

## **Basic knowledge for health questions, spiritually inquired and answered here.**

### **Vaccine damage (COVID) - ways of improvement: Connections and healing possibilities, clarification in a spiritual point of view.**

This is Maria Isis speaking.

Many people are challenged to get to know themselves, to come to their own center, to recognize their way, to go their way, to listen to their inner voice and to follow it, to take themselves out of the advice of society, of politics, and to go their own way.

### **Yes, what can the people who are harmed by vaccination, what can they do?**

Healing brings the light, healing brings consciousness. That is one side. The other side: What does it bring to the body, what is vital for the body? **A fresh air to breathe is vital for the body. Exercise is vital for the body. Rest and sleep is vital for the body and a balanced nutrition is vital for the body.**

Most of you or many of you are very fickle about nutrition! Actually, quite a few know what is important for their body. But again and again they are distracted by sweets, distracted by "eating more than is absolutely necessary", distracted by an irregularity, by snacks between meals.

### **A very big theme is discipline!**

It requires discipline to get out of these harms, to bring the body back into balance. Discipline is the be-all and end-all.

Depending on the symptoms, the body needs a change in nutrition, in exercise, in breathing for three, five, six months. Therefore, it is important not to expect only three, four, five weeks, but to make a long-term plan to bring about changes, **to eat an alkaline nutrition, to give up sugar.**

**Regular nutrition, regular exercise in nature, especially in the woods.** The forest has a lot of substances that it gives for our health, for the health of people.

It is also very important to check **how much mobile phone use** is necessary. The less the body's cells are affected by cell phone radiation, the faster they can become stronger, the faster they can regain their balance!

Actually, I can be brief.

The most important thing you can do about it is:

- renunciation,
- discipline,
- cooperation with spiritual guidance,
- connecting with nature, movement in nature,
- exercise in water,
- sweating out the toxins,
- an alkaline nutrition,
- getting enough sleep,
- pay more attention to the rhythms of nature,
- more introspection, less distraction from the outside. This brings a centering, this brings a more intense, stronger connection with one's own body, with one's own soul and spirit.

And this inner focus also brings possible solutions, brings relief for the body, also relief for the mind.

It is very important that the affected people, that they have the focus of their thoughts not on the disease, but on the possibilities!

There are very many recommendations. But it is important to know that for each person something different is right!!!

Therefore, look for what is right for you. This also requires that you inform yourselves. What are the possibilities? How can I support my body? How can I help it to come into strength? How can I strengthen the immune system?

There are so many information options. See what information appeals to you! Don't get confused by external statements, by statements of other people or by statements of your friends about what you have to do. They can be good hints, but **only you know** what is good for you. And sometimes it is trial and error until the right thing is found.

Be blessed.

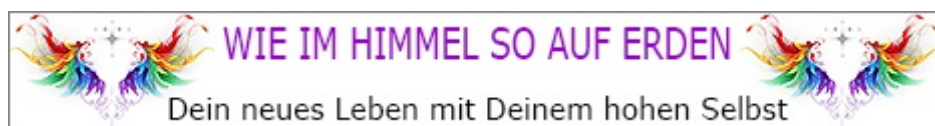
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