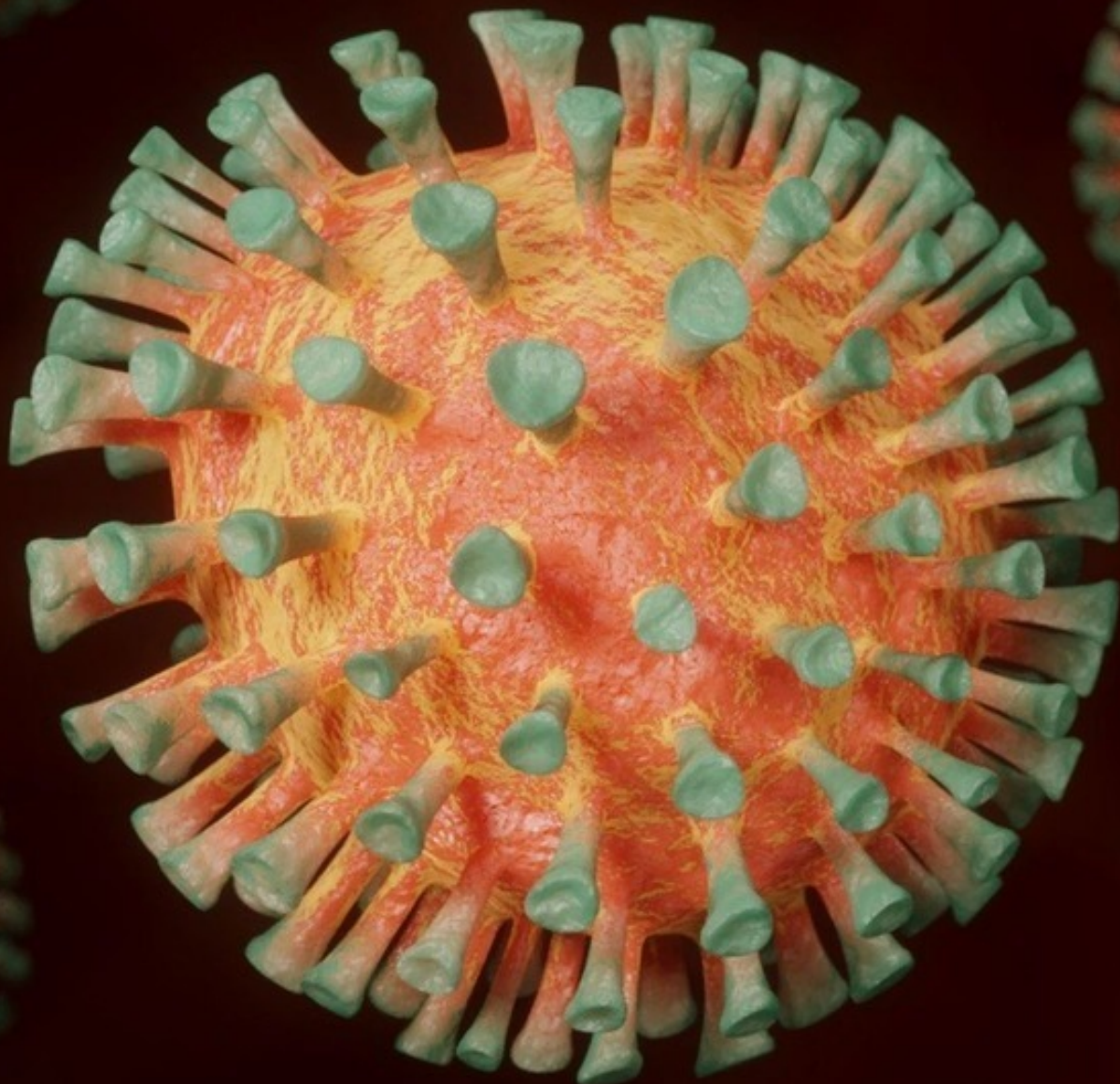


HAYK HARUTYUNYAN

COVID-19 diary

NEGATIVE ENERGY
TRANSFORMATION



Hayk Harutyunyan

**COVID-19 diary. Negative
energy transformation**

«Издательские решения»

Harutyunyan H.

COVID-19 diary. Negative energy transformation /
H. Harutyunyan — «Издательские решения»,

ISBN 978-5-44-988084-0

The diary won't save any lives for certain but it would help many to transform their life, start a new live full of happiness and joy. The everyday habit of being grateful will become an essential part of one's being as gratefulness is the basis of true happiness. It's scientifically proven that human's immune system is getting stronger while experiencing positive emotions and hope for the better, when a person is cheerful and filled with love and gratefulness.

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ISBN 978-5-4498-8084-0

Created with Ridero smart publishing system

All of it is utterly upsetting: human sacrifices, economic crisis, people's fear and panic, unemployment and human freedom infringement. We won't go into the details of modern problems, that's the job of dedicated special services. Our goal is to shift the way of our minds' thought from negative to positive and grateful. Alter our feelings to find spiritual balance and harmony within ourselves. Gratefulness takes away all the negative energy, therefore filling out a diary every single day and expressing our gratitude towards the outcome of these events, specifically towards the virus, we are changing and elevating our mental state and emotions. Gratefulness transforms all the negative energy for good.

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It's scientifically proven that human's immune system is getting stronger while experiencing positive emotions and hope for the better, when a person is cheerful and filled with love and gratefulness. Therefore, we have to focus our minds on positive moments that fill us with joy.

Let us go through this tough time with our heads up high and bring to light all the good things this challenging event has brought to us.

Every day try to find a couple of minutes to keep the diary. Write down anything that you can be grateful to the virus for, the virus that lead all of us to the current state of the world. By doing so you will protect yourself and your loved ones.

Example entry: I'm grateful to you for the fact that I have an amazing opportunity to take rest! Thank you that I have time for exercise and can devote more time for myself and my hobbies and passions. Thank you that I can dedicate my time to my plans and ideas that I have always struggled to bring to live. Thank you that I can dedicate a lot more time to my family and children. Thank you that the environmental state has improved drastically because of the current state of events. Thank you that I can get enough sleep and stay up until dawn without worrying about being late for work. Thank you that my daily expenses on food and travel has gone down and I'm able to save a lot more.

It's not absolutely necessary to find new things to be grateful for every day, the important thing is to take notes every single day and feel the overwhelming sense of gratefulness. If you keep doing this regularly and sincerely, I promise you the whole situation will concern you only in a positive manner and the downsides will seem too unimportant and vague to be bothering your mind.

Truly happy is he who knows not how to grief over what he does not have but the one who knows how to find joy in what he does. What you feel and what you get is the essential secret of gratefulness. Therefore, if you are truly grateful for the current state of events and take efforts in finding positive sides to it, you will attract even better subsequent events to yourself. Otherwise, if you are constantly complaining and being unreasonably critical, you attract similar even more negative events. Right at this moment each of us has plenty of reasons to be grateful for. But a lot of people tend to take this fact for granted completely forgetting about how happiness is already in their hands and focus their

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