

How I Dissolve Anxiety and Depression using Text Messages

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Denzel Washington said this in a motivational speech last year

“To get something you never had.....you have to do something you never did.

I found that **nothing in life** is worthwhile unless you take **RISKS.....NOTHING.**

Ease.....is a greater threat to progress than hardship.

Thomas Edison conducted 1000 experiments. Because the 1000 and first – was the light bulb.

Every failed experiment is one step closer to success

So do what you feel **passionate** about. **Take chances.**

Don't be afraid to fail. Don't be afraid to think **outside the box.**

Don't Be Afraid to fail **BIG**, to dream **BIG.**

So continue to **strive**, continue to have goals, ... continue to **progress**

There is no passion to be found **playing small** and settling for a life that's less than the one that your **capable of living**

Not only to take risks but to be **open to life.**

To accept **new views** and to be open to **new opinions**

While it may be frightening, it will also be rewarding.

Some of the conclusions I draw today could stretch the beliefs that many of you currently hold. Please try to loosen any firm beliefs so that you may objectively enjoy another point of view. Thank you for listening to my lived experience.

People first recorded seeing mental illnesses in the times of the Greeks, 2500 years ago. You have to wonder why we have not found a solution and is the approach we have been using, not as far from a solution as we can get.

But are we even looking for a solution? And if we found a solution right now are we prepared for it? Would any doctor use a solution?

A solution to mental illness would require groups of people set up to develop innovation in mental health, **sucking the marrow out of every option from Spiritual Healers to African Voodoo and everything in between.** I almost never see the word innovation used in relation to mental health.

I've been an engineer for 25 years and when I find a problem I identify the cause, solve it and learn from it.

According to the internet, the cause of mental illnesses is:

- Genetics, environment, trauma, negative thoughts, brain chemistry, neurochemistry, **difficult to specify**, biology, prenatal environment, lifestyle, poverty, exposure, head injury, abuse, inherited traits.

I only looked at 3 websites. And this is what everyone on the planet reads.

Why aren't we just saying that we don't know what the cause is?

Mental Illness is publicised as incredibly painful but it won't kill you. It's so painful that you might choose to end your life yourself and it's caused by everything. On top of that it's got numerous elements and its very complex and expensive to treat and... **impossible to cure.** And the details we publicise are statistics of the worsening situation but with no hope for a solution. **It's like counting the dead and telling your troops!**

Why are we not coordinating global mental health public relations?

But there is an even bigger issue going on here and it starts with the name we gave it.

Mental illness is the wrong name. In fact it's not even an illness.

And I've even changed my own lived experience because of it.

Sometimes the issue
isn't that your
problems are so big,
it's that you see yourself
as being so small.

- Dr. Steve Maraboli

www.stevemaraboli.com

My father was a brilliant man. His father, a war veteran, pushed him hard. He won the South African under 16 tennis open and he was the shortest person in the tournament. He became a very sociable, popular Managing

Director by working long hours and being charismatic. FAILURE WAS NOT AN OPTION.

***If you focus on
hurt, you will
continue to suffer.
If you focus on the
lesson, you will
continue to grow.***

One year was particularly tough for the business. The Chairman gave my father a very strong ultimatum – “sort out the profits or it’s your job.”

The people around him at the time have always said he just went downhill and wouldn’t accept any help. Not part of his beliefs. At some point the pressure would have been too much and he planned and executed in great detail, his suicide on Father’s Day 1997.

So what caused the suicide? Was it the event of the Chairman’s ultimatum?

No, what happened after that? An emotion was created by my father INSIDE himself and it was of such an intensity because it broke his beliefs. It was too much for him to cope with or let go.

Essentially, he caused an overwhelming condition that ended in his death. Recently I have realised that in fact health or illness. **It’s a choice.**

15 years of counselling turned **my** suffering full circle and slowly a flame of passion grew inside me. I chose health.

In 2010 my medication was changed overnight. The shock to my system meant that I went from being a well-paid, healthy senior engineer to being unable to fill out the masses of paperwork to claim government benefits - **within a week.**

More shocks came when I received the money and realised it had been a waste of time even applying. By the time I completed an income protection application I **knew** that I was going to lose my house. Unexpected generosity from an anonymous person prevented that.

Around this time, my wife and I had our second baby. Somehow, I drove to the hospital. The baby almost landed right next to me in the front seat. My wife made a noise that I’ve never heard before. But in the end we made it just in time **for me to catch Charlie in my bare hands.**

It wasn’t long after that that I walked into the hospital and was Involuntarily Sectioned for 6 weeks before being diagnosed with Bipolar Type 1.

I experienced 4 mental illnesses by the age of 35.

So, first I had a withdrawal shock, followed by ongoing stress from finances, a new baby and finally being sectioned. And that resulted in bipolar, psychosis and anxiety.

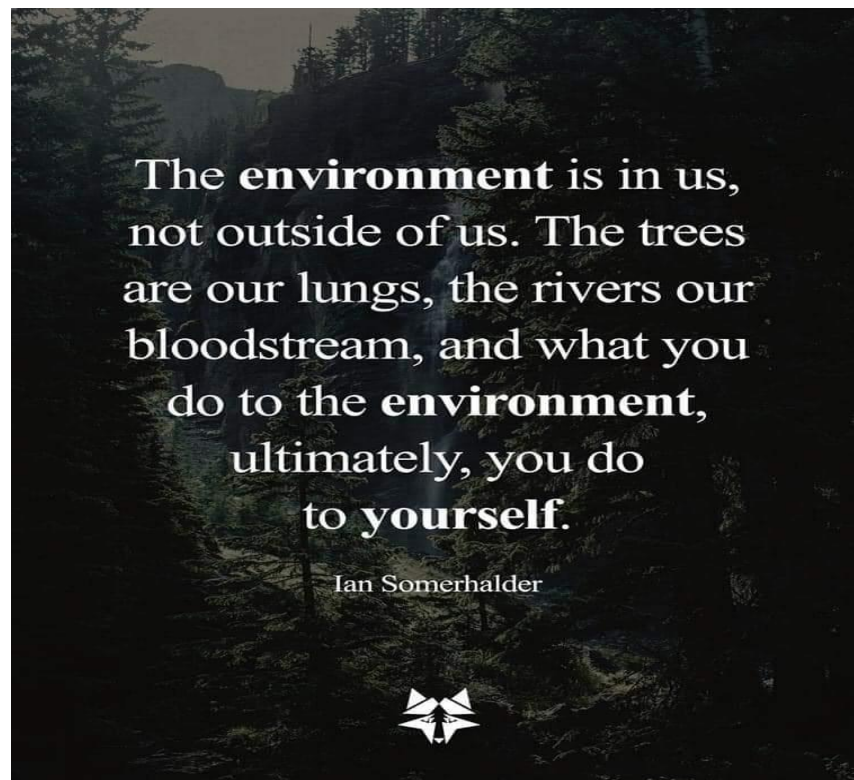
So a very strong chemical reaction caused my inability to process future shocks, that normally may not be shocks.

In the end, I lost 8 years from my career by the time I was promoted back to the same position.

Since my episode I have become an internationally insured councillor based on experience alone as well as a life coach, mental health first aider, business owner, Chartered Engineer and Project Manager, Lead Auditor and I work full time as a Quality Manager. **I’m also insured to transfer any mental illness or trauma out of any person in the world and into myself, which I complete several times a week.**

But, with the start of covid I felt driven to take action in the world of mental health. By the end of 2020, I supported 24 people with mental illnesses, addictions and traumas. When people say that 2020 was challenging, I say that I had the **greatest achievements of my life.** The process seemed to follow a pattern of me counselling the person and at the end they usually said they felt **lighter** or some similar word, while I ended up feeling **terrible** – as if I had taken their illness off them. This has allowed me to work on reinforcing good habits of self care techniques and logical thinking while they have a head free from the illness.

Last year when I attended the World Mental Health Congress, Jen Low of eWisdom sent me a message saying “**You are an empath**”.



The following month was a blur of anxiety and research. Nothing on the internet described what I was doing. These days I have learned to be careful with my words. Empaths are usually very sensitive. But in the last

6 months my resilience has gone through the roof so I’ve call myself a high resilience empath. And my intuition has grown to allow me to hear a person’s voice when I read their text messages. I’ve started chasing

scams and cons on Facebook and Messenger to convince them to find honest work.

I realised that being an empath is a **huge step** up in your awareness. So instead of taking note of the details in a room, I'm now **feeling, controlling** and **recharging** the energy in my body **when I choose**. And I'm giving that energy or channelling energy from nature mostly, into other people **through a computer or mobile phone**, anywhere in the world. It took me a while, but I'm completely confident in the safe use of my energy.

Of course, keeping your energy in good condition requires regular visits to a Reiki Master, who for me has been a guiding light - Vivian Tong of Quantum Healing. Reiki is the Japanese word for the "life force energy" that flows through all living things and is what causes us to be alive. **Plants, animals and humans share the same energy**. When you think about the energy demand heading towards 8 billion people, and we keep cutting down our energy supply. It's not a secret that we feel better in nature – **we are symbiotic**. People are not **getting** sick. **People are CHOOSING to be sick?**



In October I found a source of mentally ill people where I could sharpen my abilities and make a real difference. There are 3 Facebook pages with 200,000 people posting non stop about their mental health problems but looking for solutions from other sick people. It didn't feel right, so I created some posts on self care and anxiety **and I went to work**.

In the first week, working full time away from home, I supported 82 people with every imaginable issue. One man had set a date for his death – 16th Oct. He had written letters and bought some equipment all because he had no hope. I gave him my post about how I can transfer mental illnesses in 90 min. Last I saw he was still sitting on that page thinking about it. Seems like he changed his choice.

One night **I counselled** 6 people at the same time on my phone. Some people just got a post and a chat and that was enough, but some took more time. I really enjoyed it but by the end of October my resilience was being stretched too far and I stopped.

That experience - probably several hundred people - confirmed the cause of what we call mental illnesses. **And it's one cause. It's one cause for almost all of the psychiatric illnesses**. I have not worked on schizophrenia but I have worked with people with multiple illnesses and BPD. It's the same thing that affected my father before his suicide **and it's the same thing that gave me bipolar**. But to really cast it in stone, the true test would be to remove the cause and see what happens.

So on the 1st October while I was sitting in an airport, I thought I would check Facebook. A young man asked for support with depression and brain fog.

At first he told me about a broken relationship that was causing pain and later he suddenly remembered that a friend had died. He was unaware of past painful events.

More recently I am instructing the person not to discuss the events at all. Instead, I get them to **scale** each event out of 10 with a date. **Nothing else**. That keeps stress and negativity down.

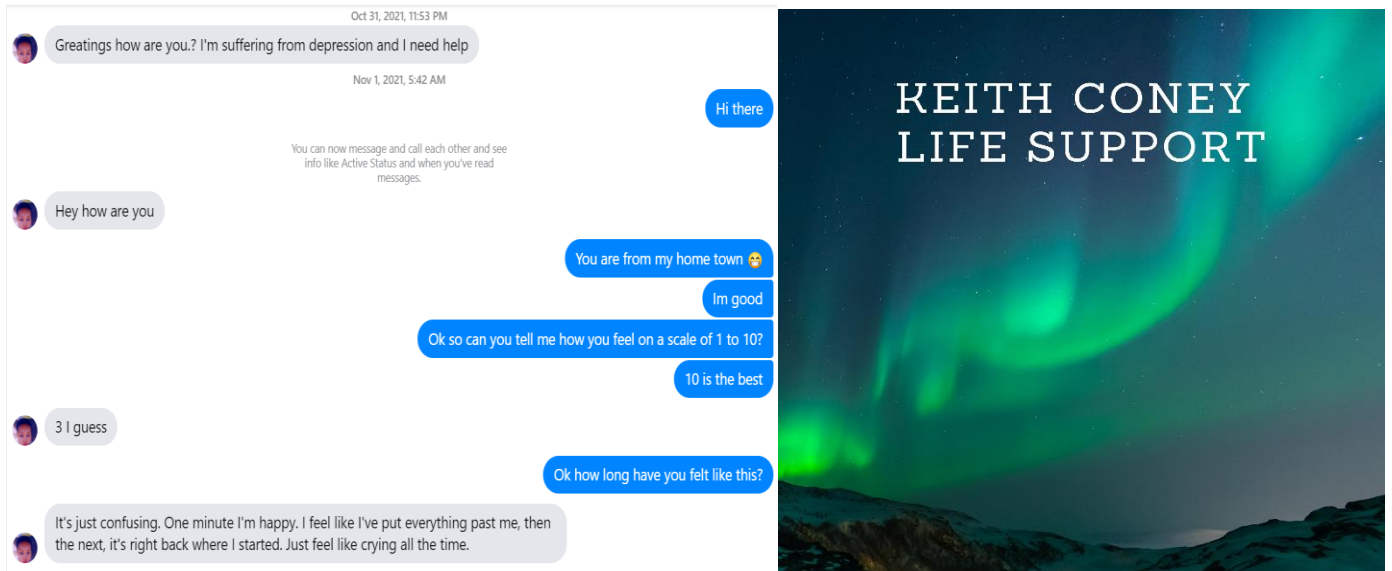
Through the discussion I discharged some of the energy in my body through my hands into the phone, enhancing the effect of the words I'm sending him.

At the end he had changed his understanding of how to treat his emotions by listening to their message. Pain is not bad – it's telling you that you are doing something wrong. He scored his overall emotional state at 8/10. That's when I knew my job was done. The brain fog dissipated 2 days later. It wasn't until I was sitting on the plane that it hit me. **I had finally got PROOF that a mental illness could be dissolved very quickly! The entire discussion had been on text.**

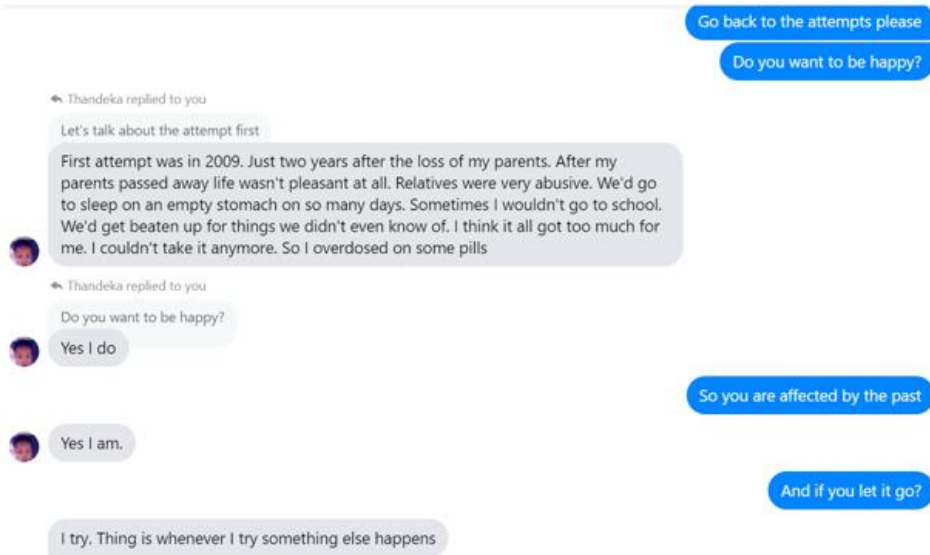
Little did I know that guiding people to solve their condition was the easy part. Getting anyone to discuss it was going to be something entirely different.



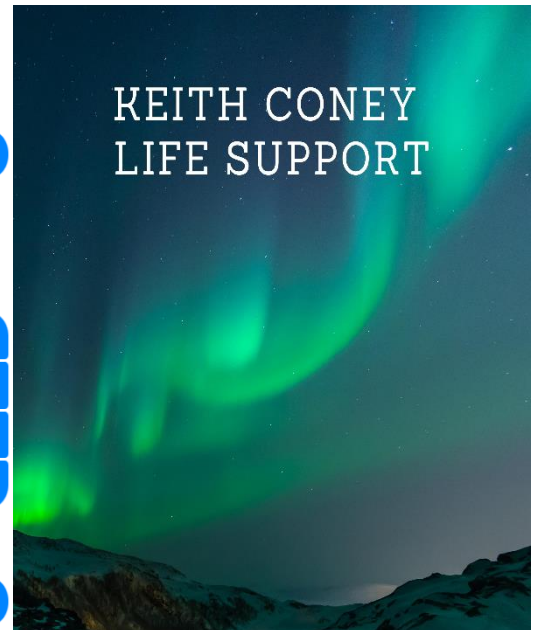
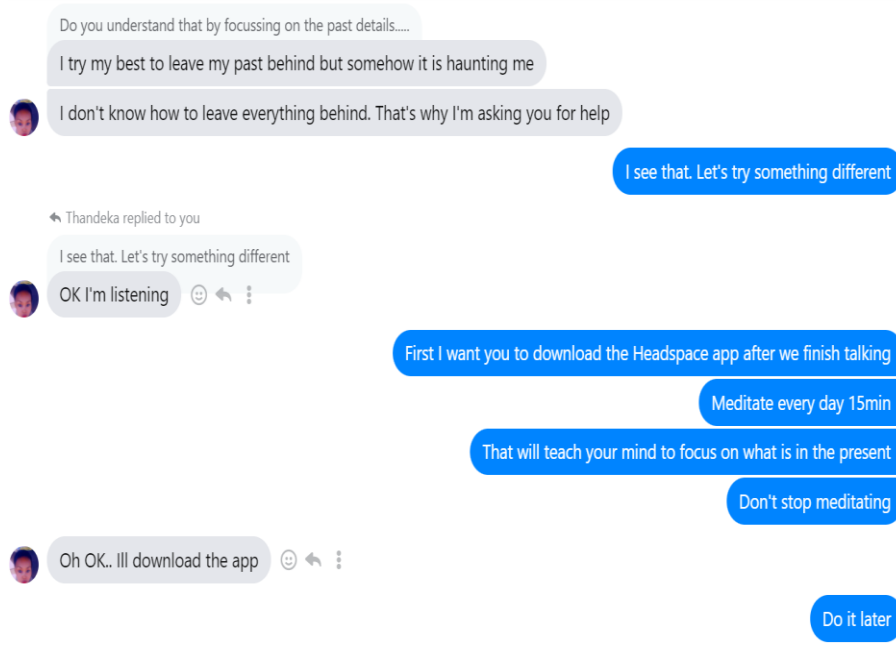
Here is an example of a woman who gave me consent to show her fast recovery from suicidal depression in less than 2 hours.



In the first slide, we have a chat and then I asked her to scale her emotions which she gave 3/10. Very low.



Then she starts to tell me about some of the detail of the traumas she's been through, including a suicide attempt. I now make it clear up front that we never discuss trauma. It's not necessary. I tried to prevent her from describing the trauma but she continued. It was extensive



Here I gave her instruction on meditation to discipline her thinking.

OK no problem

Cool

Ok now we are going to slow things down a bit

Breath in deeply

Hold for 1sec

Oh ok

You can just listen for this part

Ok

Breathe out again

Now when you breathe in...

Focus down closer to the air in your nose

And as it goes over the hairs

The hairs get relaxed and bend over

They are all just energy

So they pass through your body

And into your lungs

Give it a minute to collect...

So your lungs are full of blue smoke particles

Very dense

As you breathe in now

The air captures the blue smoke

And then breathe out long and slow

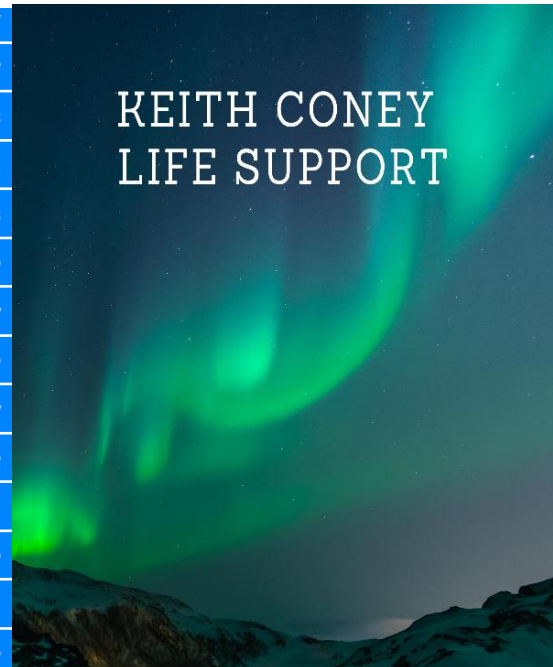
And out goes some blue smoke

Breathe again

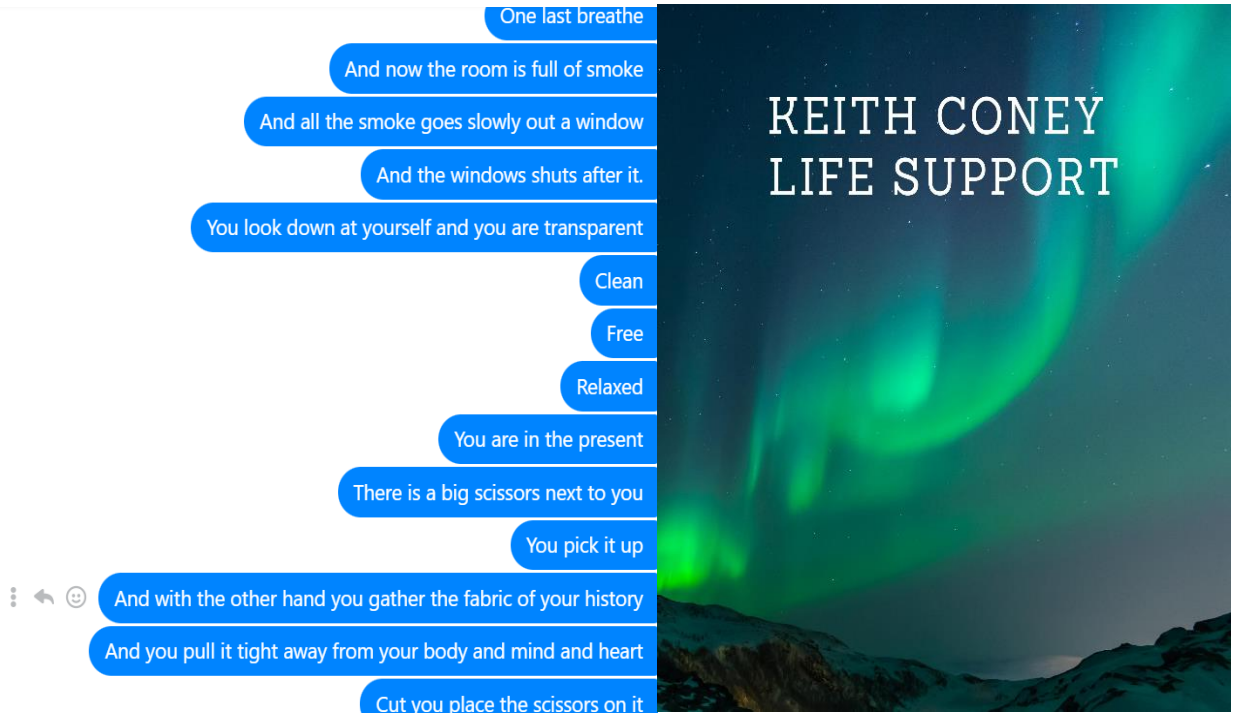
And out goes blue smoke

Breathe again

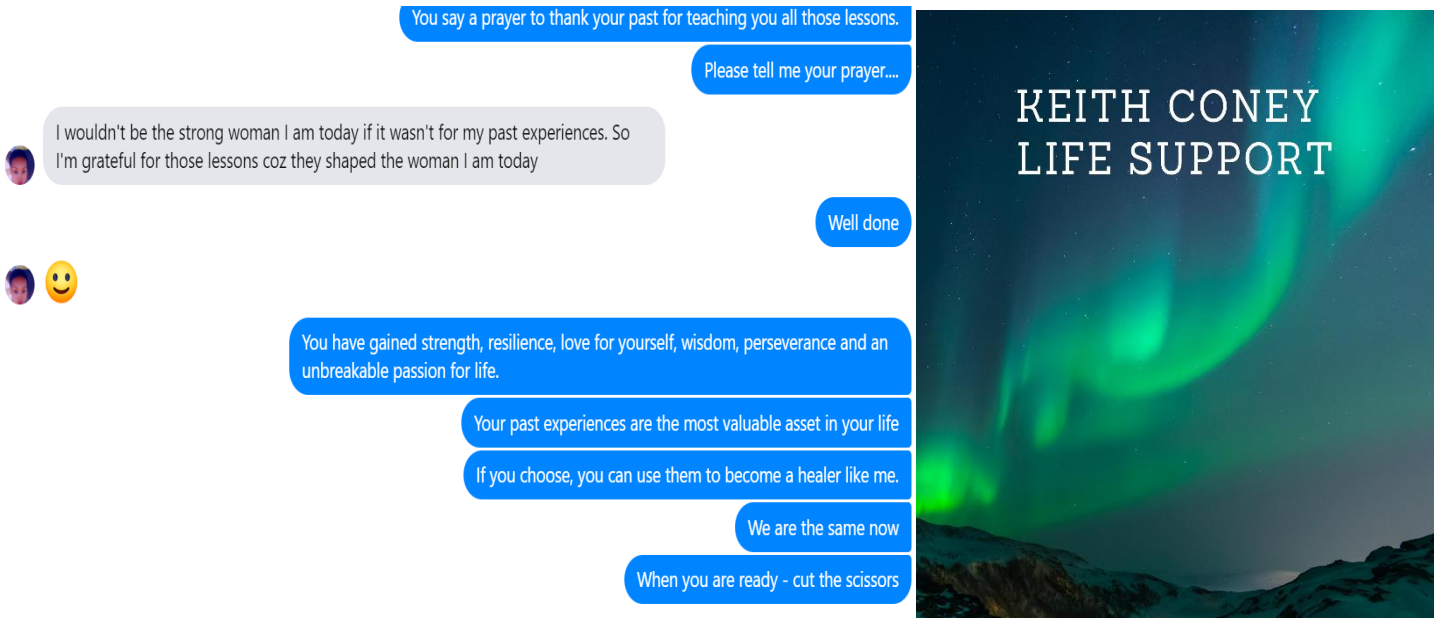
One last breathe



Next I gave her energy from my hand, through the screen and started a relaxation using blue smoke. This is a very powerful visualisation and removes the negative feelings in her body.



I asked her to gather the fabric of her history and then make a prayer and cut off the past. This would not have any effect if it wasn't for the energy I gave her.



If you choose, you can use them to become a healer like me.

That's what I want. I want to heal. I don't want my past to keep dragging me down. I want to be rid of the pain and hurt. I want to be happy. I want to lead a normal life. I want to bring healing and happiness to the people in my life

Look at the words you use

So I'm gonna take these scissors and cut away my history and past!

"I want..."

When you decide to say "I am...." then your spirit will hear it.

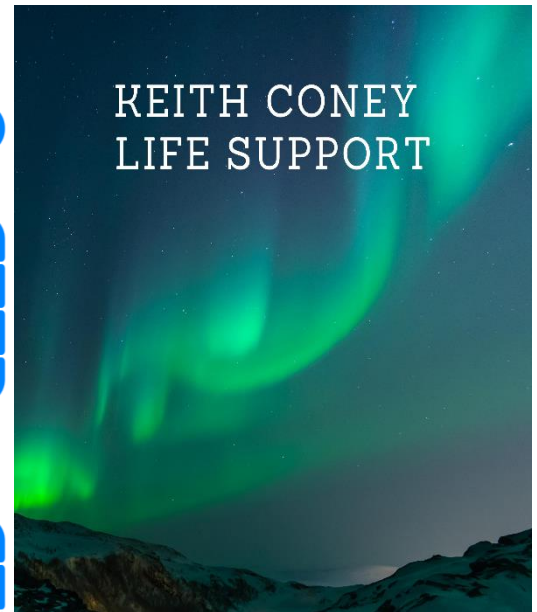
And your mind will start to think differently

Today is day 1 of recovery

I AM letting go of the hurt and baggage in my life. I Am leaving all the pain behind me. I am cutting my past and history. From now I am bringing only happiness in healing to my family and loved ones

Yes your words create how your spirit affects you mind in the present.

Whatever your mind and heart decide today....



I gave her some instruction on language use and speaking positively.

That will happen tomorrow

So why do I feel like I'm suffocating? Like I can't breathe? 😞😞

Because recovery takes practice

When you feel bad, listen to your feelings

They are telling you to do something

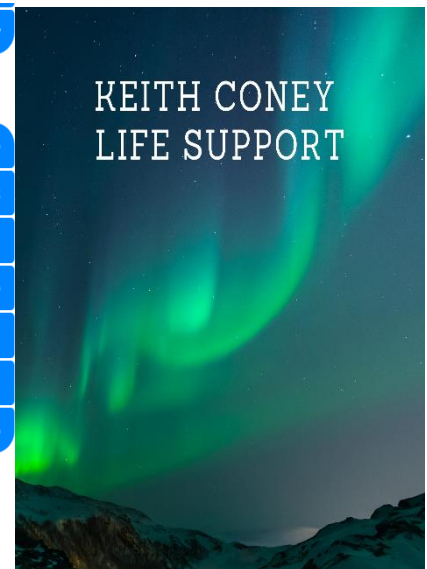
Take it easy? Maybe

Not so many bad thoughts - meditation

Breathing

I have a lot of posts about self care on the FB mental health page

My feelings are always telling me to escape this life. I always feel like death is the only solution. My kids are probably the one thing that has saved me, but they too sometimes remind me of my tragic past



Then her mood started to drop which means the visualisation wasn't enough.

I'll go through them

← Thandeka replied to you

Breathing

OK I'll do that

No I don't

Ok

I haven't found anything yet

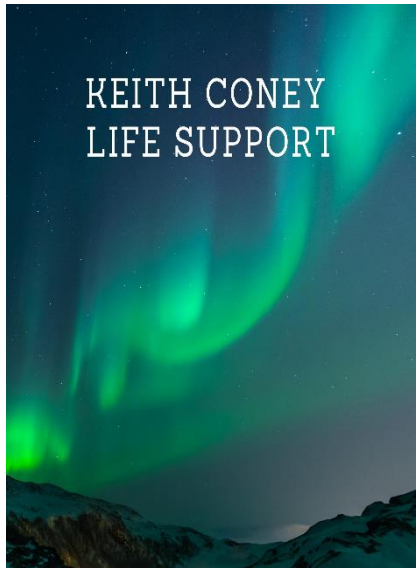
Let's try something else

Do you know what your spirit animal is?

Feel your heart

It will come to you

Deep inside you.



So I asked her to tell me what her “spirit animal” is. This gives her a strong sense that something powerful is happening and that opens up her beliefs to the possibility of health.

Ok

Yes I am

Ok

Yes

You are connecting to it now

Open the doors of your heart and release it

It's fling in front of you

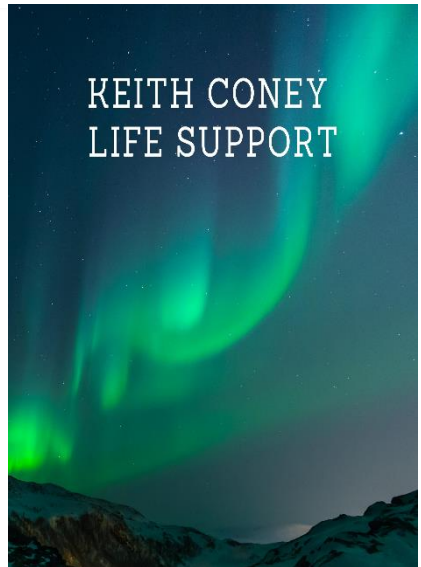
flying

It turns

To look at your heart

Now you can see through your Eagles eyes

Eagles have powerful eyes



It can see into your heart

There is something in there where all your feelings are kept

Can you describe that place please

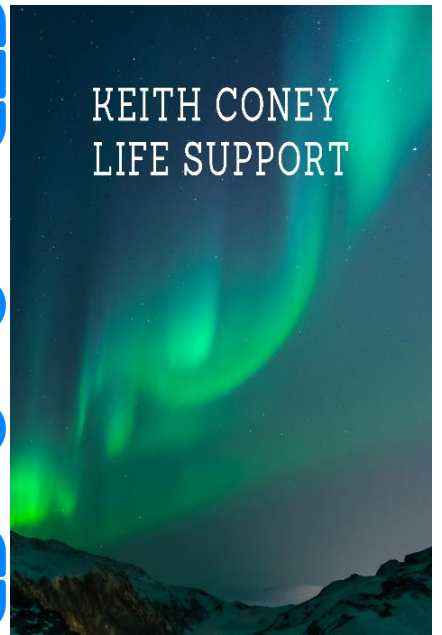
It's a dark place. It's crowded. It's full of so many unnecessary things. Things I should get rid of. It's dark with no shed of light. It's a scary place. A place one wouldn't survive in

Let's change it

Should we make it nice?

Where would you like to start?

This is where you engage your passion



But when her eagle looks into her heart it sees “A place one wouldn’t survive in”. Her emotions have made her heart toxic. **This is the source of her condition.**

Where would you like to start?

Well firstly I'd like to remove the negative thoughts. So I say we take out all the negative thoughts.

I don't want to look at life in a negative way anymore. I don't only want to see bad in the world around me. There's so much good out there if only I can open my heart to see it

Ok do you want to zap them?

Or use a water cannon?

What's the best way?

I want to zap them

I want to destroy them permanently

OK

Cool go for it

Just don't damage the other things in there



The only option here is to “remodel” her heart. So first she “zaps” all the negative thoughts. For her this is a very fun process even though she is dealing with her greatest pain.

Haha

Not good at all hey. I could use a new ceiling and probably some paint on the walls 😊😊

Get a couple of those tough feeling to do the work

I can handle the job 😊😊

Go for it

Will do

I will speed up time.....done

It looks beautiful

Ok. All done?

Yes all done



Then she starts smiling and redecorates the ceilings and walls.

My apologies for the late response my fiancé is home. Can we please book a session for tomorrow. Where we can resume from today's session? Any time that is suitable for you

Ok so have you got a lot of happy feelings in there or can you fit some more in?

We are done

Just put your eagle back and close the doors

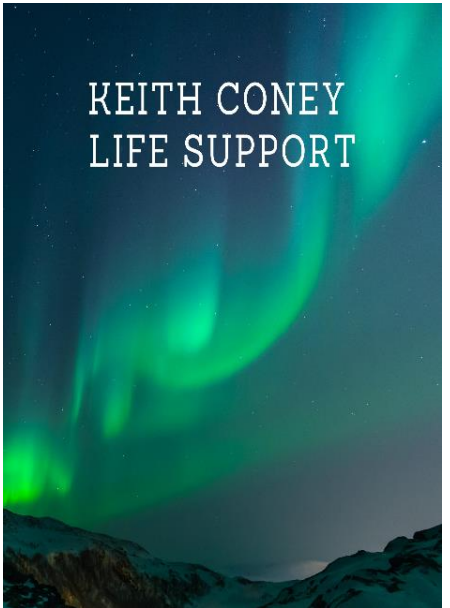
And just let me know how you feel out of 10. 10 is best.

Im at a 8. Lol I definitely feel more lively right now. I believe I'll have a great night really compared to my past nights. It will definitely be better. I feel so much lighter. Something is off my shoulders

Good. Just watch how you speak and meditate. Well done

I have speech to the World Mental Health Congress next month. Do you mind if I show them this discussion?

No I don't mind. But can you hide my name



She rates her emotions at 8/10. Some of that is due to my application of more energy during the process. So that process clears her emotions up to that moment. Any events after this will affect her again.

Tue 9:38 PM
 Hi there! Just checking you are still feeling good.

Wed 12:55 AM
 Hey. I'm ok thanks and how are you?

Wed 5:12 AM
 Im good thanks

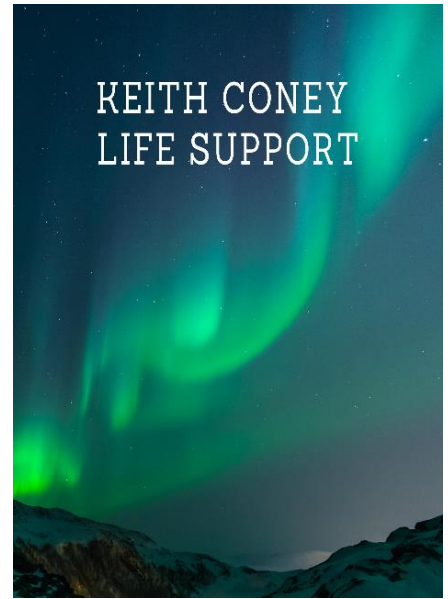
Wed 5:25 PM
 I've just been a little stressed lately with the wedding arrangements

Ok. How's your anxiety out of 10 ?

It's a 9 really. I can't even sleep. I'm freaking out to much. I just want everything to be perfect

I can jump on zoom with you in an hour and bring it down to zero.

As tempting as that sounds I'm leaving the house now to go check on my dress. I was supposed to go there on Monday but I didn't because I was busy with something else. So today I have to make sure they're finishing it because my wedding is literally in 10days



Here I followed up 10 days later and she is experiencing anxiety from arranging her wedding.

Think about your priorities ok? You let me know when you want a clear head.

Will do. Thank you very much hey 😊💙

Ok then the fee is \$100000000

Kidding

😂😂😂😂 You killed me hey

😂😂😂 Laughing is the best medicine for anxiety. Keep laughing.

Lol 😂😂😂 I must say you did cheer me up hey

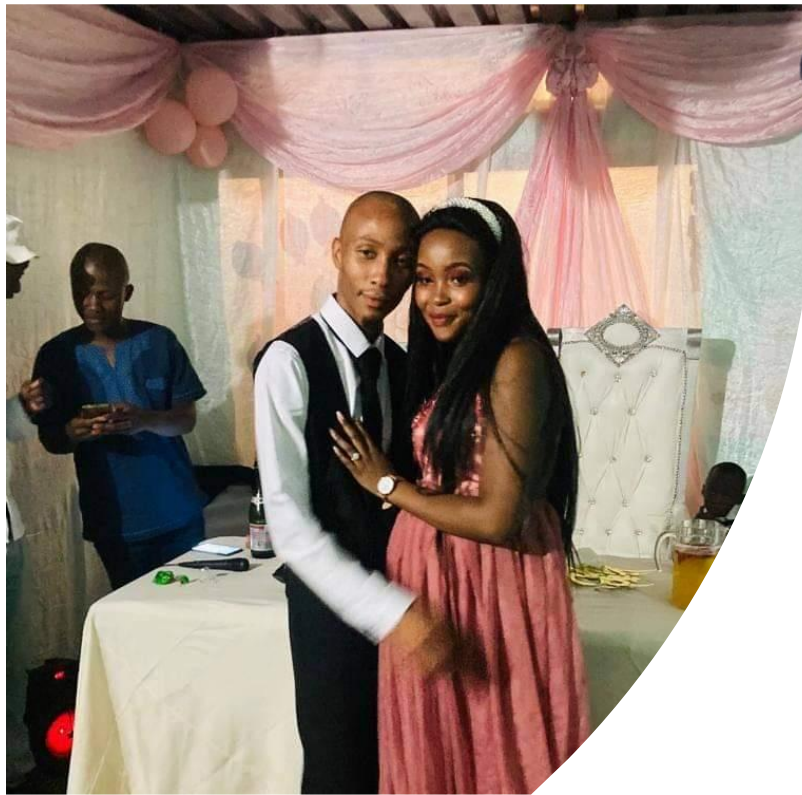
Great that's another \$1000

Wed 6:06 PM

😂😂😂 OK no I'm not laughing anymore then 😂😂



I gave her energy and some laughs and it resolved it.



And then on her wedding day well I think you can make the decision here about how she feels.

There is One Cause for Mental Illnesses – Published

<p>Journal of Neurology Research Reviews & Reports</p> <p>ISSN: 2754-4737</p> <p>Opinion Article</p> <p>There is One Cause for Mental Illnesses</p> <p>Keith Coney</p> <p>Received: February 19, 2022; Accepted: February 25, 2022; Published: February 28, 2022</p>	<p>Journal of Neuroscience and Neurological Surgery</p> <p>There is one Cause for Mental illnesses</p> <p>Keith Coney</p> <p>Received date: February 19, 2022; Accepted date: February 26, 2022; Published date: March 04, 2022</p> <p>Copyright: © 2022 Keith Coney. This is an open access article distributed under the terms of The Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.</p> <p>KEITH CONEY LIFE SUPPORT</p>	<p>ENHANCED BY Google</p> <p>ISSN: 2754-4737 Open Access</p> <p>Journal of Neurology Research Reviews & Reports</p> <p>Articles Inpress</p> <p>Opinion Article DOI: doi.org/10.47363/JNRR/2022(4)152</p> <p>There is One Cause for Mental Illnesses</p> <p>Author(s): Keith Coney</p> <p>Published Date: 2022-02-28</p> <p>View PDF</p>
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I have completed this method in more people than I can count and in anxiety and depression. I don't use it with conditions older than 10 years and for PTSD and bipolar as the emotions are larger. I dissolve those conditions instead using energy transfer. My detailed explanation of that process was published last week in the US Journal of Neurology Research Review & Reports and will also be published soon in the Journal of Neuroscience and Neurological Surgery.

At first, I wrote to many organisations around the world but even giving away a solution to mental illness is like giving ice to eskimos. **Most people do not support a belief that allows for a discussion of mental and emotional health solutions.** Quite astounding when you realise that this is the best possible option. The fact people won't look at it, means they shut out possible options and make another choice towards **illness, based on beliefs.**



So this is my conclusion of the cause of mental illnesses based on my experiences to date:

MOST PSYCHIATRIC MENTAL ILLNESSES ARE CAUSED BY AN EMOTION OR ENERGY OF OVERWHELMING INTENSITY THAT A PERSON GENERATES FOLLOWING A SIGNIFICANT EVENT.

And there are two very easy ways to check. Ask any person with any condition, to go back to the start of the discomfort – you might need to give them time and help them with their awareness. Then ask them – what happened right before the illness. There will almost always be a high intensity event so just scale it, don't discuss it.

Also, ask any person who has recovered from their condition if they believe it's an emotional or a mental issue.

At some point, I guess these emotions send warning signals to other parts of the body - especially the brain. I know the emotions get bigger over time and depending on where these signals are sent, and depending on the person, the symptoms might look like any diagnosis.

My guess is that that is why we get so many variations between diagnoses. We try to put **this condition** into boxes so we can treat it but actually what we are doing is treating the symptoms **not the cause**. We **choose** to focus on the most complicated possibility.

Case Review – SRC-JNRRR-22-166

Discuss

Metabolic Encephalopathy mainly refers to a group of diseases in which **biochemical metabolic changes in the body cause changes in the environment of brain tissue**, resulting in brain dysfunction.^{[1][2]} Its clinical manifestations are diverse, which can be divided into focal signs and comprehensive signs. The focal symptoms are mainly localization signs of cerebral hemisphere and brain stem, and the comprehensive signs are mainly diffuse brain dysfunction.^[2] Mild cases have behavior disorder, insanity or local brain damage with epilepsy and hemiplegia, and severe cases have coma, brain ankylosis or corticated ankylosis.^{[3][4]} There are many causes of metabolic encephalopathy. In hepatobiliary and pancreatic surgical diseases, the main causes of metabolic encephalopathy are hepatic encephalopathy caused by cirrhosis, hyperammonemia encephalopathy, blood glucose disorder encephalopathy and electrolyte disorder encephalopathy, among which hepatic encephalopathy has the highest incidence.

Case data

The patient, a 57-year-old female, went to our hospital in May 2020 because of "liver space occupying lesions found in examination", and after perfecting relevant examinations, she was diagnosed as "1.Malignant tumor of pancreatic head; 2.Duodenal malignancy, 3.Secondary malignant tumor of liver and intrahepatic bile duct", so she underwent "1.Radical pancreaticoduodenectomy; 2.Left hemihepatectomy; 3.Microwave ablation of liver lesions under the guidance of ultrasound" in June 2020. Postoperative pathology suggests: pancreatic endocrine tumor. In December, 2020, the patient returned to the hospital for reexamination, and CT examination showed: gall bladder-Intestinal anastomotic stenosis and multiple metastatic tumors in the liver were bigger and more than before (May, 2020), so in December, 2020, "1.Partial hepatectomy; 2.Ultrasound-guided microwave ablation of liver lesions; 3.Bile duct plasty; 4.Bile duct stent implantation" was performed. After the operation, the patient recovered partially, and she was transferred to our hospital branch (New Kunhua Hospital) to continue symptomatic support treatment. In January, 2021, the patient developed physical activity disorder, slurred speech, unconsciousness and lethargy, and was transferred to our hospital for further treatment, so she was admitted to our hospital for "unconsciousness and lethargy for 5 days". Physical examination: T 36.5°C, P 104 times/min, R 20 times/min, BP 105/60mmHg, SO₂: 99%. The general condition is poor, indifferent, frequently asked but unanswered, physical examination is inadequate, pharyngeal reflex exists, bilateral frontal lines are symmetrical, bilateral eyeballs move freely, bilateral pupils are round, sensitive to light reflection, d.3.0mm, sclera without

Journal of Neurology Research Reviews & Reports

Electronic Review Form

Reviewer(s)	Keith Coney			Date Received	04.03.2022	
Manuscript No.	SRC-JNRRR-22-166			Date has to be Completed	07.03.2022	
Title	Metabolic Encephalopathy after Pancreaticoduodenectomy and Left Hemi hepatectomy: A Case Analysis and Literature Review					
Suggestion (Select One)	1. Rejected	2. Re-review after thoroughly revise as noted	3. Accepted with major revisions	4. Accepted with minor revisions	5. Accepted Without Change	6. Strongly Recommended
Comments to Editorial office	<p>A. Select one number 1-6 from above "Suggestion" and put a number you selected here: B. How is this scientific significance likely to change over the next 5 years? G for Grow, R for Remain, D for Diminish here: C. Does the paper discuss novel and/or unpublished work? Y for Yes, D for Don't Know or N for No here: D. Within its field of specialization, is the topic important? Put Y for Yes, M for Moderately or N for No here: E. Other: the study provides limited new information? Put Y for Yes or N for No here: F. Please see comments to the authors</p>					
Comments to Author (General)	<p>I have had an extremely high success rate using energy transfer with all kinds of emotional traumas in men and women. I recorded one woman who had 10 instances of traumatic events (7 she rated at 10/10 intensity) over a period of 21 years. I saw her once and the recording is available on my Facebook page. We used a video connection while I was in Brisbane and she was in the US. Generally it takes one 2hr session for trauma of 10yrs or less and up to 4 sessions for life long trauma. But I always leave it up to that person to decide when they are ready for the next session. There is no medication or surgery required and no hospital stay. The emotional trauma is energy that I am able to transfer and by the time the effects of the energy have disrupted the body - in this case the brain, the sooner the energy is removed, the more likely the rest of body will return to normal. I had another case of a man in South Africa with depression causing brain fog. The brain fog returned to normal 2 days after I transferred the energy from 2 events in his past. Depression and brain fog are symptoms. Just remove the cause - overwhelming emotions/energy. I used a method involving text messaging and energy to solve his problem.</p>					

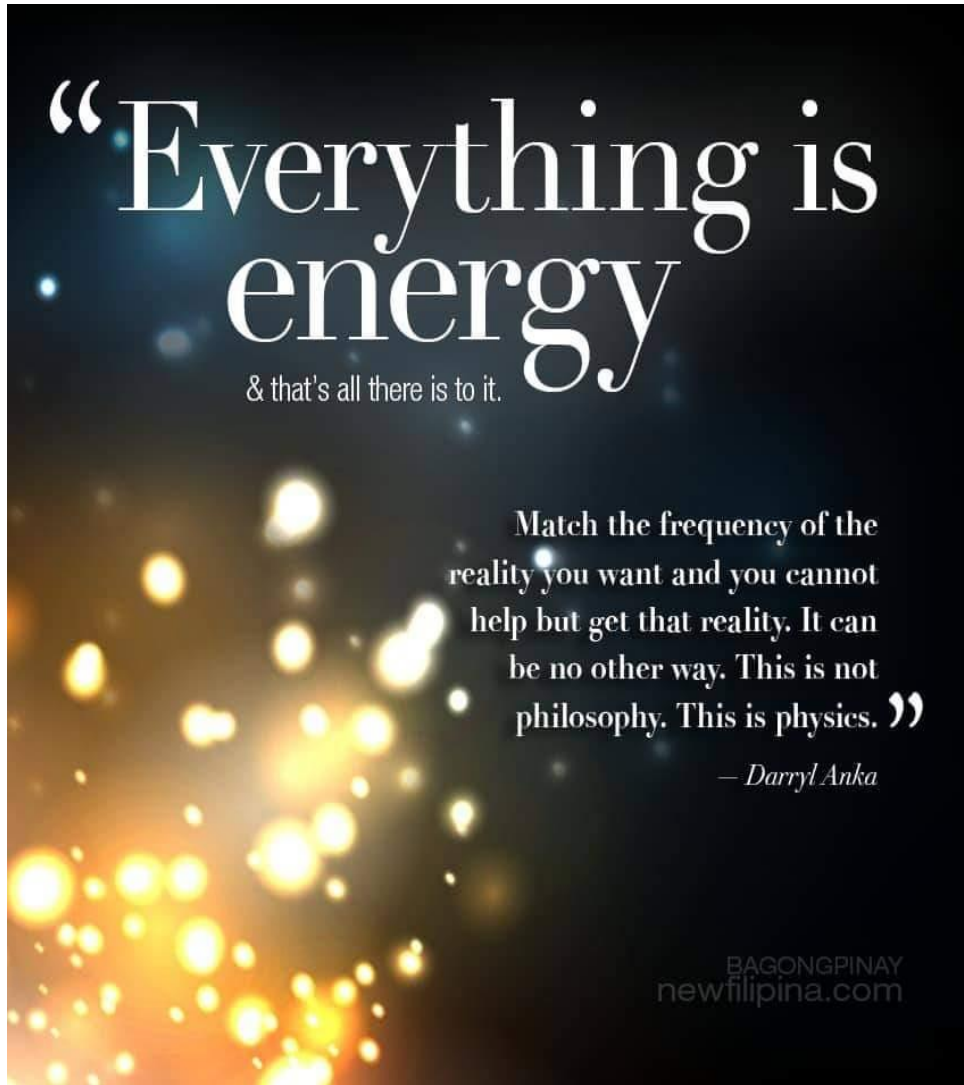
Last week I was asked by the Journal of Neurology Research Reviews and Reports to review this article which has some **striking** connections with my article. On the **left** is the article of the other author and on the **right** is my response.

The woman in this article went through such a long list of intensive surgeries but in the end she became unconscious and lethargic.

The article says that **“biochemical metabolic changes in the body cause changes in the environment of brain tissue.”** I wrote this article

long before I read this article and without being a doctor, at first glance my opinion was that this diagnosis “Metabolic Encephalopathy” is exactly the way I am describing “mental illnesses”. As I understand it, the metabolism works, by producing energy from food. It’s just far too coincidental that the symptoms are so similar to mental illnesses too.

People who generate strong emotions redirect their energy to cause damage all over the body and because the symptoms look different we give it a different diagnosis.



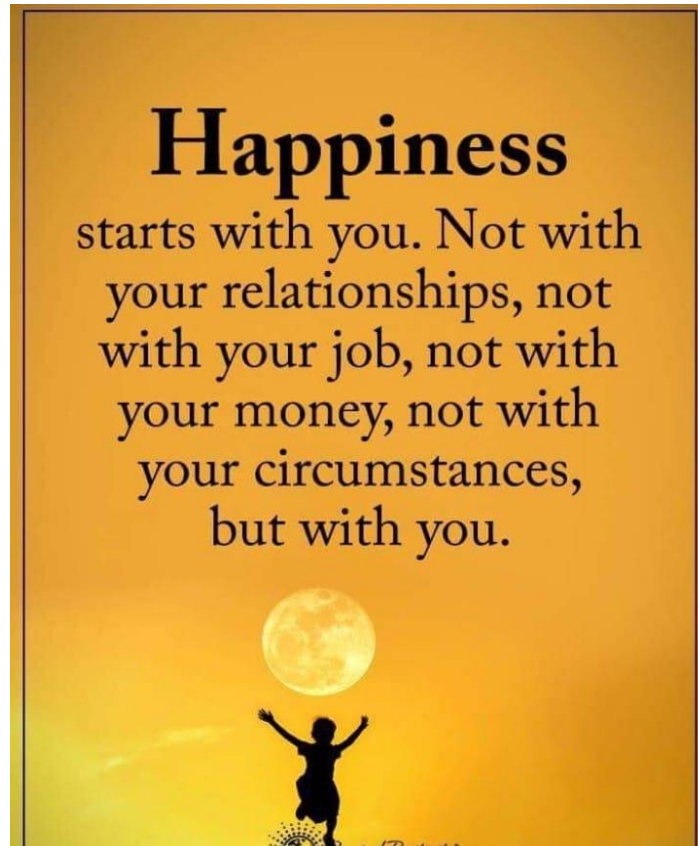
Everything is energy.

This presentation is not about me. This is about what personal development with energy can do for any person that chooses it. Right now I see empaths growing everywhere.

My connection to energy has enhanced my resilience, intuition, physical and mental stamina, it's reduced my visible age and many other benefits.

I've only been aware I am an empath since June last year, and at the moment my capabilities using energy include the following:

1. Solving more than 50 traumas or mental illnesses in a month, in any English speaking country and at low cost using a computer.
2. I can bring people out of a coma if I'm in their presence. That takes about a week,
3. I can solve mental and emotional issues in many empaths.
4. I can solve some issues with animals. I cancelled my pet insurance.
5. People in my presence experience fully elevated emotions within an hour depending on how many people there are and their level of health.
6. I have turned very grumpy children into very happy children in 20min.
7. I can reduce pain to zero or close, in many cases.
8. And I can heal myself by removing anxiety, resentment and sore joints to keep myself going at a very high pace.



In summary, **it astounds** me every day how many options **we choose to ignore**, that could solve mental illness – mostly because we **CHOOSE** to ignore the cause. I'm testing my third solution now with a woman who has PTSD and is highly qualified in mental health. I'm confident that this solution can be used by any professional or the sick person themselves with no need for medication.

Also, there are 300,000 empaths on Facebook alone. Even if half of what I've have said today is true, empaths working in the right environment in the medical system is the **best solution** I've thought of to date. Right now we could end mental illness in a relatively short amount of time.

So either we get **uncomfortable** with our beliefs or we get **sick from our energy**.

YOU HAVE A CHOICE.

IS IT GOING TO BE HEALTH OR ILLNESS?

DECIDE

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“How to Dissolve Anxiety and Depression using Text Messaging”

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held during March 07, 2022 as a Webinar

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