

# A ROUTE TO LIFE'S HARMONY

***Our physical body has six other bodies that are invisible to our senses.***

I've been practicing untraditional medicine since 1990. It just so happens that it was my fate to be able to see the aura of the human body.

Our body has six other bodies that are invisible to our senses. The closest body of the six is the "bioplasmic" or etheric body. We may refer to it as a copy of our physical body with imprints of all our organs. Every one of our organs is nourished by this energy. And if ever there becomes a shortage of this invisible nourishment, the organ closest to that shortage will become ill. But if we really want to take a better look at the overall condition of our body, the Aura is the place to look.

The Aura is the indicator of the body and the ego and even our soul. The Aura embodies the existence of all seven bodies. Ancient icons depicting religious leaders display an egg shaped circumference around their bodies. These depictions are Auras of their body. The Aura can reach up to seven feet high and four feet wide. The narrowest portion of this circumference is at the bottom of the physical body or by our feet. The Aura consists of multicolored light delivered by different parts of the body. Kind and healthy individuals usually have a beautiful Aura. In my line of work, it is important to gather information judging by how the Aura looks.

The human Aura may be seen by anyone, but usually doesn't happen without some instruction. There are many classes available with such lessons.

It is much simpler when it comes to the Epher layer of our Aura. Everyone, if they wish to do so, will be able to notice a light blue color surrounding their fingers. This is possible after some concentration and focus of the mind – usually if you're looking over a white surface.

After fifteen years of experience in this particular field and after basing conclusions on my personal observations, I noticed that the energy levels of most people have somewhat decreased. Unfortunately this makes us vulnerable to illness. Even though modern medicine has made substantial leaps forward, stress and negative thinking is at the very base of our illness. Fortunately for us, just like being positive, negative thinking is just a bad habit of the subconscious mind. Once our negative overtakes the positive, our problems arrive. Our illness is a signal telling us that we have gone in the wrong direction. For example: We don't notice it, but we'll only catch the flu after too much has been going on. Once we try to handle more than our body or stress level permits, we are burning more energy than we are producing. Our Aura becomes thinner and much more penetrable to outside influences. So our bodies will remind us to slow down, relax and take extra breaks when we catch flues and other illnesses. Those of us who choose not to listen to our bodies' signals and signs may end up with much worse complications. But should we decide to take time and let our bodies heal, all our illness will be gone in an instant. For some people this task is easier than others. Some of us are able to listen to our bodies. Those of us, who are in fact able to do this, will never experience serious illness or complications. These people are usually easygoing and never tempt fate. They accept life for what it is without fussing or judging anything. An

individual with such personality may be a fierce fighter and possess very strong arguments regarding everything in life, yet they will never take anything to heart. Some of these people may yell and scream at the top of their lungs to prove a point, but they won't bring it inside them. They will leave outside emotions outside.

For our hearts are only meant to do will of God and we are no more than his servants. Every one of us has come to Earth with our own special mission. Some have come to destroy, others to build. And one may never judge the other, but should do everything in our power to not do evil. We must strive to overcome obstacles to show others the way to light. The Bible says: "Love your enemy". It's obvious that no one wants to exchange hugs and kisses with their enemies. This will only look and feel fake, but a simple prayer should always be said. In your prayer ask God to open your enemies' hearts to love. Ask so that person understands that it's much better to build than destroy and to live in peace and harmony. Praying for enemies is a hard task since the first emotion towards them is judgment. So how do you wish kindness onto a bad person? Yet this is mandatory. This is the only way to welcome light and positive energy. If we decide to curse and hate, then negative and destructive energies created by mental aggression will slowly start growing like a snow ball.

But there is another problem at hand; and that is – we cannot completely love and respect ourselves. It is very necessary that we are able to accomplish this. And I'd like to say that there is a big difference between selfish love and real love. This is important since our soul is a part of God; his spark if you will. So how can we not love our soul? We all believe in the higher power of the all mighty. Regardless of how we choose to call him, he is the one. When we're ill, he is the one we call. We may call him God, higher state of awareness or creator. It is all one. All we have to remember is that he loves us unconditionally. God doesn't punish us, we punish ourselves. We make up sentences for our mistakes and then carry them out ourselves. And so on; life after life. For many of us the word reincarnation is not new since death is just a step into the next level of our energy. Our soul is forever young, it knows no age. It is only our physical body that we leave behind like a temporary nesting of our inner being.

The following is my description of this process:

*Up the spiral the soul makes a circle and goes  
It leaves earth for a little while  
Leaving all sickness and aging behind  
Choosing a new body to nest in  
Since the soul lives forever changing its nests  
Like a tree shedding old leaves in the Fall  
The soul tosses the old body in the grave  
Because the soul is forever young, but the body is too heavy  
The old body will fall and turn into grass  
While your soul is eager for a new adventure  
Young and full of life your soul will live on  
It doesn't know death, it lives forever*

When a baby is born, many times people notice that the child looks very much like a deceased Grandmother, Grandfather or someone else in the family who is not with us anymore. Sometimes, if you pay close attention, it is the same soul being reborn. Until seven

years old, a child will usually remember his or her past life. Pay attention and listen to their comments while they play. Usually they will busy themselves with what's fresh in their memory. Keeping all this in mind, you might want to ask them about who they are; name, place of work and so forth. Please don't be alarmed if the child appears to make stuff out of the blue. He or she may, very well, be talking about their past life; something you know nothing about. Remember your first love for example. Oddly enough, some of us have been in situations where we for some, unknown to anyone, reason want to spend the rest of our lives with person we just met - against all rationale and friendly advice. This very unpredictable emotion is Karma itself. Karma is what we call a timeless cause inflicted connection. In other words if we have ever wronged someone, then this person will inevitably end up with us once again; in this life or the next.

Exactly the same process takes place when it comes to doing good. In some form or another it always comes back to us. I am sure you've noticed that some people we just meet appear to be very pleasant, while others are not at all. You've never seen this person before in your life, but, right away, you know you want to be their friend. Usually this means that some time ago, in past lives, your souls have already met and, became very close and now, once again, reunited. You could have been family or close friends. Friends will always meet again just like enemies do. This is the reason why we sometimes meet new people and just cannot stand them at all. Even if this person is trying to be our friend, we may not say anything, but something is just not right. Usually after talking or meeting with such people you'll feel tired, fatigued and exhausted. If you do, in fact, feel this way, my advice is to take a shower.

What I just described is another type of Karma. It may very well be that in one of your past lives, this person was very insincere towards you or even lied to you. Could be you lied to him, and the only reason you met is for him to return the favor. Actually it could be just about anything. The two of you could have hurt each other, said something offensive, done something wrong and so on. It is always better not to fight, but to embrace and accept these feeling with some prayer and love. Doing so will smooth out our debts of Karma in life. If we keep avoiding people we don't like, we'll have to, eventually, meet them again in our future lives. Except this time, the negative energy will feel much sharper.

So if we are trying to reduce the negative energy in our lives, it makes more sense to welcome everyone on our paths and not fight or dislike anyone. If we do, in fact, hate someone, in this case three people will take the place of one. You'll have a much easier time dealing with one person than dealing with three. There is always more than one solution to any given problem. Yet we mustn't forget that before we can love our enemy, we have to be able to love ourselves.

My personal advice is to read "The Complete Encyclopedia of Health" by Louise L. Hay. She teaches us how to love ourselves. Only with a healthy spirit, will your body completely heal, not vice versa. It's always easier to tell a person to be kinder, calmer, less stressed and so on, but I doubt anyone is able to change overnight. All this requires time.

When a person visits my office for a session, I help them get rid of unnecessary negativity from past lives. If people have bad Karma, are victims of unfair jealousy and hate or just have too much negative energy, I cleanse their Aura and restore positive flow of energy into their body because all our organs are fed by this life giving energy. Problems and illness start to heal the second this energy is restored. After my sessions, people are usually able to find better jobs, correct many relationship problems and life, once again, becomes

easy.

You may connect with my energy should you become tired or fatigued. If you decide to do so, do not cross your arms or legs for a period of three to five minutes. You may say the following words mentally or out loud in a comfortable for you position. You may sit or lie down. It's better if you do this in a quiet atmosphere. You may repeat these words couple of times:

**“TATIANA, PLEASE COME TO ME AND HELP.  
THANK YOU IN ADVANCE, GOODBYE.”**

God bless you!  
May your home be peaceful.  
Tatiana Trofimowa.