

THE YARN OF ETERNITY
Of Spiritual Stories And Fairy Tales
————— **Book 2.** —————
*of The Weave of the
Slovene and Slavic Soul*

MIRA OMERZEL - MIRIT

**STORY OF AN AILING GIRL,
WHO WANTED TO BECOME
A VEDUNYA SHAMAN**

*About the spiritual and energy processes of self-healing, life,
dying, and death ~ FOR THERAPISTS, THE AILING, AND THE DYING ~*



Going through illnesses, near-death experiences, realms beyond death and death itself all introduce great changes into human lives. They present us with **miracles**, which are not actually miracles, but merely **natural givens** which awaken our dormant abilities and **profoundly change our understanding of the world**. Near-death inspires and **ennobles** everyday life. **Nothing can change us more than the immediacy of a grave illness or death, feelings of finality and boundlessness, the perception of the beyond, the realms beyond the physical. The worlds of the soul.**

The cycle of life and death connects us with **timelessness and eternity, with infinity and boundlessness**. And all of this is also present **within the consciousness of the moment. The current moment is a reflection of eternity**. Illness makes us **profoundly aware of our mistakes and stray paths**. It drives out darkness, concealed pain and dissatisfaction from the **nooks and crannies of our souls**, but above all it drives out that **destructive content which is suppressed in the unconscious. It opens us up to light**. It prepares us for the precious gifts of **the light of the soul**.

This story of an ailing girl is a **story of life and death, love and patience, about the difficult acceptance of the new and painful stuckness in the old; about transformation and surrendering to the laws of living and to the riddles of life. It is a story of fear and despair, which are both ruinous; a story about the current moment which wants us to become aware of it; it is a story of the human struggle with pain and a tale about realms beyond death. About after-death dimensions, about the miraculous world beyond. Who has frightened us so much that we now fear the beyond? At the same time, this story is a tale of parents and children, of mutual understanding and a lack of understanding of different paths, which can bring about either extremely supporting or devastating, fatal consequences.**

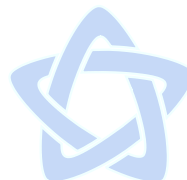
Children usually have a **broader consciousness than their parents**. In all times and generations. It has always been like that. **Each subsequent generation is spiritually broader**. This is how **spiritual evolution** unfolds on Earth. With the spiritual wisdom it brings, each **subsequent generation surpasses its predecessors and its parents**. But parents



are convinced that this is not how it is, with the consequence that they are often **incapable of listening to the insights and truths of their children**, instead they are constantly **imposing on them their opinions** and stunted narrow awareness, **their beliefs and behavioural patterns**. **And it is precisely this that is the big problem of the times we live in**. And those **outdated concepts** are a great **barrier to healing** as well.

Just like parents, **teachers** unfortunately act in a similar manner. **In the classroom, young generations are drowning in disempowerment, suppressed pain and despair**. Faced with a plethora of **lifeless data**, they find it **difficult to follow their path**. And this **gnaws at them, pushing them into despondency, unhappiness** and on to various ruinous **stray paths**, towards self-oblivion. They are **unfortunately rarely heard!** Parents, and even **healers, who fail to sufficiently develop the expanses of their consciousness, are ever more powerless and unable to help**, in the way they should, the young generation in distress. This is because their **awareness of life's truths is too narrow, too impoverished**, and that renders their mental, emotional and energy **support too weak**.

Each period of life requires that we **walk through our life as consciously and broadly as possible**. Until one day we attain an invigorating and awakening **cosmic-earthly consciousness**. That is why I have written this story. The tale of **an ailing girl, who wanted to become a shaman, a healer, but her parents unfortunately failed to understand her and the pain caused by their lack of understanding pushed her into even greater unhappiness**. Although the story might seem very unusual and highly improbable, it is nevertheless **true**. It is **experienced by many**. Its message makes it **mighty**. **After all, life is miraculous**, full of unusual surprises and shifts. The tale also reaches into the **knapsack of the writer's personal experiences**. The experiences of a **healer, spiritual teacher, and observer**.



Why this illness? And why exactly me? Who is directing my drama?



Once upon a time, there lived a **girl** who searched for a way **through the labyrinth** of life's trials, but **who retreated into herself in the face of pain and the lack of kindness of other people. Into her own imaginary world.** She had brown hair, dark eyes, **a broad spirit**, and she always had **unusual ideas**. She liked to **create** with her hands and with the movement of her body. She took delight in dancing. But whatever she endeavoured to show to those close to her – it always ended up **at the stake of derision and doubt. No one heard her!** How could they hear her, when **the sound of her thoughts was so unusual, broad, high and outside all rules!** Her life unfolded in a pretty strange manner. She wanted to become a **healer**, well – **a shaman!** A person, who would **know how to solve problems, life's riddles and traps** which are set every single day; who would be able to unravel **the pulse of everyday questions and quests.** She wanted to become such a shaman, a healer, who would know how to heal herself and help others.

For years and years, **the girl had pushed the pain deep inside herself. Into the unconscious. Into her subconsciousness. So that it would not hurt!** At least that is what she thought. **Wrong!** Into her subconsciousness, she **repressed everything she could not look at, hear, bear or accept.** But she was so very familiar with **the acquired family patterns of reacting, hiding and suppressing unpleasant emotions and thoughts. With the patterns of masking, lying and faking ignorance.** White people – be they children or adults – are unfortunately raised primarily to keep their own **unreal and false self-image and self-importance** at all costs. They haven't got a clue that in fact they lie **all the time and don't speak the truth.** Why? In order to be **praised and accepted.** To perhaps get a chocolate or something better, to be rewarded or, when they grow up, to achieve a good position at work or in the community. Everything first unfolds within the community of children, later becoming something similar in **the competitive world of adults.**

All of that in order to be **noticed and loved**. Sure, everyone **talks about love, but no one knows what love actually is**, where it comes from and what is its purpose. But everyone **lacks love** so very much! People **don't know how to share it and they don't know how to receive it either**. There is **calculation** everywhere.

The **apparent image of oneself**, which everyone creates according to their own wishes, their own concepts, and which dimly **reflects all the pain and other unpleasant content of the soul**, is of course far removed from reality. Far from the essence. **But life's trials, especially the difficult ones, slowly help us to gradually take off this mask**. However, **this process can only truly begin when we start to become aware of the weaknesses we carry inside ourselves**. Only when we really want to **know what lies in us and what it is inside us that attracts happiness or sadness, disease or health**.

The majority of people on Earth live and work with a masked and **false self-image**. Only a handful of people are aware that **it is not good to repress pain** and that it can even be **fatal**. **They do not know that what they have repressed or concealed – hidden primarily from themselves – will prevent life energy from flowing freely**. When 'the bottle of pain' is full, when there is just **too much repressed suffering** in a person, the body succumbs as a result of **energy blocks or congestion** caused by **suppressed destructive emotions**, such as **fear, sorrow, anger, worry, jealousy, envy, resentment, the wish for power or the wish to be first, the best, the most noticed, to be number one in all aspects, etc**. It can **no longer handle this poverty**. The soul becomes full of **indignation, accusation, anger, despair, and condemnation**. **We get ill. We have ruined ourselves with our own thoughts and feelings**. With our own behaviour. This is also what happened to the girl in this story, a young **girl called Janica**, who had an interest in **the mysteries and hidden truths**, but who first had to **undergo a difficult battle**. She was barely twenty five. She fell ill with incurable **leukaemia**, a rare and fatal form of **blood cancer**. Her blood started to turn into water ... Into a liquid devoid of the essences necessary for life in the physical world.

After years of pain and suppressing, **life energy**, which makes all beings **alive, was unable to flow freely** through the girl's body, through her energy pathways. There was not enough of it to 'feed' her organs, skeleton, liquids, and all the other parts of her body. When doctors revealed to her

the diagnosis – blood cancer, an intuitive thought flashed through her: **‘Oh, the closeness of death offers me wonderful teachings and messages. I do not fear it. It will certainly be a good teacher.’** So she accepted this forecast of her death with tranquillity. **With hope. At least this is how it seemed.**

Such thoughts certainly marked the girl out as quite exceptional. And **spiritually mature enough to start healing her body with the help of spirit** and universal life energy. But did this thought **actually reflect her true awareness?** Was it **sincerity or a false disguise?** Was the girl truly **able to completely overcome her fear of illness, of possible death and death itself?** This was not simply a matter of sewing fingers back onto hands or toes onto feet. Procedures carried out by mainstream medicine can be very efficient and quick in such situations. But **Janica needed more in order to recover permanently: she needed to bravely become aware of the things causing her illness and then to consciously dissolve them. She needed a rebirth in the same body. In a new and healthy body.**

Almost every patient will of course first ask themselves **why them?** Why it is precisely they who **suffer and why?** Most patients face this question, but **only a tiny handful are persistent enough to drill down to the answer that lies in themselves.** For the answer **is actually in them.** Our soul, as we say, **knows all the answers.** It is impossible to lie to the soul.

Janica too could not avoid this eternal question. **The healer Mana – a balian, vedunya or vidovina,¹ as ancient Slovenes would call her –** tried to help her find her balance. She explained to the girl: **‘Sweetheart, you possess exactly what you need in this given moment!** Or more to the point: you have **what you have drawn to yourself,** what you have produced. Why? Because you have **missed the right path of lovingness and forgiveness,** because you have **lived your life in a wrong way, with wrong reactions – with an overdose of destructive emotions and thoughts.** Well, you’ve probably not been poisoned by something you ate, right, even though **all food is in fact a poison.** But you have to know that **destructive emotions and thoughts are the worst poison. They gnaw at your body and soul.** Just take a look at yourself! **You lived with anger,**

¹ Vedunya, pronounced veh-doo-nyah (spelled vedunja in Slovene), is an ancient Slavic and ancient Slovene word denoting a shaman woman, a healer, a seer, a knower. These are all ancient Slavic and ancient Slovene words denoting seers, healers, diviners.

with resentment, making demands all the time ... There was just not enough kindness towards yourself and others. Your love is unfortunately not sufficiently honed. It is still incomplete. Do you understand? Illness is now your most important guide and teacher. A guide to new insights and behaviour which can redeem you.'

'I don't know, I don't know if I have understood you correctly,' Janica muttered through gritted teeth.

'But you are going to understand,' replied Mana.

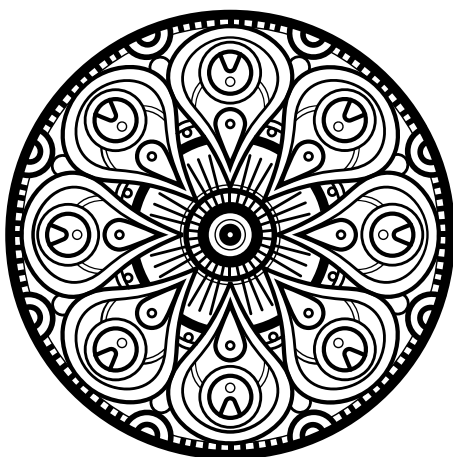
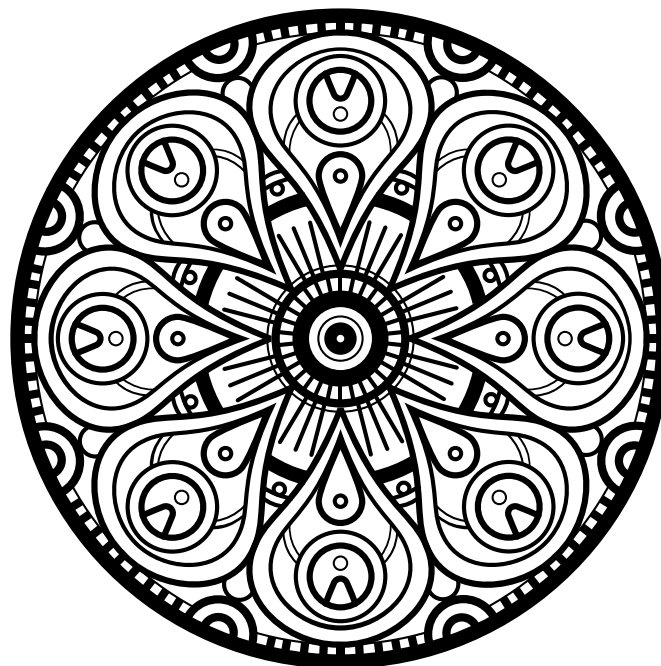
'Will I ever be able to recover? **Can I actually heal a grave illness,** like my rare blood cancer?' The ailing girl asked her benefactor with apprehension and fear.

'Of course,' answered Mana. **'Everything is possible; you just have to be brave and persistent enough. If you delve into the causes of your problems, into your very core, then you will be able to do whatever you want! You can dissolve even the gravest illness. There are no incurable diseases, it's people who are the ones who don't know how to heal themselves. Or they do not allow it. Why not? Because they have transferred responsibility for their illness onto others; onto medical doctors, healers, onto people close to them. But this is not how it works! You need to accept responsibility for your own life, including for your problems and illnesses. Healing can start when you come to understand why something is happening in your life, why you fell ill, what you have had too much and too little of in your life. Please, do not forget this,'** explained the healer Mana both sternly and lovingly at the same time.

'Is it difficult to understand why and how the problems started?'

'Yes and no. It depends on you! On the expanse of your consciousness,' replied the seer Mana, explaining: **'If you are able to be genuinely sincere and truth-loving towards yourself and others, if you always dare to look into all situations, relationships and events clearly, without lying to yourself, then this compulsory stock-take will be easy. It will be like a playful school and a joke. Like an interesting riddle. But if you continue to avert your eyes, refusing to admit your mistakes, you will not discover the causes of your problems and you will not get rid of the illness either. And another thing: you are going to need a lot of peace and strength in order to identify the causes of your problems and to allow the healing processes to unfold inside you, in**

your body and in your soul. Trust and **do not despair!** If you harbour any doubts at all, you will negate all your efforts within a split second. Due to your lack of trust, angels will take away all the gifts which you could attain through trust. You will not get them.' Mana laughed heartily and looked into the deep pool of the girl's eyes. In them, she sought the Truth, along with a big enough dose of spiritual maturity and readiness for the battle.



Becoming aware of the causes of illness
and of problems during a battle
with time



The healer and knower **Mana** knew that the girl had perhaps **but a few months** ahead of her and that they truly needed to **hurry up**. If a **shift** were to happen in her during that time, if she managed to dissolve what was **necessary, the destructive content in her**, the girl **would be able to win; otherwise things would go from bad to worse**. Ahead of her, lay **several months of long difficult battling to become aware of her suppressed thoughts and emotions, which had caused disturbances in the flow of life energy** in her body. The battle will take place both inside her and in her family, in those who are close to her. Within only a few months, **she will have to grow out of her deeply anchored habits, her bad habits, out of her stuckness in destructive mental family patterns; she will have to bring out her suppressed pain and dissolve it; she will have to draw out into the light things which she didn't want to confront**. Things which had once been so painful that she had refused to see and hear them, preferring to **hide them deep in her subconsciousness**. By doing so, she did herself a **great disservice** for, from then on this **pain lay covertly inside her, ready to ambush her, attracting similar unhappiness, dark thoughts and feelings into her life**. This neglected content was **still gnawing at her**, causing numerous **problems and encouraging the further development of her illness**. Yes indeed, the act of **dissolving the pain** which dwells in and yells from the levels of the unconscious is **the very core of the life business of everyone**. It is the meaning of life's transformation. The dark rooms of the soul need to be cleared, so that **Light, which harmonises, heals and brings happiness, can enter the patient's castle, the sombre cellar in the closely protected fortress of emotions and thoughts we have refused to accept. So that Light can illuminate the darkness**.

‘Hey, girl, you were born in the rhythm of the celestial **Scorpio**,’ exclaimed Mana, ‘which is why your **task is especially difficult**. People born under the auspices of this cosmic pulse carry in them quite **veiled awareness and reactions**. **As you know, scorpions like to retreat to the safety of a rock** when they feel threatened. But this is the same as you **pushing your own pain down into darkness. Into the unconscious**. People born under the sign of Scorpio **prefer to push the truth**, regardless of its nature, **away from themselves**, even though that truth could well be spiritually **attractive** for them. Besides that, their obstinate, **inventive and calculating ego** should not be disregarded! If Scorpions have **nowhere to retreat to, they sting or they use their poison to destroy what is not in harmony with them**. Or more to the point – to destroy what is not in the same disharmony. **Illness** too is a reflection of this sting ... It is how everyone destroys **themselves**.’

The healer sighed, recalling many similar battles and experiences she had been through, and continued: ‘Look, Janica, you and your family have got **only a few months to sort things out, things which take others years**, decades, even their entire lives simply **to become aware of**. **Can you do it?**’

The balian woman – vedunya looked deep into the girl’s eyes. She was looking for silent signs on her face, which would tell her what the girl was thinking. They observed each other for a while. After Janica asserted that she could do it and that she must, they decided to make a start. **May it happen! It has to happen!**

Some months previously, Janica had returned to her **old home** on account of her **ever weaker body**. She was once again in **her parents’** house. The place **she had fled** a few years previously, **having been unable to bear** the daily battles. **She had withdrawn from the disharmony in her family. So here she was, in the very cradle of her problems**, and this made her pain even stronger. But she needed **physical and psychological help**, both of which were still missing from her life.

So the knower Mana and the girl started to **cooperate**. Regarding her energy levels, the girl was in a really bad state. **Life energy was barely flowing. But the healing process would not be successful unless there was enough life energy** running through her body! **Each additional burden, including chemicals and medicaments, can bury a person in such a state**. If there is not enough ‘fuel’, the car – the body will not be

able to move, let alone move fast or make it up a hill. **Treatments will not be successful** and the body will not receive the **maintenance** it needs. For this reason, the girl's **body** first had to be **cleansed of toxins, following which the free flow of life forces needed to be restored throughout her entire body. This would make it stronger.** The balian woman and the girl needed nearly **two months** just for this! **It is difficult for a weak body to accept powerful energy.** A powerful flow cannot run through a weak cable.

After that, Mana **started to heal the soul**, as we say. **She pulled out of the girl concealed pain and hindering patterns, as if with a fish hook.** On the screen of her consciousness, she clearly saw what the girl was hiding from the world and from herself: **what was hurting her, what she was denying and repressing. It is impossible to lie to an experienced healer-shaman!** She kept asking the girl about this, that and the other, observing the girl's reactions – both overt and covert reactions.

'Oh, come on, please, **don't lie** to me,' she would often admonish the girl. 'Take a **good, deep look into yourself and admit your mistakes!** Come on, it's not that difficult. Look at what is **gnawing at you**, what effect **jealousy** has had on you, and how you reacted when your boyfriend hung out with your classmate!'

The girl blushed, dropped her eyes and **confessed** through gritted teeth: 'Yes, yes, I know. It wasn't right.'

'**So, stop being jealous.** Make an effort. Go on, try! I will help you, OK?'

'How are you going to **help** me get rid of jealousy?'

'**With energy**, of course. And **by reminding you.** So that you will be able to **get rid of it!** I am going to step into your consciousness. But you are the one who will have to make the most effort. **Every time you notice this emotion** inside you, **you must not allow it to develop! OK?**

'OK, I will try,' replied Janica.

The clairvoyant and telepath Mana then persistently drilled into the girl: 'Why did you **lie** to your parents, **telling them that everything was good, if this was untrue! To have peace? You don't have peace!** See what lying has brought you. And why didn't you tell your mother **that you feel things differently from her; that you express yourself differently from her and that you have an abiding faith in the power of spirit?**

‘Well, **I found it difficult to talk** about these things, because my mother always immediately **freaked out if my thoughts were in any way different from hers**. If I wanted a blue pullover, she would tell me to get a red one. **So we would argue** and then both of the pullovers would stay in the shop. If I wanted to paint a forest and a rainbow, she would try to talk me into painting clouds instead! Oh, we just didn’t get along together! We weren’t even able to **have a peaceful conversation**, let alone agree about anything!’ **Hidden anger and anxious uneasiness** suddenly overpowered Janica. At such times she **wilted** even more and visibly. **Like flowers wilting without water. This is the effect of destructive emotions.**

Mana explained to her: ‘My dear, it’s not just them, you need to **learn to be more tolerant as well. Follow your conscience and consciousness! And let others have their own awareness**, even though their awareness might seem wrong to you. **Learn to express** your opinions and wishes **peacefully**. If ideas seem right to you, **accept them and act – without condemnation and denial, and without resentment**. And you will soon **come to see what is in harmony with you! What is right for you and what is not! Observe closely, don’t be a judge**, because for sure you neither know nor **understand everything**; you have no idea why someone did something or why another fell ill. **You are not yet a seer – a vedunya! You are not yet a shaman, even less the Creator who created everything. You are neither God nor a supercomputer**. Be patient and **allow life to unfold the way it has to. If you listen to situations and events in life, you will come to understand better why things are the way they are!** Why something is happening the way it is. Besides, **do not excuse the bad stuff, instead always act for the highest good.**’

‘Oh, you’re right, I still **don’t know how to do this,**’ said Janica ruefully.

The wise woman continued: ‘Hey, dear girl, you have to understand the effects of **resentment and grudges – when you shape them**, when you send them in your thoughts to someone. Of course you harm that person. Not only them! **You harm yourself, too. You close yourself off! Life energy cannot flow through you. You get blocked**. Then you feel **weak**. You are in an ever worse state. **You lose your strengths and good judgement. Those who are closed off can’t see the outside!** In fact, they **don’t see anything at all. They make the wrong decisions, nothing works, they grow weaker and weaker in every aspect. Creative visions are lost, they disappear**. They simply evaporate, as if they no longer like

you! **Resentment is a grave burden**, which often leads to illness. People who forge resentments are spinning in a circle with no beginning and no end, **unable to find a way out of the labyrinth of their trials**. They can't see a way out. They become **blind and deaf**, and on top of that **ever more morose, irritable, envious, unkind, etc**. They will certainly **make wrong decisions**. Do you really want this? You don't, my dear. Life is too precious to squander on such follies and immaturities. **Open up! And live fully! With your whole heart**. With resentment, both the heart of the grudge bearer and the heart of their target will **hurt**. And if **your heart is aching – you are disabled! Just a poor, paralysed being**. Sooner or later your **health will deteriorate!**

Janica stared at Mana strangely for a while, listening to her warnings. Everything was so very new to her. Then she exclaimed: **'Yes, I get it! Really? Did she truly understand? It is usually a long way to go from accepting thoughts to appropriate action.**

The girl's laments grew **ever more outspoken, ever more personal** by the day. **The masks of her false personality were gradually dropping away**. Every day, the seer and knower Mana would talk with her for hours on end, while at the same time **filling her with energy**. So that the girl might **come to see** as soon as possible **what she carries inside her, what is destroying her!** They also talked on the phone every morning and then several times during the course of the day. They talked personally, face to face, every second or third day, when the girl and her mother came over to the healer's home. Mana was always available for the ailing girl.

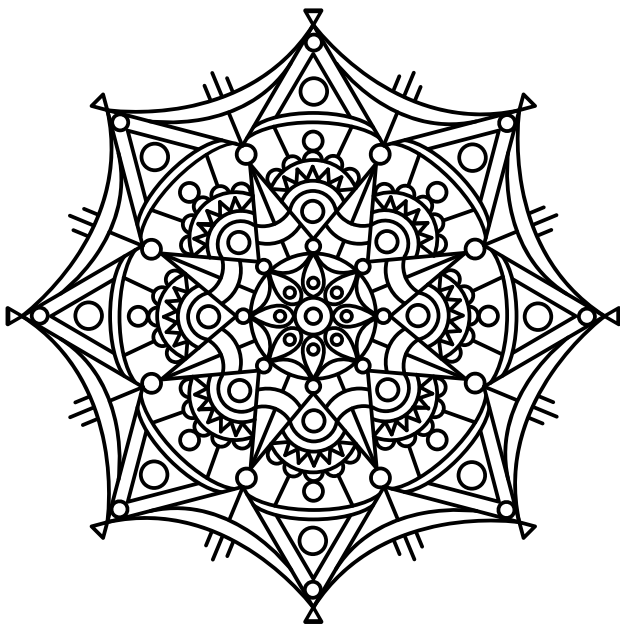
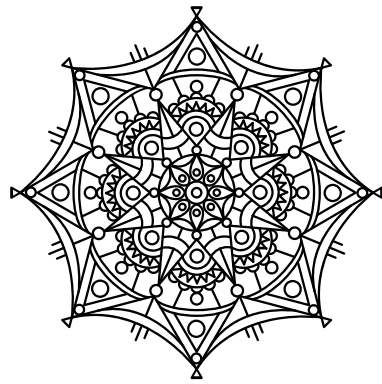
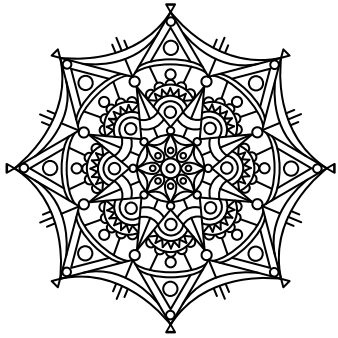
'What hoarders we are,' exclaimed Mana in one of their conversations, which were often filled in turn with tears and laughter. **'You need to get rid of unnecessary junk, of the clutter that weighs so heavily upon you, smothering you**. But you first have to **recognise it. Tell me, please, about your jealousy, about the time you ran away, how you hid and lied. It is not easy, I know, but it is very very necessary!**

Occasionally, **the ailing girl's soul** would reach out to the healer at **night – when consciousness is broadest and spirit most awake**. When the energy in the room is at its most powerful. Janica's **consciousness, her soul, would visit Mana** and wake her up. So they held conversations at **soul level, too**. This was the most effective way for Mana to **teach the ailing girl**. Because at the levels of spirit, **the mind is far less active. It is silenced**. This state enables us to **hear the silent thoughts and**

messages of the soul that knows everything, including our life's plan, because it is connected to **the Source of life**. The soul is part of **Universal Intelligence, of the Cosmic Mind**, which is present in every human cell. This is why **every part of our body and every thought know what is happening**. They know what is necessary. **But we usually fail to hear those messages. We still do not know how to pull them from the data bank. But seers, knowers and enlightened ones know how to do this, as well as people of a broad spirit.** Mana can do this very well.

Whenever Janica found herself in **a crisis**, she would simply call her benefactor, and the healer **straightaway sent her additional energy support, to prevent the process of harmonisation from being disrupted**. Sometimes life **energy** would flow all night and all day, filling the girl, **giving her strength for her battle. The patient and the healer were instantly connected** whenever there was a difficult period and the girl was in need of energy support. **The cancer cells began to die off at a rapid pace**. There were only a few left. Medical test **results** confirmed this. Janica **felt better** by the day. On a daily basis, the girl and the healer, who was also her spiritual teacher, were **building a bridge which would allow the girl to become aware of the causes of her problems. And together the two of them dissolved them as soon as they showed up**. Even though her soul ached so much! It was **crucial!** Unfortunately, this is **not taught in any contemporary school**. A pity. Many **problems, many severe illnesses would not develop if only we could learn how to look into our own clutter. Into our own hidden content. And if we knew how to eliminate that unnecessary clutter, of course.**

So, the healer Mana and the ailing Janica were erecting a **bridge leading into the silence of the mind**. They were **building emotional peace**. The balian woman constantly **pointed out the mistakes the girl made when reacting to the issues that disturbed her or to the issues she refused to accept**. To what was alien to her. **Mistakes with which she was shattering the balance of her living, well-being, and health**. The patient mostly understood what the healer told her. Luckily! There was no need to convince her or persistently **explain the laws of life, the laws of harmony and healing. The process of transformation and cleansing could therefore unfold quite quickly!** Both of them had an **unswerving hope and faith** in recovery.



Battles when accepting the messages of illness – The awakening of true love



Janica had a far broader consciousness than other people in her surroundings. She already had an understanding of the laws of life's balance. **But this understanding was still mainly at a mental level! Only in her mind – not in practice and action. This is by no means enough!** This understanding was present more **in her thoughts, but less in her feelings and reactions.** Her consciousness was still attuning itself to everything, the knower vedunya told her. However, all of that had to be poured into experience, into correct reactions – from the level of the heart. A cleansed mind truly has no limits and is able to do just about anything. Including miracles. But the fact is that there are no miracles, only the wonderful capabilities of spirit, and we are still unfamiliar with those capabilities! With our natural givens. With new opportunities, which we are discovering! **Does anyone really know themselves sufficiently well?** There is but a handful of people who could claim this.

Oh, if only we were aware of **the silly things we are doing – knowingly or unknowingly!** We would be appalled and it would cause us to think deeply. Our **mind is a master of troubles and unbelievable scams. A real cheat. It follows the ego,** which wants this, that and the other for its masks and profiteering, for the glorification of itself and **fake defence.** The ego which wants to achieve a **false victory – far from Truth and essence.** We are learning how to master our mind throughout this life. Throughout all our lives in fact. To master our mind, our thoughts and emotions – **this is crucial!** When we manage to do this, we are delivered from our problems, which take on various forms. Including illness. When we cleanse and **master our mind,** we are in the saddle, say the sages.

The knower Mana explained to her patient: **‘When our mind is whispering to us and we choose to deny unpleasant events, to escape and not speak the truth, that’s when we deny ourselves.** We justify

running away from those seemingly insurmountable obstacles. For example, **instead of accepting** your father's reproaches – where have you been, why didn't you do this or that – **you choose to hide yourself. You poison your mind with a lack of acceptance. But your mind will not be poisoned if you emotionally and mentally accept things.** When you, for example, lie and blame your sister or brother for the fresh marks on the hallway floor, thinking that in this way you will avoid having to clean them up, you've done yourself a disservice. **What you do to others, you have actually done to yourself.** What goes around **will come around** sooner or later! **Just observe!** Soon someone else will **lie and dump something unpleasant on you. When you don't mentally accept** the words and wishes of others, you are in fact **not accepting yourself.** Oh, so many **similar lessons and cleanups will follow!** Primarily **in your consciousness and in the unconscious. But the unconscious is a castle that is hard to reach.** Its stifling dungeons are hard to access. **We can't go there with our minds.** But we can enter **with our soul,** with the higher levels of spirit. The content dwelling in the dungeons of the unconscious will **attract,** with magnetic power, **similar traumas into your life: resentments attract resentments, anger draws anger,** arrogance will attract conceited people, etc. Gradually, there will be more and more of that. **The mountain, built of emotional-mental clutter and useless rubbish, will grow bigger by the day. And one day, it will implode. It will no longer be able to carry its own weight.** This usually happens when hoarders at least expect it. **They will experience the destructive consequences of their deeds.** And **illness** is one of those consequences.' Mana paused for a moment to once again observe the ailing girl. Had she understood? Will her reactions be as they should be?

Snowy and wintry February was fading away. Numerous **infections,** both mild and grave, were spreading through the population. Janica caught one, too. **Nowadays infections are increasingly severe.** Primarily due to the medical profession's frequent, often **irresponsible prescribing of antibiotics for every trifle, 'just in case'** and perhaps in the hope of a speedier recovery. Even when they are not needed!?! So that people can return to their work, school, kindergarten as soon as possible. **Poisons are thus being accumulated in us, blowing us up. The sick never quite recover. Antibiotics** should serve primarily for the most severe medical cases, **when the body's defence mechanisms are not sufficiently**

strong. With antibiotics, our etheric bodies, our aura, get filled with slime, which blocks us from Universal life energy. People become physically ever weaker. The result of this reckless overprescription of antibiotics is that **only the strongest survive.** As, unfortunately, do the most resistant **viruses and bacteria.** And we are almost **incapable of coping with them** today – not the medical profession and not even healers employing life energy, natural remedies and herbs. This is why infections are **ever more severe and long lasting, ever more obstinate and debilitating.** They can last for **several weeks, even months, totally exhausting people.** They do a great deal of harm to the body. And it was an infection that provoked an enormous **shock in Janica's body, too.**

'How long does it **usually take to cure a cold?**' Janica wanted to know.

'Fourteen days and no less, says the old wisdom. One week is too little! In the case of a cold or any other illness, **the body becomes weaker while it battles viruses or bacteria, and is therefore unable to set up a strong defence.** Then, on top of everything else, antibiotics do their bit and there we have it: **a slimy body remaining without strength for at least six months.** Antibiotics should be used very **cautiously.** Only in extreme cases. They might be life-saving, but they are **not for the weak!** They slime your energy field, leaving you **with insufficient life energy running through you, without the fuel necessary for life!**

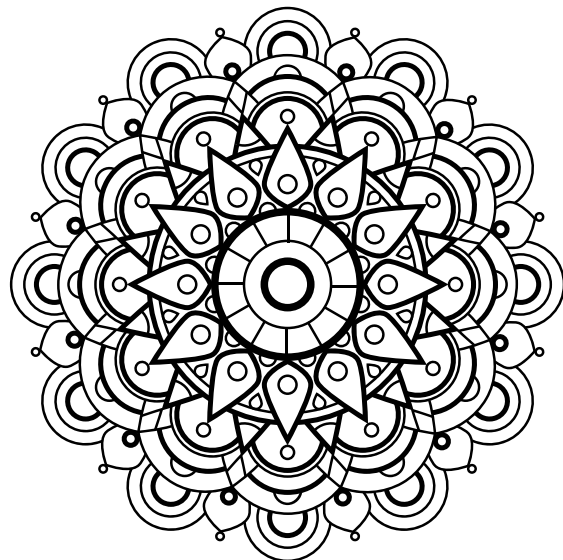
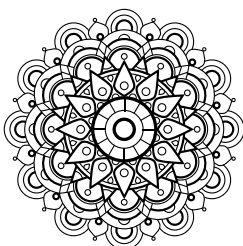
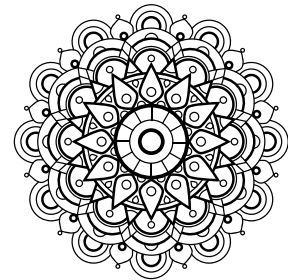
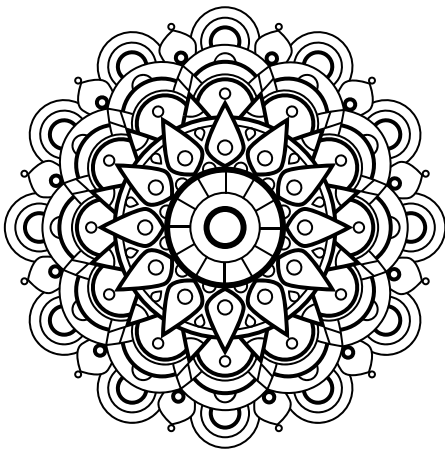
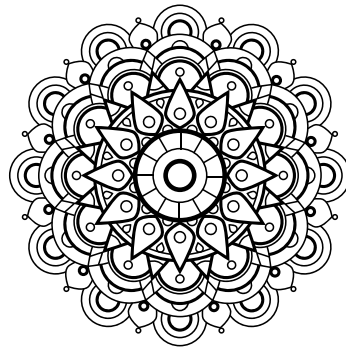
'Ah, so that's how it is,' said the ailing girl, deep in thought.

Months before, doctors had warned the girl that she could **die quite suddenly** if she contracted an infection. But that winter, together with the old shaman – wise woman, she **overcame it. It was difficult, very difficult. Her life hung by a thread. If she took antibiotics, they would, just like drugs, slime her etheric field for months and the supporting life energy would be unable to nourish her body sufficiently. Her life could easily be disrupted. Healing would not take place.** But somehow all of that got dealt with. **The impossible became possible.**

This grave additional trial with the infection **moved Janica's father a step higher into broader consciousness. He actually realised for the first time that he could lose his daughter.** Being in a state of impending impotence, the sight of her so powerless and so near death led him to be **finally prepared to listen to her more carefully.** Once the problems were over, Janica delighted in this victory, saying that even if she had not survived, **all those troubles would have been worth the effort if only**

because of her father's step towards greater compassion. She was immensely happy about this change for the better.

But the healer Mana needed to add: 'The process of healing the leukaemia slowed down during your infection, but it did not stop completely. You used most of the energy I was sending to you to overcome the infection and there was not enough energy left for the process of stopping and overcoming the leukaemia. Now it's time to move on.'



Taking away pain – Dissolving sadness – Overcoming the control that hinders



To ensure that Janica would not succumb, the balian woman asked the Primordial Intelligence, Cosmic Consciousness, the Source of Life, for something exceptional. In order to save the patient's life, she decides to take into herself a part of the patient's burden – a step that the medicine woman takes **only in the most extreme, severe, and exceptional** cases. When the girl's pain was at its strongest, **Mana took the pain away. She consciously pulled it into herself.** The girl's pain instantly eased and, exhausted, she was finally able to fall asleep. She woke up after a few hours. But her **pain soon grew even stronger.** Clearly a **battle between the good and the bad** had to unfold within the girl. To serve as a lesson and **teaching necessary** for this struggle. An inflow of good can provoke a **strong battle with the bad, if this is what a person needs for becoming aware, for their spiritual growth and self-healing.** The healer and teacher now understood that **she should no longer take away the pain, for it obviously had its own purpose – to transform the girl and open up her heart and spirit.** This is how it is with most people. **Pain, and illness along with it, is the greatest teacher.** It can **change** a person completely. In particular, it transforms their **behaviour and perception of the world.**

'Look, Janica, the human body can get addicted to **pain killing substances.** These substances can strongly slime the body and auric field. **Just like antibiotics or an overdose of medicines, they block the Universal life energy from flowing and they disturb our passing into realms beyond.** They can shut off the flow completely. As a consequence, the essences of deceased souls cannot travel across the plains of the beyond. They remain close to the material world. Neither here – neither there! They are stuck somewhere **in between.** We can perceive the dead, we feel their presence, but we don't see or hear them. **In such cases, it is difficult to lead the dead into the beyond.** But the **telepathic meta-senses of a shaman-healer-vedun can connect to those husks**

and help them leave the physical world. They lead them beyond. You'd better **strengthen your immune system**, so that it will always be at your disposal. **A sufficiency of energy power helps both the living and the dead.**'

'You're right, I am never going to forget that,' replied Janica quite convincingly.

The two women lost a precious month on account of the time taken to **cure the infection**. **Energy balance** had to be **restored**. The girl got better by the day. She even **looked better** by the day. **The doctors wanted to know what it was she was taking, causing her to be doing so well**. They were curious, so she told them. But they just could not accept the idea that **improvements happened simply through a process of becoming aware and through mere energy treatments**, so they noted in her records that she was being healed with teas! In any case, Janica had already **gone beyond all medical rules and forecasts and had become a medical phenomenon**. All the other patients with whom she started the treatment were long since dead.

Only the invisible 'sadness virus' was still gnawing at her. She just could not accept that her surroundings did not understand her and did not support her in her wishes and decisions, including those for natural healing. She so very much yearned for **attention, love and supporting peace from those close to her, especially from her parents**. Only when equipped with these indispensable gifts, could the healing process unfold quickly and undisturbed. But Janica continued to clumsily **mire herself in various destructive thoughts**, in her own thoughts and in her parents' opinion. Besides that, she was constantly thinking about what was going on in her body – **why was this so and why was that so**; why she occasionally felt discomfort or pain – **rather than calming herself and surrendering to the harmonising forces of life**. All the time, she dwelt mainly **at the levels of the mind**. **The familiar family pattern of control** was persistently present. **Controlling** is a very **intrusive** and quite a **destructive pattern** in our times and our era. While **thinking enjoys a great reputation**, **emotions are considered to be unnecessary clutter**. We are obsessed with a veritable **trend** and insurmountable **desire to possess huge quantities of information about everything**, not only about what does concern us, but also about what does not concern us at all. People are **burning out in their scrambling for all kinds of data**

and knowings, while speculating, judging and theorising. But an awareness of life is nowhere to be seen. Is it possible that there is anyone out there who is still familiar with the cosmic-earthly laws of living? We are getting lost in a plethora of data, instead of living life's trials with all our senses and abilities, instead of judging and allowing only the trials which are meant for us and which we truly need for our progress, self-harmonisation, and self-healing ... For life. For spiritual growth.

'I want to take control of my condition and fight the illness.' Janica suddenly fired off that thought like a cannonball during a conversation with the healer Mana.

'But that's not how it works,' the old shaman explained to her. **'You first have to embrace your illness, because it is here. As it is a part of you right now, it is your best teacher and guide. You have to comprehend why! Once you've embraced it completely and devoted all your attention to it, all your love which sets no conditions – unconditional love – that's when your problems will begin to disperse. Healing will commence. But first you need to offer yourself the most precious thing on Earth – THE POWER OF KINDNESS. The power of true love. Unconditional love that shines all the time and sets no conditions. The love which has no limits, which thinks not only about benefitting itself. A love that knows how to sacrifice itself from the heart – for others, for the planet – this is what you seek.'**

'And what is true love like?' the ailing girl wanted to know.

'This is the force that works miracles; a force that demands nothing and has no expectations either. It only pulsates, shines and gives itself away. To everyone. This is the force that can lift you up to the heights and take you to magical lands. To the fairytale realms of human consciousness. Actually, I prefer the old expression soul rather than consciousness. It sounds nicer and it also has a broader and clearer meaning. And with compassionate kindness comes JOY. A wonderful PEACE, which emerges with the delight we feel when we come into contact with it; when this most powerful force in the Universe, on Earth and in people suffuses the worldly and otherworldly realms.'

'So how do I get to know and develop such magical kindness?'

'You attain it when you can feel the mighty powers of GIVING AND ACCEPTING equally. Love towards EVERYTHING! When you feel that all beings, all life forms, are part of the same mosaic. Part of the

same creative force! You get to know it when you love your cats, dogs, flowers, trees, little clouds in the sky so strongly that **you lose yourself in that infinite love, in its beauty and grace;** when even a stone becomes a precious being. Then you start shining in it; or more to the point – it starts shining in you. You merge with everything that surrounds you. You melt into this love. You sense it when you come to feel that animals and plants mean the same to you as your family, as people close to you, and when you treat all others with the utmost kindness and attention, helping them live their honing on Earth in a lighter way. All beings are constantly honing themselves, developing themselves throughout their life. True love is when you can serve others – all other life forms on Earth – without dilemmas and calculation, not thinking whether it's worth it or whether you have time or not, or whether they deserve it or not. Such love, my dear, will make you the happiest and it will HEAL you the most quickly. Its immense healing power harmonises you and fulfils you. They who have developed this kind of love within themselves, this unconditional love, will certainly solve all their problems quickly and they will recover. So, have faith and hone this love for yourself. Within you! And for the world which needs it so very much! Watch your actions and keep correcting yourself. Change what is not yet love, what is not yet perfect; convert it into this wonderful elixir of immortality!

'And what does the energy of this love feel like?'

'It rushes through you like a storm. You are overwhelmed by a powerful energy flow. Your entire body starts vibrating and oscillating in its hidden undulation of sound, in the waves of the force of love. It is as if a powerful electric flow is running through you, beneficial of course, not harmful. You feel its beneficial nourishment throughout your body. Your spirit and soul's awareness open up. You know, see and hear more than before!' They were both silent. It sounds so incredible. But it is nevertheless so.

'Look, Janica, the purity and power of unconditional love can be felt to a degree when you fall in love for the first time. That's when you come into contact with it for the first time. Just remember that! Alternatively, you could invoke those enchanting feelings when looking at something that is immensely beautiful or very precious to you.'

'Hmm, I will try. But I really want to know ...'

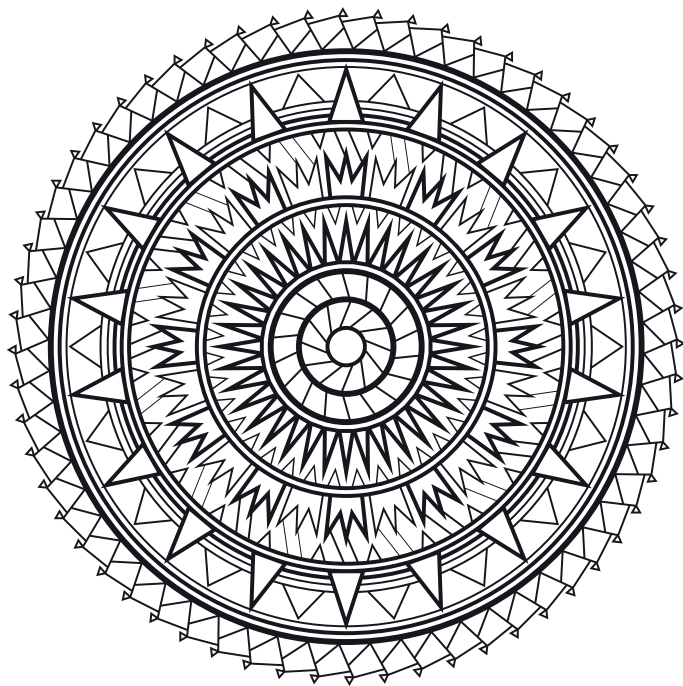
‘These **energy waves of Universal force** are something invisible, yet so very real. **All living beings sense them**, they nourish even stones, crystals, rocks, stars, and **the Universe**,’ said Mana. ‘**The Source of life is in everything. And so is the Source of love.** You are the gatekeeper. Our distant planetary ancestors on all continents knew this. In all times. But what about us? **How many of our contemporaries are familiar with this harmonising power of life, with the Ocean of the all-embracing energy of love, which is the Source itself, which makes us alive and healthy, which shapes and sustains us?** Not many. Perhaps only **astronomers, astrophysicists and people with broad consciousness.** But these disciplines haven’t yet revived **the ancient practices and their miraculous use.** So, be one of those who know, **feel and are able to direct the Universal life flow** – for the benefit of life. This **all-embracing life energy without which there is no life. Drink it, enjoy it!** Only by doing so **will you lack nothing**, not even health.’ Mana stopped and smacked her lips meaningfully, as if wanting to say that this power can even be tasted.

‘**Why should I give others this kind of love, when I have never received it myself,**’ cried Janica almost tearfully. **Anger** oozed out of her, blending with **sadness** to form a grey lump, which **gnawed** at her body, spirit, and relationships like a corrosive acid.

‘That is why you **first have to find it inside yourself, to be able to share it from yourself** – **first you have to reawaken it within yourself and then you will receive it from others.** With it, you’ll be able to heal yourself and **make your body and soul whole again.** Believe me, dearest! **Trust me and don’t despair! Be better than everyone and everything you’ve tasted until now. Give and you will receive what you need.**’ Having said that in a decisive manner, the old vidovinka looked up into the Sky. Into the distance, into the heights from where pours the power of life. **The power of the invisible Field, the Sea** of divine Consciousness, as folk tradition would put it.

Janica was deep in thought. She curled up on a garden bench and fell asleep, weary from thinking. There was another piece of the jigsaw that she needed: she had to **anchor what she had just heard into her consciousness and into her dreams. Into metaconsciousness**, from where all the **knowledge** will spontaneously descend, like a waterfall, **into her consciousness and awareness. At the time** she will need them. **Into the now, into her mind and actions. It will show her the**

way, even though it might appear that she had long forgotten the wise healer's teachings. **But the reality is that she will never forget them! This knowledge will remain in her consciousness forever. She will remember when the time is right, when she needs it, perhaps in a new difficult situation. If not in this life, then in the next one.** Nothing goes into nothing. Everything remains eternally present. Only energy-vibrational flows change and forms of life along with them ...



Healing family relationships,
an immature partnership, destructive
emotions and thoughts



When the first wave of **insights** was over, a second one settled in. **The spiritual teacher and healer Mana**, the old diviner vedunya, noticed that they had become so comfortable with each other that the girl was now **confiding even the deepest traumas and pain to her**. Mana was playing the part of a veritable ‘**cosmic midwife**’ for the girl. Midwife **for a new birth. New life**. She realised that the girl was more than anything else most **disconcerted by her family’s reactions, by her parents’ reactions to her knowings and statements**, as well as by their constant **pontificating: ‘This is how it is. End of! Our view is better than yours.’** From her broader perspective, **the girl of course saw everything very differently than her parents**. She was simply different. **Our children are not like us. They are unique. They are authentic**. Janica’s father was a **rationalist, totally blind to spirituality**; her mother was helpless and **spineless. With parents like that, how on earth could a child feel? With no firm ground beneath her feet**.

It was only superficially, with words rather than with knowing, that Janica accepted the fact that her **boyfriend ‘had collapsed’** in the wake of her illness, claiming that he was unable to cope with such a burden. **She suppressed the pain of abandonment, refusing to acknowledge it to herself**. She claimed that her boyfriend had not been prepared to stand by her side. That was indeed true, **he had left her during her hardest trial!** Only occasionally did he visit her. Merely out of politeness. Or out of a **bad conscience**, for having run away at the time of her most difficult moments. **He had left when Janica needed him the most**. Deep inside her soul, **in a somewhat concealed way, she was angry with him. She was angry with his ego, with his silent ambitiousness**, because his **career was more important to him than she was**. This is of course **not unconditional love** which deserves true respect and **which**

can overcome all obstacles. So, the causes of her illness remained mired in her young soul and body. She was simply unable to forgive and let go, unable to surrender to the situation and calm down. On the surface yes, but not in the emotional-mental expanses of her consciousness and subconsciousness! Time and time again, she was bumping up against the same immature reactions, re-living the same pain: they don't understand me, they don't like me, they impose their opinions on me, they want me to be their number one child ... Her silent questions and wishes did not receive answers. **She kept falling down and getting up again** in line with their domestic disputes; she kept setting herself new emotional-mental obstacles, quite similar to those which she had known and learned in the cradle of her family – obstacles that prevented her from doing what was needed: opening herself up to self-healing.

The healer Mana soon realised that it was not only Janica she was healing, but importantly, most of her family, especially her parents. If the girl was to be healed, her family members would need to listen to her and offer her understanding and genuine heartfelt support! They would need to listen to her. Only then would they be able to make decisions together. If they were to do this, the girl would no longer lose the much needed energy, necessary for the healing of her soul and body, for the liberation of destructive emotions, for the healing of those old wounds which had caused and sustained her illness. Only in this way would the girl no longer be creating new seeds of illness. Our emotions, thoughts and body are closely connected and they influence each other. They make up a unique being. **Each of us in a different way.** What we fail to see, fail to know, we cannot change. And we ourselves start resembling the causes of our problems: **resembling our inherited destructive family patterns and disapprovals.**

Vedunka Mana taught the ailing girl: 'You have to understand that emotions related to traumatic events and thoughts turn up within seconds, immediately after a thought. Suppose there is an accident. There will be peace in the soul for only a few seconds. Then numerous devastating feelings, fears and worries will erupt with all their might. Shock can follow. Emotional-mental shock. Thoughts and emotions work together like a powerful machine, like a bull in a china shop. They have the power to knock you down, pull you into chaos, unrest, into

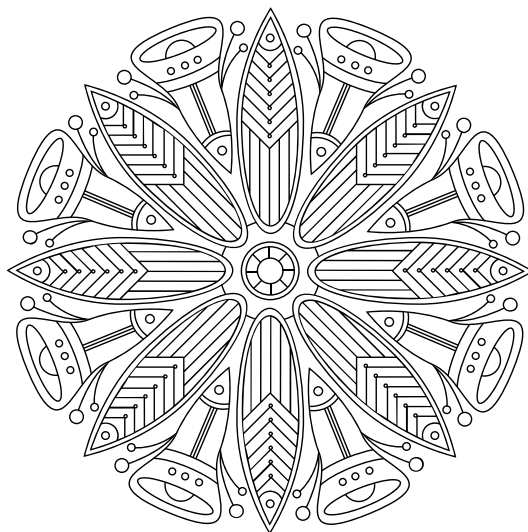
immense pain and even into illness, if you fail to swiftly neutralise and tranquilise them. **If a trauma continues for months, even years**, it will surely, sooner or later, **cause illness**. Impairments at the levels of body and **soul**. So do you now get why the right kind of behaviour is so important! **You must be a watchful and courageous warrior, very, very persistent. You must learn to promptly put an end to such a diabolical potion, such an axis of unhappiness. Only serenity will bring you health!** There was another pause and a penetrating silence. A silence you could cut with a knife.

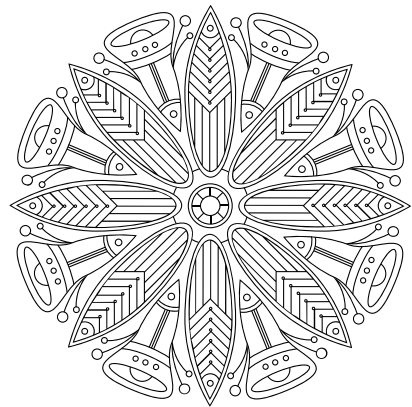
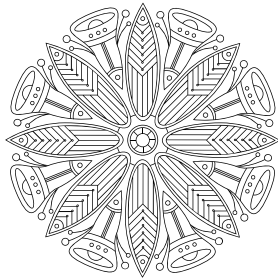
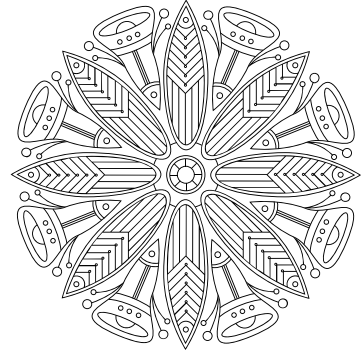
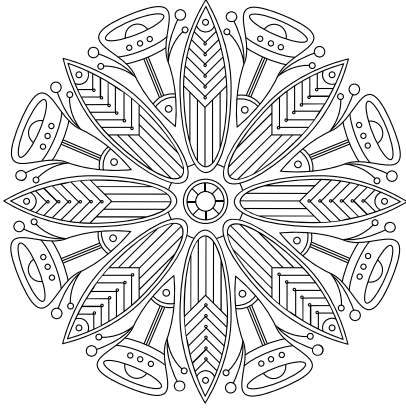
After a while, Mana went on: ‘And there’s one more thing you need to know, dear Janica. **Emotions vibrate, or resonate, at a higher frequency than thoughts; their tone is higher. Unwanted emotions cannot be dissolved with thoughts! We cannot simply say that we are not going to be afraid! That won’t work! With emotions, however, we can master our thoughts! Thoughts resonate, or oscillate, at a lower level, whereas emotions resonate higher than thoughts and are therefore more powerful. This is why emotions can influence our awareness, feelings and reactions more easily. So, how are you going to react if something unpleasant happens or if you hear unpleasant news? As calmly as possible. Try to do it this way in every situation!**’ This was how, profoundly, Mana continued with her teaching.

‘Oh, and there’s one more thing: we can’t ride two horses at once! **It’s no good flitting from healer to healer, from one healing practice to another. We need to stay focused on one path of harmonisation.** The Slavs and ancient Slovenes have a proverb: **too many midwives deliver a lousy baby.**² This idea is a part of **ancient wisdom**, the like of which is known in almost all cultures and times. Some methods can be mutually **at odds with each other, they might cancel each other out, resulting in no real harmonising effect. But with watchfulness and acceptance the path to harmony will open up.** Unfortunately, **energy healing cannot run freely if it’s accompanied by destructive emotions and thoughts** or in the presence of unnecessary antibiotics (‘just in case’), because they all **slime** your etheric bodies, or **field, for a long time. Huge quantities of toxic chemical additives** in the body will produce similar

² The English equivalent of the proverb would be ‘Too many cooks spoil the broth.’

disturbances! **So, girl, decide which healing path you actually want! Which horse are you going primarily to ride? Do you want principally chemical support, which is destroying you while at the same time introducing a series of negative side effects, or will you treat yourself and join in a battle to maximise the free flow of Universal life energy, which nourishes and harmonises everything, the entire world, all beings? Medical treatment can be welcome and quick, but it always comes with the presence of many negative side effects. And what is more, problems tend to repeat themselves.** Okay, spiritual and energy healing may be slower, but it's more permanent and there are no negative side effects. If your body's energy flow is feeble, if it is energetically malnourished, then harmonisation using energies is the most crucial, it has to come first; it may actually be the one and only possible, the only successful way of harmonisation. In any case – both chemical substances and energy harmonisation merely support your body, the logos of your body, the mind of your body. It is the logos of your body that actually executes the process of self-harmonisation and self-healing. But few people understand energy treatment, even though it is of the utmost importance. **Crucial for life.** Unfortunately, medicine still does not take it into account. **If there is insufficient life energy flowing through patients, they certainly won't have much chance of being cured. Such beings lack true support for a successful healing and will therefore wither away.'**





Cries of release – A magnet for fear –
The help of the body



For this reason, the spiritual teacher and healer Mana uncompromisingly continued with her warnings: **'If you have a good cry, you will feel lighter, but if you don't cry, you will remain closed behind walls of unhappiness, behind the energy blocks that you yourself have created in your thoughts and emotions.** At the level of energy these walls in fact hamper you; **they disturb your harmony. They destroy you by invisibly ambushing you. Time and time again, they attract into your life similar painful and sickly experiences. The world operates according to the laws of resonance. Like resonates with like. You will attract what you are and what you hide in yourself! Which is precisely what you don't want. If you are unhappy, then it is mainly unhappiness that will be available to you. At each step, like in a mirror, people will show you what you are hiding in yourself. You will attract unhappy colleagues or a similarly unhappy partner. If you are afraid, you will be a magnet for fearful people. Whereas free, kind, and unresentful people will attract into their lives people who are free from the chains of destructive emotions and thoughts. And most probably healthy people. So just think about what you are doing! And correct what needs to be corrected! How do you want to live? In fear, full of condemnation, full of anxiety, or happily?** But this doesn't mean that you don't tell the truth, that you don't say what you see or know, or that you restrict yourself to saying what you think you ought to. **A love of truth is important. But you need to know that honesty is very challenging. It is the foremost spiritual law and the most important guideline. So, change your way of living and reacting, and you'll banish unhappiness from yourself!** Do you hear me?' Using a loving sharpness, the healer tried to enter the girl's consciousness. Time and time again, she kept **repeating these most important guidelines.** So that all those knowings might somehow get through to the girl – **into her consciousness, her soul.** They sat under a fragrant lime tree in Mana's

garden, basking in the warm June sun. Their bodies rested, while the minds of both women went into overdrive. Thoughts rushed hither and thither so swiftly it seemed the bright sparkles of their thoughts would explode in their heads. Meanwhile, it began to grow dark.

‘That’s enough for today,’ said Mana in a hushed tone, not wanting to disturb the new energies that were heralding the night. The two of them parted. Janica had once again received a big helping of new teachings. **Important knowledge and indispensable messages** had been bestowed upon her. **New tools** for self-harmonisation. **For happiness, abundance, and health.**

Mana was urging Janica **to release the pain from her body** and, to a great extent, the girl did understand that this would be the best for her. But **she just could not do it in practice. Not yet! Still not yet.** She needed time for things to mature. However, **the pattern of control she had been taught was stronger.** Oh, what a pity! **A battle** started raging **in her muscles.** It went on night and day, without stopping, **for several days. She could hardly walk, her body ached so much.** No wonder it ached, as **she was unable to release the pain, to forgive it.** Her pain only **increased during this struggle.** Oh, what a foolish position to take!

When the clairvoyant Mana visited Janica the following morning, the ailing girl complained that **she simply could not stop the restlessness in her body.** The healer looked at her in surprise: ‘What, you can’t stop the restlessness in your body? You should know by now that **restlessness in your body, when you cannot stop the fidgeting of your hands and feet, is signalling your battle between liberating emotions and thoughts, and suppressing those contents down back into the field. Into yourself. Into the subconscious, into a darkness which your consciousness and mind cannot enter, meaning they cannot carry out the stock-take!** For some, this is utterly scary. A restless body warns us about a battle. About a battle between **our power and our lack of power.** Between **the content that wants to be freed from our subconscious and our insistent mental control of everything.** Fidgeting hands and feet signify the existence of **profound processes for the liberation of unwanted emotions and thoughts which cause energy blocks.** These blocks came about as a consequence of you being **stuck in old, unkind patterns of behaviour, of control, as a consequence of your refusal to accept unpleasant emotions.** There, darkness triumphs and there’s an

absence of Light. Sooner or later, everyone becomes familiar with **the battle between darkness and Light inside them – between the causes of pain and a beneficent peace**. And you need to know that **sound is luckily more powerful than emotions and thoughts**. It is more penetrating. It works like a fish hook. It has the power to pull out what disturbs you. It can eliminate it. **So, shout, girl, and sing!** Let the monsters that pull you down into the dark pit, that bring you illness, leave you. **By being restless, your body is telling you what is happening inside you; it is trying to help you in your process of releasing unpleasant thoughts and emotions**. Fear and sorrow belong to this category; they all settle down on your vital body parts: **sorrow settles on the lungs, fear on the kidneys, anger on the liver**. A lack of compassion and love will settle on your heart and cardiovascular system, while a lack of joy in life will settle onto your pancreas. **Illness tells you that the bottle is overly full and what it's full of!**

'Really? I'd never have thought that it was like that,' answered the inquisitive patient.

'But that's how it is. So, if you **start feeling that you need to move** your feet, hands, your entire body, then that's very good! Do you understand? **Don't try to stop them!** Once a liberating movement takes off, you won't be able to stop it anyway. Why not? Because this kind of release, **which appears spontaneously, carries with it an extraordinary power. Along with extraordinary, liberating effects.**'

'Yes, that's true. I feel it.'

'Different kinds of ailments, even a grave and difficult to cure **illness, even death**, can arise from a situation or battle in which we often see no solution. **Relax, for goodness' sake! Dance, move! Let your body help your soul! And itself. Jump, shout, cry, dance, sing, run ... Hit your cushion of unhappiness**, this will help you get rid of destructive **sorrow and anger**. Including anger towards your parents who have never known how to understand you. Whatever emerges from this process will always be for the best. Make the effort at first, force yourself **to move** and then **everything will start to unfold spontaneously, in a way that is best for you!** Come on, give yourself permission to do this!' The wise woman became so excited at this thought, that she started shaking her own body.

Janica once again began to shout and jump with fervour. Ever louder, ever stronger. Without controlling her voice. She was ever better at it.

She became **lighter and lighter**. Like a storm, **sombre thoughts and gloomy emotions**, accompanied with tears, poured out of her. It was as though someone had turned on a tap. But then – it was she who had turned it on! This is how it goes. **Miraculous is the remedy of spontaneous movement and spontaneous sound** used for the healing of an emotional burden and of the spirit, which the body will follow. It truly has immense healing power. It moves mountains, **harmonising and healing in a truly miraculous way**.

The therapist and musician Mana, who was very fond of singing, would at times shout together with the ailing girl. Her cries contributed a supporting power to the girl. And, when more **harmonious sounds** started coming out of her throat, **the power of harmonisation increased immensely, freeing up a great energy flow**. Using **spontaneous and natural sounds from her throat and by channelling life energy**, the healer vedunya performed a **mighty cosmic sound-energy surgery: a miracle beyond comparison** which can introduce and create what the sick themselves and even other healers are unable to do. Especially not doctors! **Spontaneous sound is a miraculous tool. It turns inaudible cosmic sound into audible sound. Into a surgical tool**. After all – **the world is music, a symphony of all kinds of different frequencies!** A creative field, where humans can **shape or dissolve whatever they wish**. The sorceress Mana was well aware of this and she was highly skilled at it. However, she could **do only as much as she was allowed to do**, as much as she could do in the situation. **Insofar as the patient allowed her to use this knowledge and its hidden magic**.

Once again the wise old woman taught the ailing girl in detail about this **wonderful self-healing**. But Janica surprised her again by saying: ‘Oh, I forgot. I have no idea why I thought that I was **creating new restless emotions** by shouting and crying.’ Oh, for goodness’ sake, has the ailing girl understood nothing her spiritual teacher and healer had been telling her? Perhaps she still does not understand Mana correctly. She will have to **listen to all of this several times more**. They say that we need to **hear something – especially a new piece of information – a minimum of twenty times, before we fully comprehend and can start living this new thing**. Mana thought about it. **In a semi-trance, she delved deeply into the current situation**. To get an insight, a knowing. She sat in the garden for a long time, **capturing messages from the Sky. From her soul**.

Effective processes for the liberation of painful emotions and mental patterns are always very fierce. And so are the processes which bring a redeeming forgiveness. They all open up our energy pathways and a fulsome free flow starts running through all our bodies, through the physical body and the invisible auric bodies alike. Even though these processes sometimes appear even more chaotic than the illness itself, the body has its own harmonising 'mind'. Its own guidance. But the cleanup and rearrangement of everything that is currently necessary, including our stuckness, will begin once a being is truly ready for it. We of course first need to understand how these processes unfold. Without understanding, there will be an insufficient surrender to the energy flows and to the transformation processes. Life energy, knowledge, becoming aware of our mistakes and obstacles, as well as chemicals (medicines), are all simply supports for this majestic self-harmonising logos and self-healing process. The process of releasing the causes of illness can only begin truly effectively and be completed when the energy body is sufficiently strong, when awareness is sufficiently broad and beings are sufficiently conscious and persistent. Otherwise it is not possible. Without these conditions, not even numerous supports will be effective. If the causes of problems are not eliminated, the seeds of illness will move to other locations. To other organs, other body parts, to other fields of life.

Mana was persistent in her teaching of the ailing girl. 'Sweetheart, you have to know that **nobody can heal you, you alone can heal yourself.** How? First **accept responsibility for your situation,** for your illness, for the moment you are currently living, for everything you already know and even for what you don't yet know. Don't expect health to simply show up from somewhere else. From somewhere outside. **Allow all those processes inside you to unfold without disturbances. Do not stop them!** You must never forget this,' Mana sternly warned her. The healer's name was so meaningful. **Mana denotes Universal, Cosmic life energy and power. Without it, there is no life.** The body would be dead.

