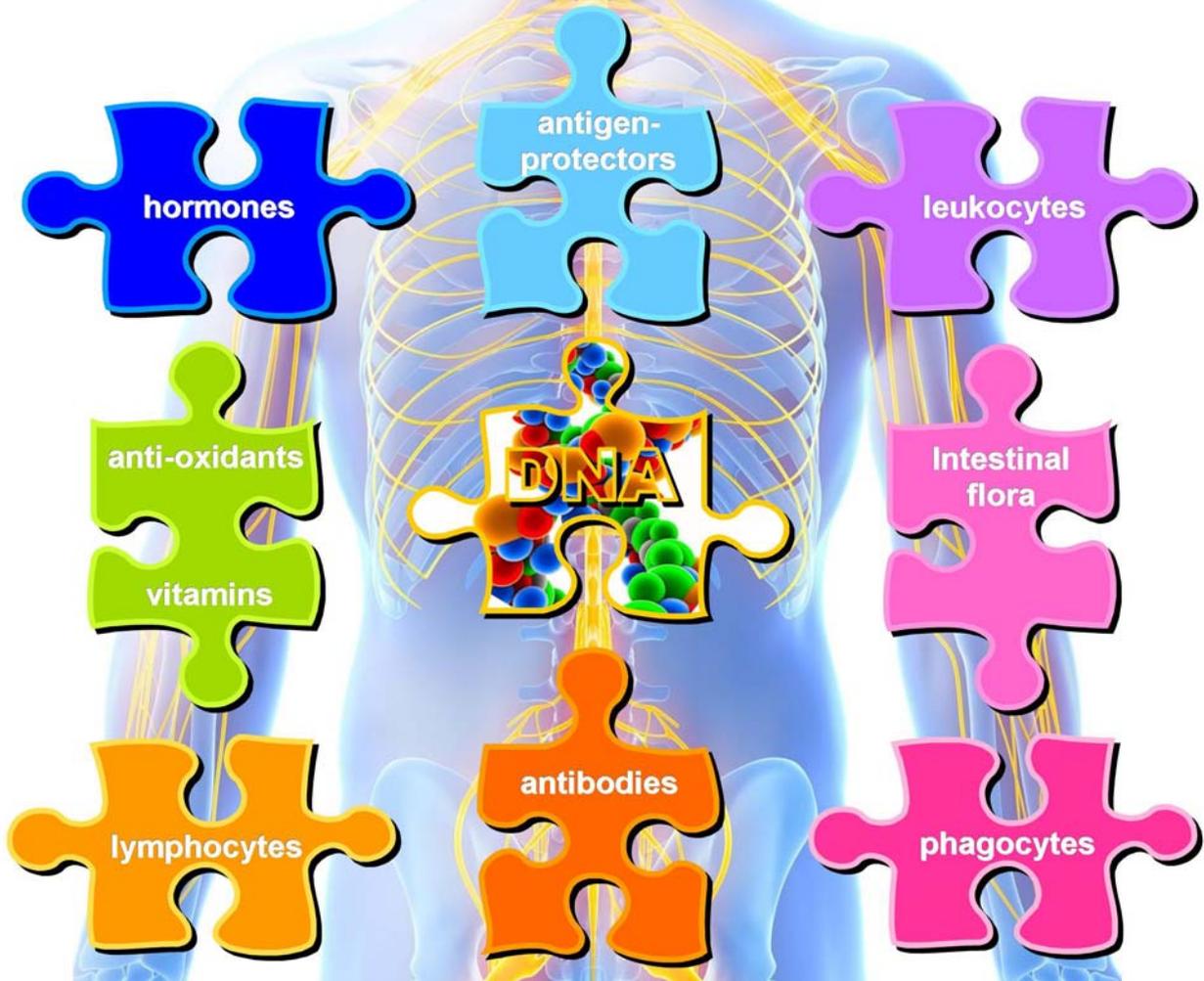


The Immune System

Chapter 12: and the strength of our will



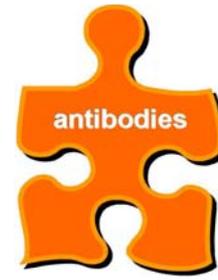
STRONG IMMUNITY FOR A FULL LIFE

Immunity is: (p.13-14,18,32-36,44,91,92,153,161,175)

- **the degree of protection** that the Mind and the immune system provide us against external bacterial, viral and mental attacks and temptations,
- **the body's resistance** to climatic, environmental, stress, psychological and disease effects, depending on
- **the ability of our will** to mobilize the "guardians of our immune system". Our magnetism and immunity, which maintain good health, depend on our ability to concentrate the strength of our will.

When the Mind demagnetizes, the body becomes susceptible to disease.
 The strength of our Will is measured by our ability to maintain a cheerful mood, pure and bright thinking, thanks to which to make healthy decisions, to withstand and overcome life's difficulties, to resist temptations and to giving up things we do not need.

Table 20: Who are the guardians of our immune system?



Antigen-protectors in the skin	Antibodies in the blood
<p>The skin is the largest organ in our body and is the first immune barrier against microbes and bacteria.</p> <p>The main immune defenders against pathogens in the skin are dendritic cells, which perform the function of antigen-protectors. They capture, move and present pathogens for their destruction in the lymphatic system by T cells.</p> <p>The skin takes care mainly of the healthy balance in the body: it protects from the cold and heat, from free radicals and pathogens, supports the immune system and the process of natural detoxification.</p> <p>The slightest internal discomfort in the body affects the skin. Signs of fatigue, pollution, intoxication and aging appear first on the skin.</p> <p>The health of the skin is maintained by the energies flowing in the meridians of the lungs and colon, ie. is directly dependent on the import of oxygen and the discharge of waste substances and gases.</p> <p>The skin suffers when there is an imbalance in the energy of the kidneys, which control the water balance, and the liver (pp. 52,76, 95,104), which controls detoxification and hormonal balance - prerequisites for oiliness and acne, dehydration, irritated or flaky skin.</p>	<p>Antibodies in the blood are Y-shaped proteins - immunoglobulins, which identify and destroy bacteria and viruses by recognizing their specific antigens.</p> <p>Antibodies are secreted by plasma B cells, which have a specific memory for each parasite, microbe, virus, allergen, pathogen that enters the gastrointestinal tract, respiratory tract and urogenital tract.</p> <p>Antibodies stimulate fat cells and basophils to secrete specific antimicrobial factors and histamine, respectively, in microbial and allergic reactions. Antibodies also present to phagocytes pathogens for destruction.</p> <p>The production of antibodies depends mainly on the type of essential life energy with which the body is charged - or the so-called humoral immune system. (p.13,88,112,128)</p> <p>The humoral immune system is determined by the quality and specificity of body fluids according to temperament and the strength of emotionality. (p.32-36,76,121-123,148)</p> <p>The ability of the immune system to store specific antigens and produce specific antibodies in response to external viral, bacterial, microbial, toxic and allergic attacks (p. 86) is an indicator of the degree and quality of immunity.</p>



Antioxidants and vitamins

Vitamins are the main nutrients for immune cells. Vitamins support normal cell function and provide the basic anti-oxidant protection of immune cells: (p.62,65-66)

- **Vitamin C** is present in large quantities in immune cells, playing the role of anti- and pro-oxidant against pathogens.
- **Vitamin D**, in addition to being responsible for the metabolism of calcium, phosphorus and the bone system, is needed for the activation of the basic immune protection of lymphocytes when pathogens enter the body. (p.63,95,106,110-111)
- **Vitamins A and E** play an important role in the gene expression of immune cells. (p.62,63,168)
- **Vitamin B12** necessary for good balance and immunity in the gastrointestinal flora. (p.63,137,139-144)

These vitamins, depending on the diet, can be stored for a period of 1-4 months to 1-4 years in the liver, which is also the main supplier of energy, nutrients and necessary functional proteins for the synthesis of immune cells. (p.43,92,169)

The liver also produces detoxifying enzymes that protect the immune system and the body from toxic damage. (p.52,54,62,104,110-111)

Intestinal flora

The intestinal (gut) flora is the micro-laboratory of the digestive system.

Gut microbiota perform the main functions of processing nutrients: ferment dietary fiber to short-chain fatty acids, such as acetic and butyric acid; synthesize vitamin B and vitamin K; help the absorption of vitamin D; metabolize bile acids, sterols, xenobiotics. **Most of the substances produced by the intestinal flora function in the body as hormones.** (p. 63,115,128,158)

In addition, the intestinal flora is involved in **the production of antibodies** and acts as a protective barrier against pathogens entering the body from food.

Therefore, **the intestinal flora is a major supporter of the endocrine and immune systems, but also the nervous system.**

The intestinal microflora consists mainly of three enterotypes - communities that develop depending on our diet. For example, the **population of Prevotella is associated with carbohydrates and simple sugars**, and that of **Bacteroides is associated with proteins, amino acids, and fats.**

A change in diet leads to a corresponding change in the number of bacterial species.

The balance between bacteria in the intestinal flora depends on a balanced diet. (p.163,166,168)



Hormones	Phagocytes
<p>Hormones act as immune modulators, affecting the sensitivity of the immune system.</p> <p>For example, the female hormones estrogen and progesterone have a stimulating effect on the immune system.</p> <p>The male hormone testosterone has the opposite, immunosuppressive effect.</p> <p>Other hormones that regulate the immune system are:</p> <ul style="list-style-type: none"> • prolactin (responsible for the synthesis of breast milk, which also regulates sex and emotional hormones), • growth hormone (an anabolic hormone produced by the pituitary gland during growth, or under stress to increase glucose and free fatty acids in the blood), • calcitriol (synthesized by vitamin D in the kidneys, when a specific gene from immune T cells is secreted). <p>Most of the hormones that affect the immune system are steroids and are synthesized by cholesterol in the adrenal gland, whose function is directly dependent on the kidneys, thyroid gland and emotional balance. (p.32,39,90,95)</p>	<p>Phagocytes (monocytes) are the "cleanser" cells of the body (p. 52) that circulate in the blood and tissues, searching for and swallowing damaged, diseased and dead cells.</p> <p>Monocytes are the main helpers of the spleen (p. 121) - the main organ in the lymphatic system, acting as a filter, purifying the blood of old cells, pathogens and toxins adsorbed in the lymph.</p> <p>Monocytes perform various immune functions:</p> <ul style="list-style-type: none"> • phagocytosis (ingestion of dead cells and pathogens); • present the antigens of the lymph cells; • produce cytokines - signaling molecules that activate inflammation; • when they mature and grow, they turn into phagocytes and macrophages. (p.55,162) <p>Phagocytes are located in almost all specific tissues and organs, where they grow and become macrophages, performing important immunostimulatory, anti-inflammatory, detoxifying and regenerative functions. (p.52,92)</p> <p>Macrophages can cause inflammation through signaling molecules, but they can also suppress it.</p> <p>Most of the monocytes are stored in the spleen, from where they are ready to respond in case of need to repair damaged tissues.</p> <p>Macrophages are involved in muscle regeneration, wound healing, angiogenesis - the "birth" of blood vessels.</p>



The lymphatic system	Leukocytes
<p>The lymphatic system, together with the gastrointestinal tract, is the second immune barrier of our body. (p.121, 128)</p> <p>The main role of the lymph, in addition to transporting nutrients and fluids, is to absorb, destroy and expel pathogens with the help of lymphocytes.</p> <p>Lymphocytes are activated in the presence of pathogens in the body. They are cytotoxic and their function is to directly eliminate harmful agents:</p> <ul style="list-style-type: none"> • T-cells (thymus cells) are involved in the destruction of antigens and infected cells. • B-cells (from the bone marrow) are responsible for making antibodies that recognize pathogens. <p>Cytotoxic killer cells secrete toxins that destroy viruses, bacteria and tumor cells.</p> <p>Lymphocytes and leukocytes are the so-called. white blood cells, which are produced by specific stem cells in the bone marrow and circulate in the blood and lymph flow. (p.92,121)</p>	<p>Leukocytes (neutrophils, eosinophils, basophils) are immune cells that act as an "first aid ambulance" in the event of inflammation.</p> <p>Their function is to destroy bacteria, fungi, parasites, microbes and allergens that cause inflammation.</p> <p>Leukocytes respond to inflammation caused by signaling molecules - eicosanoids and cytokines.</p> <p>Such molecules are secreted by the oxidation of fatty acids in cells (eg prostaglandins, isoprostanes, etc.) when they are affected by pathogens and toxins, but also by the reactive action of free radicals. (p.60)</p> <p>The bone marrow is the soft tissue inside the bone that produces more than 500 million red and white blood cells every day.</p> <p>The bone marrow contains stem cells, which in addition to the main blood cells (erythrocytes, leukocytes and platelets), produce almost all important structural cells for the construction of bones, cartilage, muscle and adipose tissue.</p> <p>The bone marrow is an important part of the immune system.</p> <p>Its proper function is directly dependent on the kidneys and liver, as well as mineral (p.51) and redox status and alkaline-acid balance. (p.21,61,76,95,104,110)</p>

Table 21: One of the most important roles of the immune system and antioxidant defense of our body is to protect cellular DNA from:

1	genetic damage <i>(p.49,52,60,63,64-65)</i>	◀ destroying damaged cells, pathogens, toxins and free radicals;
2	aging <i>(p.43,66,69,76,128)</i>	◀ stimulating the regenerative abilities of DNA;
3	autoimmune mutation <i>(p.47-48,57-58,162,190)</i>	◀ repairing the damages and interrupting their spread.

Table 22: WHICH ARE THE BASIC PRINCIPLES OF OUR IMMUNE PROTECTION, AND WHICH ARE THE MAIN MECHANISMS WHICH UNLOCK THE AUTOIMMUNE MUTATION?

PRINCIPLES OF IMMUNE PROTECTION

Conditions for correct function of the immune system:

- Positive mind setting, *(p.69)*
- Balanced diet, *(p.166)*
- Mode: work-eating-sleep, *(p.25)*
- Regular detoxification, *(p.14,52,89)*
- Personal hygiene, *(p.42,89)*
- Active break; *(page 1)*
- Active work; *(p.13,157)*
- Movement and sports; *(p.186)*
- Creative activity; *(p.179)*
- Faith, love, harmony; *(p.167)*
- Genetic background, others *(pp.196-197)*

Principles of immune protection, at the cellular level:

1. Neutralization of foreign agents.
2. Correction of damaged DNA.
3. Apoptosis (cell death) of damaged cells.

Correct answer: ELIMINATION:

- Recognition of "foreign agents" by incorrectly submitted "login password".
- Launch of "first line defense" - killer T cells.
- Development of antibodies for "catching foreign agents".
- Transportation of "foreign agents" to macrophages "cleaners".
- Neutralization of "foreign agents".
- Correction of damaged DNA, that had recognized the "wrong password".
- Apoptosis - a command for self-destruction of cells damaged by an external attack.

MECHANISMS THAT ACTIVATE THE AUTOIMMUNE MANIFESTATION:

Conditions for incorrect response of the immune system:

- Negative attitude, *(p.12,27,33)*
- Improper nutrition, overeating *(p.165)*
- Lack of mode, *(p.143)*
- Impaired metabolism, *(p.43)*
- Lack of hygiene, *(p.55,57-58)*
- Sedentary lifestyle, *(p.47-48)*
- Fatigue, stress, tension, *(p.49)*
- Unhealthy habits, *(p.148,159,160)*
- Lack of mental activity, *(p.66)*
- Despair, depression, pessimism, *(p.37,192)*
- Genetic background, others *(p.146,190)*

Cellular mechanisms regulating "our autoimmune manifestation" on a mental, spiritual, psychical and material level:

1. Causing inflammation.
2. DNA damage - gene mutation.
3. Multiplication of damaged DNA - proliferation.

Incorrect answer: ATTACK-INVASION:

- **Acceptance** of the "wrong login password" submitted by "foreign agents".
- Sending an **"alarm" signal to DNA**.
- Order for **"full combat readiness"**
- **Mobilization** of the "defense forces"
- **Neutralization** of "foreign agents".
- Order for "Attack", ie. **Inflammation**.
- Disposal of "first line protection" - **neutralization of T cells**.
- **Invasion of Inflammation** in other cells.
- **Multiplication** of damaged DNA,
- Creation of new cells and colonies in **"full combat readiness"** (metastases).

How does our immune system react to contradictions?

From the topics we have covered so far, it is clear that our lives flow, thanks to the action of two opposing, but mutually supportive, complementary and balancing forces. If one of them tries to prevail over the other, or to neutralize the opposing action, it will stop the manifestation of both forces, ending the existence of life itself. (p.19,24,60,70,133) This pattern, we traced in: the interaction of the two vital energy flows Yin and Yang, the poles of the Earth, the natural elements Fire and Water (p. 20,21,48,58), the two main metabolic processes: Catabolism and Anabolism (p. 44), oxidative and reduction reactions driven by free radicals and antioxidants (p. 60), alkalizing and acid-forming reactions in our body (p. 70), maintaining the normal flow of Life Energy in our bodies, and even in the Destructive energy. (p.20,29-31,57)

In practice, our lives are full of "contradictions", and thanks to their balanced interaction, but also balanced opposition, we exist. As it turns out, the task of our immune system is not only to protect us from external pathological influences, but above all from **our own recklessness and ignorance, triggering genetic damage, aging and autoimmune mutation.**

The quality of our life, our health and our personal immunity against the manifestations of Destructive Energy and our own destructiveness depend entirely on how we react to contradictions: (p.10)

- Do we manage to resist and show the necessary will, to preserve our personal nature, regardless of the forces of influence? (p.37,171)
- Do we succumb to the ambition to impose ourselves on circumstances and "eliminate the adversary" instead of approaching with wisdom? (p.159,175)
- Do we succumb to the fears that make us react to provocations, suppressing ourselves and the will to resist? (p.16,148,173,190)
- Do we manage to turn difficulties into a lesson in cultivation, or do we prefer to take the advantage of the problems and weakness of the others? (p.182,189)

Like the correct and incorrect manifestation of our immune system (p. 85), a person tends to constantly fight "some imaginary enemy and adversary." We are witnessing **how today's world population is driven by the ambition to detect and eliminate:** a number of viruses, epidemics and pandemics, "public enemies", the causes of global warming and pollution, hypothetical threats of war and even alien attacks, etc. . This "mass psychosis" gradually takes over the consciousness of each person and forces him, in one way or another, to react and take his personal position and side in the "world problem." (p. 29-31) It is difficult for us to realize that the principle of "Elimination" and its response mechanism "Attack-invasion" are the prerogative of our immune cells only. When we apply these principles in our lives to impose, or subordinate, our will to someone else's, or to control situations that are not under our own control, we do not realize that we are unnecessarily provoking the corresponding response and opposition of our immune defense. (p.160,163)

We often refuse to accept the fact that our cells also have their own consciousness and are controlled only by the ultimate goal of preserving not only our own lives, but also that of our loved ones! (p.15,18,92,94,191)

For example, if in our life we apply the principle of "*Eliminate the enemy*" (p. 85, table 22, left column), guided by our own ego, which necessarily wants to prevail over the circumstances, to eliminate the contradictions, so in our body the "Attack and Invasion" mechanism will definitely be activated. (p.162) **Our immune cells will sooner or later activate this mechanism** to make us realize that in addition to the physical level, we must take care of our mental, psychic, heart, soul and spiritual beings, which are an integral part of our body. (p.13,51,93,157,190,192) Through this mechanism, our suffering cells will multiply to continue their existence, but at the expense of our health, thus inevitably forcing us to realize **that contradictions are not ours. enemies, but simply the other side of our lives that keeps us on the right path.**

Conversely, if we apply the principle of the "*Invasion and Attack*" (p. 85, table 22, right column) mechanism in our lives **to attract and subdue the "enemy" to our side**, thus smoothing out the contradictions that seem to hinder our well-being, then our immune cells will inevitably, **sooner or later, activate the "countdown mechanism", eliminating our own ego.** (p.25,31,38,114,146,154,175,192)

In practice, what we react to and counteract continues to exist.

Thus, driven by the fear of "getting sick", we take a number of ill-considered and reckless preventive measures, such as:

- we dress warmly when it is cold outside and go outside to moving;
- we do not like to temper ourselves in the cold, but we drink iced drinks and cool ourselves with air conditioners in the summer;
- protect ourselves from the sun and drink vitamin D;
- we do not go out in nature, frightened by harmful insects,
- take vaccines or supplements that promise strong immunity, instead of eating fruits, moving and harmonizing our program.

Despite the "complete prevention" that we have taken against diseases, we are actually starting to get sick much more often, not only than planned, but also than necessary. We often justify ourselves by saying that our immune system is weakened, or that we just can't stand the heat or the cold. **The truth is that "we have made enough effort" to neutralize the defenses of our own immune system.** (p.51,111,112,148,160,163)

Deciding to put disease prevention under strict control, we leave our own immune system **completely uninvolved, unmotivated and even "disarmed"**. Thus, in practice, and quite unconsciously, we open the portals of our body for more serious diseases. (p.54,57-58,61,68,76)

It is significant that, no matter how much we want to, we cannot not be greater experts in immunity than our own immune system. Due to this specific tendency of human nature to "take control of things in hands", life sends us contradictions, precisely to test our will and ability to withstand external influences, but also our ability to preserve the environment of our vital golden center. (p.153,157,170,197)



What does the immune system need to keep us healthy and resistant to disease?

GOOD METABOLISM / *Mental energy* (p.13,36,69,102,106,137,144,177)

promotes the efficient absorption of nutrients and the disposal of waste fluids and toxins that slow down cell metabolism, damage DNA, and adversely affect the activity of immune cells. (p.64,92,112)

In slow metabolism, toxic metabolites (including hormones) are retained in the intestines, blood vessels and fat cells. (p.43,52,54,55,61) In addition, the cellular supply of nutrients, oxygen and energy is slowed down. We eat more often and stay hungry. Instead of nourishing with vitamins, our immune cells use the charge of free radicals (p. 60) to fight toxins and pathogens, depleting their own energy, and generating more and more toxins. (p.162)

A good metabolism also depends on our ability to cope with the challenges of the day, on how we control our thoughts, consciousness and emotions in everyday life. Do we keep too negative emotions in ourselves, or do we strive to create harmonious and balanced relationships with others? Are we acting, moving, or are we lethargic and prone to depression? Are we able to accept and give wisely and freely? (p.27,33,36)

What is the motivation of our Conscious Power? (p.15)

If, for example, we give "freely" and generously of ourselves, driven by ambition or driven by our fears, we risk neglecting our personal selves and unlocking unhealthy energies and relationships. (p.13,148,159,161,163,182,192)

CIRCULATION, HYGIENE, SEPARATION / *Intuitive power* (S.32,116,179)

Toxins have a pro-inflammatory effect, generate dead cells and activate macrophages, which in turn, under conditions of genotoxic stress, can cause a number of unnecessary reactions: secrete pro-inflammatory signaling molecules, activate inflammation, provoke the development of atherosclerosis and play an important role in metabolic syndrome and chronic diseases. (p.47,49,52,55,57-58,61,162,172) Good metabolism requires good function of the excretory system, but also good hygiene of our body, our feelings, thoughts and emotions. (p.14,32,44,59) Unhealthy personal habits, (p.143,159,165,190,194) for example, can slow down the circulation of Life Energy, not only in our body but also in our lives. They can "clog" our mental manifestations, obscure our minds. Therefore, it is necessary to control our tendency to succumb to negative emotions and memories, aimless activities and inaction, disorder and chaos, overeating, etc. Good blood circulation maintains the normal function of all tissues and organs. Tissue regeneration, vitality, tone, immunity and lymph function depend on the strength of blood circulation and the patency of blood vessels. (p.15,18,66,114-116,121-123) Good circulation requires stimulation through good hygiene, movement, breathing and harmonious feelings, thoughts and relationships. (p.28,32,163,167,133) Therefore, it is good to strive to overcome stagnation in various areas of our lives, responding to emotional stagnation with work, mental stagnation - with movement, material stagnation - with spiritual and creative activity, etc. (p.42,69,153,170,186)

ALKALINE-ACID BALANCE / *Conscious Power* (p.15,94,99,144,173,182)

Abrupt changes in the alkaline-acid balance (p.76-79) and the systematic maintenance of an alkalizing or acid-forming (p.127-130) diet, at the expense of a balanced diet (p.166,168-169), can irreversibly change the body's immune defense functions. Most immune cells, as well as stomach hormones, secrete strong antibacterial and antiviral acids. Bile and pancreas - alkalizing juices necessary for the normal function of the intestinal flora, which also performs important immune protection against pathogens in food and against the development of pathogenic intestinal bacteria. (p.71,109,112,122) An important role for the normal pH of the blood, in which mainly immune cells circulate, play the kidneys and lungs, through respiration and urine excretion. In this respect, the way we perceive and react to everyday events is also decisive. Often the wrong and one-sided understanding of a problem can cause a number of adverse chain reactions in our body: from strongly acidifying emotions of fear and grief, to strongly alkalizing reactions of stress, psychical and physical tension that cause bile outflow. (s.11,33,102,112,148)

NATURAL DETOXIFICATION / *Heart Energy* (p.99,106,115,117,171)

eliminates toxins and free radicals that are generated daily in the body due to digestion, metabolism, work, stress, exercise, environmental impact, etc. (p.52-53,64-65)

This process is controlled mainly by the liver and bile, and aims to protect immune cells, but also the whole body from toxic damage. For the normal course of the natural detoxification processes in our body it is necessary to maintain a good metabolism through a harmonious regime of work, balanced diet, rest. (p.25,111,163,168,170)

Just as our natural detoxification system senses and captures toxins, so we need to develop a sense (p. 179) of the motives, intentions, and problems of the people we interact with. This will protect us from unnecessary emotionality and susceptibility to external influences, and will also help us develop the will to resist, but also to show understanding.

EMOTIONAL BALANCE / *Heartiness* (p.13,17,63,153,157,180,196)

The heart maintains our emotional balance and protects us from the destructive emotions that confuse the Mind and obscure the Consciousness by activating nerve-transmitting and immunomodulatory hormones: (p.32-36,81,83,112,149)

- **Cortisol** - a stress hormone: acts immunosuppressive, stimulates fat cells. (p.35,45,47,57-58)
- **Dopamine** - a hormone of motivation: **if motivated by addiction - suppresses prolactin and lymphocytes**; slows down the metabolism; may have an autoimmune effect; (p.34,83,149)
- **Serotonin** - a hormone of happiness: supports platelets in their participation in **cell regeneration and wound healing**; (p.158)
- **Adrenaline** - a hormone of regeneration (p.68), stimulates blood flow, tones the heart. If it is caused by **systemic fear** (p. 35,98), it becomes a hormone of fear that **depletes bones and leukocytes**.
- **Norepinephrine** - a hormone of vigilance: plays a key role in controlling the immune system. If activated by **excessive pain and care, it can damage phagocytes and the lungs**. (p.55,83,135,150)

GOOD DIGESTION / *Spiritual Energy* (p.131,184) / *Love* (p.133)

maintains the good gastrointestinal flora, supports the efficient absorption of nutrients, vitamins and minerals. (p.63,82) Dietary errors are the most common cause of indigestion, toxemia, weakened immunity, diabetes, malignancies. (p.52,54,55,57-58,143,165,190)

A balanced diet, importing, at the needed time, (pp. 25, 163-169) the necessary natural proteins, carbohydrates, vitamins and minerals, supports the proper function of the immune system. In addition, good digestion is directly related to our emotional balance and our ability to absorb (assimilate) and learn, especially from personal experience. Violent emotions can cause an unnatural outpouring of bile or pancreatic juices, which can disrupt the digestive process. (p.108,122) Therefore, it is necessary to strive to eat in a calm and favorable environment. On the other hand, when we manage to learn and apply the lessons that life teaches us, we also manage to cultivate the ability to maintain self-control, ie. to be ready to meet the challenges. This is one of the main prerequisites for maintaining the strength of immunity and strengthening our immune system. (p.82,115,128,131,133,192)

IMMUNITY / *Soul Energy* (p.32,37,123,131,147,153,175)

Our immunity is determined mainly by: 1. our inner resilience, the strength and courage with which we preserve, defend and express our inner self, embedded in our Soul, but also by: 2. our choice to manifest or obey the defending and enforcing Ego.

- Do we manage to build our mental, conscious and personal immunity, or do we tend to "collect" prejudices, fears, insults, leaving the subconscious to rule our lives? (p.13,17,27,99,102,144,155,182)
- Are we subject to the whims and pride of our Ego, or do we seek to develop and realize the potential of our One Self? (p.36,38,114,147)
- Do we manage to stand up for ourselves, to accept challenges calmly and sensibly, or to react violently to provocations? (p.33,37,148,150,156)
- Are we trained enough, and are we ready to withstand adverse life conditions? (p.114,146,153)
- Do we manage to build immunity against our susceptibility to bad habits and external influences? (p.47,56-59,149,151,159)
- Can we recognize the harmful influences in everyday life, or do we prefer, without much effort, to be guided by the current, and to make our personal decisions, according to generally accepted norms? (p.29-31,57-58,160,192)
- Can we feel safe and comfortable, and make others feel the same way, even in the most unfavorable conditions? (p.42,69,167)

MOVEMENT / *Energizing* (p.13,18,45,184,186,196)

Daily movement maintains good circulation, metabolism and energy flow in the body. Exercise relieves the kidneys, tones the lungs, restores balance, stimulates cell regeneration in the bone system - an important "producer" of immune cells. (p.45,51,84,186)

Our mobility is determined by the flexibility of our character and the way we express ourselves. We are constantly required to move, to learn, to work, to understand, to conform, to master abilities, to be flexible, to apply our skills, and even to prove ourselves in order to defend ourselves. In short: "Adjust yourself so that life does not change you ...", but more precisely: "Die" every night, along with your rigid and outdated views and beliefs, so that you can wake up in the morning new and completely reborn. (p.66,69,161,166)

BREATHING / *Primary energy driven by the "polarity" Ego-Spirit*

(p.13,15,32,36,69,80,102,114,135,147,153,, 173,192)

The nervous system is extremely important for the conduction of "command" impulses emitted by the brain and the permeability of the signaling molecules of the immune system. Nerve cells are extremely susceptible to external influences, free radicals and toxins, and need constant irrigation, purification and recharging with oxygen and energy.

Therefore, it is necessary to learn to breathe properly, ie. to properly perceive the laws and cycles of the Life Energy flowing through our lives. (p.18,45,93-94,131,133,137,157,170,184,186,190,192)