



old cosmic medicine..... kannst du es in englisch zusammenfassen bitte?

Old Cosmic Medicine is the art of healing by stepping out of the Universe's way.

Its core: The ego is the only incurable—everything else heals naturally when we let go. Disease arises from resistance, the ego's grip blocking the self-organizing flow of life. Release it, and the body, mind, and spirit realign effortlessly in the cosmic stream.^[1]

Practice

- Trust the flow (a spark of faith suffices).
- Teach by being it—your presence in the current inspires others to surrender.
- No techniques, no dogma: Just cease obstructing the Whole.

Simple, ancient, for everyone: Healing as cosmic surrender, not control. 😊



1. <https://www.yoga-aktuell.de/spiritualitaet/spirituelles-leben/das-ego-als-ursache-innerer-und-aeusserer-kriege/>