

## \*Disclaimer\*

Nothing you are about to see or hear should be used for urgent care or considered medical advice. Always consult a qualified healthcare provider for any health concerns.

If you are experiencing a mental health emergency, contact your healthcare provider, go to the nearest emergency room, or call 911. For immediate support with suicidal thoughts, call or text 988 (Suicide and Crisis Lifeline).

**Nothing in life is to  
be feared, it is only  
to be understood.**

**Now is the time to  
understand more so  
that we may fear less.**

**Marie Currie**

I am about to share to two words with you along with a brief description of each word. Then we will continue with the introduction.

First word,

# awaken

to become conscious.  
To become aware of something.

If you do become aware of something.

**That means that for “X” amount of time, you where not aware of the thing or things.**

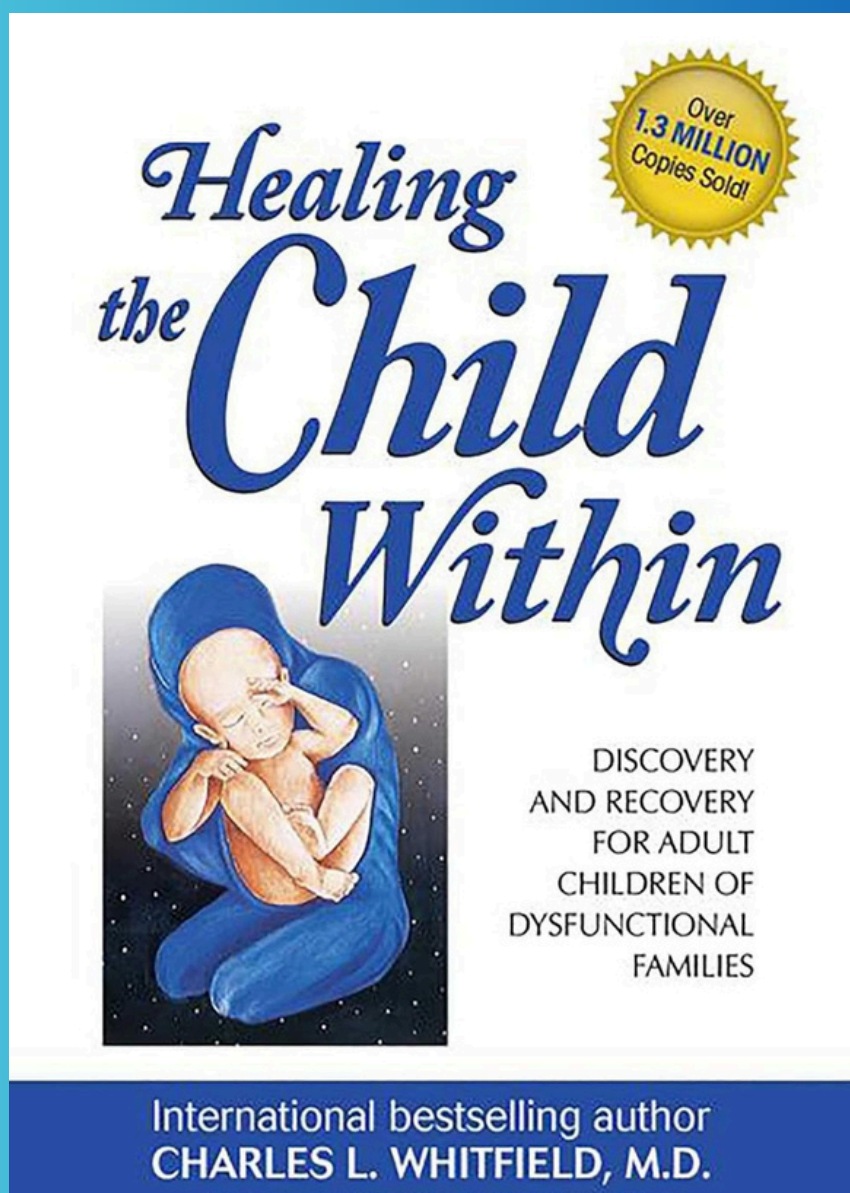
Second word,

# Healing

Detail, the first time I heard the word healing in a psychological way was from a book called.

Discovery and recovery,  
For adult children of dysfunctional families.

Below is a picture of the cover of the book.



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Florentino Jr. Tapia Reyes

# AWAKENINGS



A Psychological Healing Journey **Arrival.**

**There may come a time in your life where you need help, and the help that you need will have a starting point of yourself.**

**Tips for you to consider on your psychological healing journey: On Thoughts, Emotions, and Words.**

Mental Health

## **Who might be able to benefit from the following information?**

- A father.
- A mother.
- An adolescent.

## **Anyone experiencing any mental health symptoms, such as**

- Anxiety.
- Childhood Trauma.
- Codependency.
- Obsessive-Compulsive Disorder.
- Post-Traumatic Stress Disorder.
- Suicidal Thoughts.
- Stress,
- Substance Use Disorder.
- Panic Attacks.
- Personality Disorder.
- et.

Shout out to my psychologist,  
**Narciso Castañeda Tellez.**

I am about to share with you something that I learned from my psychotherapy sessions.

Cognitive Distortions, what are they?

Cognitive distortions are inaccurate or unhelpful ways of interpreting situations.

### **Mental Filtering**

**This distorted thought pattern involves the tendency to ignore positive aspects and focus exclusively on negative ones.**

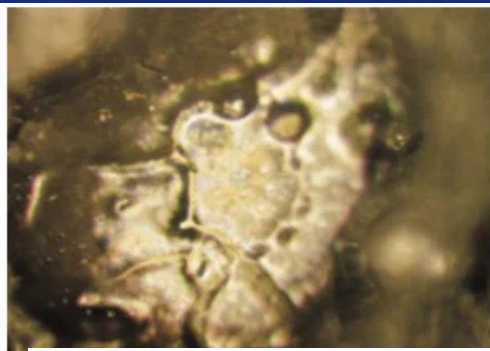
Researchers have found that having a negative perspective on yourself and your future can cause feelings of hopelessness.

**These thoughts may become extreme enough to trigger suicidal thoughts.**

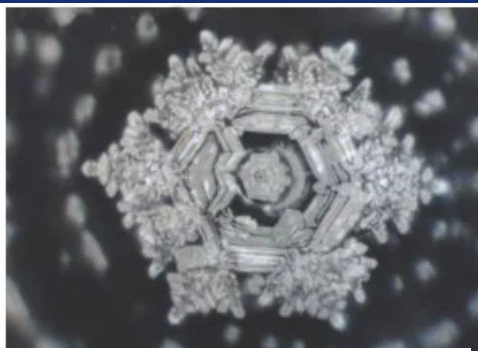
[healthline.com/health/cognitive-distortions](https://www.healthline.com/health/cognitive-distortions)

As I continued with my psychotherapy sessions i remembered the work of **Dr. Masaru Emoto**, which helped better understand my psychotherapy sessions. Below I share some information about his work.

**The idea that the molecular structure of water is changed by the presence of human consciousness nearby.**



Water Crystal Before Buddhist Prayer at Fujiwara Dam



Water Crystal After Buddhist Prayer at Fujiwara Dam

**Dr. Masaru Emoto**  
From Japan (1943–2014)



**The famous 30-day rice experiment.**



**After speaking words of love and hate for 30 days and ignoring one container.**

You can see that the Love glass container is still in good condition, the Ignored container is beginning to spoil, and the last container labeled Hate has large portions of the rice already rotten.

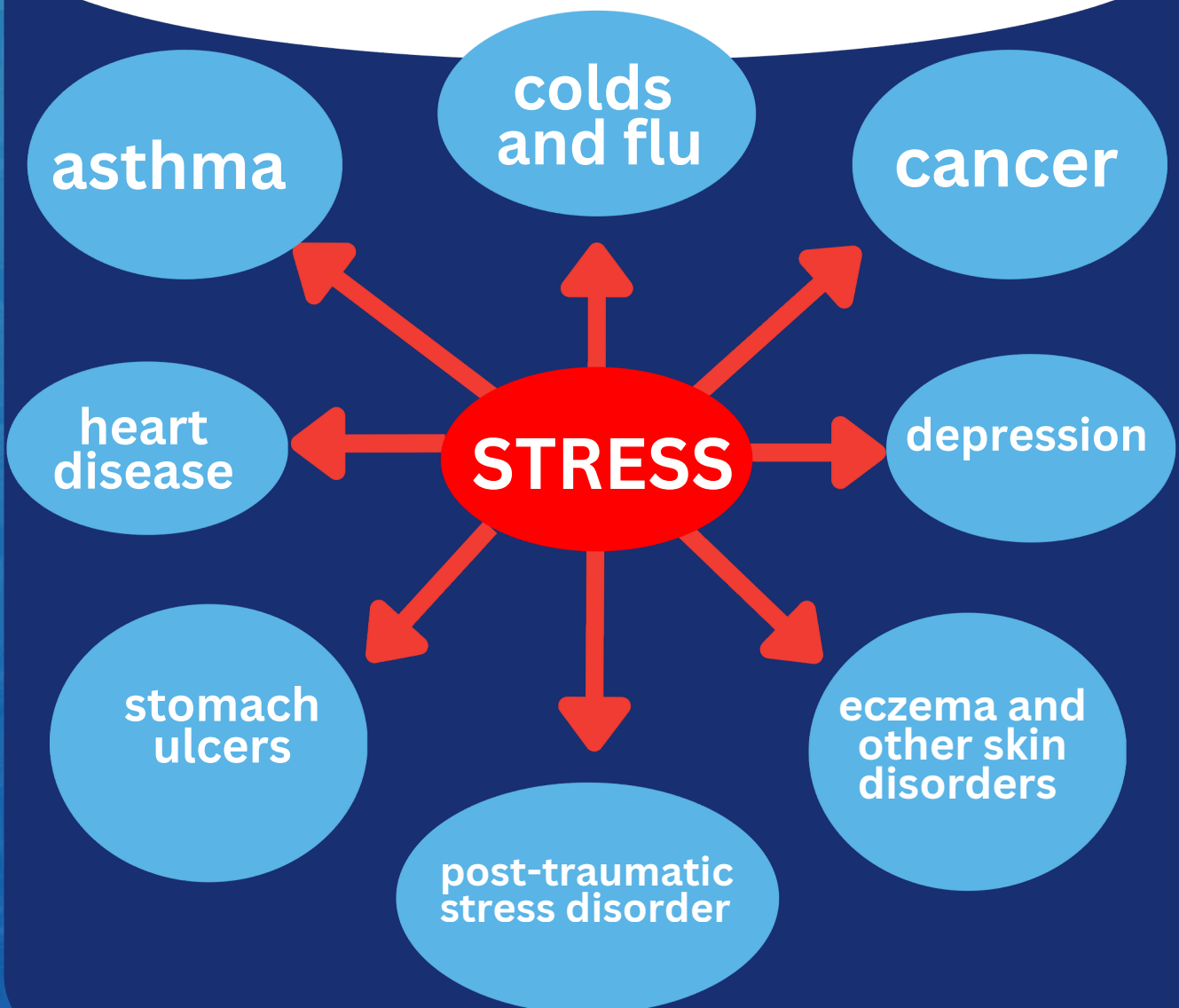
It makes you wonder, doesn't it, if thoughts can do that to water?  
**Imagine what our thoughts can do to us.**

I found out what our emotions can do to the body;  
Let's learn about psychosomatic disorders.

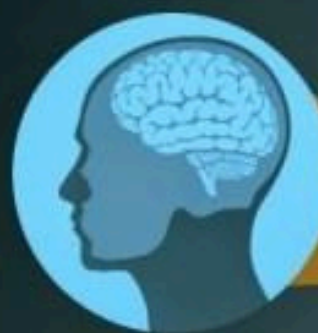
## The connection between emotions & diseases – **Psychosomatic Disorders**

Dr. Rakhi Anand, details common health symptoms that develop as a result of stress.

### **EFFECTS OF STRESS** **PSYCHOSOMATIC DISORDERS**

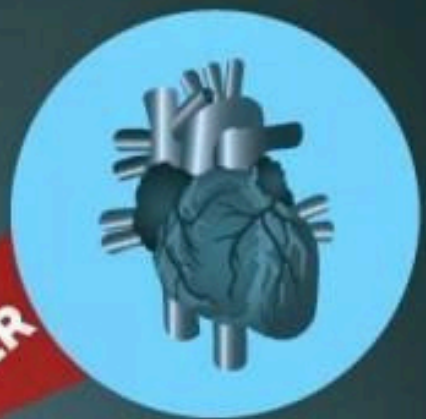


## DISEASES YOUR EMOTIONS ARE CONNECTED TO



**REPRESSED ANGER**

- TENSION HEADACHES
- MIGRAINES
- CHRONIC BACK PAIN
- FIBROMYALGIA



**ANGER**

- HIGH BLOOD PRESSURE
- HEART DISEASE



**ANXIETY**

- IRRITABLE BOWEL SYNDROME
- MITRAL VALVE PROLAPSE
- HEART PALPITATIONS



**RESENTMENT**

- AUTOIMMUNE DISORDERS
- RHEUMATOID ARTHRITIS
- LUPUS
- MULTIPLE SCLEROSIS

# The Arrival

How did I arrive?  
I started to become aware of my thoughts, words, and emotions.

I started to choose good, positive, happy joyful thoughts for my life, for my surroundings, and for my future. Even if they were only in my mind.

For some time, I even had forgotten I was waiting lol, But than it happened. The time finally arrived, joy had burnt away the pain.

**May The Glory Be To GOD!**