

It often happens in life that each of us faces various difficult trials.

Trials and pains so intense that you literally begin to doubt God.

Let alone His very existence.

The conclusion I have reached is... That I had to experience hell, to go through it, in order to clearly explain what heaven is.

- I share this from my own perspective.

My experience, but I encourage you to explore for yourselves.

Do not accept everything I say as absolute truth.

But have you ever asked yourself where trials come from?

Or, more precisely, why have I attracted such events?

I know... So many heartbreaking dramas occur

.

It is incredibly difficult to tolerate and accept, yet it happens.

I And once again, I return to the question I have often asked myself.

Why?

Or why me?

Why do troubles happen only to me, or do you feel as if you attract all the blows?

I asked myself the question.

I had a serious argument with God.

I cursed Him.

I doubted with all my strength, yet He revealed His existence to me just as powerfully.

He responds and provides solutions if you are willing to accept them.

But are you truly prepared?

The answers and solutions from His perspective.
God's ways are not always well received by man.

It requires great patience...

Many tears and humility.

I Do you know what you will say?

That God has struck you!

But the truth is that...

You must be prepared in body and soul to receive what you desire.

However, I will not recount it here.

I know.

It is as you believe.

Continue to live as you wish.

But when you ask yourself why, consider this aspect:

In life, every choice we make has consequences.

Sometimes, the suffering we endure is the direct consequence of our own decisions or those made by our ancestors.

This is not a judgment, but rather an observation of how our actions shape the reality in which we live.

At times, it seems as though we cannot control our feelings and actions,
We often ask ourselves... Why did I do that?

But when we do not know, our subconscious certainly does.

Our soul is, in fact, crying out for healing.

I have encountered many people who, in their search for solace, discovered that their suffering was linked to choices made in the past.

Whether it involves personal decisions or family inheritances, becoming aware of these connections can be the first step toward healing.

It requires considerable attention and openness.

It is important to understand that God does not punish us but offers us opportunities to learn and grow.

Through suffering, we are invited to turn back to Him, seek wisdom, and realign our lives with divine values.

All my life, I have not understood my purpose,
Yet I found myself on the path toward my destination.

Only, I did not understand exactly where I was going.

But when I was guiding people to where they needed to go, I realized that I was actually the guide.

Through my work, I have been blessed to listen to their souls.

I am always among them.

I did not understand why I love them and why I adore being among them.

Even though they hurt me... very deeply!

I And yet, I prayed for them.

I did not understand why I was doing that.

I empathize with them so deeply that I suffer their pain as if it were my own.

Every person who has crossed my path—whether client, acquaintance, or a stranger I met by chance—has left a mark on me. They have moved me profoundly. I have felt and experienced everything with the utmost intensity. I Do you know why?

Because I have seen, through the eyes of each person, what life truly is and what happens when we turn away from God's will.

I And when I say this, I am not referring to a God who seeks to punish or control us. Not at all. God has placed so much beauty at our feet.

He has given us everything. Yet we, humans, have chosen to do something entirely different.

If you want a simple yet profound comparison, consider Adam and Eve.

God told them, 'You have everything. Everything is yours.' Just do not touch that apple. I And yet, that is exactly what they did. That is how we are today.

We have everything: written commandments, divine laws, guidance, signs, yet we choose otherwise.

I And yes, I repeat: this book is not about me. It is not about my pain.

It is about revelation. It is about the Word.

It is about allowing myself to be God's channel to speak in a language everyone can understand.

Therefore, what I am about to say may be disturbing. It may be painful. But we must understand, at least to some extent, the consequences of our actions.

I And if I were to tell you how deeply a simple thought can affect us...

The thought, yes — not to mention deeds or actions. Thought, depending on its intensity, possesses incredible power.

To help you understand, imagine throwing a ball with all your might. You don't know exactly where it will land, nor where it will stop.

It is the same with thought: it travels, it spreads, it influences — down to the atomic level, down to the DNA. It profoundly affects everything.

I I began to realize that pain does not arise out of nowhere.

That many of our wounds have deep roots.

In our choices, or perhaps in those of those who came before us.

It's not about blame.

It's about truth and taking responsibility.

We live in a world that teaches us to ignore the soul.

To do whatever we want, however we want, as much as we want—without considering the consequences.

We are told that 'it's no big deal,' that 'everyone does it.'

But what do we do with the emptiness that remains?

With the shame we hide? With the unrest that never goes away?

It's not about religion.

It's about reconnection.

About asking yourself sincere questions:

'Am I truly living?'

'Is what I'm doing truly good, or does it only seem good?'

'What am I leaving behind?'

It's not easy to admit when you're wrong.

But it is the only path to healing.

I do not give lessons.

I listen, I feel, and sometimes I say what I believe needs to be said.

Not out of superiority, but out of love.

Because I know what it is like to be blinded by the 'normal' of the world and to no longer know who you are.

Truth is not imposed.

It is lived. It is conveyed through the way you are, not merely through what you say.

I And yes, I believe there is a source greater than ourselves.

That we can connect to.

That life gains meaning when it is not lived solely for oneself.

Moreover, what is even more painful is the fact that a thought, an act, an unconsidered gesture, anger, and many other wrong — negative — choices do not have a fixed duration. They do not end there. They continue.

to develop, to grow stronger... who knows how many generations into the future.

I I realize that what I say may seem unsettling. But please understand that what I say does not come from my own knowledge. I am not a well-read person. I do not speak from books. I am simply a channel.

I write only what is conveyed to me.

I And because these forces — our thoughts and actions — lack a natural stopping point, as long as we do not change our perception, as long as we do not return to God, we should not be surprised that we endure so many painful experiences.

That we make wrong choices. That we fall ill.

To provide you with some concrete examples concerning our thoughts, our actions, and the consequences of our deeds, just observe. Observe what we are experiencing today. Do you find it agreeable?

Naturally, I will speak in human terms, because that is the purpose: to understand one another. However, I will express things as directly as possible.

When a person commits a serious act — a crime, an act of extreme hatred, a decision that takes someone's life — and has descendants, or interacts with other close individuals through energetic bonds, whether through soul or physical proximity, then, if that person has not comprehended the gravity and true nature of their deed, if they have not repented, if they have not purified themselves, that energy is transmitted.

Yes, it is passed on. It is imprinted in vibration. It enters the realm of those close to us. It reaches our descendants. It resides in bodies, in thoughts, in states of being.

Therefore, do not be surprised if, at some point, strange, painful, and inexplicable things begin to manifest in us — or in our children, grandchildren, or heirs.

Do not be surprised if we fall ill.

Do not be surprised if we experience profound sadness, helplessness, or confusion.

Because nothing is lost. Everything goes somewhere. Everything leaves its mark!

Now, I would like to return to something very interesting regarding the nature of illnesses.

How did I come to understand all these things?
Through experience.

I observed directly, working with people, seeing their energy, feeling their pain, emotions, and helplessness. That is how I began to understand the causes of many illnesses. That is precisely why I feel a deep need to write about what I have witnessed. Because it is not merely observation, but awareness.

Let me give you a personal example: at one point, I gained about 35 kilograms. And there are many others like me, perhaps even more!

For a long time, I judged myself. I felt guilty. I did not understand why.

I did not understand the cause. But over time, I realized something very important: the root was not physical, but psychological. Energetic. Profound.

Why do I say this? Because perhaps you have noticed as well: no matter how much effort you put in, how strictly you diet, exercise, or follow rules, it still seems like nothing works.

I And then, when you can no longer find answers on the physical level, you have to go deeper. Down to the level of thought. Down to the level of the cell. Down to the atom. Down to the DNA.

I And when, at last, I understood why I had gained those kilos, I realized how truly blessed I was.

Why do I say this? Because I began to see things differently:

Look at how many people suffer from cancer. From autoimmune diseases. From irreparable suffering.

And me? I had received a form of protection. Because, no matter how heavy those kilos seemed, they could be lost.

It was a reversible condition. It was a signal, not a sentence.

Thus, I realized that, in fact, I was blessed.

At the same time, I couldn't understand how some people could eat an entire animal, How should I put it? They ate enormous amounts. Their consumption was excessive. And yet, they did not gain weight.

I have met so many people who literally consumed buckets of powders, hormones, and all kinds of supplements—just to gain weight. And guess what? They still did not gain weight.

Worse still—they were actually harming themselves even more. I Then I began to observe more carefully. To look beyond appearances.

I delved deeper into my relationships with those people and realized that something was drying them out from within.

It was not about metabolism. It was not about food.

It was a restlessness. A silent pain.

A profound emptiness.

Something that drew from their energy, draining it. It consumed them invisibly.

That was my conclusion. And you know what? I believe with all my being that this was already the answer. That is the nature of those imbalances. It is not merely physical; it is energetic and soulful.

On another note, what I want to express is that every action, every consequence, affects each person's body in a particular way.

Of course, it is not the same for everyone, and that is because
It depends on the level of protection each individual possesses.

What I have also observed — and I feel with all my heart that it is essential — is that raising our inner vibration is the only true protection.

In terms understandable to those who practice meditation, prayer, and faith: only these serve as divine shields for man. Sincere prayer. Purity of the soul. But also of the body.

Connection with God.

The idea is simple, yet profound:

If we do not care for our soul, if we do not maintain our inner purity, we become, effectively, a magnet for all that is low:

- for low-vibration entities,
- for toxic thoughts,
- for people with the same heavy vibration,
- for unfortunate events.

Then we enter a vicious circle. And we should not be surprised if we begin to like strange, harmful things that destroy both our body and soul. But they appear 'good' to us, they seem 'attractive.' And do you know why?

Because once those lowly entities have caught us, they do not let us go easily.

This is how addiction is formed. This is how the loss of self begins.

We live in a duality — between good and evil.

I And to attract good, we must be tuned to the frequency of good.

But if we lower our vibration — even just at the level of thought — we attract in equal measure what we emit.

It is a Law!

There were many signs. Many.

Too many to dismiss as mere coincidences, as people often say.

Too laden with meaning to ignore any longer.

But I did not always know how to understand them. I could not interpret them at the time.

Today, looking back, I see them clearly. They were messages.

They were milestones. They were calls.

Yet, this book is not about those synchronicities.

It is not about all those stories. I will save them for another work, perhaps another book — one

that will focus solely on signs, on encounters, on divine guidance in its mysterious form.

This book is about awareness. About awakening

About how, step by step, I began to understand life.

As it is — sacred, heavy, full of lessons, yet also full of love.

With all due shame, I confess: I do not attend church. However, I do not wish to discuss that now. I want to share something that happened to me.

For those who need to read it.

For a long time, I prayed.

Often. With all my soul.

Yet I felt that nothing was happening.

In fact, everything seemed to be going wrong.

I became so upset with God that I told Him

He was a monster. That He did not exist.

But He does.

The problem was not with Him.

We make mistakes without realizing them.

Or perhaps they were sins inherited from our ancestors.

Or perhaps, this is how we cleanse our sins.

I And indeed – if we are not conscious of what we are doing, we pass on the baton of suffering.

Maybe it does not strike us directly.
But it continues onward, into our children.

A dear person once told me, jokingly:
“Illness is the consequence of sins.”

They were joking, but it contained a profound truth!

What is truly sad is that we do not know.
Or we simply do not want to know.
The system wants us to remain asleep.
Foolishness is encouraged.

Superficiality is sold to us as “normality.”

You do not have to believe me.
Ask your soul.

In schools, they teach you to use protection.
But purity does not give in.
Respect. Patience.

Even we, as parents, end up saying, 'It's
okay, just make sure to protect yourself.'
No, it is not okay.

It is not okay to do something that leaves your soul empty.
It is possible without it.

Or at least when it is true love, when
you are building a family.

I Do you know what is even worse?

That we kill our children with our own hands.
With our own money.
Without truly knowing what we are doing.

We are told they do not have a soul. That until
three months, it is 'nothing serious.'
But I have seen the pain of women who have
gone through this.
It is terrifying. Heartbreaking.
You do not have to believe me.
Feel it with your heart.

I And since we are talking about life...

We complain that we have nothing, that things are not going well for us.

But how could it be otherwise when we sell
our souls for money?

We abandon our children, our parents...
We lose ourselves in 'lives abroad.'

When we have too much,
we drown ourselves in alcohol, drugs, and slot machines.

Children feel humiliated if they do not
wear brand-name clothes.

We place value on things.
But we forget about the soul.
About the essence.
We judge.

'That one is like this, that one is like that...'

But perhaps the person who hurts you is the most wounded.

Maybe they need your love.
God works through people.

Revenge is the weapon of the fool.
Pray for the one who has upset you,
and you will see how things change.

Do not build your happiness on someone else's suffering.

Those tears... they come back.

I And if you do not learn now,
life will place you once again before the same lesson,

until you understand it. Or your children will understand it.

Do not accept everything at face value just because that is what
'the world' says.

Examine. Seek.

Including what I write here.

I And do you know what else I have noticed?
That although they appear different,
all the major religions speak about roughly
the same things.

About love. About balance.

About truth.

About God.

God truly exists.

But you do not have to believe me.

Feel it. Explore it. With your soul, not just your ears. Although each religion has its own particularities , many share similar concepts that reflect the universal needs and aspirations of humanity.

1. Faith in a supreme force

Most religions recognize the existence of a superior entity or force:

- Monotheism is central to Judaism, Christianity , and Islam, all venerating a single God.
- Hinduism acknowledges a supreme divinity, Brahman, manifested through various deities.
- Buddhism, although non-theistic, speaks of a supreme reality and spiritual enlightenment.

2. Moral and Ethical Principles

All religions promote a moral code that encourages:

- Compassion and love towards others.
- Truthfulness and honesty.
- Justice and fairness.
- Respect for life and for others.

3. Life after death and the consequences of our actions

Concepts of life after death, reincarnation, or final judgment are present in many religions, highlighting the idea that our actions have consequences beyond our current existence.

4. Prayer and Meditation

Spiritual practices such as prayer, meditation, or contemplation are ways in which believers connect with the divine or their inner self.

5. Peace and Harmony

Promoting peace, both internally and in our relationships with others, is a shared ideal.

Some say 'God,' others 'Allah,' others 'Shiva,' 'Brahman,' or 'the Universe.'

Yet all refer to a greater power, the one who created everything.

The form is not the issue.

The issue is that we become lost in labels and forget the essence.

Example 1: Love and Compassion

– For Christians, Jesus said: 'Love your neighbor as yourself.'

– In Islam, the Prophet Muhammad said: 'No one is truly faithful until he wishes for his brother what he wishes for himself.'

– In Buddhism: 'If you can help, do so. If you cannot, at least do no harm.'

– In Hinduism: 'Non-violence is the highest virtue.'

What do all these mean? To care. To be human
.

Example 2: Judgment and Reward

Everyone says that good and evil do not go unrewarded.

– Christianity: 'What a man sows, he will also reap.'

– Islam: 'Everyone will be rewarded according to their deeds.'

– Hinduism and Buddhism: Karma – 'What you do comes back to you.'

This teaches us to be mindful of our actions. Not only when others are watching, but also when we are alone.

Example 3: Fasting and purification

– Christians fast before Easter or Christmas.

– Muslims fast during the month of Ramadan.

– Buddhists and Hindus observe days of fasting and meditation.

However, the purpose is not the food itself. It is to empty yourself of the chaos of the world and to draw closer to what is sacred.

They all convey the same message, but in different languages.

I and all lead to the same destination: towards love, truth, spiritual cleansing and awareness.

God does not look at the name you give Him, but at how you live.

However, unfortunately, in our times... we have allowed ourselves to be blinded.

We believe anything that comes our way, especially if it comes from television or the mouth of a "specialist."

We are easily manipulated.

Would you like a simple example? I have just experienced one.

Do you remember?

"Stay at home."

"Get vaccinated."

All said nicely, well packaged.

I will not delve into the subject; this book is not about that.

But the idea remains: if you do not filter things through your soul, you will believe anything.

I recall that a few years ago, I was reading a magazine.

There was an extensive article about masturbation.
It suggested that it was something natural, healthy, and liberating.
I And ironically... I fell for it as well.

I believed it was physiological, that 'everyone does it.'

However, we are not told about real studies, concealed from public view, which demonstrate that the chaotic loss of sexual energy leads to imbalances—not only physical but also spiritual.

It weakens the mind. It weakens the will.

It drains your light. It drains your strength.
Is it even necessary to discuss the impact it has on our children?

If children still come...

We are growing increasingly distant from what it truly means to be human.
More and more disconnected from the source.

Increasingly ill – in body, but especially in soul!

I And yet we wonder why there are so many illnesses?
We have distanced ourselves from the Law of the soul.
There is no longer respect. There is no longer love. There is no longer fear of God.

We mock life, body, and soul.

We have come to be led by pleasure, ego, money, and instincts.

I And it seems normal to us. We like to believe that 'this is freedom.'

But it is not freedom.

It is slavery. Modern slavery.

Slaves to the opinions of others.

Slaves to pornography.

Slaves to the idea of 'being open-minded.'

Until our souls fall away.

Boys learn from pornographic films how to treat a woman.

Families fall apart because 'someone else understood me better.'

We live in a culture that encourages cheating, betrayal, and lying.

Being in an 'open relationship' is considered cool, but loyalty is seen as outdated.

To be loyal.

Parents are too busy chasing money,

while children grow up with phones and TikTok.

Empty souls, vacant eyes.

I And we wonder why we no longer feel anything.

We no longer pray.

We no longer give thanks.

We only ask. We only want.

I And if we don't receive... we blame God.

Someone. Everyone, except ourselves!

But do you know what the truth is?

God does not leave.

We leave.

We hide.

I And we are the ones who suffer,
because we have forgotten Who made us.

I And why.

But do you know what is the saddest part?

That we have grown accustomed to evil.

To vulgarity. To ugliness. To malice.

We see them daily, everywhere, and they no longer shock us.

They seem normal to us.

If you see a broken family – 'that's life.'

If you see a child raised without love – 'they
must be strong.'

If you see a depressed young man – 'he's lazy.'

If you see a woman broken by abortion – 'it's her business.'

No! This is not normal. It is not her business. It is all of ours!

Every person who suffers is a signal that we have drifted away.

That we have broken away from what is pure.
That our soul aches and we do not know why.
That we live in chaos, yet we no longer feel how deeply it destroys us.

I And yet...

In the midst of chaos, there is still hope!

Because God has not closed the gate.
We have drawn the curtain.

I And you can always pull it aside.
To listen to your soul.
To remember who you are.
To begin with a simple phrase:

'Forgive me. I did not know. Show me how to find my way back.'

I am about to address a delicate subject now.
I And no, I am not judging.
That is not the point.

It is an observation. A wound I have witnessed with my own eyes.

You should know that I have not seen more tormented souls than the girls who have experienced abortion.

Girls who, in turn, were also victims. Either of a lack of love, manipulation, or fear.

So much pain, so much guilt, so much weight...

It still pains me when I see them right before my eyes. No, they do not need judgment!

They need understanding, prayer, and healing.

But I also wonder...

Do doctors truly understand what remains in a woman's soul afterward?

I Does anyone? Is this discussed anywhere?

Is there any genuine explanation when they say to them: 'Stay calm, it doesn't have a soul until three months.'

I do not know what kind of soul the child has, but I know for certain the emptiness that remains in the mother's soul.

I And you do not have to believe me.

We fall so easily.

It seems so easy to us to accept that 'this is normal.'

We lose ourselves so easily...

But the truth runs deeper.

Much deeper.

Some choices are not truly ours.

They come from behind—from our parents, our ancestors, from inherited pain.

Inherited.

Choices that appear to be ours, but are merely a continuation of family wounds.

I And yet, there is a way out.

"Ask, and it will be given to you."

But you must ask sincerely, from the heart.

I And you must be prepared to receive.

What happens within you when you divide yourself among too many?

It is often said, "It's just sex."

That "we are free."

That "we no longer live in the Middle Ages."

But let me share something that you won't hear in advertisements or on TikTok:

Every sexual encounter leaves a mark.

Not only on the heart, nor just energetically.

But also in the DNA.

The woman's body – and the man's as well – remembers.

Every partner you have had leaves traces:
in genetic information, in vibration, in emotion.

Especially the woman. Why is that?

Because she receives during the sexual act.

She becomes a vessel.

I And in that vessel, the partner's energy is im-
printed – whether it is positive or dark.

If a man has been abusive, aggressive,
unbalanced, or emotionally troubled...
his traces remain within you.

Perhaps you don't notice them right away.
But they accumulate. And eventually... you break.

Perhaps you change without understanding why.

Perhaps you no longer feel like yourself.

Perhaps you can no longer maintain a stable relationship.

Perhaps you have children and don't understand
why they come with health or emotional issues.

Nothing is ever 'just one night.'

Your body has been a witness.
Your soul has felt it.

Your energy has absorbed it.

Do you realize how deeply we have been deceived?

When a husband visits prostitutes... he doesn't return with shame alone, but with all the filth that follows.

Let's talk about the things that hurt.

About what is not spoken of within the family.

About what is known, yet remains unspoken.

The husband, the partner... the 'man of the house.'

Leaves one night or goes on a trip.

He says he drank, that 'it didn't matter,' that 'it was nothing serious.'

But the truth is that he went to a prostitute.

I Perhaps not just once. Maybe several times.

I And no, he does not come home with guilt alone.

He returns with foreign energy, a heavy burden, with suffering and shame taken from another's body.

That woman – no matter how much she smiles, no matter how 'professional' she may be – carries within her suffering, abuse, trauma, and despair.

I And all those energies... enter the man.

Then he comes home and brings them into your bed.

Into your house. Over your children.

I And the woman at home feels it.

Perhaps she does not understand it with her mind.

But she feels it with her body, with her heart, with her nerves, with her skin.

She begins to fall asleep with difficulty.

She begins to become ill.

She starts to feel out of place.

She flares up over nothing.

Or slowly fades away into depression.

I And no one connects this to the husband's 'little slip.'

But the soul knows.

Energy does not

lie. And hidden sin is paid for if it is not cleansed.

Often, not by the one who caused it, but by the innocent.

That is unfair, yes. But that is how spiritual law operates.

Everything you bring into your home – both physically and energetically –

I do not want it to seem like I am delving into Churches, religions, or things of that sort...

With all due shame, I admit I do not attend church, but that is not what I wish to discuss.

However, I do want to speak about something that happened to me personally.

I I feel compelled to share it with those of you who need to read (hear) it.

It is no coincidence that many people no longer believe in divinity, no longer believe in God, and this is for various reasons.

My reason was that, although I have always been faithful—at least, that is what I liked to believe...

But I repeat, I am not one for rituals, fasting, and the like. I mean, I prayed often, and not just in any way,

yet I felt that nothing was happening.

On the contrary, everything seemed to be going wrong.

Sometimes, it even felt like it was mocking me, as a girl, to the point where I thought, 'God and the saints are devouring you!'

But for me, to truly know Him... I had to go through hell—not once, not twice...

But countless times, to truly understand the meaning of life.

I literally writhed in pain and screamed, tears streaming down my face. If I myself had not prayed...

But you see... I say it's exactly like being at the gym! Think about how much effort you put in to burn just a few calories!

But in this case...
A problem is not solved that easily!

Yes, it hurts terribly!
It burns you, it tears you apart!

True faith... Yes, it requires humility without expectations.

But I must not stray from the subject. I was so angry with him that I cursed him. I said he was a monster, that he didn't exist.

He does exist... But I was not pure enough. I was making mistakes I didn't see, or perhaps they were ancestral sins.

I And yes! If we were not aware of what we were doing...
We pass the baton forward.

Perhaps we do not suffer, but future generations suffer because of us.

I Let me return to my subject about Divinity.
But in a different way.

When I was not feeling well, a dear person often joked that illness is the consequence of sins.

He said it jokingly, but I came to realize it holds a profound truth.

But do you know what is even sadder?

It is sadder that we do not know.

Or perhaps we are simply not aware.

The 'System' (here I refer to something else) wants us Asleep, and the irony is... Everyone takes it as something normal.

Foolishness is encouraged.

I And now, this is it—I take responsibility. I know what I say is painful, but you do not have to believe me.

Ask your own soul.

Starting from school, they teach you that you must use protection so you don't catch diseases, and so on.

I Do you know what is painful?

That even we parents end up encouraging the idea that yes, it's okay to do this.

No, no, it is not okay to do this!

It is not okay to do it at all! It is possible to live without it!

Or everything at the right time, when you feel that this is the right person to start a family with.

This is a very profound subject.

However, anyone willing to examine it will understand how painful the reality presented today truly is.

Do not continue to trust television and other disguised advertisements.

Are you aware that we have reached the point of killing our own children, still with our own money?

I And not necessarily because we wanted to.

Yet, various arguments in favor are presented to you.

That it is merely something... without a soul.

It's considered acceptable as long as it is within three months; it's seen as nothing serious.

This is how they toy with these poor souls.

I have never witnessed greater suffering in my life than that of the mothers who ultimately committed the act.

It is terrifying, heartbreakingly painful.

You do not have to believe me.

Chapter 11 — On Love and True Relationships

Unfortunately, nowadays we see more and more failed relationships around us.

Relationships that have lost all meaning, no longer having God at their center.

Relationships that drain the soul of strength, bring drama, suffering, humiliation, and perhaps most gravely, leave children who suffer innocently from these toxic bonds.

I And yet, I would like to ask you a question:
How do you perceive love? What does love mean to you?
How should a relationship be?

Everyone has their own perspective.
Some believe that love must hurt.
That one must suffer, cry, and struggle.
Others think you have to endure everything, that
this is how a relationship is 'supposed' to be.
Some confuse drama with love.
Some believe that 'the more it hurts, the more
you love.'

But you see...
True Love has already been described.

Not by me.
Not by people.
But by God Himself, through the Word.

'Love is patient, love is kind,'

does not envy, does not boast, is not arrogant,
does not behave improperly, does not seek its own,

is not easily angered, does not keep a record of wrongs,
does not delight in evil but rejoices with
the truth.

It always protects, always trusts, always
hopes, always perseveres.

Love never fails.

(1 Corinthians 13:4-8)

Love does not break. It does not humiliate. It does not tear apart.

It is not normal to lose yourself in love.

It is not normal to be emptied, drained, or
torn from your own worth.

Love is not a continuous drama.

Love does not come with humiliation, betrayal, or inner emptiness.

True love elevates a person. It enlightens
them. It brings them closer to God.

Take, listen to, and read this verse from the Bible.

But do not merely read it.

Listen to it with your heart.

Analyze every Word.

I And after you analyze it, ask yourself a few
simple questions:

Is it normal to hurt? Is it normal to lose

yourself? Is it normal to no longer be yourself

Because, you see...

When we enter into a relationship, we connect energetically with that person.

An invisible yet real thread is created.

Just as there is an energetic thread between a mother and her child,

It is the same between a man and a woman, especially after physical union.

Many people do not realize this, but every intimate act binds souls.

Not just the body.

Not just the emotion.

But the deep energy that we carry with us afterward, sometimes for years, sometimes for a lifetime.

I And I have one more thought — a conclusion I felt deeply within me:

God invented love so that you can love even a foolish person.

Of course, I say this with a touch of irony.

But there is a subtle truth here:

No matter how intelligent a person is, when they begin to love without God, they become lost.

Because he gives all his energy, all his strength,
all his heart...
without placing God first.

This is the key to all failures in relationships:
Love is not the problem.
It is the ORDER.

First God.
Then myself.
Then the other.

If we do not put God first, the relationship be-
comes idolatry, dependence, and suffering.

Pure love does not require you to lose yourself.
Pure love calls for growing together.

Today, unfortunately, we see more and more relation-
ships that begin with the promise of love, but in reality
, behind it, there is no love — only interest.
Everyone comes with their own need, with the emptiness
they wish to fill, but which they do not fill with true
love, rather with desire, ego, and expectation.

Some enter relationships out of material interest
— for money, status, or financial security.

Others enter for sexual interest — for pleasure , to expend energy, or for momentary satisfaction.

Some enter from a need for validation — so they do not feel alone, to have their worth confirmed, or to feed their pride.

It is said: 'I love you.'
But behind that 'I love you,' there is no God.

It is merely the emptiness demanding to be nourished by another person.

I And here lies the problem:

When you enter a relationship to fill your emptiness, you do not love; you consume.

You do not give; you demand.

You do not lift the person up; you pull them down with you.

You do not build; you end up breaking and hurting.

True Love does not seek to fill emptiness with another person.

True Love comes from fullness. From wholeness in God.

When a relationship starts with a lie, no matter how small, it will inevitably grow into greater suffering.

A lie, even if it seems harmless at first, is the seed of an evil that will bear fruit later.

It is like a thin blade of grass which, if not uprooted, becomes a deep root that breaks the foundation of the house.

In today's world, we have come to normalize sin:

"It's just a little lie."

"It's normal; everyone does it."

"It's no big deal."

But the Law does not operate according to our own judgments.

Any evil accepted—no matter how small—invites an even greater evil.

That is why it is vital not to make compromises with evil.

True Love has no room for lies, hidden motives, or double-dealing.

True Love demands sincerity, dedication, loyalty, and purity.

Exactly as it is written in the Holy Book.

Today, relationships have become a playground.
Power games. Manipulation games. Seduction
games.

Everywhere you look, you see:

"How to conquer a man in 5 steps."

"How to make him chase after you."

"How to keep him in suspense."

"How not to let him feel that you love him too much."

"How to play the perfect role so he won't leave you."

Do you see the level we have reached?

It is no longer about love.

It is no longer about God.

It has become a marketplace of ego, fear, and the need for control.

If a man rejects you, it's simple: he does not want you.

There is no need for complicated analysis.

It is not your fault.

You do not have to become someone else to
be desired.

The real problem arises when:

- He does not want you, yet he keeps you.
- He rejects you but does not let you go.
- He feeds you promises but gives you nothing stable.

That is no longer love.

This is emotional vampirism.

It becomes even more serious when, in a relationship:

- one person gives everything — heart, soul, forgiveness, forgiveness, forgiveness...
- while the other consumes, exploits, humiliates, and feeds off the other's energy.

The one who gives burns from within.

The one who takes temporarily fills their emptiness.

But the Law does not end there.

Because any stolen energy must be repaid, sooner or later.

This does not come from God.

This is not love.

I It is pointless to learn techniques of conquest.
It is pointless to search for tutorials
on how to 'control' a partner.

A man of God, a woman of
God — they are not won over that way.
They cannot be caught through power games.
They are drawn by light, purity, and truth.

A person who loves sincerely, who loves from
the light, loves purely.

A soul that truly loves cannot lie or manipulate

.
When you love, your intentions are pure. This is
the nature of true love.

But there comes a moment when the other person rejects it.
I And here the drama begins:

The one who loves sincerely ends up feeling guilty.

They ask themselves:

- What did I do wrong?
- Why am I not enough?
- Why didn't they love me?

But you see...
At this point, it is no longer about love.

Here, we enter the realm of unresolved traumas.

When the soul carries old wounds —

- lack of love received in childhood,
- lack of validation,
- abandonment,
- old rejections —

These become filters through which we perceive ourselves.

When someone rejects us, the trauma shouts:
“It’s your fault. You weren’t enough.”

The truth is quite different:

When you love sincerely and are rejected, the fault is not yours.

Rejections do not always occur because you made a mistake, but because the other person lacks the capacity to receive the light you bring.

I Often, we attract such people precisely because of those unhealed wounds within us.

That is why it is vital to ask ourselves the right question:

- Not “What did I do wrong?”,
- But rather:

“Why did I attract this type of relationship?
What wound inside me opened this door?”
‘Where must I heal first?’

The healing of love begins with the healing of your heart.

When you heal your wounds, you no longer accept relationships that come to feed your trauma.

Then you attract partners who come to nourish your heart and soul with pure love. Just as God desires.

True love does not steal the heart.

True love heals.

But God can break the chain.

That is how He worked in me. That is how He will work in you.

But... I do not want to lie to you...

I am truly not selling illusions, and yes...

Reality surpasses fiction.

Real pain, when you truly feel it...

It literally tears you apart; you feel the ground slipping away beneath you.

Perhaps you don't even have tears left.

You can no longer contain so much pain within yourself.

You feel utterly defeated!

And yet, you remain completely on silent mode...

Your gaze is empty, your soul hollow, and you no longer even feel God.

You call out to Him, but it seems you cannot find Him...

Then it came to my mind to write this prayer:

Lord... I have no more tears to shed.

Not even the pain fits inside me anymore.

Lord... I cannot rise...

I am weary...

I surrender to

you! And yet...

Suffering from love... I could say it is one of the most painful experiences, so to speak.

For me, one thing that helped was writing this affirmation:

Today. I have come to understand how much love hurts when it is not reciprocated.

Today, however...

I chose to cry.

To release.

I do not deny it,

I allow myself to feel, to hurt, in order to completely free myself from this burden.

From today, I will no longer permit this!

From today.

I choose genuine love.

And only with Divine consent!

From today, I am protected.

And may God keep me strong!

Amen!

And once again, I return to Psalm 50:19.

A broken and humble heart, God will not despise.

Healing

Healing from suffering...

Honestly, I almost want to laugh when I write about healing...

Because why should we lie to ourselves?

There is no easy way to get through it!

If you replace it with something else, you risk attracting exactly the same pattern in the future, because you haven't learned the lesson!

Honestly, does

it hurt you?

Let it hurt!

Cry!

Accept it!

Listen to yourself!

Do not blame yourself for feeling this way!

Give yourself time.

Or rather,

Set aside time for this release.

Because yes!

It is liberation!

Although it is a painful process

Only through pain will you learn that fire burns.

Otherwise... you will fall back into the same pattern and find yourself suffering like Little Red Riding Hood or the bear tricked by the fox.

So yes!

Avoidance is not the solution, nor is fighting fire with fire; there is no other solution...

Trust in God... surely this is where your faith is tested.

No matter how much you pray...

It feels as if you are not heard.

But you will see the answer in time.

Title

Sometimes, it's okay to to

feel down as well...

So you clearly understand

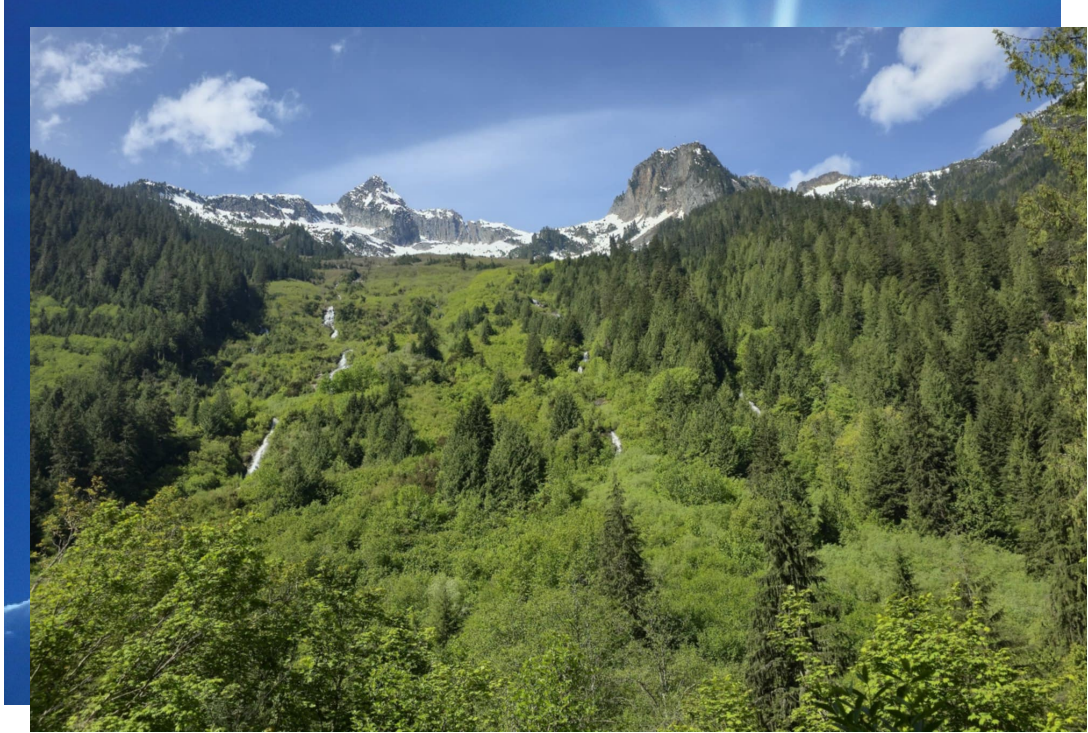
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