

## **Warning about potential risks and problems with energy and similar activities**

Every normal person (or animal or plant) has given a certain amount of energy throughout his life just for his existence, and if he manages to distribute it to others, he must logically expect to sooner or later get into the situation, when this energy is not enough for his own needs and problems arise. You may initially have the same effect by having nothing to give away and stagnating. If he does not realize the danger that can arise in time due to the high fatigue, the loss of all the forces and the manifestations of various diseases, he can finally reach the point where he will no longer be able to supplement this energy - recharge, he will not have enough strength to rescue himself, and can not do without any help. This situation can occur if the energy is mistaken.

If you use and distribute your energy, you will logically miss it if you do not replenish it adequately, so recharge it. It is like money, which is also a form of energy, because it is also necessary to spend more or less of energy on it by repeating it, for example, by hard manual or mental work. No bank or banker is using to invest their personal money, but the money of the clients who entrusted them and who are left to them. Therefore, you, if possible, do not use your most valuable personal - vital energy for your business. But the quantity and quality of your personal - vital energy can be supplemented by other sources (nature - plants, trees, animals, other people, reconnection, movement, pharmacies, etc.).

There are more ways to work with energies, which in practice are most often used in two ways - namely, working with own energy and working with foreign sources of energy. Your personal energy is your own - vital energy (resulting from transformation from food, water, air and light), and alien sources can be, in particular, cosmic - cosmic energy (cosmic cosmos), astral energy (cosmic body energy (such as Sun, Moon, Venus, etc.) and, last but not least, Earth energy (so-called geoenergy). These energy sources can passively contain their specific energy, actively radiate, or both. However, work with alien energy is demanding and so exhausts our own energy as well.

With different energies, they can work differently and purposefully and use them for different purposes (to heal, to displace negative energy, to charge and recharge, to telepathy, to various kinetic manifestations, or otherwise). These different forms of energy have different quality, quantity and content, and can be aggregated or densified, transformed, modulated and transported, and even with some energies, under certain conditions, they can be manipulated independently of space and time. There is nothing new because the Energy Conservation Act is one of the basic and most commonly used physical laws. This law (in simple terms) states that energy can not be produced or destroyed, but only transformed into another kind of energy.

It is therefore necessary to seriously reflect on what energy, why and how we work and whether we do not use a disproportionate amount of our personal energy to our activities, which may be the cause of our exhaustion. This is a great deal to be wary of, because too much exhaustion of your personal - vital energy can lead to the extinction of our vitality and, in the extreme, our life. In this case, it may be appropriate to stop or stop these activities for a while if our condition does not improve

and does not return to its original condition. It is worth mentioning whether our well-earned activity also has a certain income for us (a reward - a fee for help and activity) or not - in short, whether this activity is so profitable for us if it is at all worth our exhaustion and our subsequent problems and difficulties.

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