

Dissolving Stress

The vast majority of diseases, conflicts, divorces, and problems in our lives are caused by stress. Therefore, learning the root cause of stress and how to dissolve it effectively is essential for our wellbeing and crucial for our health. Stress and negative emotions precipitate negative energy in the psyche. This negative energy disrupts human physiology thus causing chronic diseases. It also disrupts the harmony of mind, causing conflicts, addiction, lack of productivity, and all kinds of problems afflicting humanity.

Dissolving stress is a unique human spiritual quality; it allows a person to transform the negative stress energy into positive energy. Let's use fear as an example to elaborate dissolving stress. When one is in fear, they are wrapped in the negative energy so they lose their inner peace, they lose their mental clarity, they lose their coherence and they lose their ability to be productive. Then, if they apply this simple observation technique to dissolve stress, their fear is transformed into positive divine energy which gives them many attributes including, courage, peace, mental clarity, understanding, intuition, and inner healing. As a result of these attributes, this positive energy promotes healing and restores health and wellness.

The spiritual solvent that facilitates stress dissolution is accessible to us, through our God-given conscience. In order to fully utilize this potential, there are three basic prerequisites:

1. We need to be at least partially aware that we bear stress, trauma, anxiety, resentment or negativity in our psyche.
2. We need to yearn for the resolution of these burdens.
3. We need to be willing to consciously submit to the God-given Solvent.

We are here to gently guide you through this awesome long-term journey. We love to coach you on how to utilize your innate potential to dissolve stress—effortlessly!