

FUTURE TECHNOLOGY - HUMAN RAISED IN A LABORATORY

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HEALING TECHNIQUE - MEDICINAL HERBS

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BOOK OF THE MONTH – OUR EVOLUTION

ING AND ANG - INTROVERTED X EXTROVERTED

1 - FUTURE TECHNOLOGY - HUMAN RAISED IN A LABORATORY

First there will be total control over genetics.

Second they learned how to program the mind.

Third, knowledge and experience will be implanted in the brain as a program is installed today.

The spirit before incarnating goes to the scientists and negotiates the incarnation process. A process with which the spirit wants to learn is demonstrated and after the negotiation, genetically modified sperm and ovum follows the normal process of fertilization, all in the laboratory.

Then this embryo is placed in a tank that will grow quickly, because due to the dominance of genetics, there is no cancer problem due to the acceleration of cell division and growth. In 18 months it is already an adult, still in the tank, when it wakes up, it is aware of the function that it will perform until death, which can take up to 600 years, where when this technology is more advanced, people decide whether to die.

For 18 months he learns everything from kindergarten to doctorate and will have the body of 22 years old, strong, educated, intelligent, ethical, disease free and focused.



Figura 1 Source: Disneyplus

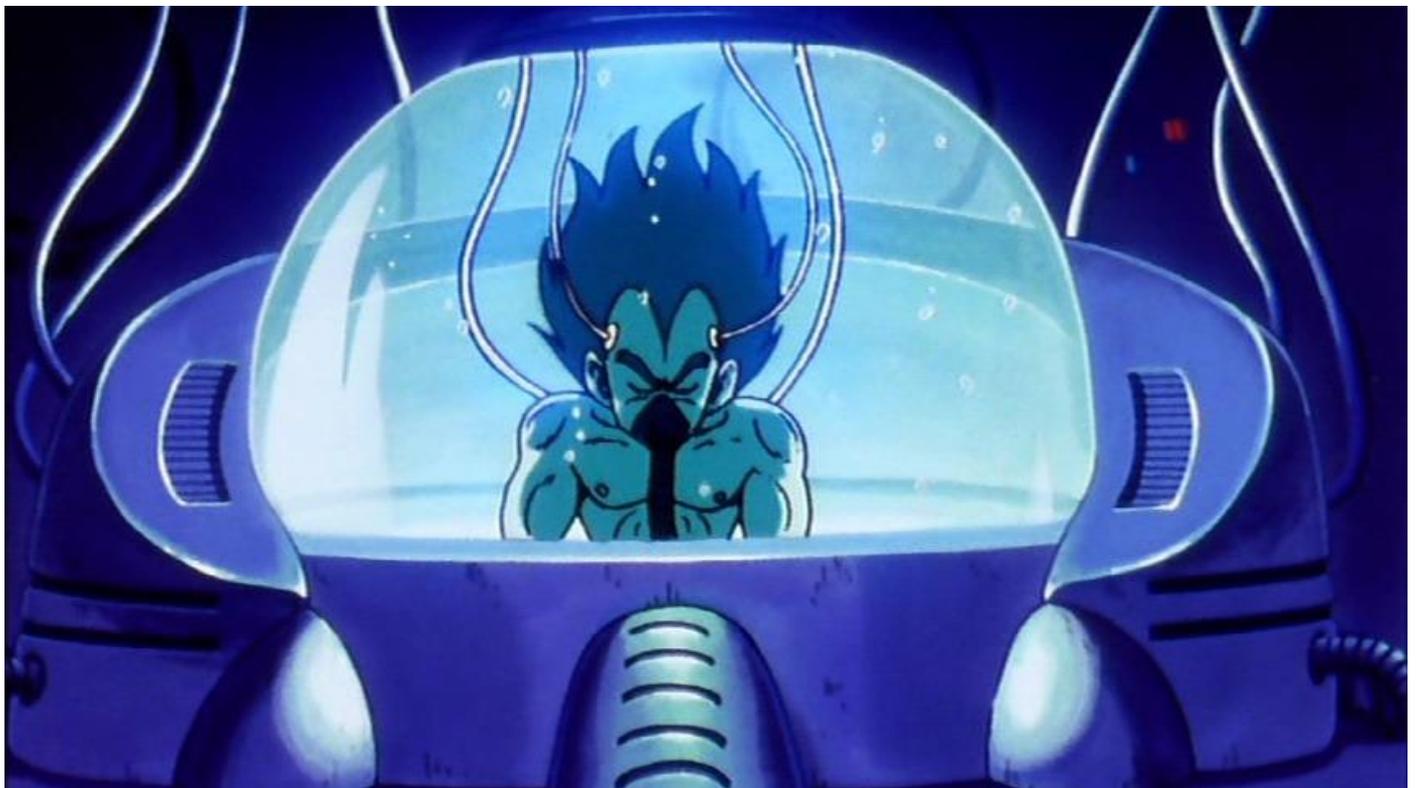


Figura 2 Source: Toei Animation

This technology could easily be used to make clones. In supercomputer simulations it can be calculated how trillions of genetic code opportunities behave and after that create supreme human races worthy of being called God by people ignorant of the situation.

People who worked in politics received massive knowledge on this subject. People who chose to be engineers were given the best genetics for logical thinking and at 22 when they wake up from 18 months of gestation they will have 20,000 years of engineering in their minds.

Some planets only focused on armies, so billions of beings will be cultivated/prepared just to kill and die in the name of pseudo gods incarnate.

Other planets focused on evolution and experiences generated healthy and increasingly intelligent and equal civilizations.

Other planets will result in Kimerras and hybrids that sometimes work and sometimes are just for fun.

Planets that are starting with this technology when in contact with more advanced civilizations will do everything to capture a specimen of the most evolved part and make copies, hybrids, kimerras or just study the most advanced genetics.



Figura 3 Marvel Studios

2 - FOOD OF THE MONTH - APPLE



Figura 4 Shutterstock

The apple is the most consumed fruit in the world, there are more than 7,500 types of different species spread around the world. Culturally, each country has a special taste for apples, but the most cultivated in the world are gala, golden delicious and fuji. Apples are classified in biology as a pseudofruit of the apple tree, and it is undoubtedly one of the most complete foods in this ecosystem. Egypt also received great influence from other cultures of the Near East, such as the entry of the apple from Syria, which arrived in the Egyptian delta at the time of Ramesside (1295-1069 BC).

In Greek mythology, the apple was considered a fruit of the gods. A gift from the goddess Earth to Zeus and Hera, the fruit was so important that her plantation was protected by a hundred-headed dragon and three nymphs. In these times the Greeks in love had the custom of throwing apples at their suitors as a way of

declaring their love. The apple also influenced Norse mythology with the idea that golden apples guarantee eternal life and created fairy tales that permeate diverse cultures.

If we travel in the history of humanity, we find this fruit occupying a prominent place at important moments. I even think that this “ubiquity” of the apple is one of the greatest marketing strategies of all time (Adam, Eve and the apple). Surely you have heard the story that the physicist, mathematician, astronomer and theologian Isaac Newton, would have realized the law of gravitation after watching an apple fall from a tree. There are historians who deny this report and others who for centuries feed this fact as true.

The Royal Society, London, has published a manuscript by the physicist Memoirs of Sir Isaac Newton's Life by William Stukeley (William Stukeley, Memoirs of Newton's Life). Published in 1752, in his writings, Stukeley tells this story of the apple tree in 100 pages, it is worth accessing and checking the original manuscript. In technology, we see Apple that has become a big tech giant of the 21st century. It is one of the largest companies in the world, currently valued at \$2.7 – \$3.0 trillion, and branded as an Apple!

Some of the main bioactive compounds present in apples are:

- Caffeic acid
- Chlorogenic acid
- Cyanidanol
- Epicatequina
- Wreckage
- Fisetin
- Maslinic acid
- Modified citrus pectin
- Phloretin
- Quercitrin
- Ramnetina
- Routine
- Trans-trans-farnesol
- Uvaol
- Potassium
- Vitamin C

Here is a list of apple benefits

2.01 - Preventing cardiovascular diseases

Apples are rich in pectin, a type of fiber that reduces the absorption of fats, helping to reduce blood cholesterol levels and preventing cardiovascular diseases such as heart attack, atherosclerosis or stroke. In addition, the apple has flavonoids and carotenoids, bioactive compounds with antioxidant action that prevent the oxidation of fat cells, helping to balance the levels of “bad” cholesterol, LDL, in the blood.

2.02 - Preventing and balancing diabetes

Apple has good amounts of polyphenols, compounds with antioxidant action that protect the cells of the pancreas against damage caused by free radicals, improving the function of the hormone insulin and preventing insulin resistance and diabetes. By having great amounts of fiber, the apple also decreases the absorption of sugar, promoting balance in blood glucose levels.

2.03 - Promote weight loss

The apple is rich in fiber and water that help to prolong the feeling of satiety for longer, which reduces the desire to eat throughout the day and promotes weight loss. In addition, apples are low in calories, making them a great option to include in weight loss diets.

2.04 - Fighting constipation

The apple contains celluloses, hemicelluloses, lignins and pectins, fibers that help to increase the absorption of water in the intestine, aiding in the formation and elimination of feces. In addition, the apple contains pectin, a prebiotic fiber that serves as food for the beneficial bacteria in the intestine, balancing the intestinal flora and helping to combat constipation.

2.05 - Help balance blood pressure

The apple is rich in potassium, a mineral that facilitates the elimination of excess sodium from the body through the urine, helping to balance blood pressure. The antioxidants present in good amounts in apples also help maintain the health of arteries and improve blood circulation, preventing high blood pressure.

2.06 - Assist in the treatment of gastritis and ulcers

Apple fibers, especially pectin, help form a gel that protects the stomach lining, neutralizing the damage caused by excess stomach acid, helping to treat gastritis and gastric ulcers. Catechins and carotenoids, bioactive compounds present in apples, also have antimicrobial properties, which can help fight *Helicobacter pylori*, a bacterium responsible for gastritis, ulcers and stomach cancer.

2.07 - Prevent cancer

The polyphenols present in apples have antioxidant and anti-inflammatory action that prevent damage caused by excess free radicals to cells, helping to prevent some types of cancer, such as lung, breast and colon.

2.08 - Help prevent cavities

The apple contains good amounts of malic acid, a compound that increases the production of saliva, inhibiting the multiplication of bacteria responsible for the formation of bacterial plaque and helping to prevent cavities.

2.09 - Prevent Alzheimer's

The apple contains flavonoids, such as quercetin, which have antioxidant action, protecting the cells of the central nervous system against free radicals and preventing Alzheimer's. In addition, the flavonoids present in apples improve blood circulation and prevent inflammation in brain cells, improving memory and preventing dementia.

2.10 - Delay premature aging

Because it is rich in antioxidants, apples are a great option to prevent damage caused by free radicals on the skin, preventing sagging and wrinkles.

2.11 - Help fight anxiety

The apple contains pectin, a prebiotic fiber that serves as food for the beneficial bacteria of the intestine, contributing to the maintenance of the health of the intestinal flora, essential to combat and prevent anxiety.

2.12 - Strengthen the immune system

By having good amounts of carotenoids and flavonoids, compounds with antioxidant and anti-inflammatory action, the apple helps protect and improve the functions of the immune system cells against infections and avoid situations, such as flu and colds.

2.13 - Preventing asthma and rhinitis

The apple contains quercetin, a flavonoid with potent immunomodulatory action that strengthens the immune system cells and inhibits the cells that cause inflammation, helping to prevent asthma, rhinitis and bronchitis.

2.14 - Lowers cholesterol

A medium apple has approximately four grams of fiber. Some of this is in the form of pectin, a type of soluble fiber that has been linked to lowering bad cholesterol levels. This is because, according to WebMD, it blocks the absorption of cholesterol, helping the body use it instead of storing it.

2.15 - Keeps you satiated

The presence of fiber in apples also makes it keep you fuller for longer without having to consume a lot of calories (95 in an average fruit). Our bodies take longer to digest complex fibers than simple materials like sugar or refined grains. Any food with at least three grams of fiber is a good source of nutrients, as most people should consume 25 to 40 grams a day.

2.16 - Helps keep you thin

One component of an apple's skin, which also contains most of the fiber, is something called ursolic. That's because it increases calorie burning and the development of muscle and lean mass.

2.17 - Combat colds

Although it is not as efficient as the orange, the apple is considered a good source of vitamin C, which strengthens the immune system. An average fruit has about eight milligrams of this substance, which is equivalent to about 14% of the recommended daily intake.

2.18 - Improves brain functions

According to Good Housekeeping, the fruit has been linked to an increase in the production of acetylcholine, which communicates between nerve cells. This makes the apple can help memory and decrease the chances of developing Alzheimer's. A diet high in antioxidants can have similar effects, so apples, which are particularly rich in quercetin, are a good bet, according to research.

2.19 - Contains high fiber content

Apples are full of soluble fiber. These fibers have shown the potential to reduce intestinal problems, including constipation, hemorrhoids, and possibly some cancers.

2.20 - Protects against side effects of some drugs

Especially in the case of some painkillers and antibiotics, there is a greater risk of developing stomach, intestinal problems, due to the use of these drugs. The apple can act as a protector, preventing damage to the stomach lining and promoting the good bacteria in the intestine, as antibiotics destroy the bad bacteria, but also the good ones.

2.21 - Helps with weight loss

Rich in fiber and water, apples are great for those looking to lose weight. In one study, people who ate apple slices before a meal felt more satisfied than those who consumed applesauce, apple juice, or no apple product. In the same study, those who started their meal with apple slices also ate an average of 200 fewer calories than those who did not. In another study, which followed 50 overweight women, participants who ate apples lost an average of 1 pound in 10 days and consumed fewer calories than those who ate oatmeal cookies of similar calorie and fiber content. Researchers find that apples are more filling because they have less energy density but still provide fiber and bulk. In addition, some natural compounds in the fruit can promote weight loss.

2.22 - Good for the heart

Apples have been linked to a lower risk of heart disease. One reason for this could be its high amount of fiber, which helps to lower blood cholesterol levels. They also contain polyphenols, which have antioxidant effects. Many of them are concentrated in the bark. One of these polyphenols is the flavonoid epicatechin, which can lower blood pressure.

2.23 - May have prebiotic effects

Apples contain pectin, a type of fiber that acts as a prebiotic. This means that it feeds the good bacteria that inhabit the gut. The gut is known to science as the “second brain” of the human body, because it is involved in virtually every function of the body. Having a healthy gut microbiota, with beneficial bacteria present, can even prevent mental health issues such as depression.

2.24 - Protects the throat and voice

Getting hoarse or having a sore throat is more common than we think, and not just for those who work hard with their voice. The fruit has an astringent action, which helps in cleaning the throat and pharynx, benefiting and facilitating voice projection.

2.25 - Apple is an ally of arteries

If you were already impressed with the benefits of apple, know that it still has an extra benefit: it's great for the arteries! It not only reduces arterial aging but also helps to lower blood pressure, which is perfect for hypertensive patients.

2.26 - Keeps Constipation Away

It has excellent quality and quantity of fibers, responsible for increasing the absorption of water in the intestine, helping in the formation and elimination of feces, and also for having the prebiotic characteristic of pectin, which serves as food for the beneficial bacteria that colonize our intestine, balancing the intestinal flora.

2.27 - Prevents Caries

Apple is a food that has a texture and abrasiveness that help remove impurities and plaque that may be present on the teeth, making it difficult for cavities to appear. It stimulates salivation and promotes partial self-cleaning of the mouth, and also helps to regulate the pH of the oral cavity.

2.28 - Prevents Eye Diseases

The food also makes the eyes stronger and improves visual ability, and helps in preventing eye diseases like macular degeneration, cataracts and glaucoma. Apples have vitamins A, C, E and also flavonoids, which reduce the impact of free radicals and act on the eye's blood vessels, preventing and/or delaying the worsening of eye diseases.

2.29 - Increases Bone Health

Consuming the fruit can contribute to bone density, with important nutrients for bone health. It contains vitamin C and calcium, which act in the composition, construction and repair of bones, as well as containing potassium, a mineral that prevents calcium loss.

2.30 - Muscle Integrity

With advancing age, people lose strength and muscle mass. However, the main cause of weakness and muscle atrophy still remains unknown. In 2015, scientists at the University of Iowa in the United States discovered for the first time a protein that interferes with the development of muscle weakness during aging. ATF-4 protein alters the expression of musculoskeletal tissue genes, causing a reduction in muscle protein synthesis, reducing endurance and muscle mass. This discovery, published in the *Journal of Biological Chemistry*, may lead to the proposal of new therapies to maintain healthy muscles for longer.

2.31 - Green apple against inflammation

The skin of the green apple contains enzymes that help protect the so-called T cells. It is a type of lymphocyte that fights inflammation.

In addition, the pectin contained in the bark offers minerals and vitamins that are very suitable to ward off any infection. So if you suffer from arthritis or osteoarthritis, don't hesitate: eat a whole apple with the skin on.

2.32 - Acts in the prevention of gallstones

A high cholesterol level will cause gallstones to form – especially in the gallbladder – due to the solidification of the bile. This occurs more frequently in people who suffer from obesity. This is one of the most amazing apple benefits. Due to the high percentage of fiber in apple, it helps maintain bile liquidity and prevents gallstones.

2.33 - Relieves Stomach Problems

In general, due to their antioxidant and anti-inflammatory properties, they help relieve stomach problems. Quercetin and pectin are good mucosal protectors, therefore, good allies in the process of gastritis and gastric ulcers.

2.34 - Prevents Cataract

Although it can often be resolved with surgery, cataracts still bother many people... It's no wonder that this disease is the biggest cause of treatable blindness worldwide. Like other fruits that contain good levels of antioxidants, apples are able to reduce the risk of cataracts by up to 15%.

2.35 - Helps the digestive system

Due to the good amounts of pectin, tannins, malic acid and flavonoids present in apples, these substances contribute to the relief of problems in the digestive system, such as diarrhea, constipation, among others. In this case, it is recommended to consume baked or boiled apples, and even apple tea.

2.36 - Prevents stroke

That's what a study from Wageningen University in the Netherlands pointed out. Over ten years, the researchers followed groups of people between the ages of 20 and 65. The conclusion of the research pointed out that those individuals who consumed white-fleshed foods, such as apples, were 52% less likely to develop a stroke. All this because of the high concentration of fibers and vitamins B, C and E.

2.37 - Fighting anemia

Because it is rich in iron, apples can be an ally for those who are experiencing anemia problems. In addition, the fruit also has good amounts of vitamin C, an essential element for the good absorption of iron in the body.

2.38 - Apple for the Skin

The benefits of apple for the skin can be seen both by ingesting the apple, as in the preparation of masks with apple to pass on the skin. It is important to eat the fruit with the skin on, as it is where most of its properties are concentrated. That's why it's important to get organic apples whenever possible, so you can eat the peel peacefully without pesticides.

In addition to fruit, you can also benefit from apple cider vinegar. Apple cider vinegar is one of the best facial cleansers. It has properties that manage to balance the skin's pH, cleaning it in depth. It's a natural astringent, and what's even better, it gives us shine and a really young and healthy look.

2.39 - Lowers blood pressure

The apple has an extremely positive impact on the health of the arteries, which helps to lower blood pressure. In addition, apple is associated with less aging of the arteries, preventing the development of heart disease.

2.40 - Reduces the risk of lung cancer

Studies show that the more apples you eat, the less likely you are to get lung cancer. In addition, apples may also have beneficial effects against other types of cancer.

2.41 - Glucose control

The apple has in its composition a type of sugar called fructose, which together with a good amount of fiber in the fruit, is released more slowly into the bloodstream, in comparison with sucrose.

2.42 - Increase in energy

The natural sugars in apples not only taste good, they provide a natural energy supplement. That's why apples are a great choice for a morning meal or post-workout. In addition to being tasty, the taste of apple gives you the energy you need (a medium-sized apple with a skin has about 238 kJ) without having to resort to caffeine or energy drinks.

2.43 - Relief for asthma

If you suffer from asthma, drinking apple juice helps to relieve your symptoms. Studies link the daily intake of apple juice to the effective reduction of many respiratory problems associated with asthma. The scientific justification for this benefit lies in the antioxidant and anti-inflammatory nutrients contained in apples. For best results, make sure you drink natural apple juice. Pregnant women can also prevent asthma in their children by eating plenty of apples during pregnancy.

2.44 - Vitamins: The apple is rich in vitamins B1, B2, B3. The fruit helps in controlling growth, helps to avoid skin problems, prevents hair loss and still regulates the body.

2.45 - An excellent ally to fight that flu

When the flu arrives, the body is quite weakened. But if you already like apples, this is another good reason to eat them. The fruit helps fight the flu because it has a large amount of vitamin C and the presence of flavonoids and polyphenols that give the fruit its characteristic as a functional food, due to the presence of all these bioactive compounds, it also has the ability to reduce free radicals and reduce the viral load of the flu.

2.46 - Relieves muscle pain

The presence of potassium in the fruit contributes not only to heart health, but also to minimize muscle pain and prevent cramps.

2.47 - Eating an apple reduces the levels of childhood dermatitis

Mothers who consume more vegetables and apples during pregnancy may have children with lower rates of dermatitis, according to this [study](#).

2.48 - Eating apple improves erectile dysfunction

A ripe, juicy apple, along with vegetables, may be helpful in fighting erectile dysfunction in men, according to [research](#) involving diabetics.

2.49 - How many apples can you eat a day?

Studies claim that eating two apples a day improves cardiovascular health and lowers cholesterol. But avoid excesses, as you can suffer harmful and uncomfortable effects from exaggerated consumption.

2.50 - Benefits of apple for baby

Are apples good for babies? Yes, that's because with it you get a lot of fiber, vitamin C, B vitamins and antioxidants to help your baby grow.

2.51 - What is the best time to eat apples?

The apple has pectin, present in its peel, it facilitates digestion, rich in fiber maintains the proper functioning of the intestine. The best time to eat apples is one hour after breakfast or one hour after lunch.

2.52 - Is it true that the Apple makes you sleepy?

Apple is a good natural remedy against insomnia, as it is rich in tryptophan and has potassium, a mineral that helps with sleep quality.

2.53 - What happens if you eat too much apple?

Apples are rich in carbohydrates, they are real sources of instant energy. Avoid eating too much apple, as its consumption in excess can lead to weight gain. The body naturally burns carbs first, and eating too many apples prevents your body from burning fat when you need to lose weight.

2.54 - Is it bad to eat apples every day?

No, it's okay to eat an apple every day, there's a popular saying that an apple a day keeps the doctor away. The fruit is rich in potassium, tryptophan, contains vitamins, antioxidants, fiber, natural sugar and phytonutrients. But be aware of excesses, the best way to reap its benefits is to eat a maximum of two apples a day.

2.55 - How to know if the apple is good

It must be bright in color and firm; It must not be whitish, it must not contain bruises or cracks; dark spots (brown or black) can be signs of oxidation, compromising its quality. Choose organic apples, free of pesticides or pesticides.

2.56 - Seeds must be discarded

When consuming the fruit, a person should discard the seeds as they have a compound called amygdalin that can release a toxic compound called cyanide. Even if the toxic effect is not detected in a low amount of consumption, it is recommended to avoid consumption, especially by children, pregnant women and nursing mothers.

2.57 - Risks of excessive consumption

One apple a day is enough to enjoy the benefits of the fruit. The consumption of several units at once causes the energy value to increase, which may impair the process of weight loss or weight maintenance, or an increase in glycemic levels.

2.58 - What is the harm of the apple?

The apple is rich in benefits, it works as a natural detoxifier of the body, it has pectin that helps in reducing cholesterol. In addition to reducing the occurrence of respiratory diseases. But it is necessary to be aware of its harmful effects such as pesticides, toxic seeds, sulfur dioxide applied to dehydrated apples and bacterial infections.

2.59 - Powdered apple guarantees all the benefits of fresh fruit

To turn the fruit into powder, an atomization process known as Spray Dried is carried out. All the water from the fruit is removed, leaving in the end a powder rich in vitamins and minerals. The characteristics of the food are also preserved, such as color, flavor and aroma. Both apple pulp and skin are rich in vitamin C, minerals and fiber. Using powdered fruit input is to take advantage of all these nutritional properties in the development of products, allowing industries to take the real content of apples to their consumers and promote the intake of a lower glycemic and caloric index.

3 - HEALING TECHNIQUE - MEDICINAL HERBS

Products made from botanicals, or plants, that are used to treat diseases or to maintain health are called herbal products, botanical products, or phytomedicines. A product made from plants and used solely for internal use is called an herbal supplement. Many prescription drugs and over-the-counter medicines are also

made from plant products, but these products contain only purified ingredients and are regulated by the FDA. Herbal supplements may contain entire plants or plant parts.

Over the past 100 years, the development and mass production of chemically synthesized drugs have revolutionized health care in most parts of the world. However, large sections of the population in developing countries still rely on traditional practitioners and herbal medicines for their primary care. In Africa up to 90% and in India 70% of the population depend on traditional medicine to help meet their health care needs. In China, traditional medicine accounts for around 40% of all health care delivered and more than 90% of general hospitals in China have units for traditional medicine ([WHO 2005](#)).



Figura 5 ChamilleWhite/iStock

Herbs contain a large number of naturally occurring chemicals (constituents) that have some type of biological activity. Herbs work in a similar fashion to many pharmaceutical preparations. In fact, some pharmaceutical medicines are still obtained from plants. For example, the malaria medicine quinine is extracted from the bark of the cinchona tree, and the pain medicine morphine is produced from the opium poppy.

Archaeological evidence indicates that the use of medicinal plants dates back to the Paleolithic age, approximately 60,000 years ago. Written evidence of herbal remedies dates back over 5,000 years to the Sumerians, who compiled lists of plants. Some ancient cultures wrote about plants and their medical uses in books called herbals. In ancient Egypt, herbs are mentioned in Egyptian medical papyri, depicted in tomb illustrations, or on rare occasions found in medical jars containing trace amounts of herbs. The active constituents of plants have only relatively recently been isolated.

The active constituents in plants are the chemicals that have a medicinal effect on the body. They have been divided into 16 main groups:

Alkanoids: These plants contain a nitrogen-bearing molecule that makes them particularly effective as medicines. An example is Deadly Nightshade.

Anthocyanins: Blackberries contain anthocyanins. These plants maintain blood vessel health.

Anthraquinones: Plants like Chinese Rhubarb that have this active ingredient, stimulate the large intestine, causing contractions and bowel movement.

Bitters: These plants can be recognised by their disagreeable, astringent or acrid taste. The active ingredient stimulates the flow of saliva and gastric juices, thereby improving appetite and digestive function. Examples are Wormwood and Devil's Claw.

Cardiac Glycosides: This powerful constituent is found in plants like Foxgloves. They have a strong direct action on the heart and support and strengthen the rate of contraction. Significantly diuretic, these plants help lower blood pressure.

Coumarins: Coumarins are multi-tasking constituents that thin the blood, relax smooth muscle and can act as a sunscreen all at once. You can find this active constituent in plants like Celery.

Cyanogenic Glycosides: These active constituents are found in Elder plants, amongst others. They have a sedative and relaxing effect on the heart and muscles.

Flavonoids: Flavonoids are found in lemons and are anti-inflammatory, but also maintain healthy circulation.

Glucosilicates: When plants like Radish, which contain Glucosilicates, are applied as a soft, moist mass onto painful joints, they increase blood flow to the area. This aids in healing as it helps remove the build-up of waste products.

Minerals: Mineral-rich herbs like Dandelion, can act as mineral supplements in their own right.

Mucilage: This constituent soothes inflammation and stops irritation and acidity, by lining the mucous membranes of the digestive tract. You can find mucilaginous ingredients in herbs like the Slippery Elm.

Phenols: If taken internally, phenol-rich plants such as Thyme, are antiseptic and can reduce inflammation. But if used externally on the skin, these plants can have an irritant effect.

Saponins: There are two types of this constituent, namely steroidal saponins and triterpenoid saponins. The latter are strong expectorants. Expectorants are agents that increase bronchial secretions and facilitate their expulsion through coughing, spitting or sneezing. These agents can also aid in nutrient absorption. Steroidal saponins have a marked effect on hormonal activity. Plants like Licorice contain saponins.

Tannins: Tannin-rich plants like the Oak tree can contract the skin's tissue, thereby improving the skin's resistance to infection.

Vitamins: Plants like the Dog Rose, have enough vitamins to contribute to one's daily intake.

Volatile oils: These oils are extracted from plants to produce essential oils, which impart the characteristic odours of the plants. Volatile oils from plants like Chamomile, have many therapeutic effects and are used in perfumes, food flavourings and aromatherapy.

4 - PROJECIOLOGY - ASTRAL TRAVEL THROUGH THIRST

Projectiology is the science that studies the manifestations of the consciousness in three distinctive states: the physical, the non-physical and the projected states. Projectiology theoretically and practically analyzes all of the aspects and consequences of the out-of-body experience and other paranormal phenomena. Projectiology employs the rigor of scientific methodology in order to conduct its research on the out-of-body experience.

Projectiology give us plenty of information to study and understand the different states of manifestation of the consciousness, as well as the out-of-body experience and dreams. Projectiology emphasizes the cosmoethical use of any paranormal phenomena, including the out-of-body experience, all of which should be developed according to a persons most ethical internal principles.

Definition. Thirst: common, physiological, human, internal sensation of necessity produced by a need for (lack of) water (H₂O) or the will to drink. Synonymy: privation of water; sensation of dryness.

Suggestion. In the same way that the sensation of hunger or the fasting technique is used the sensation of thirst is also employed as a suggestion for impressing the subconscious mind and forcing the departure of the intraphysical consciousness from the human body in the psychosoma in order to satiate an intensely repressed desire.

Domicile. In this manner, you endeavor to transfer the consciousness from its domicile, based on the principle that no one wants to live in a house without water.

Day. From early in the morning on, endeavor to remain thirsty all day, avoiding the ingestion of any liquids: water; juice; soft drinks; tea; any kind of alcoholic beverages; very succulent fruits; soups; or broths.

Night. At night, you go to bed feeling continuously dry, maintaining the intense wish to drink water, thinking about the place where you could satiate your thirst, e.g., 1 of the following 5 possibilities:

1. Glass. A glass of cold water strategically placed in position as a mental target or, in other words, a target-object.
2. Refrigerator. The refrigerator in the kitchen filled with bottles of mineral water.
3. Filter. A pitcher of cold water placed in a nearby place.
4. Source. A natural source of clean water (fountain).
5. River. A nearby river of unpolluted water.

Potentialiation. There are those who further aggravate the condition of dryness and anxiety for water, intensifying or potentiating the accumulated desire. You can use 4 resources for this purpose:

1. Imagination. Imagine that you are drinking.
2. Contemplation. Look at a glass full of water in front of you, without drinking.
3. Salt. Place a small amount of salt in your mouth.
4. Hyperdipsia. Take a few swallows of salty water before going to bed. This will even further intensify the sensation of dryness (hyperdipsia).

Warning. This process of sensory deprivation should not be applied with the concept or the consumption of salt if the intraphysical consciousness suffers from arterial hypertension and neither should it be utilized in an exaggerated manner. If it is, this can cause nightmares before, instead of lucid consciencial projections afterward.

Climate. The technique of employing thirst for the intraphysical consciousness to lucidly project from the human body should be applied during only one day, by a person in good health, especially in a warm climate, during summer, maintaining due care in order to avoid undesirable dehydration. For safety reasons, the supervision of a trusted physician is recommended.

Umbilicochakra. According to holochakrology, it should be borne in mind that the effectiveness of the projection through thirst technique depends greatly upon the quality of the energies of the umbilicochakra (as well as the laryngochakra) of the intraphysical consciousness practitioner.

Bibliography: Crookall (343, p. 111), Muldoon (1105, p. 227), Smith (1572, p. 23), Vieira (1762, p. 39), Walker (1781, p. 113).

5 - CONSCIENTIOLOGY - KARMIC GROUP

This article proposes a nuclear family groupkarmic theoretical scheme based on an ego defensive mechanism psychological concept, the projection. The article initially introduces the theme context, defines the objective and clarifies its relevance. The methodology is described, consisting on the author's extensive life experience on the subject such as, readings, conscientiological courses, conscienciotherapy, conventional therapy, family and group observations, planned experiments, writings and publications. Then, the article presents the literature review pertinent to the discussion and elaborates the arguments explaining and supporting the proposed nuclear family groupkarmic theoretical scheme. Finally, it concludes suggesting the intermissivist to give the proper importance to the nuclear family not only as a proexis starting point, but also as an environment to identify the recycling priorities, the megalocks. Thereby, he or she could take an evolutionary leap, increase the self-wellbeing and gain moral authority to assist the family and beyond. Aiming at helping the intermissivist on this journey, there is an illustrative schematic indicating the traps to be avoided along the way.

The objective of this article is to propose a theoretical groupkarmic scheme and shed some light in the family multidimensional, seriexiological, interconscial, and intraconscial dynamics at play. The proposed scheme does not intend to explain the whole groupkarmic or family multidimensional and seriexiological forces at play, but part of it. Moreover, it is not our pretension that this proposal applies to 100% of cases. Nonetheless, it can hypothetically become a powerful tool to be used to deal with one's family interassistentially, and also for self-knowledge.



Figura 6 IIPC

This article brings new perspectives to the groupkarmic body of knowledge and literature, in an attempt to help to better understand it. The article also aims at proposing a theory that can help intermissivists to increase their lucidity and discernment about their nuclear family situation and how to properly assist it, hence opening the pathway for the intermissivist to proceed with more advanced clauses of his/her proexis, and the widening of groupkarmic assistance, and finally the opening of his/her polykarmic account.

The evolutionary group is the reunion of consciousnesses, more or less lucid, that evolve together according to the affinity of their ideas, sentiments and actions. It is the same as groupkarma in relation to the law of cause and effect. Consciousness form conscial families. (Vieira, 2010, p. 13) Every consciousness has an evolutionary group that is composed of millions of consciousnesses in different dimensions and evolutionary levels. Malu Balona wrote her second book, *Self-healing Through Reconciliation* (2009, p. 27), with the aim of understanding the role of the consciousness in the groupkarmic process, which is based on emotional relationship. She describes groupkarma as the personal commitment to the set of consciousnesses that make up the conscin's social surroundings: family, friends, acquaintances, professional colleagues, and emotional relationships in general. This group becomes much broader when we consider the many existing dimensions (multidimensional approach).

According to Vieira (2010, p. 64) groupkarmic interprison is the condition of inseparability, within the evolutionary group, of the consciousness that practiced anticosmoethical acts together, and so they get stuck together at the margin of evolution, until one manages to rearrange his/her evolutionary path cosmoethically. Their existences and experiences remain jammed due to the inseparability principle of conscial affinity that acts through our thosenes. Our bonds lock us in tight shackles or free us with libertarian keys. Everything depends on the maxifraternity manifestation of the consciousness. During this phase, the consciousnesses, prisoners of one another try to set free from each other, but they absolutely fail. The most beloved colleague of yesterday, becomes the most hardened and

ruthless chaser today because of the irrationality of emotions. The purest affection of the past, transforms itself into explicit and declared hatred in the present.

They want to live apart because, at least temporarily, they cannot stand each other, but the common mistakes done at the same time in the past, whether by 4 or 100, yoke them together and impose the presence of one another (Vieira, 2010, p. 98). Alike consciousnesses attract themselves with irresistible force. Nobody loses nobody, and nobody gets rid of nobody. Groupkarmic interprison is based on the principle of interconscial inseparability or evolutionary inseparability. Supported by the universal law of thosene affinity, those that thosenate similarly attract each other and live together, inseparably.

When a person has uncomfortable thoughts or feelings, they may project these onto other people, assigning the thoughts or feelings that they need to repress to a convenient alternative target. Projection may also happen to obliterate attributes of other people with which we are uncomfortable. We assume that they are like us, and in doing so we allow ourselves to ignore those attributes they have with which we are uncomfortable. Projection also appears where we see our own traits in other people, as in the false consensus effect. Thus, we see our friends as being more like us than they really are. Examples of projection: I do not like another person. But I have a value that says I should like everyone. So I project onto them that they do not like me. This allows me to avoid them and also to handle my own feelings of dislike. An unfaithful husband suspects his wife of infidelity. A woman who is attracted to a fellow worker accuses the person of sexual advances. We can thus criticize the other person, distancing ourselves from our own dysfunction. One explanation is that the ego perceives dysfunction from 'somewhere' and then seeks to locate that somewhere. The super ego warns of punishment if that somewhere is internal, so the ego places it in a more acceptable external place - often in convenient other people. Projection turns neurotic or moral anxiety into reality anxiety, which is easier to deal with. Projection is a common attribute of paranoia, where people project dislike of themselves onto others such that they believe that most other people dislike them. Another possibility is that when others criticize you, they may well be criticizing a projection of themselves.

Before explaining the scheme it is important to state that the author works with the premise that the universe is extremely complex, way beyond our capability to perceive and understand all variables at play, and at the same time that the universe is extremely efficient and effective with its resources to solve multiple issues within a single dynamic - in this case the family one. To understand the scheme let us try to go through it using a hypothetical storytelling approach. Imagine an evolutiologist trying to solve a bunch of problems in an efficient and effective way. The evolutiologist has a group of consciousnesses that he/she needs to help evolve, get better, overcome their own flaws and gaps. At the same time, the evolutiologist needs to help each consciousness improving their personal evolutionary record (PER), in other words solve their groupkarmic interprison by paying their evolutionary debts. The evolutiologist knows that a consciousness usually has many flaws (weaktraits) and gaps (absentraits). However, using the principle of efficiency and effectiveness, the best approach for that consciousness would be to focus in overcoming its worst weaktrait or absentrait at that particular moment in time. The worst weaktrait or absentrait is that trait that is mostly impairing the consciousness evolution, either by stagnation or by PER deterioration. This worst trait is called evolutionary megalock (in Portuguese: megatravão evolutivo). Therefore, every effort, energy, and time spent on other matters would not be as efficient and effective to one's evolution.

These are possibly representations of Self-aware Stricto Sensu Cosmoethical Infiltration and Oblivious Stricto Sensu Cosmoethical Infiltration, as the epicenter who has already recycled the negative trait/manifestation before entering the group mission, and the Circumstancial Cosmoethical Infiltrate as the epicenter who has not yet overcome the negative trait/manifestation before entering the group mission. Yet, is it possible for an evolutionary group leader to have recycled the group megalock and still not be lucid of the process, as proposed by Costa (2015). This article will not explore this hypothesis though. Another aspect that helps to push the family members towards reconciliation is the discomfort and tension caused by conflicts. This is an intelligent mechanism or force, hipotetically, because conflicts create a discomfort or tension that can only be resolved truly and deeply by reconciliation. Usually, a true reconciliation is one that eliminates any wrong doings or hurt feelings forever, something not usual in my perspective and experience. It involves recycling the trait that caused it. Therefore, conflict creates tension, and this pushes people towards recycling, so they can reconcile and eliminate the discomfort. This tension and discomfort may arise from a

subconscious perception of the interprison, generated or intensified by the conflict, preventing the evolution/freedom every consciousness seeks, in a conscious or unconscious level, which will lead to a higher well-being.

The groupkarma theoretical scheme proposes, first of all, that the intermissivist acknowledges the importance of family in his/her proaxis, and even if not at the core of it, that it represents an important step towards his/her complexis. Secondly, it suggests that approaching the family as a mirror, the stance becomes a powerful tool to find out the intermissivist's recycling priorities. The family is an important self-knowledge tool, particularly when considering the emerging conflicts as indicators of weaktraits and absenttraits, or even a megalock to be recycled, surely highly important for future evolutionary endeavours and the completion of the intermissivist's proaxis. Thirdly, as the intermissivist identified, researched, and recycled the megalock related to his/her family, it is ready now to assist the family, and further down the road open his/her polykarmic account. It is likely that this recycled trait(s) would also be the starting point, if not the main point, of their initial polykarmic duties. Fourth and last point, when facing a family conflict or difficulty, the intermissivist has basically 3 options: being 2 negative, and 1 positive. First, the intermissivist can make it worse by escalating the conflict. Second, it can try to avoid, forget or pretend it does not exist (rupture, escape, repression, workaholism), all evasive strategies. The third option is for the intermissivist to recycle him/herself, ending the conflicts and assisting others. This third option will bring enormous benefits for all parts involved and particularly the intermissivist, as it will increase his/her well-being and help him/her to move on with his/her evolution. You can read all article here: <https://cutt.ly/NIXW6UJ>

6 - BOOK OF THE MONTH - OUR EVOLUTION

Who are you?

What are you?

Where did you come from?

What are you doing in this life on Earth?

Where are you going to?

Using a series of questions and answers we seek to provide simple and logical responses to these classic philosophical questions, as well as many others, from the standpoint of conscientiology.

What is conscientiology?

Conscientiology is the science that studies the "entire" consciousness (soul, ego, individual essence), along with all of its bodies, existences, experiences, epochs and places, with an integral, projective and self-aware approach in relation to the various existential dimensions.

You can download this book for free [here](#).

7 - ING AND ANG - INTROVERTED X EXTROVERTED

INTROVERT

Introverts tend to focus on their own thoughts and feelings. People with this professional profile are more introspective. In general, they recharge their energies by spending time alone. However, such an attitude should not be interpreted, necessarily, as shyness or insecurity. Despite their more withdrawn and reserved behavior, introverts are not averse to socializing. They voluntarily choose solitude or a small group of people because they feel better that way.

EXTROVERT

Extroverts, because they are energized through contact with people and the outside world, tend to be more sociable and aware of what is happening around them. They have no problem being the center of

attention. However, being alone for a long time can drain them mentally. Individuals with this profile can have, in short, two directions: the agent and the affiliate. Agents are those who seek to achieve their goals more incisively. They are persistent and driven by success, easily assuming leadership positions.

Affiliates, on the other hand, are friendly and affectionate. They draw people closer to you. Close relationships are of great importance to them. Because they are communicative, they tend to be part of a very large group of friends.

	Extrovert	Introvert
Definition	Externally oriented individual.	Individual oriented from within.
Characteristics	<ul style="list-style-type: none"> • Values sociability • Easy to express opinions and feelings • Stands out in the social environment 	<ul style="list-style-type: none"> • Values concepts and ideas • Generally shy and more reserved • Does not express opinions and feelings easily
Synonyms	<ul style="list-style-type: none"> • Sociable • Communicative • Funny • charismatic • Cheered up 	<ul style="list-style-type: none"> • Shy • Still • Shut up • Recatado • Reserved

REMARKS ON THE INTROVERT

The most introverted professional is usually not very given to hallway conversations, but can be a good listener when needed. He is more detail-oriented and his focus is on his tasks, which guarantees him greater performance. Likewise, this professional tends to plan better, avoiding future problems.

A point of attention for the most introverted person is the fact that they feel more emotional wear when they are in contact with a large audience. In addition, you may be afraid to express your ideas and opinions in meetings and debates, thus giving the impression that you are insecure or arrogant.

OBSERVATIONS ON EXTROVERT

Being more articulate, the extroverted professional tends to take the lead in decision-making. As he is more sociable, he makes friends easily, speaks well in public and is comfortable in busier places.

A point of attention is impulsiveness, which makes you more prone to mistakes. Because they like to express themselves, the person with this profile may fail to give other employees the opportunity to speak, creating an uncomfortable atmosphere.

CHARACTERISTICS OF INTROVERTED PEOPLE

Each person is unique and different, but in general, characteristics of introverted people include the following:

Listen carefully. Many people find in the friendship of an introverted person the discretion, confidence, and empathy of someone who stands out for his willingness to listen. Introverted people also like to share information about themselves, but they prefer the intimacy of small groups and spaces of trust. They are not comfortable being the center of attention in a new place.

Solitude time. Every human being needs to spend time alone, as well as relating to others. However, the relationship that a person has with loneliness is closely linked to the bond he establishes with himself. An introverted person finds in these solitude spaces a haven of tranquility. An introvert seeks these moments on their own initiative. An introverted person has a large, detailed inner world. An inner world that acquires a special role in these spaces of silence and solitude. Thanks to this, boredom is a rare consequence in those who have this disposition towards solitude.

Reflective people. The moments of solitude described in the previous point are also a manifestation of inner reflection. A quality that in bonds with other people is manifested through words that nourish and contribute. A reflection that seeks the ability to observe beyond appearance and to reach what is beyond the surface.

Find your place when you're in a group. By participating in a social event with a large number of participants, the protagonist seeks his own comfort zone in an environment that, a priori, does not particularly motivate him. For example, look for a close friend you feel comfortable with.

Personal conversation topics. Introverts also like to share lighthearted jokes and stories. However, the main focus of their conversations are the more personal issues and more relevant issues that favor an enriching dialogue around a conversation plan with another friend.

CHARACTERISTICS OF EXTROVERTED PEOPLE

Each person is unique and different, but in general, the following are among the characteristics of extroverted people:

Adaptation to change. From the point of view of leisure, they are people who quickly integrate into a new environment. They enjoy this situation as an opportunity to meet new people and have new experiences.

Wide social circle. As a consequence of the previous point and other factors, an extroverted person also tends to have a broad social environment made up of people from different groups.

Leadership. In friend groups, it is possible for an extroverted person to unite the group around a common goal. For example, programming a plan. In this case, she will love to come up with ideas, lead the process of specifying details, and motivate others with the illusion of being together.

Search for novelty. If extroverted people like to get out of their comfort zone in terms of leisure plans and personal relationships, it is because the search for novelty is an incentive that activates the surprise factor in the face of routine.

They feel comfortable when they are protagonists. In those moments when the person focuses the attention of the conversation in a group, they usually feel at ease and enjoy the moment. Just as it is important not to confuse shyness with being an introvert, it is also important not to confuse this trait of extroverts with a constant manifestation of the ego.

THINGS THE INTROVERT SAYS

I am thoughtful: I like to think about things before I act or speak. I'm more of a listener than a talker.

I am introspective: I value ideas, imagination and writing.

I am deliberate: I take action instead of acting impulsively.

I'm focused: I like to focus on one thing at a time. It's frustrating to be interrupted often.

I am calm: I prefer to be soft-spoken, discreet and mature.

I'm cautious: I'm not one to take big risks.

I am silent: I do not speak unnecessarily.

I am loyal: I have intimate and close connections with a small number of people.

I prefer to express myself by writing.

I am self-sufficient: I can be content without much entertainment and stimulation.

I sometimes find it difficult to think about the location. I often think of something I wish I had said after the situation had passed.

I'm detail oriented.

I like to have solitude on a regular basis.

I prefer a one-on-one or small group discussion to the brief, superficial conversations I might have at a party.

I often let my phone go to voicemail; would rather send a text or email.

I prefer to research a new situation from the outside before jumping into it.

I feel overstimulated in noisy and chaotic environments and seek refuge by going outside or hiding in the toilet.

I prefer a quiet night at home or in a restaurant than going out on the town.

I feel exhausted socializing.

I have a great need for privacy.

DISADVANTAGES OF BEING AN INTROVERT

The biggest disadvantage that the introvert feels is more related to the judgment of others. Because they are easy to be alone, being more introspective and reflective, the introverted person is often judged as arrogant, strange, arrogant, antisocial, among other things that they definitely are not.

In a world that values extroversion, communications and social interactions, the introvert can suffer discrimination and miss opportunities because of their lack of concern for social relationships.

Not expressing what you think, not making a point of publicizing your skills and not appreciating public communication are other points that can affect your assessment of the introverted person.

In general, introverts earn between R\$52,000 and R\$59,000 annually. According to research, extroverts generally have a higher salary because they are more likely to take on managerial roles. On average, extroverts supervise 4.5 people at work, while introverts manage 2.8 people at work.

8 - CASES OF HEALING - FREEDOM FROM CANCER

Patient: L.P.E. (the names is changed to respect the patient and the problem is a little changed to be hard to Discovery who is in all plant Earth).

Cancer Type: Endometrial Cancer

A little knowledge: Endometrial cancer is a type of cancer that begins in the uterus. The uterus is the hollow, pear-shaped pelvic organ where fetal development occurs. Endometrial cancer begins in the layer of cells that form the lining (endometrium) of the uterus. Endometrial cancer is sometimes called uterine cancer. Other types of cancer can form in the uterus, including uterine sarcoma, but they are much less common than endometrial cancer. Endometrial cancer is often detected at an early stage because it frequently produces abnormal vaginal bleeding. If endometrial cancer is discovered early, removing the uterus surgically often cures endometrial cancer.

Situation: The uterus had been removed, but the problem still persisted.

She sends Dr. Brandl a message asking if she could be cured with his techniques. He replied that he needed to study the case, make a diagnosis of where this problem was coming from and put together a containment and cure plan.

She accepted, sent the exams and after a few days received the list of treatments that would be done.

After the doubts were removed, the session was scheduled, she flew to Florianópolis in the State of Santa Catarina in Brazil and the session was held in a 5-star hotel.

Below is the list of treatments that have been assigned:

SPIRITUAL SURGERY

Low Vibration Cells That Causes Problem endometrial cancer will be solved

A cleaning will be done on the physical body endometrial cancer will be solved

A cleaning will be done on the upper mental body endometrial cancer will be solved

Diseases created in hybrids and implanted in the physical/subtle body that generate problems endometrial cancer will be solved

Diseases generated by dark Mother/Father while in pregnancy that generates problem endometrial cancer will be solved

CURE THROUGH THE DISSOCIATION OF NEGATIVE LIVES

Lives as negative ets that are generating problem of endometrial cancer will be healed/treated/cured

Versions incarnated like animals that are generating problem of endometrial cancer will be healed/treated/cured

Lives like orrorin tugenensis that are generating health problems. endometrial cancer will be healed/treated/cured

Disconnected versions that are causing endometrial cancer will be healed/treated/cured

Lives like ardpithecus kadabba that are creating endometrial cancer will be healed/treated/cured

Lives like australopithecus afarensis that are generating health problems. endometrial cancer will be healed/treated/cured

Lives in happy worlds that are creating endometrial cancer will be healed/treated/cured

CURE THROUGH THE ELEVATION OF CURRENT LIFE

Creation of memories in the space Time Continuum from the person: regular exercise to help recovering from endometrial cancer

Creation of memories in the space Time Continuum from the person: hours of sleep daily to help recovering from endometrial cancer

Creation of memories in the space Time Continuum from the person: openness to speak and listen to help recovering from endometrial cancer

Creation of memories in the space Time Continuum from the person: dedication to teaching what you know to others. to help recovering from endometrial cancer

Creation of memories in the space Time Continuum from the person: time dedicated to the partner to help recovering from endometrial cancer

Creation of memories in the space Time Continuum from the person: check-up and routine exams to help recovering from endometrial cancer

CURE THROUGH THE PARACCRETIZATION OF THE PERSONAL EVOLUTIONARY PLUG

Aiming to generate spiritual credits to generate a cure for the disease endometrial cancer experience was generated of thoroughness in this and other lives

Aiming to generate spiritual credits to generate a cure for the disease endometrial cancer experience will be taken from dissatisfaction in this and other lives

Aiming to generate spiritual credits to generate a cure for the disease endometrial cancer experience was generated of self-forgiveness in this and other lives

Aiming to generate spiritual credits to generate a cure for the disease endometrial cancer experience will be generated of aesthetics in this and other lives

Aiming to generate spiritual credits to generate a cure for the disease endometrial cancer experience will be generated of scientificity in this and other lives

Aiming to generate spiritual credits to generate a cure for the disease endometrial cancer experience will be taken from frowning in this and other lives

CURE THROUGH THE REACTIVATION OF THE HEALTHY GROWTH PROCESS

Healing DNA Damage Genican Core (NDNA) with Focus DNA Repair in Disease

Healing DNA Damage Mutagenesis directed to oligonucleotide mitochondria with focus breaks in double ribbons

Healing DNA Damage Genican Correction Mitochondria with Focus DNA Repair in Disease

Healing DNA Damage Mutagenesis directed to oligonucleotide mitochondria with focus DNA repair in disease

Healing DNA Damage Genico Nucleus Repair (NDNA) with Focus Damage to Simple Ribbon

CURE THROUGH CUTTING OF ETHERIC THREADS WITH PATIENT CELLS

The connection of sick cells will be cut with diseased cells from past lives

The connection of sick cells will be cut with filaments connected with sick subtle bodies from past lives

CURE BY SHUTTING DOWN THE PATIENT CELL CAPABILITIES

Will disease cell capabilities will be turned off

CURE THROUGH COSMETIC TRANSPLANTATION

Samples of experiences with cosmoethics will be copied from: J. E. - Jussara Ernandorena, and will be inserted in your life/version: vidas como sahelanthropus tchadensis

Samples of experiences with cosmoethics will be copied from: L. A. - Luiz Fernando Antunes, and will be inserted in your life/version: artefatos

Samples of experiences with cosmoethics will be copied from: E. J. R. - Ermania Ribeiro, and will be inserted in your life/version: vidas minerais

Samples of experiences with cosmoethics will be copied from: C. A. - Cristina Arakaki, and will be inserted in your life/version: versões encarnadas como animais

Samples of experiences with cosmoethics will be copied from: M. C. N. - Cristina Nievas, and will be inserted in your life/version: quimerras

CURE THROUGH FOOD

Will be used one most powerfull food in the planet: Green Tea, Garlic, Berries, Cruciferous & Leafy Green Vegetables

KARMIC HEALING - AKASHIC RECORDS

Searched in the akhasic records: Negative loans that originated Degenerative diseases of the nervous system in versions in cryogenic suspension that is helping endometrial cancer, then will be solvedd

Searched in the Akashic Records: Agreements that originated Diseases of extraterrestrial origin in lives after transmigration that is helping endometrial cancer, then will be solvedd

Searched in the akhasic records: Crimes against light that originated Diseases caused by coupling of dark beings in lives in the plant kingdom that is helping endometrial cancer, then will be solvedd

Searched in the Akashic Records: Promises that originated Respiratory System Diseases in lives like negative ets that is helping endometrial cancer, then will be solvedd

Searched in the akhasic records: Negative services still in progress that originated Diseases caused by vibration similar to dark beings in lives in happy worlds that is helping endometrial cancer, then will be solvedd

HEALING WITH FLUID WATER

Inhibition of free radical formation, that is, decrease in cellular oxidative processes, decrease in the rate of carbon dioxide production, acceleration of phagocytosis processes, increase in the production of lymphocytes (defence cells)

It is observed in the cell membrane a greater mobility of Sodium and Potassium ions, improving the cell osmosis process, having a rejuvenating effect on the body. There is a distribution in the transport mechanism of several types of cations, such as calcium

Effects on receptor hormones, lymphocyte activation by antigens and various lecithins. The process of induced magnetic polarization (magnification) of water in the body produces the capture and precipitation of excess calcium in the cell medium

Replenishment of spiritual energy, renewing the perispiritual structure.

CURE WITH APOMETRY

Feelings like: "selfish" that can surface in this situation will be healed

Lymphatic System, cured

Pieces of yours in possession in the Pisces constellation that help to cure this disease will be rescued

Pieces of yours in possession in the Lyra constellation that help to cure this disease will be rescued

Problems of this life and other lives with too much concern with the evaluation of others that increase the chance of the disease will be treated

Beings inserted in your chakras are rescued

CURE WITH CRANIOCHACRAL ARC

Greater interaction with work supporters, perception of ideas and command discrimination

Possibility of intraconscial recycling as a result of having more lucidity

Energetic cleansing, eliminating negative gravitational energies around the person

General well-being due to energy gain, possible releases, detoxifications and uncouplings of altered / needy beings.

CURE WITH SPIRITUAL SURGERY II

It helps in quick and complete recovery from various injuries, for example, an athlete who suffers a muscle strain and supplements medical treatment with Spiritual Surgery sessions will be able to get back to playing faster

It considerably reduces and relieves stress, causing a deep feeling of peace, relaxation, comfort and tranquility in the body

Strengthens the immune system, preventing new diseases and infections from arising

Problem solving regarding other areas of the person's life (the person is advised outside the body)

Healing of the most varied physical, spiritual, mental, emotional, energetic, karmic, transdimensional illnesses, among others

CURE WITH CUTTING OF ETHERIC STRINGS

Diseases caused by wrong knowledge of body functions linked to the sickness: endometrial cancer will be cut the etheric threads connected

Diseases created by malignant processes linked to the sickness: endometrial cancer will be cut the etheric threads connected

It will be located in the akhasic records: more advanced DNA then strengthened to help cure the current disease linked to the sickness: endometrial cancer will be cut the etheric threads connected

Offline versions linked to the sickness: endometrial cancer will be cut the etheric threads connected

It will be located in the akhasic records: Pacts and the etheric threads connected to current personnel will be cut linked to the sickness: endometrial cancer will be cut the etheric threads connected

Diseases caused by blocking the chakras with dark energy linked to the sickness: endometrial cancer will be cut the etheric threads connected

Diseases caused by blocking the chakras with dark energy linked to the sickness: endometrial cancer will be cut the etheric threads connected

CURE WITH DONATION TO THE ANCESTORS

Energy will be donated to your direct male ascendants from 12^o generation

Energy will be donated to Aunts from your direct male ascendants from 10^o generation

Energy will be donated to the Uncles of your direct female ascendants from 22^o generation

Energy will be donated to the Uncles of your direct female ascendants from 8^o generation

Energy will be donated to siblings of your direct female ascendants from 31^o generation

Energy will be donated to the Aunts of your Parents

CURE WITH DOWNLOAD EXTRA SUBTLE BODY

Subtle body will be downloaded: Atmic Body advanced 15589 years to sustain the healings done in the whole being

Subtle body will be downloaded: Fistic body advanced 2423682 years to sustain the healings done in the whole being

Subtle body will be downloaded: Lower Mental Body advanced 8729782 years to sustain the healings done in the whole being

Subtle body will be downloaded: Astral Body advanced 242370 years to sustain the healings done in the whole being

HEALING WITH PHYTOTHERAPY

Bu Shen Yang Xue (BSYX)

HEALING WITH HO'OPONOPONE

Establish inner peace

Get control of thoughts

Decrease the emotional burden caused by hurts and the feeling of guilt (root cause of illness)

Reduces stress levels and promotes well-being

Improves the relationship with yourself

CURE WITH HOMEOPATHY

Bufo Rana, Liliium Tigrinum, Lachesis and Murex

HEALING WITH REIKI

Can be directed to specific bodies

Spiritual surgeries with Reiki are easy to do

The chakras are balanced

Emotional catharsis process occurs sometimes

CURE WITH ORTHOMOLECULAR MEDICINE

High Dose Vitamin C

HEALING WITH PARAPHETER

An astral doctor is constellated to perform a specific surgery with a focus on curing the current disease (with no cuts)

HEALING WITH PROCESS OF RISE OF THE SPIRIT

The spirit is sent to the future and after being healed comes back

HEALING WITH THE STRENGTH OF THE 4 ELEMENTS

Will be healed with the energy of fire

Will be healed with the energy of water

Will be healed with earth energy

Will be healed with wind energy

CURE OF PAST LIVES

Crime exhausted made 423 incarnations ago will be undone to solve the problem: solitude

Crime in free and linked form made 655 incarnations ago will be undone to solve the problem: solitude

Single-action and multi-action or mixed-content crimes made 36 incarnations ago will be undone to solve the problem: solitude

Heinous crimes made 304 incarnations ago will be undone to solve the problem: solitude

Conditioned and Unconditioned Crimes made 20 incarnations ago will be undone to solve the problem: solitude

CURA OF THE KARMA OF THE PREVIOUS PLANET

Will be cured some karma from another planet to help solving endometrial cancer;

Karma from: HD 211970 b planet will be healed

Karma from: Kepler-603 d planet will be healed

Karma from: HD 102272 c planet will be healed

CURE OF THE PREGNANCY PROCESS

Genetic marks from the time of pregnancy that is associate to: endometrial cancer will be healed

Baby stopped for more than a day during pregnancy that is associate to: endometrial cancer will be healed

Lack of copper in pregnancy that is associate to: endometrial cancer will be healed

Endometriosis during pregnancy that is associate to: endometrial cancer will be healed

Lack of copper in pregnancy that is associate to: endometrial cancer will be healed

HEALING OF THE IMMUNE SYSTEM

Improvement in the processes of cytokine process

Improvement in the processes of Regulatory cell (FOXP3)

Improvement in the processes of Antibody producing cells

Improvement in the processes of Immune cells at the site release cytokines

Improvement in the processes of Presentation of antigens to TCD4 lymphocytes

CURE OF THE ANCESTORS

An energizing (healing) session will be done to siblings of your parents

An energizing (healing) session will be done to the Nephews of your direct male ascendants from 34^o generation

An energizing (healing) session will be done to the Uncles of your direct female ascendants from 9^o generation

An energizing (healing) session will be done to Aunts from your direct male ascendants from 30^o generation

CURE IN THE ROOT CAUSE

Will be found: antisocial in somatizations and erase to help stoping the actual problem

Will be found: sly in this incanation and erase to help stoping the actual problem

Will be found: incorrect in this incanation and erase to help stoping the actual problem

Will be found: inhuman in somatizations and erase to help stoping the actual problem

HEALING WITH OXYGEN

Will be inserted paramolecules of oxygen to help in: Improve fibroblast proliferation

Will be inserted paramolecules of oxygen to help in: Improve release of chemical mediators

Will be inserted paramolecules of oxygen to help in: Stimulate brain activity

HEALING WITH PARASHIPS

Healing with advanced technologies

Advanced knowledge download

Evolution of years in moments

Physical healing

Emotional healing

Energy healing

HEALING WITH GENETIC INSERTION

Adding one or more nucleotide base pairs to a genetic sequence to cure: endometrial cancer

Adding one or more nucleotide base pairs to a genetic sequence to resist: endometrial cancer

Adding one or more nucleotide base pairs to a genetic sequence to weak: endometrial cancer

Adding one or more nucleotide base pairs to a genetic sequence to confuse: endometrial cancer

After the session, she got better and could have a normal life again.