

A dirt path winds through a forest of tall, slender trees. The path is flanked by vibrant green grass. The scene is captured in a soft, natural light, creating a serene and peaceful atmosphere.

Lenka

ESSENTIAL
Pocket Guide
TO SPIRITUAL HEALTH

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*How to Heighten Your
Senses to Become LIGHTer*

How to Heighten Your Senses to Become LIGHTer

- Improve your diet to become lighter. Dense food makes it harder to become aware of the lighter vibrations and frequencies. By adjusting your diet to include healthier options, you will change your taste buds, thus changing your vibration. Food vibrates, so you are what you eat. Try to taste food with new awareness and with an awakened sense of gratitude.
- Mental health - Reflect on what you feed yourself on a daily basis. Words, images, and sounds are energy. These energies flow into your energy field, they fill your mind and your soul, and make an imprint on your daily experience and decisions as well as your intuition.



- Your energy body - your soul - works in a virtual reality that also needs to be protected from viral attacks. Have you implemented a security system for your mind, heart and soul?
- Be aware of feelings in certain situations and with people. How do they make you feel? How did you feel after interacting with them? Did you feel energized or drained?
- Detox your environment, declutter, and throw away or donate unneeded things.
- Transform your space with beautiful things to look at. Stimulate your vision by adding colors, shapes, and symbols that trigger positive emotions in you.



How to Heighten Your Senses to Become LIGHTer

- Listen to high frequency music. Try to stay attuned to natural sounds in the early morning, or the sound of the ocean, or of birds singing. Be one with it. See if you can also hear multiple sounds at once, listen multidimensionally.
- Practice meditation, contemplation, journaling, walking.
- Surround yourself with people who love authentically and who want you to be happy.
- Be present. Be in the moment of NOW !



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Spiritual Purity

Spiritual Purity

*Our spiritual body holds our beliefs,
our thoughts and our emotions.*

*When we do not keep our spiritual body
clean, unhealthy vibrational energy will
eventually penetrate into our physical
body and may manifest there in the form
of illness, dis-ease, depression or anger.*

*Here are symptoms that may arise as well
as suggestions to create a healthy daily
habit to keep your spiritual body pure,
healthy and light.*



Symptoms of a Toxic Energy Field

PERSONAL

- Feeling heavy
- Emotionally drained
- Blaming others
- Spreading rumors
- Feeling fearful
- Feeling confused
- Lacking clarity & focus
- Attacks of jealousy
- Judging self & others

Your Home

- Feeling restless & edgy
- Having sudden anger attacks
- Poor sleep & bad dreams
- Arguments with family
- Lacking the desire to create



Empowering Techniques

Purifying Your Energy Field

- Physical body - juice cleanse, drink water with lemon and sprinkle with high quality salt, drink teas such as nettle and dandelion that assist with cleansing
- Salt bath- use plain epsom salt or high quality salt in your nightly bath. Add petals of your favorite flowers or drops of lavender or essential rose oil
- Swim in the ocean
- Grounding - walk barefoot outdoors , or simply lay outside on the grass
- Forest bathing - walk in the forest with awakened consciousness and tap into the high vibrational healing energy of our magnificent healing allies, the trees
- Crystals - wearing crystals such as, rose, kyanite, obsidian, and hematite assists in strengthening your energy field



Empowering Techniques

Purifying Your Home

- Keep live plants in the house as they remove negative energy from the air
- Keep small pots of fresh herbs on your countertop
- Purchase fresh flowers weekly and invite their lovely spirit into your home
- Have crystals or salt lamps in your home, Shungite assists in EMF toxicity
Smudge with ethically sourced plants like White Sage, Cedar or Mugwort
- Burn sweet grass to welcome new energy in the home
- Burn resin like frankincense, and Myrrh to elevate the vibrational energy
- Use essential oils like lavender, peppermint, pine or rosemary in a diffuser
- Keep your home clean, uncluttered



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Deception & Discernment

HOW TO KNOW:

~ Truth ~

Truth is love.

Truth is simple.

Truth is transparent.

Truth needs no explanation.

Truth doesn't always feels good but
it feels right if it isn't taken personally.

~ Lies ~

Lies are cloudy.

Lies use lot a of words, stories,
and excuses to explain.

Lies are easily recognizable.

~ Deception ~

Deception is neither a lie, nor the truth.

Deception is often not recognized until it is
experienced.



EVIL is the opposite of LIVE

E-V-I-L

L-I-V-E

Evil has to play games to receive the energy of growth.

The growth of evil is not self sustainable, as it needs energy from the outside world to exist vs organic life, which is based on divine intelligence that holds infinite possibilities of creation and expression

Physical Signs of Deceptive Manipulation (manifested in the body)

"Listen to your body when it whispers, so you will not have to hear it scream."

- Felling of unease that stays with you throughout the day or night
- Anxiety during a meeting with a person or in a situation
- Gut feeling in pit of your stomach, a tight body
- Confusion
- Suspicion
- Anxiety
- Hesitation
- Fear



How deception can be experienced in relationships

- Your things may be Destroyed and proclaimed as an accident.
- Your significant other is secretive. Or they live a double life, only pretending to be giving, thoughtful and loving.
- They are inconsistent ,playing with your emotions and pushing away only to pull you back again like a yo-yo.
- Your significant other can be extremely critical and judgmental . Or even mentally and verbally abusive.
- Things you say or do are twisted to their benefit, creating drama and stress in your life.



Spiritual Purity

- You are surrounded by intentional confusion and gaslighting.
- You are lied to and cheated on while claiming to be faithful.
- When you begin to see through them and no longer give them the admiration they feel they deserve, you will be replaced overnight.
- You may see deception in form of jealousy and envy of everyone, even children, so you may be cut off from your family, friends and your support system.
- People act as a victims to pull on your heartstrings. As masters of deflection, they blame everyone else for their troubles. If you buy into their strategy, your emotions will cloud your intuition.



Spiritual Purity

- You are to blame for everything that goes wrong and receive all the anger and hostility that results.
- Your need for sleep, peace and community are discarded and disrespected with needless arguments, interruptions, and distractions.
- When they try to apologize, there is a "but ... "
- They take all their anger and hostility out on you. Whatever they feel will be handed to you as a hot potato.
- They live double lives. They pretend to be giving, loving, thoughtful and generous to the outside world, but won't lift a finger for their family when they are in the privacy of their home.



Spiritual Purity

- When you eventually find out you have been in a deep deceptive program, most likely you swear to yourself you will never be in a relationship again.
-



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In-SIGHT-full questions

**How do I feel right now?
Where do these feelings come from?
What are you wanting to know?
Play in the world of Intuition**

...

Candle gazing/meditation
Deck of cards - have fun guessing the color
or shape.
Imagine what people will wear before
meeting them.
Regain the innocence of a child.

...

Laugh, daydream, doodle, dance and play.
Bring the LIGHTness into your day.

Intuition flows easily



About the Author



Lenka Schulze, Ph.D. is an
Intuologist, Author, Educator, and
Spiritual Guide.

***“Lift the veil of duality and you will
see the Light.”***

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