



Take back your power

***"It is our souls that are tired, not our bodies.
We need magic. We need adventure. We need freedom.
We need truth. We need stillness. We don't need more sleep, we need to wake up and
live."
- Brooke Hampton -***

The last three years have left many feeling powerless, depressed or anxious. Evidence now shows that C-gene therapy has not only compromised the immune system, but has also affected the psyche [1]. A factor that is - in addition to the already existing challenges - energetically challenging.

What has already cost you a lot of energy before Corona and makes you feel burnt out? Demands from your boss, your family, or your own behavior patterns (e.g. "I always have to perform and fight for recognition and love")?

The good news is: You can do something to get your power back. Provided you have the will to change something. These are the steps you need to take:

- Realize that your thoughts are energy that have an effect. Just as bad thoughts can pull you down, positive thoughts build you up and are effective for body and soul [2]. According to the law of resonance, your consciousness will gradually be reflected in your environment.
- Positive thinking does not mean to think everything "nice" and to deny the negative outside. Face reality. In their current symposium, the Medical Professionals and Scientists for Health, Freedom and Democracy e.V. (MWGFD) highlighted in various lectures, among other things, how your personal health is threatened from the outside [3]. Serious and not manipulated information creates clarity and takes away the fear we humans have of the unknown. With this knowledge, you will no longer shrug off the realities. Do not leave your personal health to others. Commit to freedom and self-determination whenever the opportunity presents itself in your environment. And remember: If you think you are too small and insignificant to achieve anything, you have never slept in a room with a single mosquito ;).
- Create your own vision of your existence not only in thoughts, but also in feelings. Your soul knows what it needs and where it wants to go. It gets tired if you constantly ignore its needs. With the vision your goal arises, to which you can direct all activities.
- Start as soon as possible and don't procrastinate anything. Think about all your previous experiences in order to create your vision: What do you enjoy doing? Which challenges have you mastered brilliantly? Which people in your life inspire you? With whom and doing what makes you feel really happy? What is it you can heartily laugh

about? Do you have conflicts with other people? The more you delay addressing and resolving them, the more they block positive thoughts and drain your energy reserves.

- Take good care of your physical well-being. Through healthy food, exercise in nature, time for yourself and rest. Relieve and strengthen your immune system with vitamin C, vitamin D, all B vitamins, selenium, zinc and magnesium. A good therapist can determine your individual needs based on your symptoms. There will always be external influences that weaken your resistance. When you strengthen your immune system on a regular scale, a "fight" against an overwhelming number of possible pathogens will not have to take part, because your system will not allow such pathogens to multiply in the first place.

Use your senses, meditate and go regularly into silence. This will sharpen your perception for everything that is going on inside you. Watch yourself: Thinking certain thoughts, is there something tense in your body right now? Does a thought make you hot or cold? Reduce your stay in the digital world, which takes away your power: By misusing your data for all kinds of things and manipulating and deceiving you more and more by using artificial intelligence [4].

It's a simple equation: connected to the digital world = disconnected from real life.

Quellenangaben:

[1] <https://www.kkh.de/presse/pressemeldungen/psycheberuf2023> in German language

[2] <https://www.planet-wissen.de/video-die-kraft-der-gedanken-104.html> in German language

[3] <https://www.oval.media/en/mwgf-d-vac-symposium/> with English translation

Lectures: Philipp Kruse (starts at 3:50:00), Pascal Najadi (starts at 4:20:39) und Wolfgang Wodarg (starts at 6:59:00)

[4] <https://venturebeat.com/ai/the-hidden-danger-of-chatgpt-and-generative-ai-the-ai-beat/>



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