

## HOW FREE-FLOWING LIFE ENERGY HELPS WITH DISTRESS AND DISEASE

The Earth is shaking. The Earth is crying, as our distant ancestors would have said during times of big natural disasters. In its own way, the world is trembling and is in turmoil. We've been experiencing major globalisation over recent decades, most of all with the globalisation of IT. We've been making connections across all borders, with all countries, we've been using countless commodities and technological gadgets, be they needed or not. Our lives are no longer fulfilled in any way whatsoever, let alone are they modest. In the midst of all this abundance, starvation stalks the full bowl and our lives lack true and supporting values. Indeed, the contemporary world primarily reveres precisely those things which should be abandoned, changed, silenced, even rebuked. We live in great ignorance and in considerable spiritual darkness in spite of numerous scientific achievements. In the new millennium, the dissatisfaction of people, who so often live at the edge of subsistence, is present in everything and everywhere so to speak.

Exhaustion and burnout in most of the population, the daily scramble to make a living, despair and unhappiness – these are our everyday companions, companions that prevent us from living a peaceful life. In this new millennium, they are slowly killing us. Such excellent conditions for a bad scenario in the day-to-day game of life on the planet. During recent decades (especially since 1990), the happiness of uncomplicated co-living and inspirational modesty has turned into the unhappiness of extraordinary, but often only apparent, technological progress. Innumerable material goods are available everywhere and everyone demands a level of comfort that will give the impression of a much-needed prosperity, without which people cannot get by. Computers, televisions, mobile phones, etc. Even pre-school children no longer have the physical strength needed for an easy climb to the summit of a local hill. No wonder they find this sort of thing difficult when at such an early age, they are surrounded by computer technology and mindless games. They even go to bed with mobile phones. Mobile phones are playing the roles of their mother and father. Parents allow them to put mobile phones under their pillows before going to sleep. But the barely perceptible waves of those devices disrupt our cells' rhythms and are killing us. Even food is unhealthy, frozen, heated up, reheated, and is most often fast food containing too much starch. Forests – the lungs of the planet – are being relentlessly destroyed at an exceptional rate (unfortunately, in Slovenia too!). Schooling is devoid of real life related topics, it's all merely about filling heads with facts, and, to top it all, evenings on TV are packed with crime dramas, full of brutal scenes and violence against those who are weak or think differently. From all corners, there is STRESS preying on both young and old souls – something that undermines our spirit and drives peace away from our souls. In churches, where a sense of calm and spiritual nourishment should be on offer, guilt and sin are thrown at believers on a daily basis. These days even small children have the feeling that life is a hard-to-digest nonsense and that the end of such a world is close. If only it were true that all the stupidities that the world cultivates on the dungheap of insanity and lifelessness, under the cover of some special knowledge, would get somehow soon annihilated and would sink into the inaccessible. Because it is stress that makes us all unhappy, destroying us right down to our very core.

Phew, sorry about this introduction. In every harmonisation process, in every healing, the most important thing is to see the breeding ground of the causes of our problems; the breeding ground that weakens our immunity and makes us vulnerable. Just how has it been possible for this global coronavirus pandemic to come to pass? And to top it all, it is 10 to 15 times stronger than a run-of-the-mill virus infection. Easily. Besides all the above-mentioned, add the chaos of widespread profiteering and a lack of ethics into the mix. Along with a confusion of countless, often contradictory diagnostic and medical techniques and ways of healing, which are mutually exclusive instead of being complementary. On our planet, there is no such thing as a single view of a person's health and the causes of their problems, not a single way of healing their troubles. Our monopolistic officially recognised medicine is by no means the only one, especially not the first in this field.

For at least a decade, the World Health Organisation has been pointing out that, due to the irresponsible prescription of medicines for every trifle (primarily antibiotics), even when they are not needed, we will soon reach the point where medications will no longer be effective in the healing process. It's a fact that the strongest bacteria and viruses will always survive, will always escape the control and effectiveness of medications, of mainstream treatments, which are today, according to the medical mindset, considered to be the only acceptable forms of medical treatment. New mutations of the old (milder) virus infections appear every year and they are becoming ever more problematic and devastating by the year. Today, we laugh at the medicine of the last century, but in a few years time, we will be laughing at the foolishness of current medical practices. Well, the World Health Organisation warns of the possibility that very soon, we won't have strong enough antibiotics and other medications to destroy threatening infections and other nuisances. This is what a handful of medical staff are saying, people who see into the very core of the problems and even a little bit into the future.

In any case: how many medical doctrines and techniques are in use today besides the so-called official medicine? Using official medicine, doctors indeed do save lives and successfully sew up bodies, but they regrettably act like gods in white coats, despite them often being unable to even recognise the causes of problems. Moreover, diagnoses are not timely, they are bad or incorrect (forensic medicine estimates that only 30% of diagnoses are correct), treatments place additional burdens on the body, primarily chemical substances (medications), which are prescribed just in case. All of this can be particularly heavy for a weak body. Success will be uncertain. Nevertheless, hats off to contemporary surgery for the incredible things it can do. But if a person is right on the edge of their energy power and indirectly their physical strength, such medical treatments, including invasive examinations, can be fatal. Especially if our energy levels have been drained.

And: contemporary medicine is in reality the actual alternative medicine, since it is far younger than numerous other older medical sciences to be found around the world. For example ayurveda, traditional Chinese medicine, and the ancient Slavic and European folk healing perspective. The older healing technologies of natural cultures, who lived in harmony with human nature, with the soul's life and nature itself, always first focused on the detection of problems and on the strengthening of the patient's energy system. Only then would follow the elimination of problems. If stressful residues in people's souls and bodies are not promptly removed, disease will erupt sooner or later and the problems will move elsewhere, into other parts, even into a person's spirit, or soul, as we call it. Into our weak points.

Everyone has their weak points, determined by their date of birth. Because cosmic and earthly waves exert an influence on all living beings here on earth. We do not see them, we do not hear them with our physical senses, but we can perceive them with meta-sensorial sensors. It is interesting to note that people believe in an invisible god, but they do not believe in this all-present life energy, which can be felt and even seen in the form of barely perceptible (yet perceptible!) soap bubbles. How come this the case?

Even if it appears that someone has recovered, this might not actually be the case. If the causes of problems have not been removed or if our energy potential is too weak, the ailment may only be keeping a low profile or moving somewhere else, into other body parts. So, how do we grab the ailing rabbit? By its ears (at the very root of the problems) or by its tail (trying to alleviate what is already sick and ailing)? Remember this – general burnout is prevalent amongst Slovenes. Three quarters of the population reportedly suffer from it. This is an additional burden that not only makes the harmonisation and healing processes worse, but is also a loud wake-up call. We are all constantly overextending ourselves to meet the demands placed on us by time, the demands of our superiors, society, not to mention our own goals.

The biggest problem with currently recognised healing techniques is above all that the mainstream medicine does not take into account the energy condition of the person or patient. On the other hand, as recently as the 20<sup>th</sup> century, the healing approaches of natural and folk medicine from all around the world were always based precisely on determining and improving the energy potential of the ailing. The quantity of this life energy that shapes, sustains, and harmonises (heals) us is a crucial factor in health and healing treatments. If a person hasn't got enough of the life energy that flows through the energy pathways, or meridians, of all living beings, in that case a healing treatment will be practically impossible or useless. It might perhaps appear as successful superficially, but previous ailments may well reappear, resulting in a negative outcome. There will be no positive outcome, no real benefit to one's health. This is the reason why, with the same diagnosis, some people recover while others don't.

Decades ago, quantum physicists had already discovered that everything that exists, including the material world, is, at its core, vibration, frequency undulation or energy; thus, indirectly, also sound. That is why appropriate sound – not just about any old sound – can be used to quite successfully fill up the reserves of our etheric bodies, or aura, and indirectly also our physical body. Every person has their own tone and is attuned to their own personal frequency. But the Universe and earthly material levels reverberate and resonate holographically, in a distinct harmony, in specific vibrational common denominators – in the omnipresent tones of G and C. We do not hear these sounds with our physical senses, but we can hear them at the broader levels of our consciousness and in frequently higher octave displacements. They are everywhere and in everything. So we are talking about inaudible, yet perceptible frequency waves, about SHABD (according to ayurvedic medicine and the Rigveda), which in the Slavic tradition is called whispering (*šepetanje*), from Indo-European and ancient Vedic roots. We are talking about the whisper of the Universe, the whispering of cosmic life energy which makes us alive and is present even in our physical world, around us and within us. For this reason, the first scientists, who lived hundreds, even thousands of years ago, had to be not only sensitive astronomers, but also healers with the subtle ears – they had to be sensitive musicians of the 'cosmic orchestra' on Earth. Furthermore, quantum

physicists long ago discovered that the Universe (including our solar system and our planet in it) is not empty. It is made up of a sea of frequencies. And we all swim, or live, in this Ocean of frequencies. We need to learn to take in from this Ocean, to take our fill from it and even be fed by it. If our energy system is full, we will have far more resistance to all ailments and infections, and harmonisation and healing will be faster.

The first step of the old and wise healing techniques of cultures living in harmony with nature – which we ignored at our peril – was to check out people's energy potential. This is always the right thing to do before carrying out any interventions (these days, operations, invasive examinations, including CTs, magnetic resonances, even ultrasound and X-ray) or intense chemical treatments. We first need to cleanse and enable free-flowing life energy, harmonise energy centres and strengthen, or fill, the energy potential of the patient, namely the energy (etheric) bodies that surround the physical body. Without this kind of energy fulfilment, an examination or healing can have an unsuccessful outcome. Even an ordinary battery won't glow if its charger is empty. Energy fullness makes us alive, balanced, tranquil, creative, and happy. It gifts us a good immune system and resistance. We will thus be more resistant to all the destructive impacts of the environment: to stressful situations and to bacteria and viruses.

Health cannot be bought. It needs to be attained. It is we who hold all the cards, including those of the joy of life. Moreover, we must take greater responsibility for our own health. And we will find it in balance, which means we need to find and adopt ways of restoring the harmony of the material and non-material (spiritual), of the physical and energy realms. But how to achieve this? Chinese medicine would achieve this through the stimulation of acupuncture (energy) points and with the spiritual Inner Smile technique, in which a smile (good energy) is directed to all our organs and body parts, which will make us happy. Ayurvedic medicine would tackle harmonisation by charging and harmonising energy centres (chakras) and using vibrational-sound keys (mantras and sutras based on the power of thought). Ancient European and Slavic harmonisation treatments would attain it by immersion in the Ocean of Universal energy, in the Ocean of All-Consciousness, of Universal Intelligence, as well as by filling a person's energy potential. How? Simply this: by connecting to all the dimensions of existence, to the Earth and the Sky. We are not merely children of the physical world. We are cosmic-earthly beings of body and spirit. The human spirit has the ability to perceive the subtle worlds beyond the material world, which define and determine us just as much as the material world does.

Some years ago, a climber from the Koroška region attended my cosmic resonance classes. He received tools for working on himself. Shortly after he found himself in a very difficult situation. Due to a leg injury, he was unable to descend from a high and cold mountain. So, he remembered the recent course he had attended and asked the Universe, the Sky, the Stars for help; he connected to the Ocean of life energy. This thought, or prayer, triggered in him a flow of Universal life energy. He started feeling the energy without which the body is dead, even though it might appear quite similar to being alive. All of a sudden, this skilled climber started feeling a warm energy flow running through his body. It suffused him, warmed him up, and gave him strength. Quite soon the man got up and came down the mountain. He survived an almost impossible situation and a life-threatening injury.

Thought is a powerful tool. At its core, it is actually sound (emotions are sound waves, too). We are what we think. Using our thoughts (including visualisation, autosuggestion, and sound codes), we can fill ourselves and this will also strengthen our physical body. With this in mind, I am suggesting the following: sit or lie down and get calm. Your body should be on a flat surface, relaxed. Your arms at your sides. Be as comfortable as possible. First turn your palms face up. In your mind's eye, visualise a spiral of light, descending from the sky like a shooting star, anchoring itself within your body. The spiral moves first to the right for a few minutes, then to the left. Breathe deeply – through your nose and mouth. Imagine you are swimming in a boundless Ocean, in an infinite flow that undulates through you, filling you. Become this Ocean and stop being only a drop in it. Quite soon you will lose the feeling of loneliness and get a feeling of immense power. You will bring together that which has perhaps not previously been brought together.

You can also go for a walk in the woods, seek out a tall straight tree and hug it with your arms. By doing this you will feel the waves of all-life energy. They will permeate your body, filling you. This is a very old recipe for feeling good. But do not go hugging trees that have grown crooked, as this means they have been avoiding bad energy in the ground and this makes their energy inferior. The same life energy, or divine energy, nourishes all life forms on Earth, even stones, crystals, Earth herself, every animal and every flower. Do you find this ridiculous and stupid? No way is it so! Does it seem only like a game to you? Yes, life is indeed a game, a comedy or drama, as you choose. Nevertheless, perceiving the all-present cosmic energy and hugging trees both belong to the great wisdom of our planetary ancestors, who were much more familiar with the essences of the Universe and the world than we are today. Despite our microscopes and telescopes. Their consciousness was sufficiently penetrating and omnivoyant. North Americans Indians still call trees 'standing people'. Our ancestors saw the same life force in everything and everywhere. But, having lost this sensitivity long ago, white scientists named this ability animism, and it was supposed to indicate the existence of a soul in everything that exists. Check it out yourself. Who is actually the wise one here?

After five minutes, place one hand on your stomach and the other on your chest, over your heart chakra. As your mind becomes silent and stops babbling disturbing thoughts, you will start to feel the pulsing of the all-present life energy. You will feel it is nourishing you, slowly spreading through you. You might even perceive it as a weak electric current. But the strength of this current will depend on the purity and clarity of your thoughts and your opening supplication (free from disturbing thoughts). It will depend on how open your consciousness is. The broader your consciousness, the more powerful the electric current you are able to channel through you. SURRENDER! Allow this immense gift to permeate, nourish, and harmonise you. Universal life energy is excellent (energy) protection. It is the very elixir of life, a creative potion and encouragement, offering you hope and a faith in the protective powers of the body. You attract to yourself what you think about and you are what you think! So let life power (the symphony of frequencies, of sounds) suffuse your thought. Just let it be and let it reverberate within you.

But on no account let stressful situations and destructive relationships psychologically or physically ruin you. Do not allow daunting reports and words coming from the media during the current pandemic to destroy you. Nevertheless do closely follow the information and

guidelines of those who are trying to mitigate the current epidemic. But the moment you start feeling any discomfort and fear, say: STOP, I'M NOT ALLOWING FEAR TO DEVELOP! EVERYTHING IS GOING TO BE OK! THE VIRUS CANNOT GET TO ME. IT CANNOT HARM ME, BECAUSE LIFE ENERGY IS FILLING ME ALL THE TIME! Meditating, at least two or three times a day, is of course warmly recommended. Do not let fears and worries, which are prolific everywhere during the situations like the coronavirus infection, drain you of your energy. And do not watch too much TV, especially not violent films, as their aggressive content sits in your consciousness and subconscious, exacerbating existing fears, causing restlessness, shattering your balance. But do of course follow the safety measures and live with full energy potential. In this way, you will cope with everything that comes your way more easily. You will perhaps come to understand many things about yourself in this special testing situation: for example, how immune you are to adversity, how quickly you succumb to fears; how much patience, compassion, and tolerance you have towards those close to you and towards others, especially those who are not doing so well or who have fallen ill. Are you actually the warm-hearted person you consider yourself to be? Are you truly brave enough to not complain in unusual situations, but instead to think and act for the common good, whilst at the same time not endangering others with your frivolity and your disrespecting of safety? Are you courageous and mindful of everything you do, not allowing your psycho-physical condition to weaken? Take responsibility for your own personal power, for your own self-harmonisation and healing, if they are both needed. Use the power of thought to ease and accelerate self-healing processes – **I am strong and healthy, full of life energy; my life is balanced.** By restoring a free flow of all-life energy in ourselves we will help not only ourselves, but also the overburdened doctors.

And there's one more thing: every healing process takes a minimum of 13 to 14 days. This was known to all the great civilisations of the past. And those civilisations were not poor in their knowledge. They were extremely rich and subtle. And their wisdoms remain admirable still today. But unfortunately, for the most part, people no longer understand them, having tossed them to one side, ridiculed, banished them. Ignorance usually leads to mental cul-de-sacs. However, it seems that, according to the 2020 astronomic picture, we are about to undergo a series of great and difficult trials, which will, at the same time offer us the opportunity to carry out many a much-needed change in our lives and to finally dive even deeper into ourselves: into the hidden nooks and crannies of our soul, places we usually do not look into.

We need to carry out as many self-changes as possible and gift them to the world. Each difficult trial, each illness, especially that relating to coronavirus, carries in itself an important message and an immediate lesson of how we react. Moreover, it demands that SOMETHING SHOULD BE CHANGED! Anyway, we are totally dissatisfied with the world as it is. We want a better world. So take a look into the places, which your eye, ear, and mind haven't yet visited. The year 2020 will probably bring plenty of differing, contradictory challenges and influences to all living nature. At the same time, it will offer us an opportunity to make a quantum leap into the new and better, into personal transformation, which the times and current moment we live in require of us. And in no way do you need mindless entertainment! It is not going to bring you health, only painful feelings of emptiness. We need serene content that will make us happy, that will make our day more beautiful and clarify our mind. May

uncertainty give way to strong will, harmonising thought, and harmonious energies. Nevertheless, if you are unable to avoid the infection, do seek medical help, if needed. Auto-suggestive thoughts and visualisations that open you up to invigorating cosmic-earthly waves can bring you relief. And once the ordeal is over, your view of the world will certainly be different and broader. Perhaps you will even accept the invisible and inaudible, both of which are extremely important.

Mira Omerzel - Mirit, Ph.D.

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Our most recent audio-video recordings have now been released online – on the Vedun Ensemble's YouTube channel ([www.youtube.com/user/ansambelVedun](http://www.youtube.com/user/ansambelVedun)). Those videos feature harmonising and meditative sounds, performed using ancient musical instruments in the spirit and melos of various cultures. Vedun musicians channelled them at the end of January to facilitate relaxation and self-harmonisation.