

Whisper's 10th Meditative Insight To The World

Shared by Matthias Chang

Evil's attacks are relentless and often, at times when you least expect – when your mind is weak and distracted, and you forget easily that HE is always there for you, if and when you call out for help. Whisper never fails to come when called upon.

Yet, so many of you consider my meditative insights as sheer mumbo-jumbo and do not even bother to give a second thought. Yet, meditation has been tested by scientists in numerous laboratory environments and they could not till today find any answers to the phenomena they have witnessed.

Research and you may discover,

While experts do not yet fully understand exactly how meditation works, research has clearly demonstrated that meditative techniques can have a range of positive effects on overall health and psychological well-being.

What Does Meditation do to the Brain?

In addition to helping with anxiety and stress, evidence suggests that meditation has a powerful effect on the brain. Using brain imaging techniques, studies have found that regular meditation leads to changes in brain structure.

For example, one study found that eight weeks of mindfulness-based stress reduction (MBSR) was associated with increased volume in the brain's hippocampus, a structure associated with emotional regulation and memory. It was also connected to decreased volume in the amygdala, a structure that plays a part in anxiety, fear, and stress. Research has also linked meditation practices to increased brain connectivity and may potentially improve brain plasticity.

Enough!

Whisper came not at my regular time, just after 3 am but 12.05 this morning as my mind was over-whelmed by the presence of Evil. Yes, you read it right!

Whisper offered this advice:

“Matthias, a restless mind takes you off on a dangerous path. Control your thoughts and seek HIS blessings and HIS protection. Evil can never succeed when HE is present and guarding you. Shift your focus and all negativity dissipates. Be ever faithful and Faith will be your shield against the most relentless onslaughts by Evil.”

“Know that each message transmitted to you over the years is **flawless**. This is an **incredible gift** for **inner strength**. Recall how you came through the numerous challenges, even when Death was pounding on your door, your

stomach was aching and your throat was parch and you defeated hunger when your prison inmates wagered that you would not survive beyond two days of your Hunger Strike. But, you survived by sheer faith overcoming the pangs of hunger. You were acquitted of all the heinous and false charges in a court of law. You defeated persecution! No compromises, neither did you make any bargain with Evil to survive. Your enemies trembled and hide in shame!”

“Now, in just a short while, you are at peace and in **Oneness with HIM**. This is the power of meditating on HIM and seeking HIS Help. And I came to you as instructed by HIM.”

Whisper showed me a Sign that I must use That I cannot share with you.

What a glorious day!