

Meditation and the Physical Body (EVERYONE *MUST* READ THIS)

HP Hooded Cobra 666
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A lot of people have a lot of things wrong in regards to meditation in general, the health, and their body. I am not a doctor, but mark my points because I have found them by experience of myself and others as well.

First of all, the bad habit many people do when they 'meditate' is they neglect the physical reality. This ranges from neglecting one's diet, to not eating, to not caring about nothing else except for meditating. The physical body burns energy when one meditates, and this energy also relates to the carbs and everything else that is burned and metabolized by the body. The euphoria people are feeling is also physically related. The astral and the physical are closely interconnected. While everyone learns about their own body and its rules, there are some golden lines that everyone can potentially apply.

The thing is, the proteins and everything else do more than likely cause changes that are very obscure and cannot be tracked. The being has two energy sources from which they draw. One is the spiritual or the soul, and the other one is the physical. These are interconnected and one does not survive without the other forever. This is on the physical level why a lot of people die by old age, or why a lot of people age prematurely, etc., while on the higher plane (even if the astral body is many times more resilient) this can mean damage to the higher body.

When either of the bodies is pushed further than its boundary, one seeks to draw energy from the other. If there are no reserves, or if one is constantly running on expenses, one will crash. This involves physical diet, and this also involves the Soul and spirit. Many times, where the physical body is about to get ill, it draws energy from the higher body to try to cope with things. This in the plain language is how 'emotional strength' makes for 'emotional health'. On the opposite direction, if the Soul has issues, these can be affected (but not corrected more than treating symptoms) by tinkering the body below. For example, a good meal banishes depression.

Quite a few people do not heed the warnings in the Joy of Satan website, or they

physically your body is filled with nutrients. After a typically good meditation session, you will feel uplifted, not thrown off balance, and you will be feeling light and nice. This is not all the time, and sometimes you may not feel that, but you should never feel extremely tense, tired, or having other extreme episodes such as vomiting and severe things like that.

For those of you who have Kundalini and have advanced further in meditation, the same thing applies. Remember, never let the machine run without oil, without coal, and without the things that are necessary to it. The Serpent requires extra energy from the body as well. This is why many people feel euphoric and then the euphoria may be dropping. Sometimes it's hunger in the Soul, sometimes it's hunger in the body.

A lot of people are asking for how long one needs to meditate. There is no how long. These 5 hours meditations sessions, or going to your bathtub for 100,000 repetitions and jumping in water while reciting mantras (this is actual hindu advice for spiritual advancement) can be dangerous. As for the hoax people around who say they are pulling all nighters and the list goes, that's not necessary for most people. Meditation works by quality. In the same way a professional athlete will be able to exercise for far more than normal, a person who began yesterday, if they go for 5 hours in, they will collapse at the hospital possibly with irreversible damage. Playing God and Gangsta here isn't going to do you anything but irreversible damage.

Meditation like weightlifting and any other art needs to be mastered.

People who are strong naturals will be able to lift 50 on their fist go let's say, others 10. Eventually if the 50 guy thinks he can do 150 in the second day, he goes cocky in, and he snaps. One year after, the other guy who persisted does 150 daily like a piece of bread. The other one can't raise weights for shit anymore.

As many of you know, every 40 or so days, the whole body and all its organs are typically re-created and regenerated from scratch. This ties into 40-day workings, and 40-day meditation session intervals. When your body goes through a transformation process, you can't go through it with apples and water. If you can, you are running on reserves. IF you are running on reserves, they will at some point run out. This is not a joke. Do not let this happen.

Last but not least, for people who are under psychotropic medication, what is very important to check is your diet, your lifestyle, and your physical condition

first. For example, it's very normal for a very underweight or overweight person to be depressed, due to imbalances. The doctors brush it off and just treat symptoms, while leaving the real causes of depression lingering. Sometimes the issue can also be at the soul. The first thing you need to do is if you fall into any negative category, take yourself slowly and try doing improvements. Your diet, then your weight, then positive affirmations. Do not push your body like it's some sort of machine that will always forgive you, especially if you are older. Give it time to adjust and cope with the changes. Sometimes when things are changing one may want to revert back to old routines, or want to stop treatments and getting better. Show fortitude and move through this.

In regards to psychotropic medications, if you make the decision these are not helping you, and you decide to cut them down, do so only EXTREMELY slowly. Not one whole pill today and half the other day, then nothing. Don't do dumbass actions. In many places they write antidepressants like a kid must drink orange juice. It's not *BAD* or *NEGATIVE* to be in need of help sometimes, especially in a world today that is filled with garbage, anxiety, and cruelty in many ways.

Now if you think this does you bad, you can take this advice here and SLOWLY try to implement it, that is, if you see it going OKAY for you. If you take one pill, this can possibly work, but if you take a lot, consult your doctor. Daily, over the interval of 40 days, you might literally need to take a little prick and remove one very very very VERY tiny piece from the pill (almost to the point you cannot see it even) and then keep doing this over 40 or more than 50 days, until you consume no pill. This has to be backed up by a very balanced diet, a very balanced meditation schedule (No sudden storms in this) and general stability in everything you do.

Nothing 'extreme' or 'sudden' is required here. Gradual baby steps. In many cases the pills establish a new balance into the system, that is dependent on the medication, and you can slowly change this. This may have happened from weeks, to months, to even years. For a full recovery, you will need a lot of time, and there is NOTHING bad in regards to this, neither you are being drawn back from spirituality if you gradually tone down to HEAL yourself. Health is the basis of all spirituality. The idea is for the 1/50th you will be removing daily, you will be filling this gap with slow, and not-overcharging, meditation.

I repeat, I am NOT a doctor, and this is NOT doctor's advice. I just say something based on logic and spiritual knowledge.

Everything needs to be balanced. Never throw yourself out of harmony and

balance. In extreme cases, if the drugs are cut clean slate one morning, this can destroy a patient. Make sure to also follow the same mindset with natural supplements. If you decide you get a few, natural or not, do not shove them in your mouth on the first day. Give it some time, and raise the dosages. The physical body does not deal well with rapid and morbid changes. It deals better with care, support, and by listening to it.

I know there is a big diet 'debate' going on, and many people like to throw info back and forth on it, but the main line is, avoid a lot of fake and processed food, try to follow a Mediterranean diet, eat your greens and your meat, and keep your body well supplied. If struggling, go for some natural supplements.

In the meantime, as all people who are ahead know, one finally finds their own path and starts stabilizing and advancing. This is what one should be after, and give it time so it will come to you.

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