

Living Your Healing Daily

Practical guidance for a serene journey

01

Healing is also everyday life

The angels are doing their work. But your life continues — you go on eating, sleeping, interacting with others, dealing with pressures. What happens outside of crises matters too.

This guide is not a list of obligations. These are levers — simple things that, put into practice, make your daily life lighter and help you move through the healing with greater serenity. The angels do their work regardless — these practices are for you, not for them.

Take what speaks to you. Leave what does not suit you. What matters is moving in the right direction, not being perfect.

02

Lifestyle — the basics that change everything

Ventilate your space

Open your windows for at least 30 minutes a day — ideally two hours. During healing, negative energies are released and can stagnate in your environment. Fresh air disperses them. It is a simple gesture, but its effect is real.

The shower as a ritual

Water is a natural energetic purifier. A daily shower helps evacuate the residues of energy that accumulate around you throughout the process. Take this moment consciously — not just for your physical body, but for your energetic balance.

Move — even a little

A 15 to 30 minute walk per day is enough. No need for intense exercise. Movement stimulates energetic circulation and helps evacuate what is being released. If a crisis leaves you exhausted, scale back without guilt — even 10 minutes makes a difference.

Sleep — non-negotiable

7 to 9 hours per night is the goal. During sleep, the angels continue their work on more accessible ground — your vigilant consciousness no longer resists. If a crisis prevents you from sleeping, use the healing break in the evening to temper the intensity.

03

Nutrition — fuelling the healing

Angelic healing is energy-intensive. Your body is constantly working to release, transform, and rebuild. It needs fuel.

Eat to your hunger, truly

This is not the time for a restrictive diet. Eat varied, balanced, and sufficiently. Fresh vegetables, quality proteins (fish, eggs, legumes), complex carbohydrates (whole grains, sweet potato), good fats (avocado, olive oil). And stay hydrated — water is a direct ally of purification.

Nutritional supplements

Our agricultural soils are depleted — even a healthy diet does not always meet the body's actual needs. Nutritional supplements are not a luxury during healing; they are a concrete support.

Powdered meal replacements (such as whey or plant-based alternatives) are particularly effective: highly digestible, complete in proteins, vitamins and minerals. You can take them at any time of day — morning, midday or evening — depending on your tastes and preferences.

A well-nourished body heals more easily. Nutrition is not secondary — it is part of the process.

04

Learning to release pressure

Modern society generates constant pressure — performance, social media, money, the gaze of others. This pressure accumulates silently and weighs on your healing.

Recognising pressure

Start by observing: what external expectations influence your life? What objectives are imposed on you by others or by yourself? Do you constantly compare yourself to others? Awareness alone begins to loosen the grip.

Simple techniques

Deep breathing: inhale through the nose, hold for a few seconds, exhale slowly through the mouth. 3 to 5 minutes is enough to calm the nervous system.

Nature: spending time outdoors, even 20 minutes, has a measurable effect on stress levels. This is not anecdotal.

Limiting social media: what you see on Instagram is not reality. Reducing exposure reduces comparison.

Learning to say no: you are not obliged to respond to every request. Saying no to the outside is saying yes to yourself.

Gratitude: each evening, mentally or in writing, note 3 positive things from the day. The brain moves toward what it is shown.

05

Spirituality — shifting perspective

Angelic healing acts on every level — physical, emotional, spiritual. But it will not change your vision of the world in your place. That is your share of the work.

Impermanence

Buddhist and Toltec teachings converge on one fundamental point: everything is temporary. Your suffering, your fears, your blockages — and also your joys. Integrating this reality profoundly changes how you live each moment.

Take time, regularly, to remind yourself that life can stop at any instant. Not to frighten you — but to anchor you in what truly matters. The Toltecs call this a shock of beauty: an awareness that shifts things gently, but in the right direction.

Recommended reading

If you wish to deepen this dimension, I recommend the works of Carlos Castaneda — the way of the Toltec warrior, the relationship to the Intention, to death as an adviser. And *The Tibetan Book of Living and Dying* by Sogyal Rinpoche, particularly its first part, which approaches impermanence with rare depth.

06

Relationships — choosing your circle

Jim Rohn said: "You are the average of the five people you spend the most time with." During a healing, this reality is even more true.

Recognising toxic relationships

A relationship is toxic when it devalues you, emotionally exhausts you, or prevents you from being yourself. Constant criticism, lack of listening, manipulation, competition — these dynamics burden your healing. Keeping your distance does not mean cutting ties brutally. It means reducing the space given to those people.

Fostering healthy connections

You do not need many friends. A few people who know how to listen, who support you, who know how to laugh too — that is enough to transform a daily life.

The healing community

Your Facebook community is not an ordinary discussion group. It is a space where people understand what you are going through because they are going through it too. That mutual understanding has a value that your usual circle often cannot offer.

Healing does not happen only in your body. It happens in your entire life. Every choice you make each day supports it or weighs it down. Choose carefully.

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The Kingdom of Angelic Healing