

Discover the Ultimate Spiritual Solution to Human Degeneration and Renew the World from Evil!

guided relaxation

"Remember Easily"

with Mellisa Dormoy
of Shambala Kids

We may think of meditation and guided imagery for relaxation. The truth is, both can be used to achieve goals working with the subconscious mind to produce the desired results.

You can use guided imagery to help your child recall all she's learned both in school and in life. Practice this often and use positive affirmations as well to reinforce these ideas, such as "Your mind is like a library" and "You already have all the information inside of you."

Use a calming voice to lead the imagery and relax into the moment with your child.

"I'm going to tell you a little story. Close your eyes and breathe. And just imagine everything I'm saying.

Take in a nice, deep breath, like you're about to blow out birthday candles. Inhale slowly, and then blow it out slowly and gently. Now breathe in, and then breathe out. Very good!

Let's pretend now that we're in a castle. It's made of stone, and you see a big tower over in the corner. We go to the tower and find a door. It's a huge, heavy door made of rough wood. When you step into the tower, you're at the top of a long spiral staircase made of stone, and you see torches on the wall to light the way. The tower feels cool. Walk slowly down the staircase, knowing wonderful things are right here ready for you to explore.

Now that you're at the bottom of the staircase, you see that there are several rooms hidden

beneath this tower. In front of you is a hallway, with doors on each side that lead to individual rooms. Go down the hallway and open the first door on your right. Inside, you see a small room filled from floor to ceiling with books. It's an entire library with a desk in the center of the room.

This room contains just a little bit of the information that you hold in your head. This room is a part of you, so everything you've ever learned or been taught can be found here. Each room contains a different subject, and as you continue to learn, these libraries will continue to grow and grow with more and more books. Why don't you pull a book off the shelf and look through it?

These libraries are a part of you, and you can get all the information in these libraries even when you're wide awake! You've learned a lot more than you probably realized!

This is a place you can return to any time you want, even in the middle of a school day, or when taking a quiz or test. You can simply remember how you have everything already stored within you. You simply remember to magically open the right book and you'll remember so easily!

Put your books away now, knowing that you can access them any time you need to.

Walk back up the stairs and step out into the sunshine! You can open your eyes and wiggle your fingers and toes. And you can go back to your library any time you need to in your imagination!

For more meditations and guided relaxation audios, visit [Shambala Kids](http://ShambalaKids.com) online.

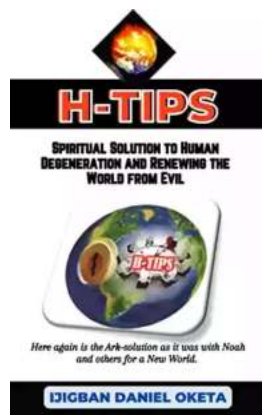
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In today's fast-paced, modern world, it seems that human degeneration and the presence of evil continue to spread, wreaking havoc on our mental, emotional,

and spiritual well-being. The constant exposure to negative influences and the pursuit of materialistic desires have led many individuals astray, pushing society further into a state of decay. However, there is hope for a brighter future, a spiritual solution that can reverse this decline and bring about a world renewed from evil.

Understanding Human Degeneration

Human degeneration refers to the gradual decline in moral values, ethical principles, and spiritual awareness among individuals and society as a whole. It manifests in various forms, ranging from greed, selfishness, and violence to indifference, lack of compassion, and detachment from spiritual principles. This degeneration stems from a disconnect with our higher selves, our true nature, and a distortion of our purpose on this planet.



H-TIPS: Spiritual Solution to Human Degeneration and Renewing the World from Evil

by David Alexander (Kindle Edition)

★★★★☆ 4.4 out of 5

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Text-to-Speech : Enabled
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Word Wise : Enabled
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The Root Causes of Human Degeneration

The root causes of human degeneration are multifaceted, but some key factors stand out. The intense focus on material wealth and a rampant consumer culture fuel an insatiable desire for possessions, leading to individuals neglecting their inner growth and disconnecting from their spiritual essence. Additionally, the relentless exposure to negative media influences, violence, and a lack of positive role models further perpetuate this degenerative cycle.

The Role of Spirituality in Combating Degeneration

Spirituality offers a powerful antidote to human degeneration. By reconnecting with our higher selves and embracing universal spiritual principles, we can transform our lives and renew the world from evil. Spiritual practices such as meditation, prayer, yoga, and mindfulness cultivate inner peace, compassion, and unity consciousness, giving rise to a collective shift in consciousness.

Practical Steps for Spiritual Renewal

To experience spiritual renewal and contribute to the transformation of the world, individuals can embark on a journey of self-discovery and inner growth. Here are some practical steps you can take:

1. **Self-reflection:** Take time to reflect on your life, values, and actions. Identify areas of improvement and set intentions for personal growth.
2. **Meditation:** Incorporate a daily meditation practice to quiet the mind, connect with your inner self, and tap into the infinite wisdom of the universe.
3. **Embrace compassion:** Cultivate compassion and empathy towards yourself and others. Practice acts of kindness and understanding to promote unity and harmony.
4. **Disconnect from negativity:** Limit exposure to negative media, toxic relationships, and environments that drain your energy. Surround yourself

with positive influences and uplifting experiences.

5. **Seek spiritual guidance:** Find a spiritual mentor or guide who can support and inspire you on your spiritual journey. Seek wisdom from ancient teachings and spiritual texts.
6. **Serve others:** Engage in selfless acts of service. By helping others and making a positive impact on the lives of those in need, you contribute to the collective spiritual renewal.

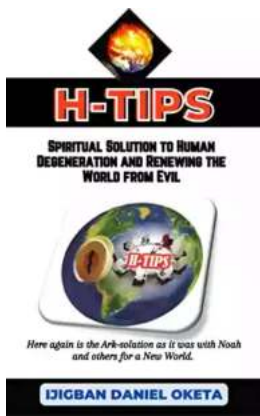
Creating a World Renewed from Evil

Through individual and collective spiritual renewal, we have the power to create a world renewed from evil. As more individuals awaken to their higher purpose and adopt spiritual practices, a ripple effect occurs, permeating society with love, compassion, and unity. This collective shift in consciousness can bring about profound changes in various aspects of life, including relationships, environment, governance, and overall well-being.

Embracing the Journey of Spiritual Renewal

The journey of spiritual renewal is an ongoing process that requires dedication, perseverance, and a deep commitment to personal growth. It is through this transformative journey that we can break free from the chains of human degeneration and create a world filled with love, harmony, and spiritual enlightenment. Join the millions of individuals who are already embracing this path and together, let us renew the world from evil, one awakened soul at a time.

"The greatest glory in living lies not in never falling, but in rising every time we fall." - Nelson Mandela



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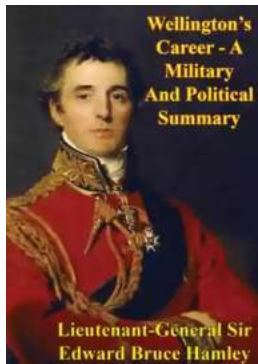
Human beings are spiritual and will always need a better or higher spiritual understanding and practice to succeed better and to triumph over evil directly or indirectly. The world is metamorphosing into a new world of peaceful prosperity but filled with high rate of evil: corruption, wickedness and cruelty, destruction and human degeneration etc.

It is the ‘emerging’ new world that many people often call New Millennium, New Age etc – that is after the world is purged of evil (doers). Those who reject the solution and instruction of God shall make themselves “the unbelievers” of this age and shall not escape.

This solution is like the Ark of Noah, which was revealed and instructed by God for humanity to escape the Great Flood into the newness of life (a new world). More so, just as it were in the times of Noah, the instruction is simple; requiring regular obedience and it has no barrier of location, religion, status gender etc

except rejection or unbelief.

The solution may sound ridiculous but highly effective.



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