as your primary source of fuel = all fat intake is burned until there is none, then the body burns the reserves → correct way of burning fuel

7. Ensure enough but moderate intake of saturated and essential fats → Body will burn incoming fat

8. If you eat fat free or low fat products → body has no incoming fat to burn, so it will burn incoming sugar

8. Burning sugar = losing muscle and gaining fat reserves and therefore gaining weight

The good news is that awareness is rising and many people are waking up. The vibrational energy of earth is slowly being raised. One of the good things that technology, especially the Internet, has brought us is the free dissemination of information. So there are thousands of websites on all kinds of subjects. Of course some may not be true. Everyone has all kinds of theories about all kinds of things. You can believe them or not, that is totally your choice. How can you know that any theory in the world is true? You really can't based solely on information, but you can use this information to sort in your mind, process it through your logical center with the help of your intuition and come up with an answer,

i.e. you can answer these questions best for yourself with the help of some information. In other words, if you read on a certain theory and a big light goes on, then you know it.

**However, and this is probably one of the most important sentences you will ever read in your life, the knowledge has to come from WITHIN YOU and not from the source you are reading or listening to!!!** This means that the information you acquire is used solely for the purpose of you remembering again what you had already known. It is used as a kindling to help you recollect the truth. See, when we are born, our memories are pretty much wiped, otherwise we would know everything already and would have no incentive to experience human life, feelings and to learn and grow, and therefore no incentive for the purpose of life.

This is just an excerpt from my book "Heal yourself", which is currently still in the works and will be published some time soon. The book explains everything you have read here before more in detail. It talks about the purpose of the universe and describes the truth about it. It gives you tools and ideas you can use to help yourself in your journey of improving your life, ridding yourself from disease, minimizing stress, improving relationships and virtually any aspects of life. This book is about the light, about love and hope. When you read this book and you are ready to be awakened, you will wake up even more and a big light will go on in your head. It will literally change your life. Alright, now the big reassurance for the skeptics among you: You are probably thinking now that all or some of what you have read here is non-sense or not true. Well, if you think it is non-sense, then obviously you haven't read this article carefully or haven't fully understood it, i.e. you just haven't made sense out of it (that's why you would think it is "non-sense"). In that case, I strongly suggest you re-read this article until you fully understand everything. If you are not ready to understand it and not ready to awaken yet, don't worry, nobody is forcing you (remember you have freedom of choice at all times). You can then put the book or this article aside for future reading, take all the time to learn things and figure them out by yourself. This article and later the book is simply helping you to awaken and acquire the truth about the universe faster.

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