

AYA

Jasmina Mujcinovic

The Divine

Mastery

The Divine Mastery
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You are on a mission.
Instead of a confused mind,
step into presence.
Here you are.
At home.

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LOVE

PROLOG

Thinking about something in endless circles — is exhausting. It robs you of your life force and makes your system weak and attackable. Assuming that everyone is unworthy to be trusted destroys experiences, ruins relationships and damages your health. Overthinking effects your physical body. Who deals with negative thoughts and anxiety has experienced headaches, body aches and stomach problems, all of which cause negative behaviour traits, which in the long run lead to major diseases such as cancer, diabetes, heart attacks or immunity collapses aka burn outs. Overthinking is also often associated with mental health issues like depression, anxiety, post-traumatic stress and borderline personality disorder, all of which lead to the same bad endings mentioned before. To be your natural self, the divine, the mind has to silence. This is a highly sensitive operation. You have to deliberately stay present and aware. Thinking comes with a high price. As a defense mechanism it fuels consumerism, which destroys our nature. When you think that you are not good enough, the demand for goods increases and the need to produce these goods also increases. This leads to more pollutant emissions, increased land-use and deforestation, and accelerated climate change. Increased consumption is destructive to the environment and a contributing factor to poverty and hunger around the world and numerous other social and ecological problems. When you overthink, you tend to gravitate towards what brings you instant gratifications. It is the sugar hit, the adrenal rush, the coffee and the runners-

high that keeps you going. But where do you think you are going? Constantly trying to feel better destroys your life. Nothing in the outside can fill up the void inside. Happiness derives from release. Then when you make health a priority. It is not that sportscar or that lip injection that you need to become, but patience and respect. But you are addicted to social media, junk food and porn. Human bodies are designed to experience periods of fasting, to cleanse their senses, thus return to divinity. During times of fasting adaptations occur and certain processes are stimulated which enhance body functioning and health. The more you bathe in your own essence and obtain from stimulations, the more beautiful you become! Because your natural self is the one that is whole and perfect and arrises when you stop forcing it. Self-cleansing is a process linked with a variety of chronic degenerative conditions including neurodegenerative conditions like Parkinson's and Alzheimer's. During fasting it seems that there is regulation of certain growth factors, like BDNF (brain-derived neurotrophic factor), which act on certain cells of the nervous system to encourage growth of new nerve cells and to support existing nerve cells. BDNF has been shown to be associated with memory. It is known to encourage an increase in something called synaptic plasticity - a process that allows adaptation between nerve cells and impacts their communication. BDNF also increases the generation of new nerve cells, giving significant improvements in learning, memory and cognitive functioning, thus making you more aware.

In a world of plenty, a huge number go hungry. Hunger is more than just the result of food production and meeting demands. The causes of hunger are related to the causes of poverty. Feeling unworthy or in the lack of something has led humans to ignore the basic requirements of their nature. Humans are hungry for love. When your attention or affection doesn't come as an act of nurturance but instead is an act of taking, you are feeling lack. This comes hand in hand with manipulative and deceptive thoughts that take energy from others instead of giving to them. Love is like water that nourishes the seed to become a flower. Do not let yourself hunger emotionally by trying to change yourself for others. Love does not arise by making something up but by accepting what is and deliberately creating harmony - in a complete natural way. You do not have to think less or stop thinking at all. Work with thoughts to create a better world. Junk-food chains are under attack from major environmental groups in the United States and other developed countries because of their environmental impact. Intensive breeding of livestock and poultry for such restaurants leads to deforestation, land degradation, and contamination of water sources and other natural resources. For every pound of red meat, poultry, eggs, and milk produced, farm fields lose about five pounds of irreplaceable top soil. The water necessary for meat breeding comes to about 190 gallons per animal per day. Animal farms use nearly 40 percent of the world's total grain production. Think about how you can bring balance to this happening.

The time field, which can be seen as the metabolism of a part of neurons, inside an organism, of a living subject, is being healed by us humans becoming aware. When we raise our frequency and vibration by staying present, the antidote of the minds deceptive exploitation is being created. Accessing our hidden DNA codes leads to the knowing of all their is, but the misuse of technology stirred our perceptual reality into loopholes, which cause a lot of confusion. Access the full potential of your DNA by stepping into your divinity. Technology is everything created by matter with the intention of being in use. You are not a battery pack for the mind. Exploitation begins with egoistical intentions. Humans need to watch out for synthetic chemicals in food, water, air, but also in their selves! Barbaric intentions are implanted and verbalized through the mind, due to prior social conditionings, tuning one into a certain frequency that attracts whatever it is alike. This can result in attachment-playouts and finds resolution in freezing notion from its users addictions, to free their selves from artificial constructs or mazes. The purge has begun. Flow in tune with your true nature, contribute to the well-being of now and give to all greater harmony. The flipside of that is achieving personal success by force, anger and pride. "The Game" must not be played. It is a distraction. You are not your body or thoughts. Manipulation never brought you completion. It is time to shine a light on what has become a burden to our cosmic symphony. Get ready to step into divinity. In fact, you already are divine.

