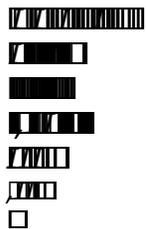
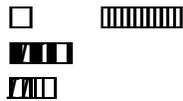
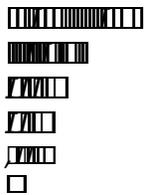
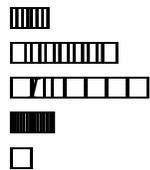
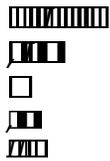
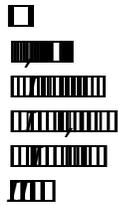


8.What is to be done ?

Awakening the physical and mental reserve of the organism:

Hygiene,Yoga, Massage & procedures,Food, Herbal Medicine, Meditation, Relax ,Enjoy



Meditation is a practice where an individual uses a technique – focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state without accepting any benefit. Meditation has nothing to do with religion.

It's highly recommended to do and learn meditation, under supervision of qualified specialties.

Relaxation in psychology, is the emotional state of a living being, of low tension, in which there is an absence of arousal that could come from sources such as anger, anxiety, or fear. According to the Oxford dictionary relaxation is when the body and mind are free from tension and anxiety.

Believe & Enjoy: A belief occurs when the mind accedes to that which is not supported by evidence and fact. Enjoy is take delight or pleasure in an activity or occasion.



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