

## The Beginning: Diseases - the Energy shield - Alchemy

*in addition to the Book Inauguration*

*„In his book *The Art of Aromatherapy*, Robert Tisserand mentions: "... a negative person is capable of poisoning at least 1,000 people around him ..." (Quote from Part I, Chapter 2.2)*

When we talk about Alchemy, we subconsciously believe or hear an inner voice whispering to us that it is the science through which we can achieve everything we dream of or have ever dreamed of.

The essence of the question, however, is not whether we can achieve everything, but whether we know exactly what we want and what we will do with what we have achieved? Are we able to keep or release the achievements, to take care of them, and to be happy and completely satisfied with what we are and what we have?.

Life gives this chance to each of us to experience our value system and the quality of the material with which we have built our selves - gold, silver, copper, iron, lead, crystal, diamond, pearl, etc., depending on the power of our Spirit, the treasures of the Soul and the abundance of Love that we have invested.

Once a person touches on his dreams that come true, he begins to believe that he is omnipotent and can really do anything. And this is not far from the truth, but ...

This is where the key moment in the life of each of us comes, which confronts us with the dilemma: Are we happy with what we have been given or to continue to strive to acquire more, and more ... everything. The first part of the dilemma requires perseverance, perseverance and efforts, the second - just pushes us forward ... to the challenge. Blinded by the initial success, we miss the small detail that to move forward, we will need twice as much efforts and better equipment. So soon we are faced with the disappointment of failure, left alone with the nostalgic feeling that we have just missed the dream. But we say to ourselves: "Life is a lottery - it will give us a second chance".

By starting the lottery game with life, we break our will and become susceptible to external influences. We go in search of the "winning lottery ticket". The lottery market offers plenty of practices for quick luck and success. Thus, we imperceptibly open the portal of destructive energies and diseases that seep into our cells and take precedence over our will and spirit. We begin to think that someone is literally drinking and depleting our energy. Many practices offer techniques for influencing other minds, stealing energy from the people of success, gaining longevity and youth, healing all diseases, magic for happiness, love and health, or their opposites. As we believe and are captive to such delusions, our cells begin to serve other people's ideals and our life energy seems to drain from our lives. Because every impact in nature takes place in three ways:

- the like flows into the like - like the viscosity of two drops of water, for example,
- the positive attracts the negative - opposites are attracted to create the driving magnetic and electric forces;
- the negative beats the negative off and the positive beats the positive off - similar to the short circuit caused by the imbalance in forces.

No one can take away or "drink" someone's energy, despite the fact that if he has managed to subdue someone's will and someone's life to his own whim, conquering the subconscious through fears, promises and projected dreams. It is no coincidence that practitioners of "drawing energy from others" remain eternally hungry, just as each plastic surgery leads to the next.

There is a fourth way of influencing nature and it lies in the power of harmonious interaction and the source of abundance.

This is the subject studied by Alchemy - the transformation of the Spirit into a lasting diamond, of knowledge into gold, of the will into pure crystal. It is no coincidence that these materials - gold, diamond, crystal, are not affected by magnetic and electric forces, but in themselves can be powerful emitters and neutralizers of destructive energies in nature.

It is no coincidence that written manuals on Alchemy are rare, because only pure crystal can carry and work with this knowledge. That is, the knowledge of Alchemy is always available to the seeker, because it is written on eternal material, accessible only to the crystal clear will.

The healthy Spirit knows what materials and what forces to use to withstand the challenges and apply his skills and talents in the realization of his life.

However, when the will is broken, the Spirit weakens and the Soul becomes sick with grief over its unfulfilled inner aspirations. Then the energy shield of our body is torn, the cells are demagnetized and the body gets sick. Often the disease of the body is the placebo pill for the sick Soul. If we manage to correctly perceive the message that our cells send us, our Spirit is mobilized and the diseases of the body disappear, and with them the sufferings of the Soul.

This handbook on ALCHEMY OF HEALTH will show us the path we must take to achieve not just healing of body and soul, but to turn ourselves into sources of abundance - into diamond creators of our own lives, regardless of external challenges, influences, impacts and ill ambitions. The road is long, so we will have to take with us only the purity of thought, the light of the vision, the joy of the soul and the strength of will. These are the four guardians of the energy shield with which the cheerful and healthy Spirit protects us.

*Sofia, 23 May 2021*

Zen Buddhist wisdom of abundance states: *“With the flame of a candle you can light a thousand candles without it going out”* Fire does not lose its power when it gives of itself.