

Basic knowledge for health questions, spiritually inquired and answered here.

Nicotine addiction: Connections and healing possibilities, clarification in a spiritual point of view.

This is Archangel Raphael speaking.

What do you do when you put a cigarette in your mouth?

You light it, you put it in your mouth, you pull on it, you inhale the smoke. This smoke opens your lungs, this smoke gives you space, space to float away, because these substances that are in the cigarette dissolve very quickly through the smoke in your lungs.

You will be stimulated or you will float away or you will be nebulized. Depending on the mode of action, you will be able to get to the bottom of your issue of cause.

What do you do with your hands when you suddenly have no cigarette? What does your body do when it is without the nicotine?

The hands move, the hands may start to shake, the body starts to shake. The body begins to run back and forth, becomes restless, becomes hasty. You are taken out of your own center. You cannot see, feel, perceive yourself in your power. You repress things that you don't want to see!

What are the things that make you reach for a cigarette?

It is the theme of inadequacy. You think: "I am not enough"; you think: "I am incapable of this and that". You are unsure in your inner core, you can't decide for one or the other.

Or you get information from the spiritual level, because you are very sensitive, because you are very permeable, and you can't deal with this information, you want to push it away.

Therefore, you need something that distracts you, that takes away your vision, that makes you unfocused. Because when you help yourself to your cigarettes, it is often only the first three puffs that are pleasant! After that the body pilot runs in its program programmed on the cigarette.

However, you yourself, you feel nothing of it! Because the first puff is this relief that still resonates within you; the relief of being calmed; the relief for a brief moment of being in a feeling of spaciousness; the relief of being in this feeling of pleasure and no longer in the carousel of thoughts.

THIS is that moment that marks you, and this is the moment you, as a cigarette smoker, always want to repeat! You want to activate these memories again and again - respectively.

You activate this memory again and again and everything else doesn't matter to you. But also what comes afterwards has an influence on your body, on your lungs, on your breathing, on your brain.

Learn to ground yourself; learn to come to your center; learn to be honest with yourself. Look at your weaknesses, turn your weaknesses into strength. Breathe deeply in and out without using a product to do so.

Breath is life! Oxygen, which is given to you from the air, is life!

So fill your body with this life substance, not with the death substance of the cigarette! Get help when you have experiences that are strange to you, when you see colors, when you see faces that are strange to you.

What about the nutrition?

Often people who have a cigarette addiction do not have enough nutrients in their body, they lack vitamins, they lack minerals. Therefore, it is important

to pay attention to this - be it through the diet itself or be it through supplementary means.

Often addicted people are very sensitive people, take in a lot, take in a lot of emotions, feelings from the outside world into their body, into their aura field. This overwhelms them! They react with their emotions, with their feelings, they can't put them into a context.

And this influence, which they cannot classify, is often also a cause to reach for the cigarette, so that these influences are weakened, and they are weakened by the substances of the cigarette!

So: also there ask the cause, recognize the cause and transform these occurrences into a potential.

This sensitivity is a gift that every human being is endowed with. With some it is more pronounced than with others. Often people addicted to nicotine are gifted with this sensitivity. This is a great gift that can be nurtured. Yes, it is even important. Through this, many symptoms can be transformed, transformed into a power that the person can use for himself.

To get rid of this addiction, there are various possibilities in the holistic healing field.

It is also important to cleanse the body, to discharge the toxins - be it in the energetic area, be it in the physical area.

Also there again foreign energies are possible, which dock, so that a cigarette is smoked for them!

Also these foreign energies detach, change the nutrition plan, in order to be able to go really into a new life, to build up a new life feeling.

People are very different in this respect as well. Some can overcome this addiction themselves, others really need support over a longer period of time. All these healing prescriptions, these healing plans, are also very individual here.

Received from Christine S. on 2023.03.12.

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