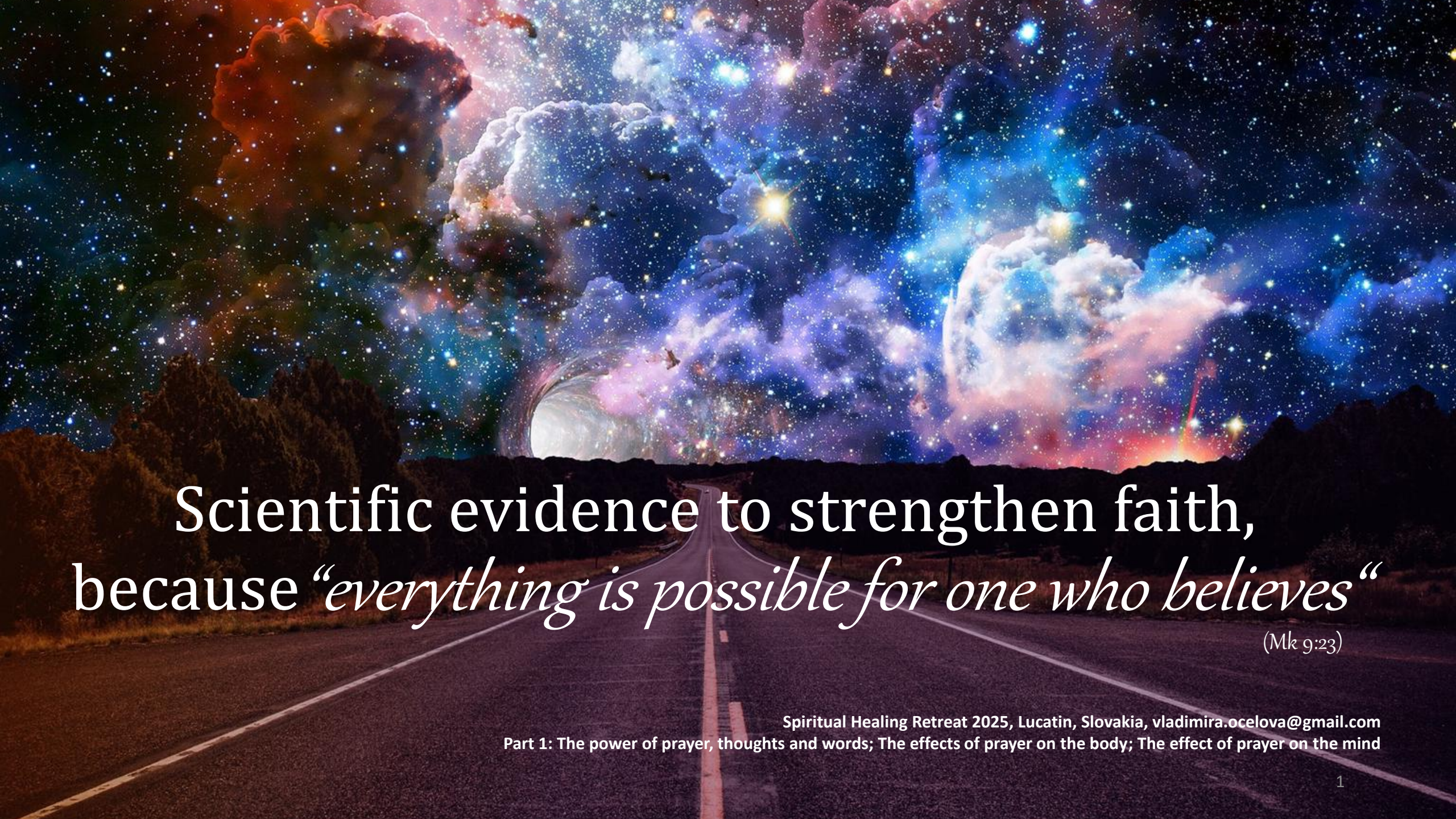


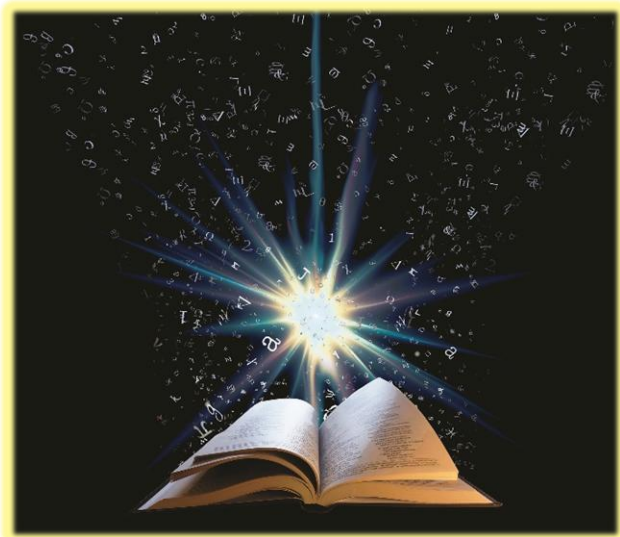


Scientific evidence to strengthen faith,
because “*everything is possible for one who believes*”

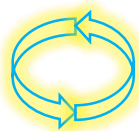
(Mk 9:23)

Spiritual Healing Retreat 2025, Lucatin, Slovakia, vladimira.ocelova@gmail.com

Part 1: The power of prayer, thoughts and words; The effects of prayer on the body; The effect of prayer on the mind

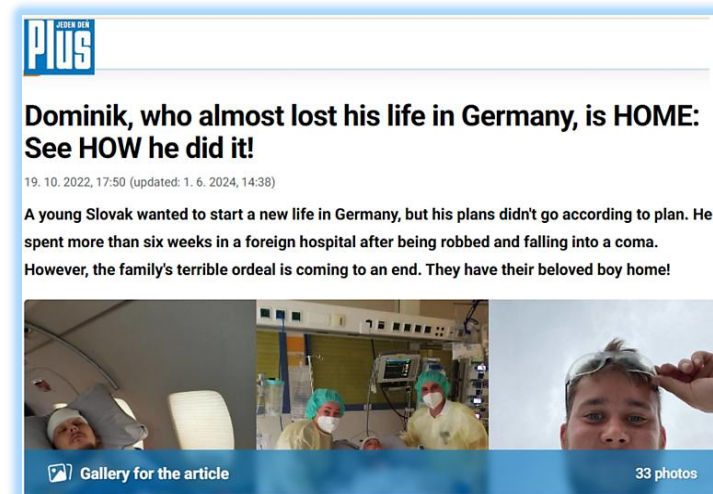
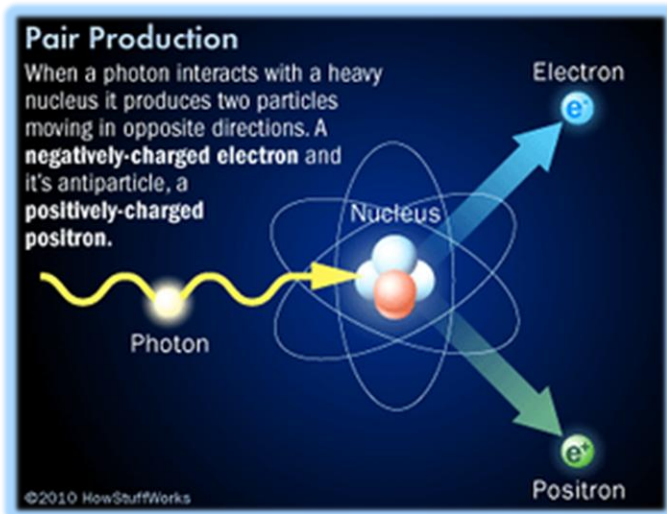


God's
Word



Science

Experiences
with Jesus





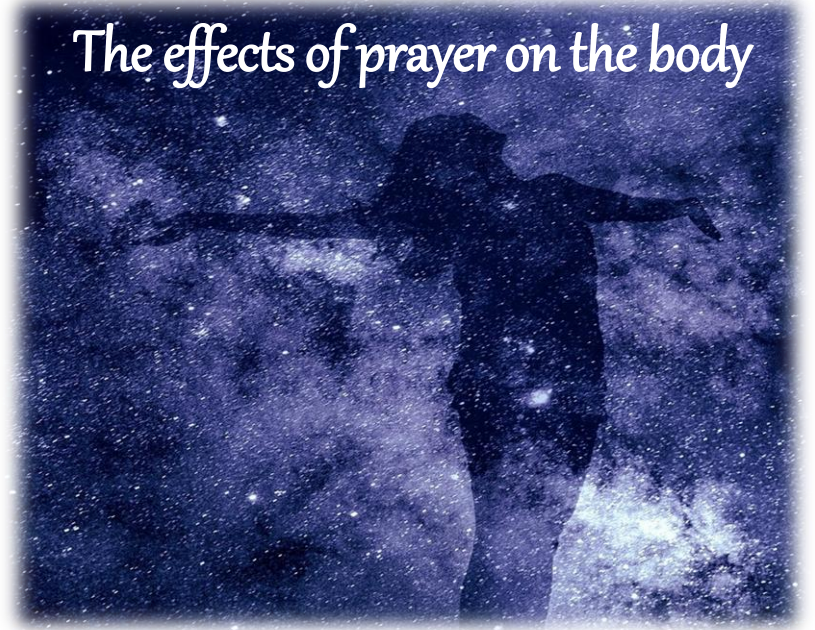
By faith we understand
that the universe was formed at God's command,
so that what is seen was not made out of what was visible.

(The Bible - Hebrews 11:3)

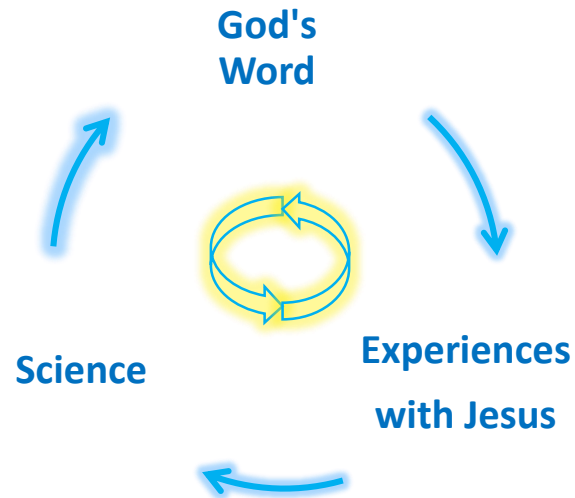
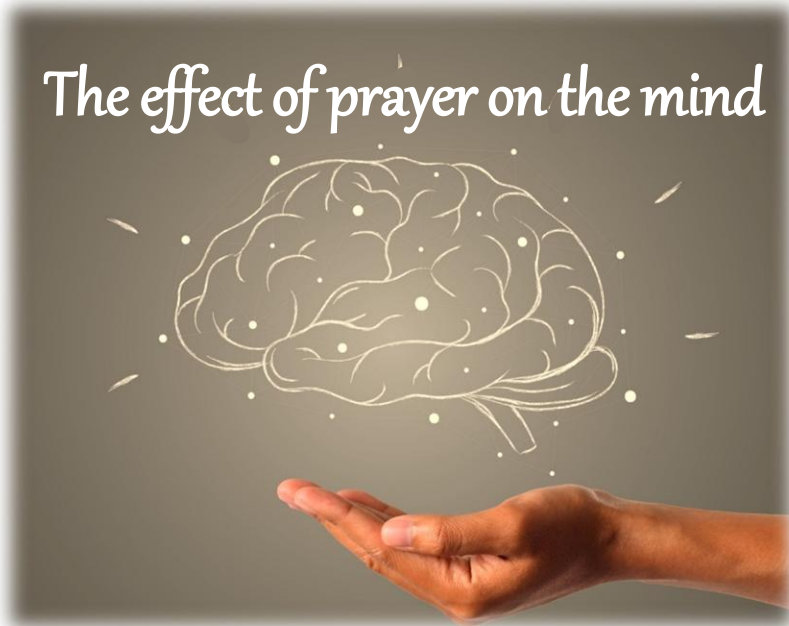
The power of prayer, thoughts
and words



The effects of prayer on the body



The effect of prayer on the mind



Distant prayer



The power of prayer, thoughts
and words

The power of thoughts – influence on the body, health and genes

Genes are not destiny - DNA does not control our biology as previously thought.
Only 5% of diseases are truly inherited.

Instead, signals outside the cell – including our thoughts – influence gene expression.

Our beliefs, perceptions, emotions, stress affect our physical health and even our genetic **activity, biological functions and immune system.**

Epigenetics studies changes in gene expression (besides changes in the DNA sequence).

It examines how environmental influences, lifestyle, and biochemical changes affect the **"turning on," and "turning off" of genes.**

These changes can affect the properties of the organism and can even be passed on to future generations.

Our brain considers what we think and imagine **to be reality EVEN IF IT IS NOT HAPPENING RIGHT NOW.**
This is how we influence biochemical processes in the body with thoughts and emotions.

When we anxiously think about a school exam that is a month away, we are already triggering stress reactions throughout the body. This can manifest immediately and visibly (heart palpitations) or later (decreased immunity, gene expression, development of disorders/diseases), even if we no longer associate it with this situation.

Positive emotions trigger biochemical reactions in the body that improve health, and disease-causing genes do not manifest.

JOURNAL ARTICLE

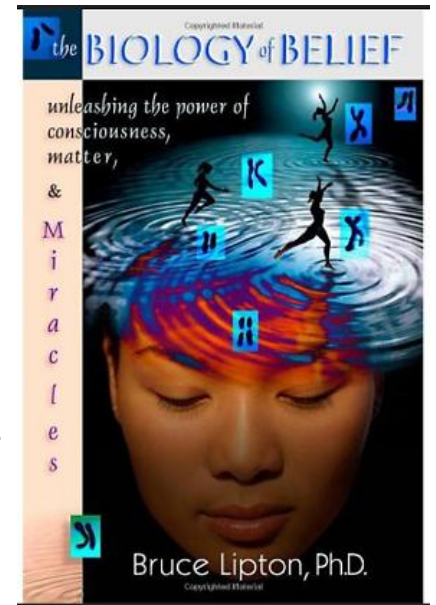
Epigenetic Influence of Stress and the Social Environment FREE

Kathryn Gudsruk ✉, Frances A. Champagne

ILAR Journal, Volume 53, Issue 3-4, December 2012, Pages 279–288,

<https://doi.org/10.1093/ilar.53.3-4.279>

Published: 01 December 2012



*A tranquil mind brings life to
one's body, but jealousy causes
one's bones to rot.*

Bible – Proverbs 14:30

Thoughts and feelings (heart rhythm) change the structure of DNA in 2 minutes

Anger and fear - heart rhythm is irregular and disorganized

Love and joy – a regular, ordered, coherent rhythm of the heart

Participants in the experiment changed the structure of DNA with thoughts and changes in heart rate

1. They focused on love and joy (heart coherence), but without the intention of changing the structure of DNA

– the structure of DNA did not change

2. They focused only on changing the structure of DNA, without heart coherence

– the structure of DNA did not change

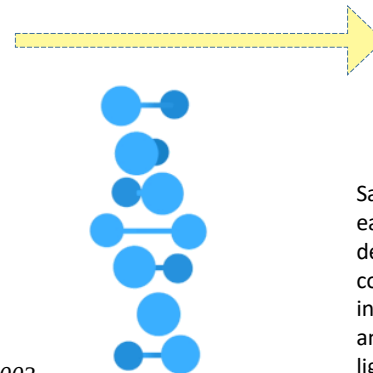
3. They focused on love and joy (heart coherence) and on a specific change in DNA

– the structure of DNA changed

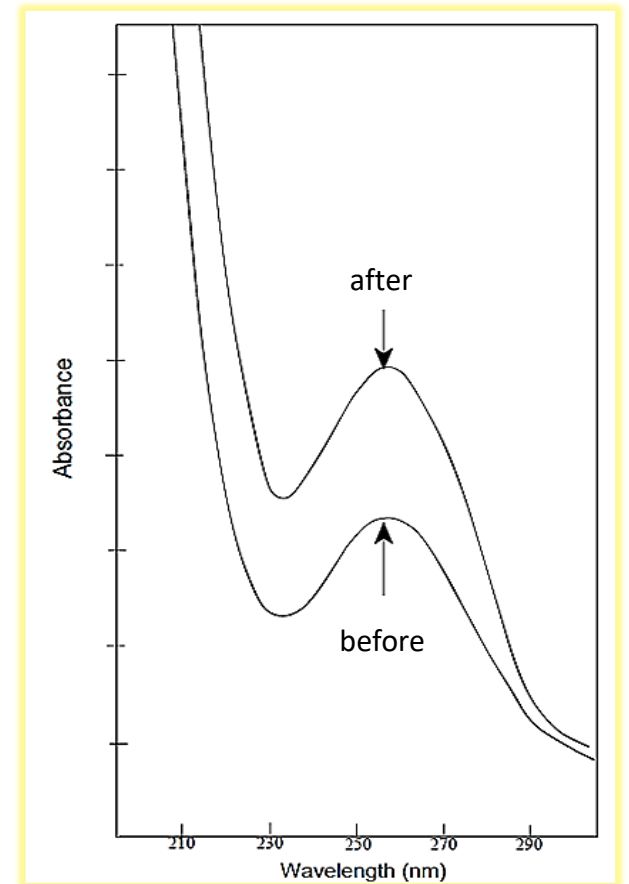
How much do our emotions and thoughts affect our health when they can change the rhythm of the heart and the structure of DNA in just 2 minutes?

For the experiment, DNA was chosen because it's more stable than cells or bacteria.

Dispenza, Breaking the Habit of Being Yourself 2012, MODULATION OF DNA CONFORMATION BY HEART-FOCUSED INTENTION Rollin McCraty, HeartMath Research Center, Institute of HeartMath, Publication No. 03-008. Boulder Creek, CA, 2003.



UV absorption spectrum of DNA before and after



Unwinding (denaturation) of DNA confirmed

Samples of human placental DNA (Sigma Chemical Co.). At the beginning of each experiment, the DNA samples were heat-treated for partial denaturation – unwinding of the DNA. For each experiment, the DNA conformation was measured before and after exposure to the subject's intention using an ultraviolet absorption spectrophotometer. The winding and unwinding (conformational state) of DNA is measured by changes in UV light absorption at 260 nm. The results were calculated as a percentage change relative to the initial value at the beginning of the experiment.

Love can move mountains

... and change DNA?

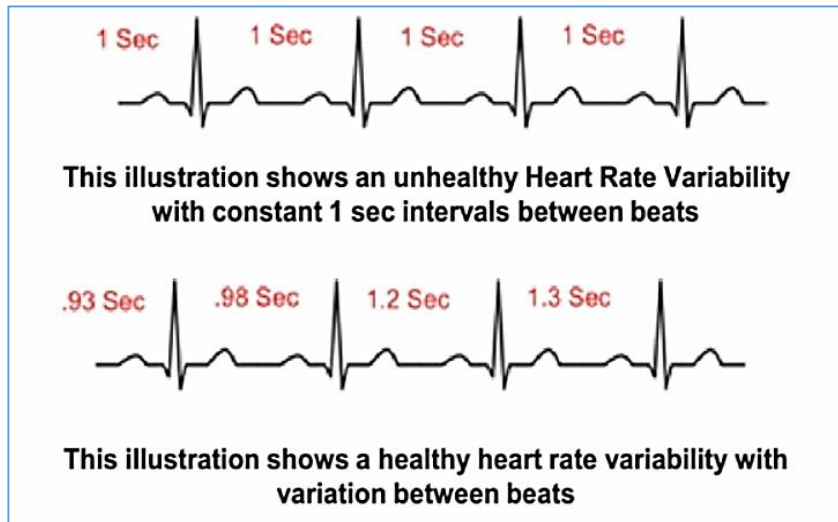
*A sound heart is life
to the body*



The Bible – Proverbs 14:30

A healthy heart changes rhythm – adapting to needs

- It was once **assumed that the heart beats regularly at a steady rhythm** like a metronome at rest.
- However, scientists and doctors now know that **this is not true**.
- The rhythm of a healthy heart, even at rest, is not monotonously regular.
- In fact, it is **surprisingly irregular**, with the **time interval between successive heartbeats constantly changing**.
- This naturally occurring **change in heart rate between individual beats** is called **heart rate variability (HRV)**.



Heart rate (beats per minute) and HRV heart rhythm are related, but they are two different parameters. You can have a low resting heart rate and a high HRV – this is common in athletes.

- Scientists and doctors consider **HRV to be an important indicator of health and fitness**.
- **It reflects our ability to effectively adapt to stress and environmental demands**.
- Low HRV values have been observed in various diseases.
- Lower HRV is also observed with chronic health problems and a sedentary lifestyle.
- Normally high - healthy HRV values usually decrease with age.

HRV typical for a given age

18-25 years: 62-85 ms
26-35 years: 55-75 ms
36-45 years: 50-70 ms
46-55 years: 45-65 ms
56-65 years: 42-62 ms
66 and over : 40-60 ms
(ms – milliseconds)

Prayer and
meditation increase
the HRV values

Note: High HRV due to abnormal heart rhythm is a warning sign. If unusually high values are observed along with palpitations, dizziness, or fatigue, it is wise to consult a doctor or cardiologist.

https://help.heartmath.com/v1/en/asmts_hrv.html, <https://cardiomood.com/2023/06/17/what-is-a-good-hrv-by-age/>, <https://velocityswitzerland.com/hrv/>

A healthy heart is harmonically coherent

Imagine a musician improvising beautifully in a smooth rhythm. There is **variation**, but it **sounds smooth**.

Heart rate variability (HRV) is like the range of tones a pianist can play – low tones, high tones, quiet, loud, fast, slow. A pianist with a wide range can beautifully respond to the mood of any piece.

Coherence is like playing these tones in a smooth, flowing melody (sine wave). It's not random banging on the keys. It is an elegant, rhythmic pattern that is pleasant and consistent.

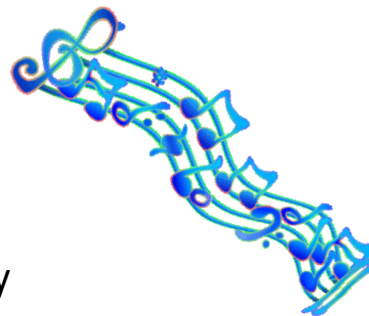
So high HRV with high heart coherence?

It's like when an experienced pianist plays a beautiful, emotionally expressive piece. Wide range, but everything flows in harmony.

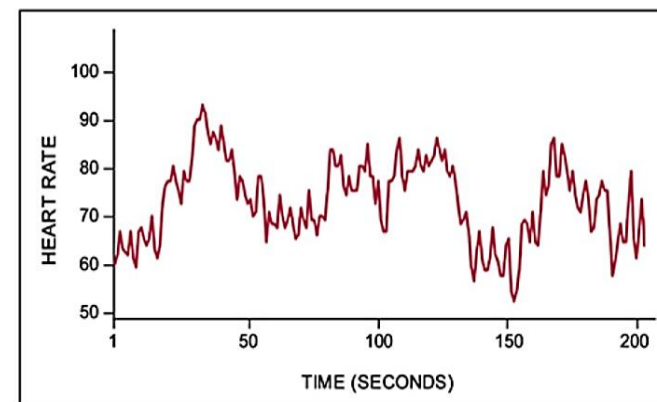
When coherence is high, your heart rate still speeds up and slows down (high variability), but it does so smoothly, in a sine wave shape.

**So high HRV + high heart coherence means:
Your heart adapts (HRV) in a stable harmonic rhythm (in coherence).**

https://help.heartmath.com/v1/en/asmts_hrv.html

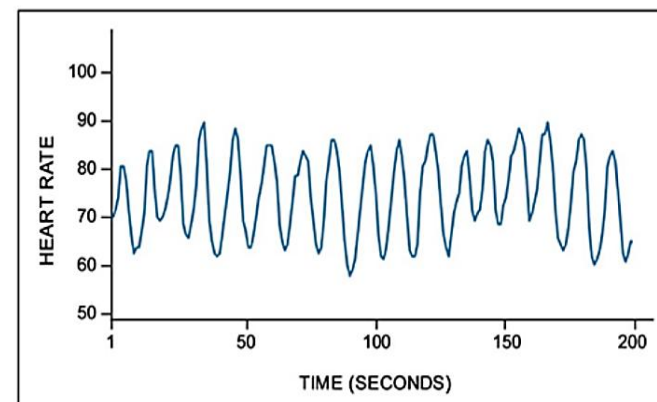


HRV Incoherence
frustration, irritation, anxiety, worry



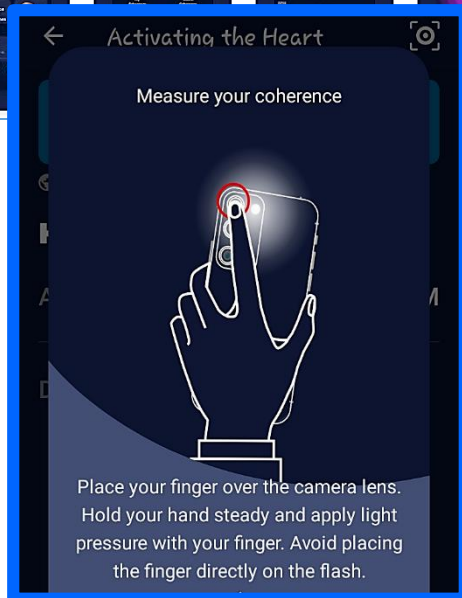
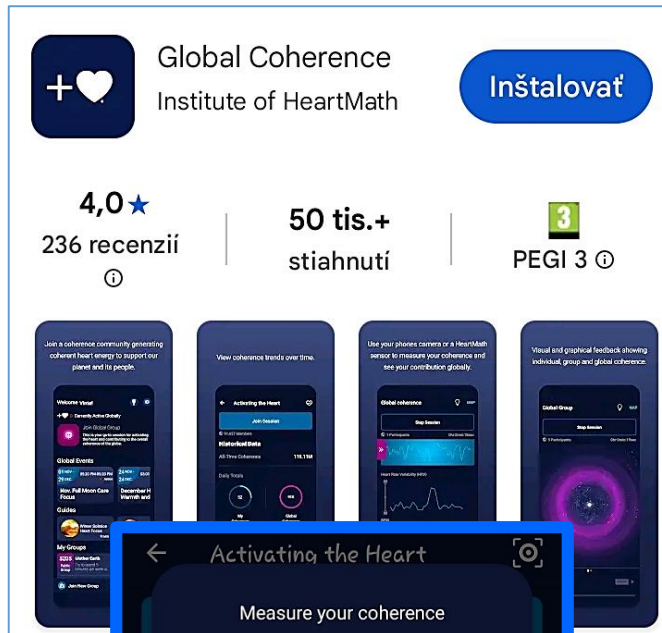
Inhibits brain function – impairs performance

HRV Coherence
positive emotions, appreciation, love, care

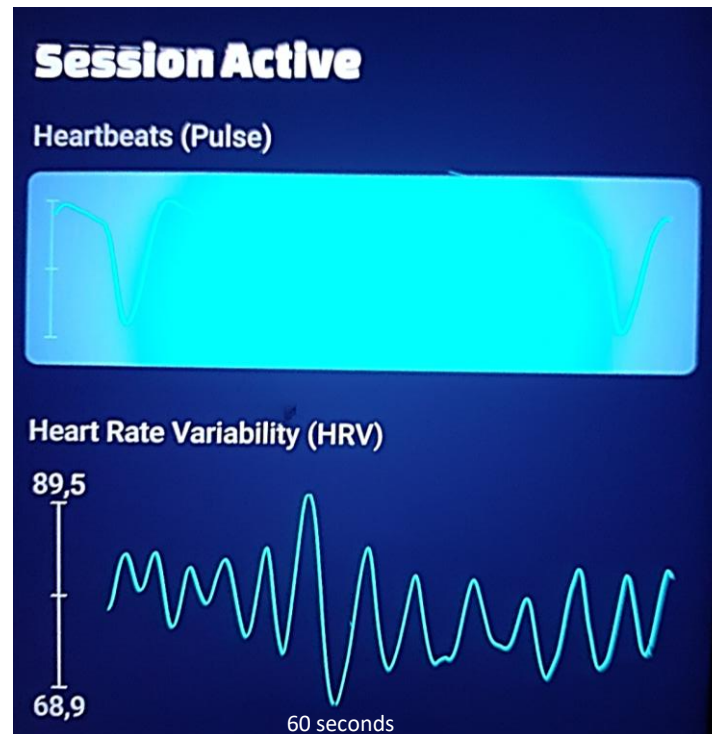


Facilitates brain function – promotes optimal performance

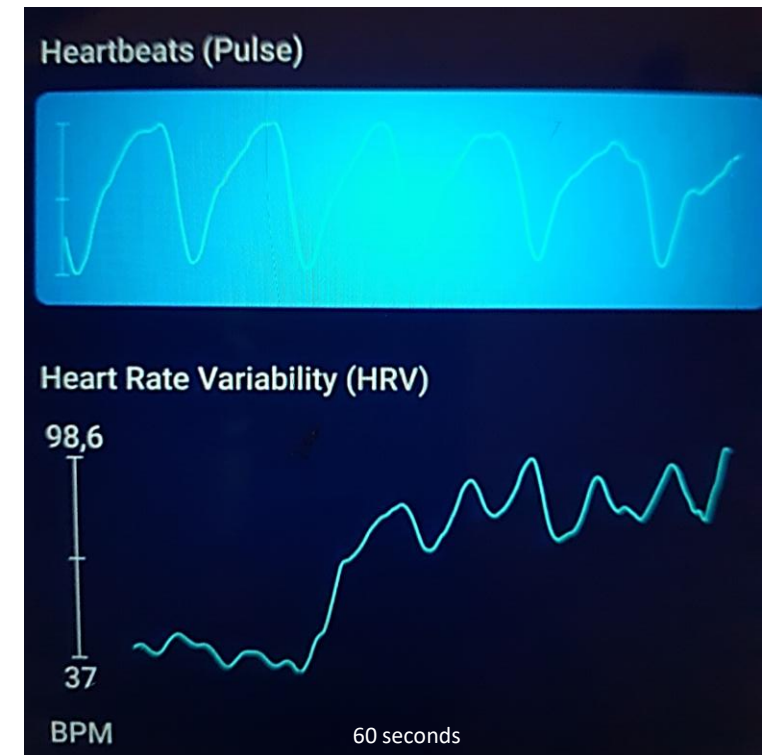
My HRV measurements



App for HRV measuring



HRV during a prayer – A typically demanding day

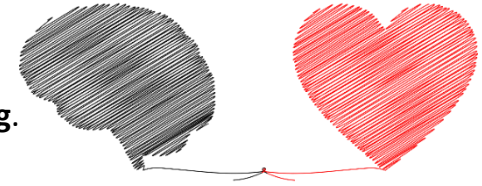


HRV During Prayer – A Very Demanding Day. At first, the HRV remained at low levels around 40, despite prayer. After placing my hand on the head, the values quickly rose to over 98.

„they will place their hands on sick people, and they will get well.” (The Bible – Mark 16:18)

The connection between heart and mind according to the Bible

- The Bible emphasizes the **importance of the heart** and often uses the terms **mind and heart interchangeably**
- In the biblical understanding, the **heart** is not just an organ, but also the **center of thinking, feeling, and decision-making**.
- In the biblical context, the heart includes not only **emotions**, but also **moral decisions and intentions**.
- Therefore, some verses emphasize the need to **purify the heart**, while others speak of **renewing the mind**.
- The Bible sees the heart and mind as **interconnected aspects of the human being** that influence our **decisions, beliefs, and relationship with God**.



Biblical verses – the importance of the heart and its connection to the mind

Matthew 22:37 NIV – *Jesus replied: “Love the Lord your God with all your **heart** and with all your soul and with all your **mind**”*

Philippians 4:7 NIV – *And the peace of God, which transcends all understanding, will guard your **hearts** and your **minds** in Christ Jesus.*

Proverbs 3:5 NIV – *“Trust in the Lord with **all your heart**”*

Ezekiel 36:26 NIV – *“I will give you a **new heart** and put a new spirit in you; I will remove the heart of stone from your flesh and give you a heart of flesh.”*

Psalms 51:10 NIV – *“Create in me a **pure heart**, O God, and renew a steadfast spirit within me.”*

Proverbs 4:23 NIV – *“Above all else, guard **your heart**, for everything you do flows from it.”*

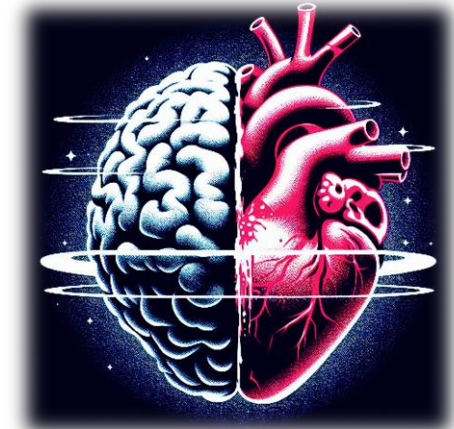
Bible - Proverbs 14:30 – various Slovak translations of the Bible also interchange heart and mind

Ecumenical translation: A calm **heart** gives life to the body, but envy is a disease in the bones.

Catholic translation: A peaceful **mind** (means) life for the body, but passion is (like) pus that bores into the bones.

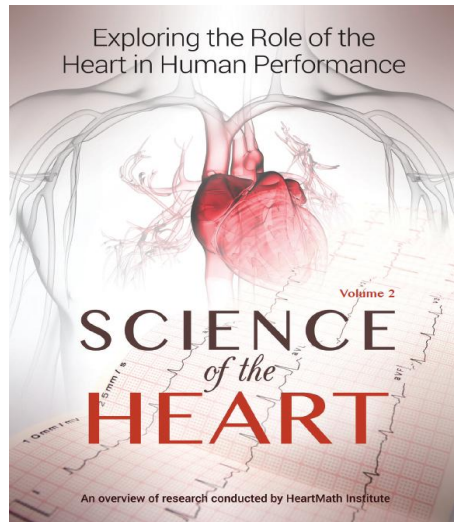
Roháček's translation: A peaceful **heart** is the life of the body, but envy is the rottenness of bones.

Evangelical translation: A peaceful **mind** is life for the body, but jealousy is rottenness in the bones.

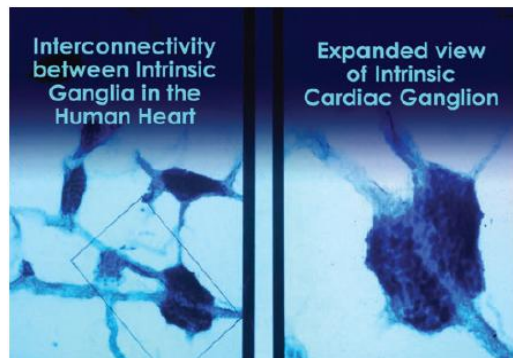


<https://www.torahapologetics.com/language--word-studies/hebrew-anatomy-part-2-the-kidneys>

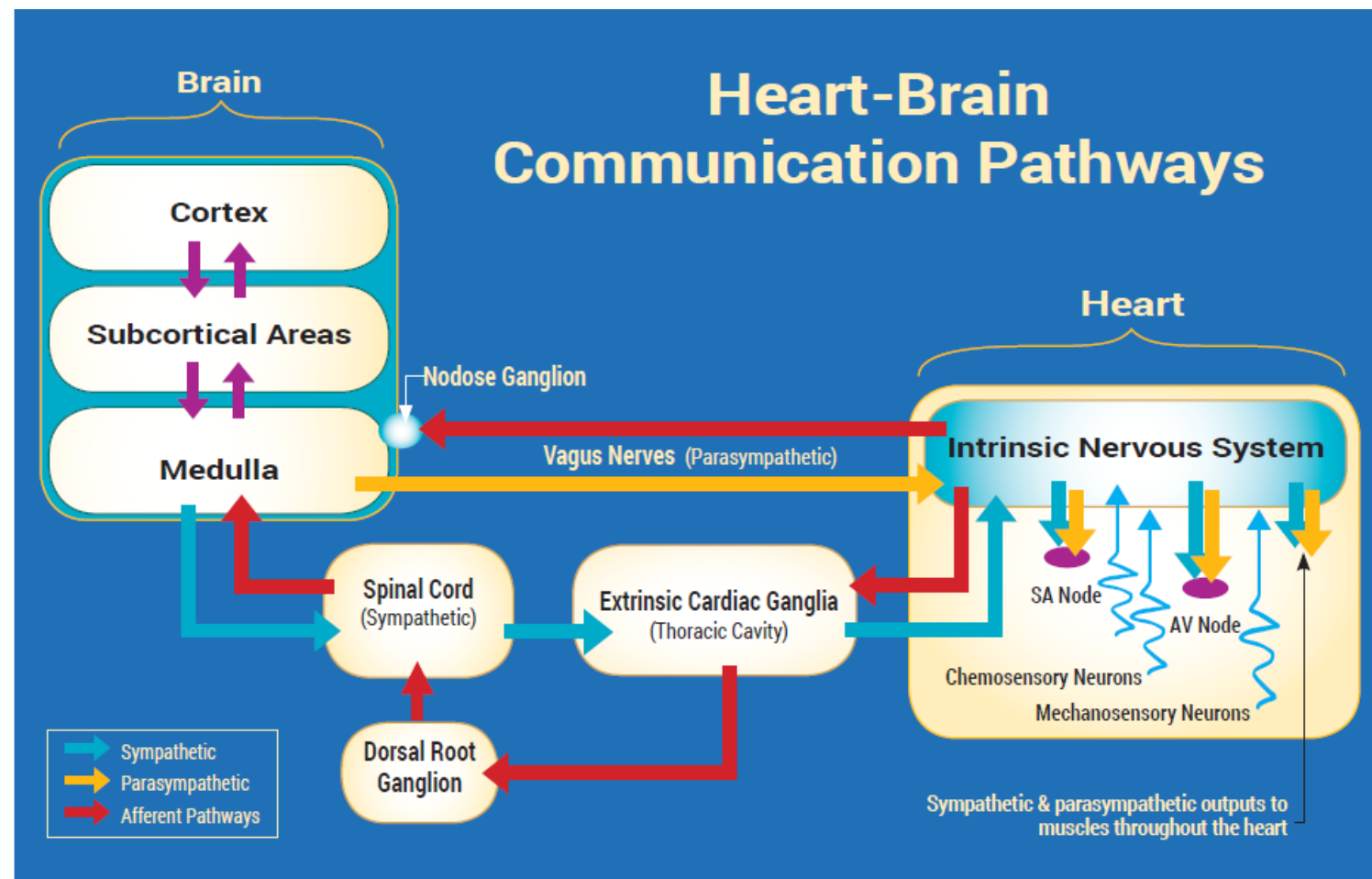
The scientific link between the heart and brain



Author Rollin McCraty,
Ph.D., Director of Research,
HeartMath Research Center,
Email: info@heartmath.org.
Copyright © 2015, ISBN 978-
1-5136-0636-1 Paperback
[https://www.heartmath.org/
/research/science-of-the-
heart/energetic-
communication/](https://www.heartmath.org/research/science-of-the-heart/energetic-communication/)



Microscopic image of interconnected intrinsic cardiac ganglia in the human heart. The thin, light-blue structures are multiple axons that connect the ganglia. Courtesy of Dr. J. Andrew Armour.

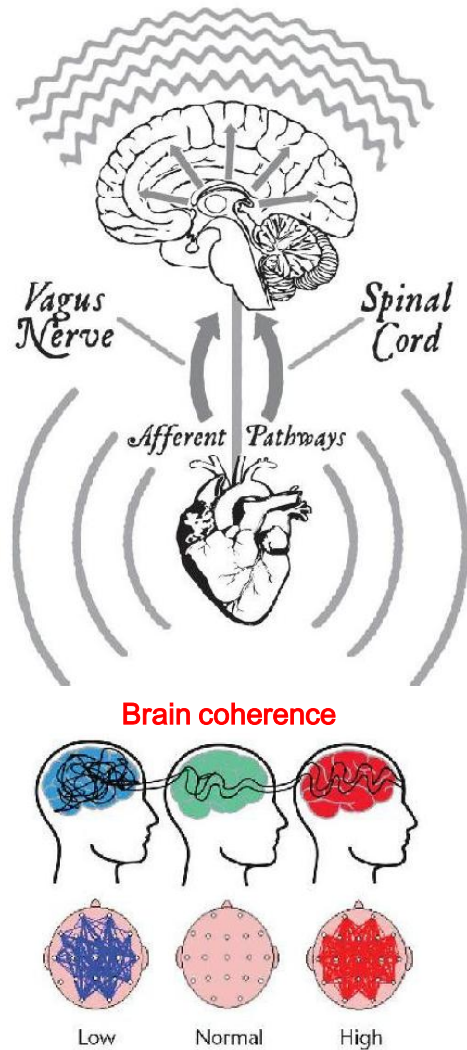


The neural communication pathways interacting between the heart and brain are responsible for the generation of HRV.

The intrinsic cardiac nervous system integrates information from the extrinsic nervous system and the sensory neurites within the heart. The extrinsic cardiac ganglia located in the thoracic cavity have connections to the lungs and esophagus and are indirectly connected via the spinal cord to many other organs, including the skin and arteries. The vagus nerve (parasympathetic) primarily consists of afferent (flowing to the brain) fibers that connect to the medulla. The sympathetic afferent nerves first connect to the extrinsic cardiac ganglia (also a processing center), then to the dorsal root ganglion and the spinal cord. Once afferent signals reach the medulla, they travel to the subcortical areas (thalamus, amygdala, etc.) and then the higher cortical areas.

Coherent heart + coherent brain = healthy body

HEART COHERENCE AFFECTING BRAIN COHERENCE



- After conception, during the development of the child, the **heart forms first**, and only then the brain.
- **The heart contains nerve fibers of both the sympathetic and parasympathetic nervous systems.**
- This means that **our emotions of stress or peace affect the activity of the heart.**

Sympathetic nervous system – active during stress (fight or flight)

Parasympathetic nervous system – active during rest (rest)

- **The heart sends signals to the brain**, it is connected to the limbic system of the brain.
- When the **heart beats coherently**, it **transmits harmony to the nervous system** (symp., parasymp.) **and to the brain.**
- **Communication between the heart and the brain** has been discovered through an electromagnetic field that can be measured (by SQUID magnetometer). This communication cannot be explained by the neurobiological mechanisms of the body.
- When the heart is coherent, it sends signals to the brain that promote emotional stability and a clear mind. This leads to a more balanced and harmonious state of the whole body.
- **Brain waves also change – those that heal the body increase.**
- **A coherent heart creates a measurable electromagnetic field around the body that extends up to 3 m.**
- **This field improves the health of the person and the health of the people around him! It triggers healing processes in the body.**

<https://www.academyofsoundhealing.com/blog/the-human-biofield-and-heart-brain-coherence>, Dispenza, Becoming Supernatural: How Common People are Doing the Uncommon 2017, https://help.heartmath.com/v1/en/asmts_hrv.html



*Keep your heart with all diligence, for out of it spring the issues of life.
Proverbs 4:23 (New King James Version)*

<https://www.thefellowshipsite.org/proverbs-423.html>

Extracted DNA changes under the influence of emotions from a distance

- ✓ Research has shown that human emotions have a direct impact on DNA.
- ✓ 1993 The Army conducted experiments - They took a sample from the mouth of a volunteer. The sample was isolated and transferred to another room in the same building. DNA was measured electrically to see if it responded to the donor's emotions.
- ✓ The donor watched video recordings that evoked strong emotions.
DNA showed a strong electrical response at the time the donor emotionally reacted to the video. It reacted to the donor's emotions as if it were still physically connected to his body.
- ✓ Dr. Backster continued research over greater distances.
At one point, the donor and his cells were separated by a span of up to 600km.
- ✓ The time between the donor's emotion and the DNA's reaction was measured by atomic clocks. In every experiment, the effect was immediate.
- ✓ We meet dozens of people on a normal day.
Whenever we touch another person (by shaking hands), that person's DNA stays with us in the form of skin cells.
At the same time, part of our DNA remains with the other person.

? Does this mean that we are still connected to those we touch?

(as long as the DNA in the cells we share is alive)

? And if so, how deep is our connection with them?



Gregg Braden – The Divine Matrix 2009, Julie Motz, “Everyone an Energy Healer: The Treat V Conference” Santa Fe, NM, Advances: The Journal of Mind-Body Health, vol. 9 (1993), 12. Glen Rein, Ph.D., Mike Atkinson, and Rollin McCraty, M.A., “The Physiological and Psychological Effects of Compassion and Anger,” Journal of Advancement in Medicine, vol. 8, no. 2 (Summer 1995): pp. 87-103.

Placebo and nocebo



Placebo and nocebo are two fascinating phenomena that show the power of our mind in expecting health.

The placebo effect occurs when **people experiences an improvement in their health** after taking an inactive substance or fake treatment, **simply because they believe** it will help them.

For example, if they are given a pill without an active ingredient but think it is a painkiller, they may actually feel relief.

The nocebo effect is the opposite of the placebo. If **people think that a drug or treatment will cause side effects**, their body will actually begin to **manifest negative symptoms**, even if there is no physical reason for them to occur.

Both effects show that our thoughts, expectations, and beliefs have a significant impact on our body.

It's not just a psychological illusion.

It is a real physiological phenomenon that is part of pharmacological research when new drugs are being developed.

<https://thehealthsciencesacademy.org/health-tips/strengthen-your-muscles-by-thought-alone/>, [From Mental Force to Muscle Power - Gaining Strength Through the Mind – PubMed](#), [BBC Radio 4 - Just One Thing - with Michael Mosley - Can you use your mind to strengthen your body?](#)

Placebo and nocebo

What is the effectiveness of the placebo?

The placebo effect is surprisingly powerful!

It can significantly affect symptoms such as pain, stress-related insomnia.

Even a placebo can cause negative side effects, like real drugs.

The brain plays a huge role.

When people believe they are receiving real treatment, their body can release feel-good chemicals like dopamine and endorphins, leading to real symptom relief.

Placebos are commonly used in clinical trials to test the effectiveness of new treatments.

If a drug doesn't work better than a placebo, it is considered ineffective.

However, the placebo effect itself is not just about positive thinking – it involves complex neurobiological reactions that can actually improve people's feelings.

The effectiveness of placebo treatment varies depending on the condition being treated.

Approximately **54% of the total treatment effect in clinical studies can be attributed to placebo responses.**



[Placebo response and effect in randomized clinical trials: meta-research with focus on contextual effects | Trials | Full Text, Placebo – Wikipedia, Justice for Placebo: Placebo Effect in Clinical Trials and Everyday Practice, The power of the placebo effect - Harvard Health](#)

Placebo surgeries

Knee arthroscopy that didn't happen

Dr. Bruce Moseley published a study with 10 patients in 1996

He operated:

2 patients with the usual procedure
He only rinsed the knee of 3 patients
He only cut and stitched the skin of 5 patients – without surgery

After the surgery, all 10 patients reported better mobility and less pain.

Everyone was doing equally well a year and a half later.

And after six years, two men who had placebo surgery responded that they were still walking normally, without pain, and had a greater range of joint motion.

They reported that they can now perform all the daily activities that they could not before the surgery.

Knee arthroscopy that didn't happen

Dr. Bruce Moseley published another study with 180 patients in 2002.

He repeated the procedure as before.

Again, the health of all patients improved equally well.

Immediately after the surgery, they started walking without pain and without limping.

Everyone was doing equally well 2 years later.



You Are the Placebo, Dispenza 2014

Heart surgery that didn't happen

In the late 1950s, doctors tried placebo surgery for the diagnosis of angina pectoris. Surgery such as coronary bypass did not yet exist.

The surgeries at the time were successful, but there was no evidence that they actually worked.

Therefore, they compared them with placebo surgery.

The patients were divided into two groups, and in one group the surgery was only pretended.

67% of patients who had real surgery needed less medication and did not feel pain as before the surgery

Up to 83% of patients with placebo surgery felt the same improvement.

The placebo operation helped even more than the real operation.

Placebo weight loss

A study by researchers at Yale shows the effect of the placebo on appetite through the production of a peptide in the stomach called ghrelin.

Ghrelin alerts the body that it's time to eat, and its production slows down with calorie consumption.

This particular study showed that ghrelin levels were directly related to the number of calories study participants perceived as consumed.

Two groups received the same milkshake containing 380 calories.

One group was told they were drinking a “indulgent” milkshake containing 620 calories.

The second group was told that the milkshake was "sensible" and had only 140 calories.

Ghrelin levels responded in each individual according to how many calories they thought they were consuming.

Ghrelin did not respond to the actual amount of calories.

The placebo effect has a strong influence on appetite regulation and weight.

This may be why some people gain weight even while dieting.



Crum and Langer 2007

Mind-set matters: Exercise and the placebo effect. Psychological Science 18, no. 2: 165–171.

The study involved more than 80 maids from 70 hotels.

They divided them into 2 groups.

One group was told that even simple muscle movement burns calories and is good for health.

They also received specific values for burning calories during various activities (e.g. vacuuming 15min - 50 kcal).

The second group was not provided with this information.

4 weeks later, the informed **placebo group showed a decrease in weight, blood pressure, body fat, waist-to-hip ratio and body mass index.**

Neither group reported changes in work duties or other activities.

Their beliefs influenced their health outcomes.

<https://news.yale.edu/2011/05/24/mind-over-matter-you-are-what-you-think-you-eat>, <https://metrowestnutrition.com/mind-over-milkshake-the-placebo-effect-in-diet-and-weight-management/>,
<https://dash.harvard.edu/server/api/core/bitstreams/7312037c-7142-6bd4-e053-0100007fdf3b/content>, <https://www.whelanwellness.com/blog/housekeepers-health-and-the-power-of-belief>

Power of mind → power of body

Simply imagining exercise can lead to an increase in muscle strength.

A study from the Cleveland Clinic Foundation in Ohio (2004) examined this concept.

They asked participants to imagine exercising specific muscles (finger and bicep movement) without actually moving.

When scientists measured muscle strength before, during, and after "imaginary" workouts, they saw a positive increased finger strength of 35% and bicep strength of 13.5%.

This phenomenon is related to motor imagery, where the imagination of movement activates **the same areas of the brain as real movement.**

The brain sends signals to the muscles, even when there is no physical action.

This strengthens neural pathways and improves muscle control.

Traditional exercise can't be replaced. But the study suggests that mental training may improve physical performance, support recovery, and even help maintain strength when movement is limited.

Comparative Study > Neuropsychologia. 2004;42(7):944-56.
doi: 10.1016/j.neuropsychologia.2003.11.018.

From mental power to muscle power--gaining strength by using the mind

Vinoth K Ranganathan ¹, Vlodex Siemionow, Jing Z Liu, Vinod Sahgal, Guang H Yue



<https://thehealthsciencesacademy.org/health-tips/strengthen-your-muscles-by-thought-alone/>, From Mental Power to Muscle Power—Gaining Strength by Using the Mind – PubMed, BBC Radio 4 - Just One Thing - with Michael Mosley - Can you use your mind to strengthen your body?

The effects of prayer on the body



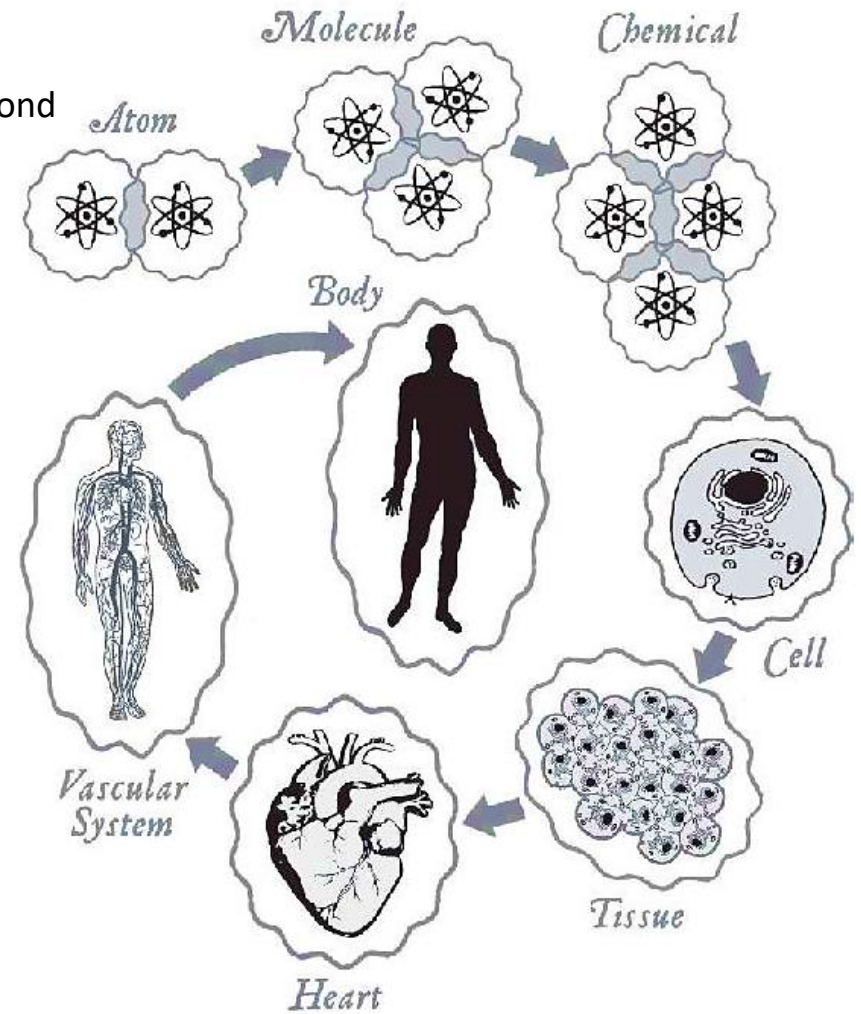
The body is programmed by God to heal itself ! !

- The human body contains 37 trillion cells
- **The body is constantly regenerating** - More than 810,000 cells are replaced every second
- A trillion red blood cells are produced every day - 1,000,000,000,000
- Stem cells "travel" the body and replace damaged tissue

Length of regeneration - cell renewal

- Stomach → 2-9 days
- Small intestine lining → 2-4 days
- Large intestine → 3-4 days
- Lung tissue → 8 days
- Bones → 10% of the skeleton is renewed per year
- Brain neurons → at least one is renewed every second
- Liver → the damaged half grows back in 2 months
- The entire heart is renewed at least 3 times during life
- Cornea → 24 hours

✓ After **4 days** of meditation, increased expression of genes that aid in healing and cell repair has been demonstrated. (Dispenza, 2017)



Brain frequencies enhance renewal of the cells

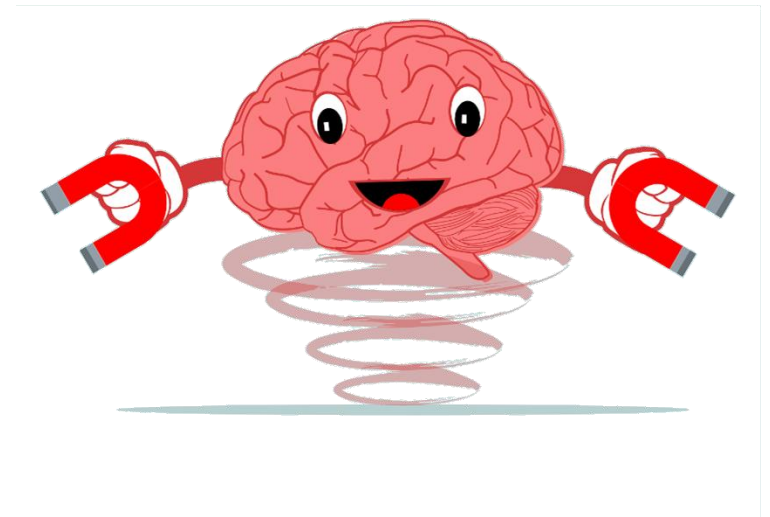
Scientists have discovered that **certain frequencies stimulate the growth of healthy cells**

→ these frequencies are **generated by our brain !!!**

Cells only respond to certain frequencies.



... Brain frequency changes during a prayer



<https://www.sciencedirect.com/science/article/abs/pii/S0167876020300866?via%3Dihub>

<https://psyfitms.com/types-of-brain-waves/>

Dawson Church – Mind to Matter (2018) chapter 4

Brain frequencies simplified and in brief – in the context of healing

During active mental states, beta and gamma brainwaves are prominent.

Beta waves are associated with alertness, concentration and conscious thinking.

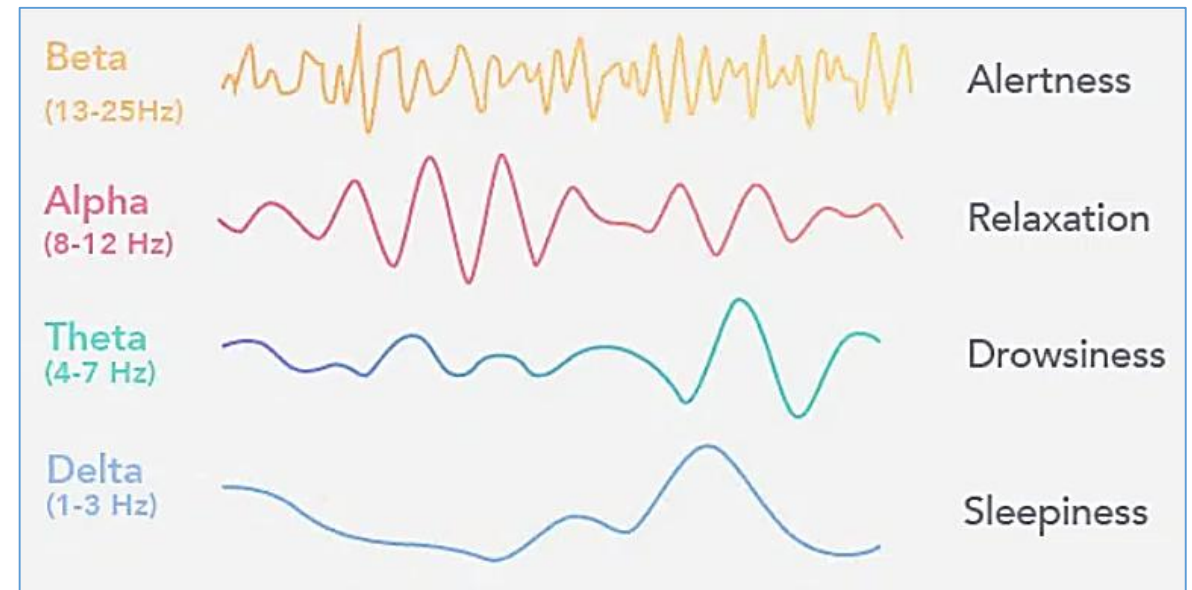
Gamma waves are associated with heightened perception and peak performance during active information processing.

When praying and meditating, the following waves increase:

Alpha— calmness, clear mind, easier problem solving, secretion of **serotonin** (good mood), stable emotions, better stress management, **improved immunity**

Theta – **natural healing processes** of the body are optimized, this facilitates **physical recovery and regeneration**. They contribute to relaxation, reduce stress and improve the quality of sleep. They are associated with improved **learning and memory**.

Delta - the rhythm of delta waves is known for its ability to completely **rejuvenate, restore, and heal the entire body and brain**. Delta brain waves revitalize the organism after a demanding day by regenerating the necessary chemicals. Thanks to the deepest levels of relaxation provided by delta waves, the body and mind can easily **recover from stress, training or exhaustion**.



Which diseases can be healed through prayer?

ALL DISEASES

Jesus gave his **twelve disciples** power and authority to **heal all manner of sickness and all manner of disease.**

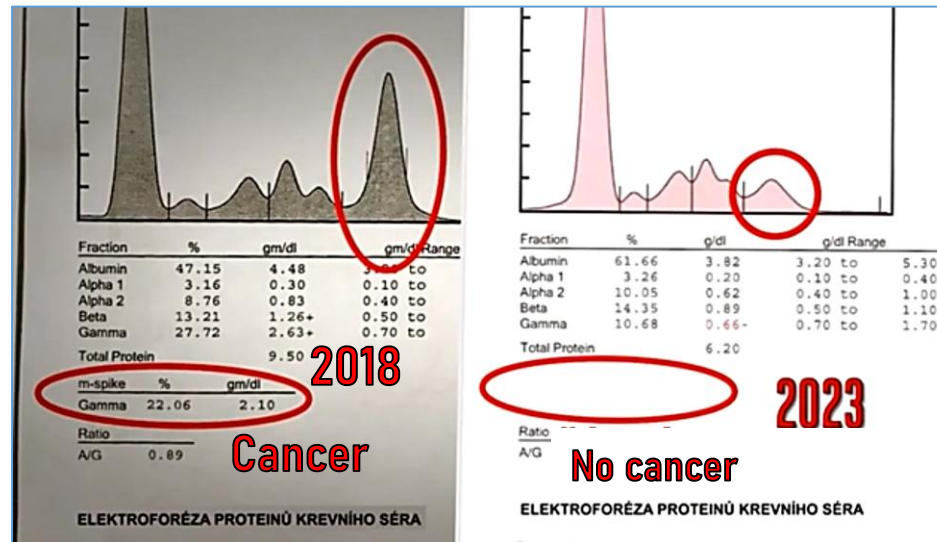
(The Bible – Matthew 10:1)

After this the Lord **appointed seventy others also**, and sent them two by two before his face into every city and place whither he himself would come. And into whatsoever city ye enter, and they receive you, eat such things as are set before you, and **heal the sick** that are therein, and say unto them, The kingdom of God is come nigh unto you.

(The Bible – Luke 10:1-12)

Recovery from cancer - scientifically confirmed

- A third of breast cancer cases are cured without medical intervention.
- **After 4 days of meditation**, an increased **expression of tumor suppressing genes** (C5orf66-AS1, KRT24, ALS2CL, RND1) was **demonstrated**.
- **Cancer (multiple myeloma)** was **treated practicing heart coherence**. 40% of the bone marrow was affected (plasma cell myeloma). Classical treatment did not work. In 2023, **Dr. Charles H. experienced full recovery** while practicing heart-coherence techniques.



Dr. Patel and his team found that the **blood plasma of a person who had meditated for many years reduced the mitochondrial function of cancer cells**. Mitochondria are like small power plants that produce energy for cells. The meditator's plasma was added to the cancer cells and reduced the rate of oxygen consumption (OCR – oxygen consumption rate) by up to 70%. The OCR is an important indicator of how actively mitochondria are working — how efficiently they convert nutrients into energy using oxygen. Low OCR indicates mitochondrial stress or dysfunction.

<https://drjoedispenza.com/scientific-research/dr.-hemal-patels-presentation-in-denver-co>, Dispenza, Dispenza, Becoming Supernatural: How Common People are Doing the Uncommon 2017

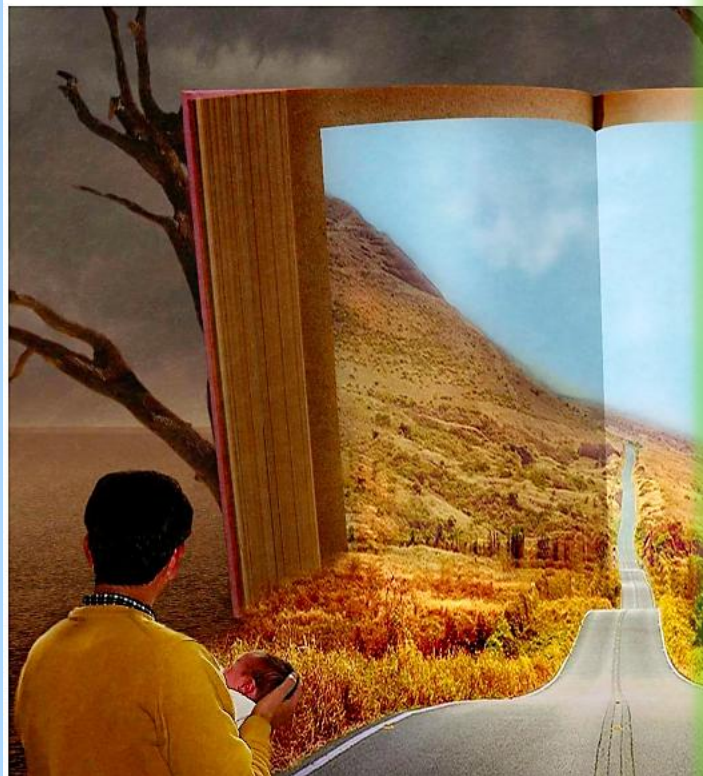
Recovery from cancer – our experiences - medically confirmed healing

zivyjezisvpraxi.sk/jesus-healed-me-of-hodgkins-lymphoma-cancer/



Jesus Healed Me of Hodgkin's Lymphoma Cancer

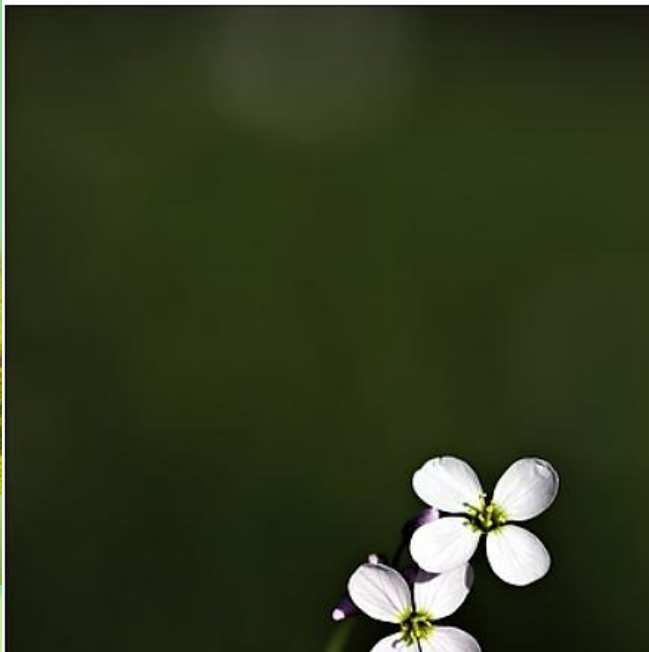
Posted on 8. mája 2022 by zivyjezisvpraxi



zivyjezisvpraxi.sk/sons-tumor-was-cured/

Son's Tumor Was Cured

Posted on 13. júla 2025 by zivyjezisvpraxi



zivyjezisvpraxi.sk/healing-from-the-cancer-and-gods-gift/

Healing from the Cancer and God's Gift

Posted on 4. novembra 2021 by zivyjezisvpraxi



Kidney diseases

- ✓ Scientifically confirmed lower mortality in religious people with kidney disease compared to non-religious people.
- ✓ Examination of the relation between church attendance and mortality in adults with chronic kidney disease.
- ✓ Evaluation of data from 3 558 patients.
- ✓ The mortality risk for people who attended church services at least once a week was 21% lower than their peers who did not attend church services.

Our Experience – Healing a Kidney When Doctors Said It Was Impossible

- The kidney was enlarged for a long time and medical procedures, including surgery, made the situation worse.
- After praying with Stano, leader of our praying group, the kidney began to heal. The results confirmed that it had shrunk to normal size and started functioning properly:
- The kidney calyces shrunk from 2.5 cm to the normal size of 0.0 cm
- The renal pelvis shrunk from 5×7.5 cm to 2.5-3 cm
- The kidney functions properly and filters fluids
- Urine no longer accumulates, and the pain is gone

Int J Environ Res Public Health. 2021 Dec 14;18(24):13179. doi: [10.3390/ijerph182413179](https://doi.org/10.3390/ijerph182413179)

Religious Service Attendance and Mortality among Adults in the United States with Chronic Kidney Disease

[Marino A Bruce](#)^{1,2,3,4,*}, [Roland J Thorpe Jr](#)^{1,4}, [Dulcie Kermah](#)⁵, [Jenny Shen](#)^{6,7}, [Susanne B Nicholas](#)⁶, [Bettina M Beech](#)^{1,2,3,4}, [Delphine S Tuot](#)^{8,9,10}, [Elaine Ku](#)⁸, [Amy D Waterman](#)¹¹, [Kenrik Duru](#)⁶, [Arleen Brown](#)⁶, [Keith C Norris](#)^{1,4,6}

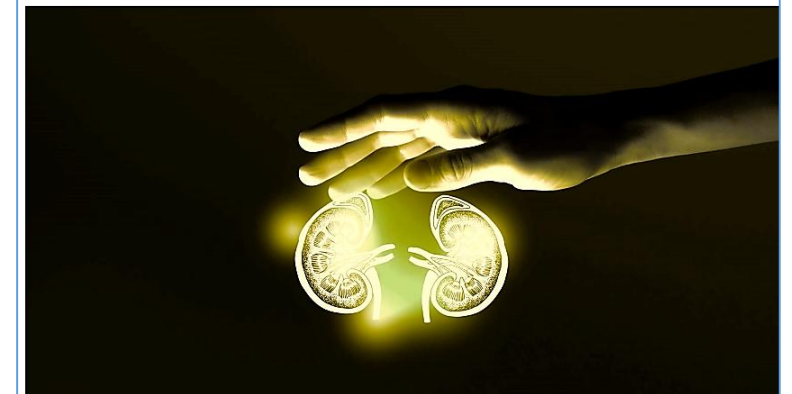
I will praise the Lord who guides me; yes, during the night my kidneys instruct me.

The Bible - Psalms 16:7 (Hebrew translation)

zivjezisvpraxi.sk/healing-of-the-kidney-hydronephrosis-dilatation-2nd-part/

Healing of The Kidney (Hydronephrosis/Dilatation) – 2nd Part

Posted on 4. februára 2024 by [zivjezisvpraxi](#)



Regrowth of intestine

- ✓ Bruce Van Natta grew a new small intestine after praying.
- ✓ It is medically documented.
- ✓ Even the History Channel program Miracles Decoded, which set out to refute his claim, had to admit in light of the documentation that it really happened and that there was no explanation for it.
- ✓ Senior radiologist Andrew Taylor confirmed in writing that Bruce Van Natta now has approximately 9.84 feet (300 cm) of small intestine, where previously there was only about 3.75 feet (116 cm).
- ✓ Atheist doctor Michael Schurr, who had performed the previous surgery, was apparently terrified when he saw the regrown intestine during the 5th surgery because he did not believe what the MRI showed until he saw it with his own eyes.

<https://knowwhyyoubelieve.org/groups/reasonable-faith-forum/>, <https://www.youtube.com/watch?v=JA4s4rAMRxo>, <https://www.destinyimage.com/blog/bruce-van-natta-man-crushed-in-half-sees-angels-regenerates-organs>



Hl'adat'



Saved by Angels "Real Life Miracles"--- Bruce Van Natta



100huntley ✓
683 tis. odberateľov

Pripojť sa

Odoberať

174



Our experience - Healing – short bowel syndrome

- ✓ Jesus saved Dominik from death in Germany after Stano was there to pray for him personally.
- ✓ The German doctors acknowledged that it was a miracle.
- ✓ The prognoses were terrifying — including short bowel syndrome, a condition in which it is impossible to normally absorb food.
- ✓ Doctors said that a small-intestine transplant would probably be necessary.
- ✓ Thank God, they were able to leave him with at least 40–60 cm of small intestine. A healthy person has 3 to 5 meters of small intestine. That is why Dominik had a Hickman catheter inserted on February 13, 2023, so he could receive parenteral nutrition.
- ✓ Thank God, Dominik's intestine began to function fully, and in November (Nov 21, 2023) they were able to remove his Hickman catheter.
- ✓ He is now able to eat all types of food normally. His intestine processes food fully and absorbs nutrients sufficiently.
- ✓ This is confirmed by excellent blood results and weight gain. **The doctors said that Dominik is a miracle because no patient in Slovakia has ever had their Hickman catheter (home parenteral nutrition) removed after such a short time — only 9 months.**

<https://zivyjezisvpraxi.sk/dominikovo-travenie-sa-postupne-uzdravuje/>, <https://zivyjezisvpraxi.sk/uzdravovanie-diabetes-syndrom-kratkeho-creva/>



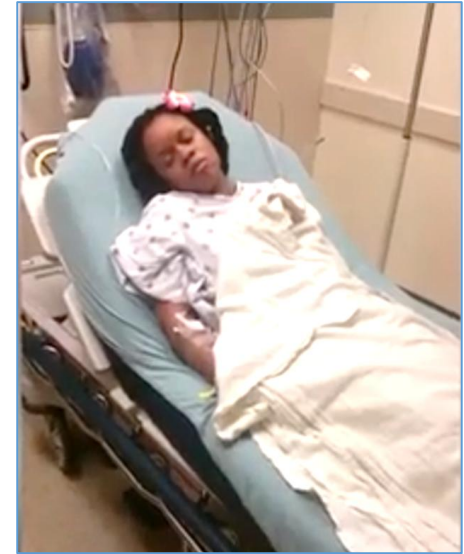
Regrowth of thyroid gland

Shay Levister – due to illness, **her entire thyroid gland was surgically removed.**

She prayed to God and meditated, thanked God for her healing, and accepted her healing by faith.

Later, **after the operation, it was discovered that she had an unexpected amount of thyroid hormones in her blood.**

The surgeon was shocked after the examination and said, “I removed your entire thyroid gland. But you’ve grown a new thyroid gland. **In my 27 years of practice, I’ve only seen the tissue grow back about twice. But this is the first time it’s producing hormones. You’ve grown a new thyroid gland and it’s working. You’re going to have to stop all your medications.”**



Respiratory: Negative for cough.
All other systems: **Ultrazvuk krku dnes ukazuje opětovný růst tkáně z levého lůžka štítné žlázy.**

Resp 16 | Ht 5' 1" (1.549 m) | Wt 133 lb (60.3 kg) | BMI 25.13 kg/m²

Physical Exam

Procedures
Neck ultrasound today shows regrowth of tissue from left thyroid bed. Pathology were reviewed and showed large bilateral thyroid lobes. Operative report reviewed showed resection however some tissue left eye cricothyroid joint.

Assessment:

1. **Hyperthyroidism**

ICD-10-CM
E05.90

Levister, Shay N (MRN: 906783368) DOB: 12/9/1976

• Smoking status:	Never Smoker
• Smokeless tobacco:	Never Used
• Alcohol use:	Yes
• Drug use:	No
• Sexual activity:	Not on file
Other Topics	Concern
• Not on file	



Document The Source it's within you
- <https://sourcethefilm.org/>

Immunity

- ✓ **Lower levels of the inflammatory parameter CRP have been scientifically confirmed in religious people.** Middle-aged to older adults who reported greater religious beliefs and values had lower levels of CRP...
- ✓ This study contributes to the understanding of the biological processes underlying the relationship between dimensions of religion and spirituality with better cognitive and physical health, potentially through inflammation.
- ✓ **Immunoglobulin A** (defending mucous membranes against pathogens) **increases when meditating** and practicing elevated emotions—such as **love, joy, and gratitude**.
- ✓ At the same time, the stress hormone cortisol decreases. Long-term high cortisol levels inhibit the immune system.

Rejoice in the Lord always. I will say it again: Rejoice! (Phil 4:4)

Our recent experiences also confirm how God's power heals and lowers CRP levels

- ✓ At our prayer group, Stano prayed for a woman whose CRP was 57. The doctors wanted to prescribe her antibiotics. But after the prayer, her CRP dropped by half, and the antibiotics were no longer needed.
- ✓ Five days later, Stano prayed for her again. The day after, her CRP was only 1.3!

- | | |
|--------------------------------------|--|
| • CRP values in different illnesses | • 30 mg/L – likely bacterial infection |
| • up to 5 mg/L – normal | • 100–120 mg/L – pneumosepsis / septic shock |
| • State above 10 mg/L – inflammation | • above 100 mg/L – abdominal sepsis |
| • 6–30 mg/L – viral infection | • 300 mg/L – severe bacterial inflammation |

<https://www.akoliceit.sk/pohybova-sustava/crp-hodnoty/>, <https://lemedic.sk/blog/co-je-crp-vysetrenie-hodnota-ktora-vam-prezradi-povod-infekcie/>, Dispenza, Becoming Supernatural: How Common People are Doing the Uncommon 2017, CRP Normal Range: How Much CRP Level is Dangerous, <https://pubmed.ncbi.nlm.nih.gov/38553253/>, <https://drjoedispenza.com/dr-joes-blog/the-power-of-gratitude>, <https://pmc.ncbi.nlm.nih.gov/articles/PMC10432704/>

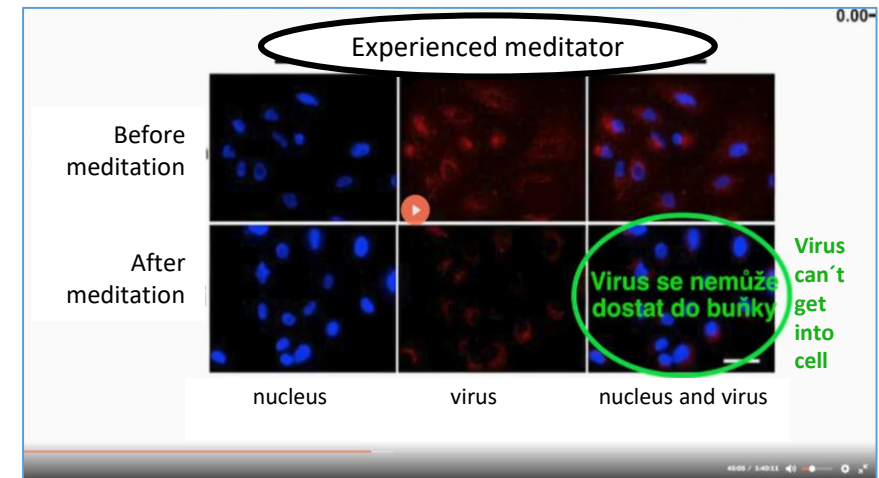
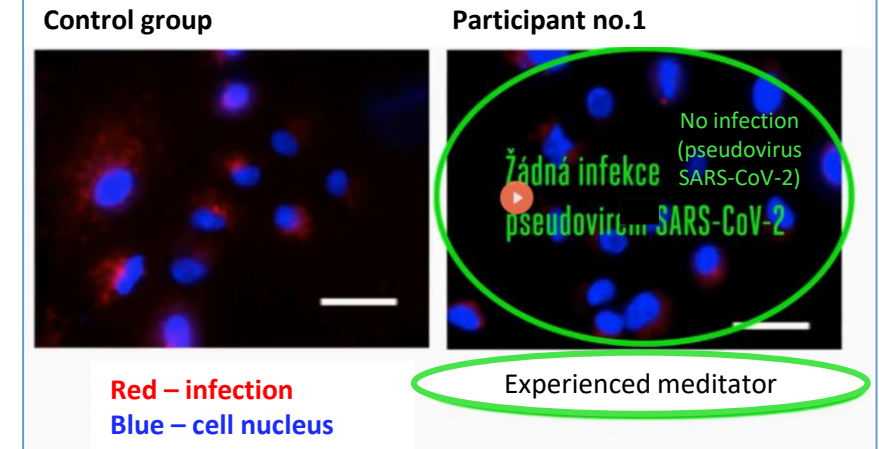
> Brain Behav Immun Health. 2023 Aug 7;32:100675. doi: 10.1016/j.bbih.2023.100675. eCollection 2023 Oct.

Meditation-induced bloodborne factors as an adjuvant treatment to COVID-19 disease

Juan P Zuniga-Hertz ^{1, 2}, Ramamurthy Chitteti ^{1, 2}, Joe Dispenza ³, Raphael Cuomo ², Jacqueline A Bonds ^{1, 2}, Elena L Kopp ^{1, 2}, Sierra Simpson ², Jonathan Okerblom ², Svetlana Maurya ⁴, Brinda K Rana ⁵, Atsushi Miyonahara ², Ingrid R Niesman ⁶, Jacqueline Maree ⁷, Gianna Belza ^{1, 2}, Hillari D Hamilton ³, Carla Stanton ³, David J Gonzalez ^{4, 8}, Michelle A Poirier ⁷, Tobias Moeller-Bertram ⁷, Hemal H Patel ^{1, 2}

Affiliations + expand

PMID: 37600600 PMCID: PMC10432704 DOI: 10.1016/j.bbih.2023.100675



Regrowth of organs and tissue regeneration in humans

- ✓ **Pancreas in children can regrow back** completely even after 95% of the tissue is removed! In rats, it is enough to preserve 10% of the pancreatic tissue and it controls blood glucose sufficiently.
- ✓ **Regeneration of the exocrine pancreas:**
Produces digestive enzymes and can regenerate in animals and humans after injury or partial removal.
- ✓ **Regeneration of the endocrine pancreas:**
Contains the islets of Langerhans that produce insulin and other hormones. Islet cells can regenerate and renew, especially in type 2 diabetes.
- ✓ **Healing of type 1 diabetes - testimonials**
- ✓ **The lungs have a good regenerative capacity.** If the repair processes are not inhibited, the lung tissue can restore normal structure and function.
- ✓ **The lungs unexpectedly regrew back** in a 48-year-old woman who had previously had the right part of the tissue removed due to cancer.

<https://www.nature.com/articles/s41586-018-0088-0>, <https://pubmed.ncbi.nlm.nih.gov/16003534/>, <https://pmc.ncbi.nlm.nih.gov/articles/PMC7338595/>, <https://pmc.ncbi.nlm.nih.gov/articles/PMC10885188/>, <https://pmc.ncbi.nlm.nih.gov/articles/PMC3422892/>, https://www.google.com/search?q=can+pancreas+regrowth+in+humans&rlz=1C1GCEU skAT1161AT1161&oq=can+pancreas+regrowth+in+humans&gs_lcrp=EgZjaHJvWUyBggAEUUYOTIHCAEQIRigAdIBCTc4NzqMGoxNagCCLACAQ&sourceid=chrome&ie=UTF-8, <https://www.dreamstime.com/cute-funny-pancreas-inscription-character-vector-hand-drawn-traditional-cartoon-vintage-retro-kawaii-cute-funny-pancreas-image283166763>

Case Reports > N Engl J Med. 2012 Jul 19;367(3):244-7. doi: 10.1056/NEJMoa1203983.

Evidence for adult lung growth in humans

James P Butler¹, Stephen H Loring, Samuel Patz, Akira Tsuda, Dmitriy A Yablonskiy, Steven J Mentzer

Affiliations + expand

PMID: 22808959 PMCID: PMC3422892 DOI: 10.1056/NEJMoa1203983

<https://www.instagram.com/reel/CVVRILtAtQu/>



tomiarayomi 195 týž.

God heals this young girl of TYPE 1 diabetes after father does this!!!

As you watch, may God heal and totally set you free from every oppression of the enemy! In Jesus name!

#testimony #rigitexas #healingmeeting #Jesus

Zobrazit preklad



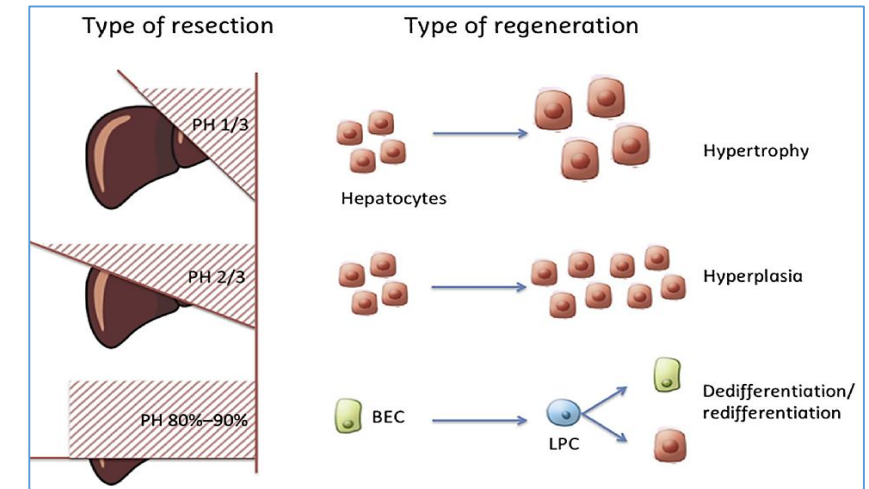
<https://www.youtube.com/watch?v=WUcrZYv3xYU>

Regrowth of organs and tissue regeneration in humans

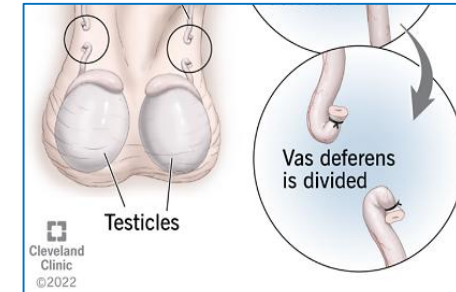
- ☑ The donor **liver can grow back** to its original size after being cut off even if 90% of the tissue is removed (liver donation for transplantation).
- ☑ **The vas deferens in men can grow back after castration (vasectomy).**
- ☑ The **tonsils in children can grow back** after surgical removal if a small amount of tissue remains in the throat.
- ☑ Both **rib cartilage and bone in humans regenerate** if their “covers” (perichondrium, periosteum) remain intact.
- ☑ **Adult kidneys are constantly growing and remodeling.**
- ☑ The **thyroid gland in a 58-year-old man unexpectedly grew back** after removal. It is physiologically functional. The patient has been without treatment since 2013 (2021 article). One of the few cases in the literature. The mechanism is unclear.
- ☑ Mammalian **intervertebral disc and human knee joint** – stem cells present promote regeneration

- ☑ **A herniated intervertebral disc in humans can heal on its own.**

<https://www.youtube.com/watch?v=84P-r5XX7hI> <https://www.nigms.nih.gov/education/fact-sheets/Pages/regeneration>, <https://my.clevelandclinic.org/health/procedures/4423-vasectomy>, <https://ajp.amjpathol.org/article/S0002-9440%2817%2931026-X/fulltext>, <https://www.youtube.com/watch?v=84P-r5XX7hI>, <https://www.spine-health.com/video/video-can-herniated-discs-heal-their-own>, <https://www.sciencedirect.com/science/article/abs/pii/S0165587622000933>, <https://pmc.ncbi.nlm.nih.gov/articles/PMC8253918/>, <https://med.stanford.edu/news/all-news/2014/06/adult-kidneys-constantly-grow.html>, https://academic.oup.com/jes/article/5/Supplement_1/A951/6241096



The volume of the liver removed determines the type of regeneration. It is possible to remove 90% and it can grow back.



JOURNAL ARTICLE

Regrowth of Thyroid Gland: Is This Possible????

Pawarid Techathaveewat, DO, Manal Alhakim, MD, Ricardo Rafael Correa, MD, EsD, FACP, FACE, FAPCR, CMQ, Karyne Lima Vinales, MD

Journal of the Endocrine Society, Volume 5, Issue Supplement_1, April-May 2021, Pages A951-A952, <https://doi.org/10.1210/jendso/bvab048.1944>

Published: 03 May 2021

Regrowth of organs and tissue regeneration in humans

The adrenal glands (yellow in the image) release stress hormones that help the body respond to environmental challenges.

Adrenal cells are constantly renewed throughout a person's life.

"The adrenal gland was one of the first tissues known to regenerate, back in the 19th century," said Dr. Breault.

The adrenal glands in rats regrew after surgical removal.



Normal adrenal in a rat.



Regrown adrenal in a rat.

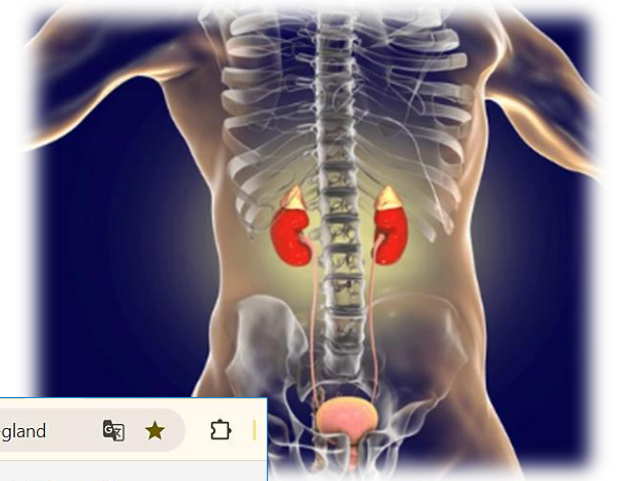
SHORT ARTICLE · Volume 25, Issue 2, P290-296.E2, August 01, 2019

[Open Archive](#)

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The Adult Adrenal Cortex Undergoes Rapid Tissue Renewal in a Sex-Specific Manner

Anaëlle Grabek¹ · Bastien Dolfi¹ · Bryan Klein¹ · Fariba Jian-Motamedi¹ · Marie-Christine Chaboissier¹ · Andreas Schedl^{1,2,3}  

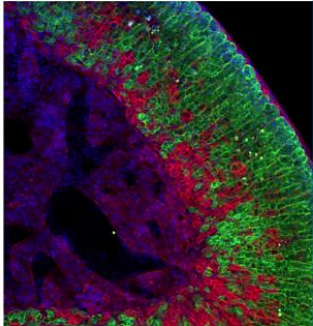


hsci.harvard.edu/news/mystery-regenerating-adrenal-gland

The mystery of the regenerating adrenal gland

September 12, 2013

In 2006, [Shinya Yamanaka, MD, PhD](#), discovered a way to reprogram mature skin cells back to a stem cell state so they can be converted into any cell type a scientist is interested in studying. That work earned him last year's Nobel Prize in Physiology or Medicine. Yamanaka's discovery raised the tantalizing question of whether similar reprogramming occurs in nature. In fact, it does, discovered HSCI Principal Faculty member [David Breault, MD, PhD](#), who has



<https://www.shutterstock.com/search/adrenal>, <https://pubmed.ncbi.nlm.nih.gov/29059290/>,
<https://pmc.ncbi.nlm.nih.gov/articles/PMC7803617/>

Regrowth of the body, organs, and tissues in animals

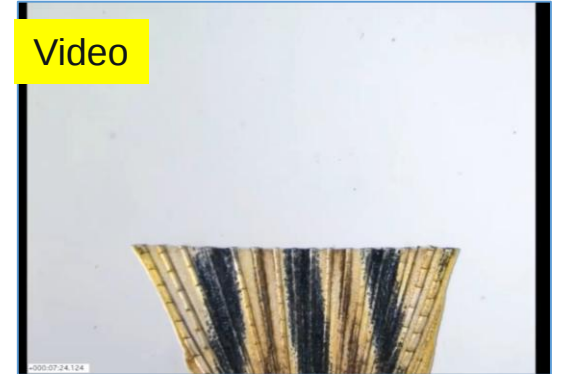
Starfish – limbs will grow



Zebrafish – heart, retina, fins, damaged spinal cord and more will grow back

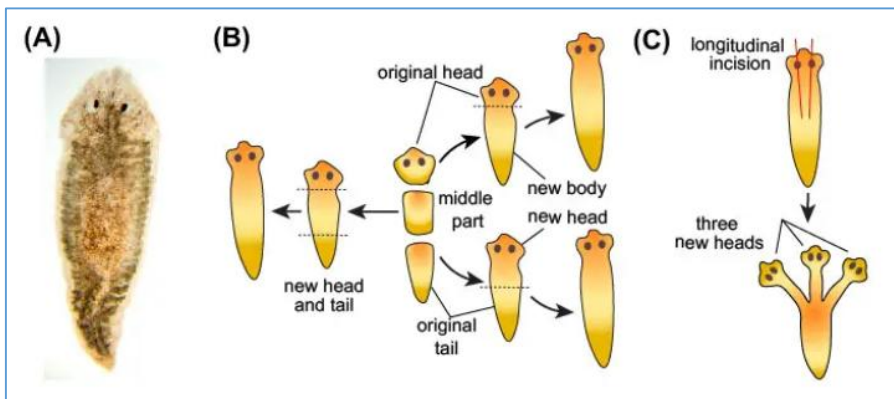


Video



Planaria - flatworms (Platyhelminthes)

The whole body regrows, together with brain and previous memory!!



Axolotl Mexican salamander – grows a heart, limb, part of the brain, damaged spinal cord, testicles,...

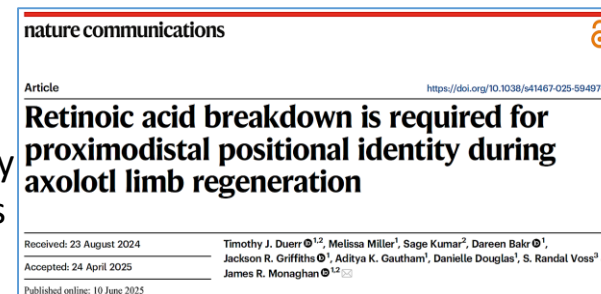


Video

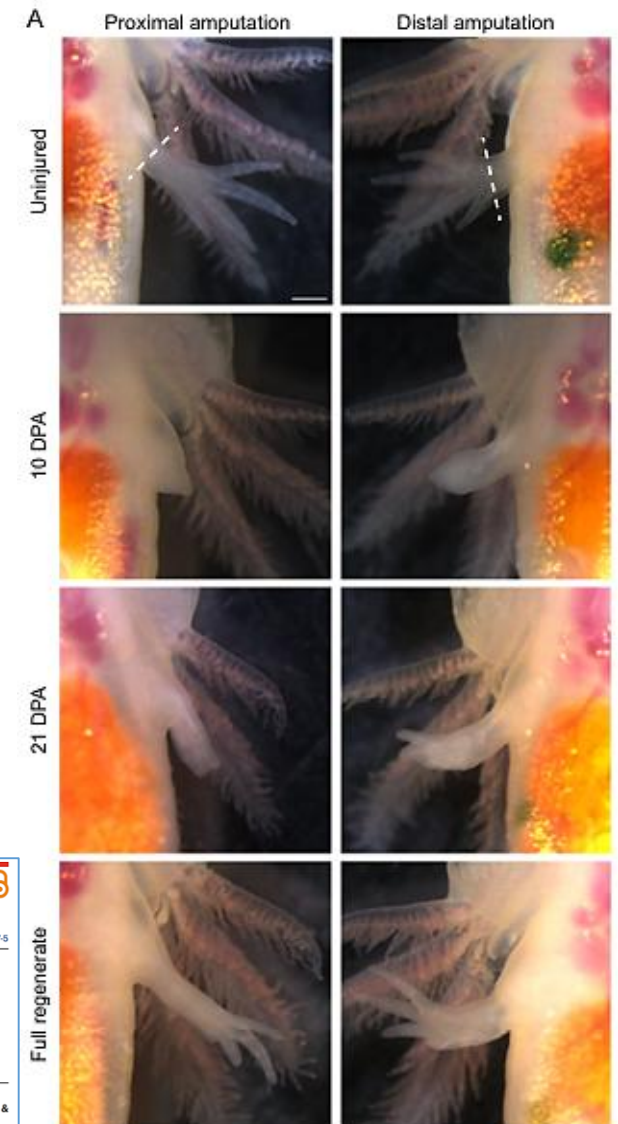
<https://www.youtube.com/watch?v=IBIsBSPH3RU>, <https://www.youtube.com/watch?v=FHp2a76xZLI>, <https://www.youtube.com/watch?v=gOgn47IYff4>, https://www.youtube.com/watch?v=Bw1U7_Tk0H0, <https://phys.org/news/2013-07-flat-worms-retain-memories-decapitation.html>, <https://rsscience.com/planarian-regeneration/>, <https://www.youtube.com/watch?v=d5dOSyaKWTQ>

The human body has key chemicals for limb regeneration

- ✓ **The human body has access to key chemicals for limb regeneration**, similar to those found in salamanders and newts.
- ✓ New research reveals that the remarkable limb regeneration achieved by salamanders begins with **retinoic acid and an enzyme called CYP26B1. Both are also present in humans.**
- ✓ When a salamander loses a limb, retinoic acid floods the skin and triggers the growth of a blastema, a specialized cluster of cells that regenerates exactly what is missing (from fingers to the entire limb).
- ✓ Genes such as Hoxa13 and Shox control this process and instruct cells where to form bones and how to shape them correctly.
- ✓ **Humans have the same type of fibroblast cells involved in early limb formation before birth during embryonic development.**
- ✓ **Scientists believe that if we learn to properly activate these chemicals and genes, we may one day be able to restore limbs or heal wounds without scarring.**
- ✓ This discovery offers hope that human bodies could activate healing abilities in the future. They could be reprogrammed for regeneration.
- ✓ Retinoic acid signaling is also present in humans and could potentially be used to trigger regenerative pathways. If we learn to control genes like Hoxa13 and Shox in adult tissues, we might be able to guide cells to regenerate tissue.



<https://www.nature.com/articles/s41467-025-59497-5.pdf>



Limb regeneration in the axolotl

Do we need all organs?

- A patient at the age of 6 months underwent surgery for fluid accumulation in the brain.
- When he was 14 years old, the procedure was repeated. His neurological development and medical history were normal.
- He was married, the father of two children, and worked as a civil servant and **had no problems.**
- **It was not until he was 44 years old that he came for examination because of problems with his left leg**
- **They diagnosed hydrocephalus. Fluid had accumulated in the brain to the point that the brain had shrunk significantly.**

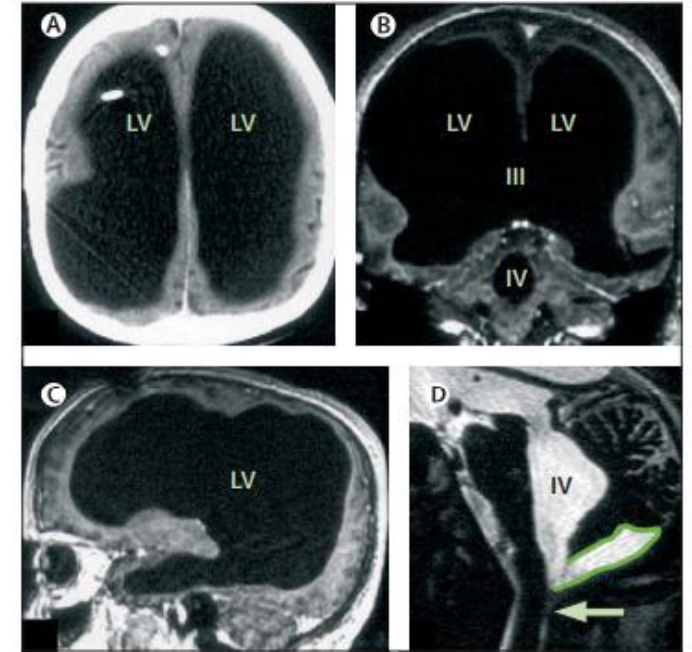


"What I find amazing to this day is how the brain can deal with something which you think should not be compatible with life," commented Dr. Max Muenke, a paediatric brain defect specialist at the National Human Genome Research Institute.

- In early 2015, the ninth case of a person living **without a cerebellum** (the part of the brain that controls balance) was published. A 24-year-old Chinese woman came to the hospital complaining of nausea and dizziness. Doctors discovered that **she was missing her cerebellum (cerebral agenesis).**
- In another case, Trevor Judge Waltrip shocked doctors when **he lived for 20 years with only his brain stem. He died in 2015 after living his entire life without a brain.** The cerebral hemispheres were completely filled with cerebrospinal fluid. **People with this condition usually survive for only 12 weeks.**

These cases highlight the adaptability and resilience of the human brain, but also how little we know about one of our most important organs.

<https://www.thelancet.com/action/showPdf?pii=S0140-6736%2807%2961127-1>, <https://www.iflscience.com/man-tiny-brain-lived-normal-life-31083>



A dark cavity filled with fluid without a brain
Massive enlargement of the ventricles in a patient with normal functioning. (A) CT; (B, C) T1-weighted MRI with gadolinium contrast; (D) T2-weighted MRI. LV = lateral ventricle III = third ventricle IV = fourth ventricle Arrow = foramen of Magendie. The posterior fossa cyst is outlined in image (D).

Neuropsychological testing showed his intelligence quotient (IQ) to be 75: his verbal IQ was 84 and his performance IQ was 70.

Prayers slow down the aging process

Several studies have scientifically confirmed longer telomeres in religious people.
Telomeres determine biological age – an indicator of longevity .

- Telomeres are the ends of chromosomes and shorten with each cell division.
- As we age, the DNA strands in telomeres at the ends of chromosomes shorten by about 1% per year.
- When people are stressed, cells divide more often/faster due to wear and tear – telomeres shorten faster.
- People under stress die younger.

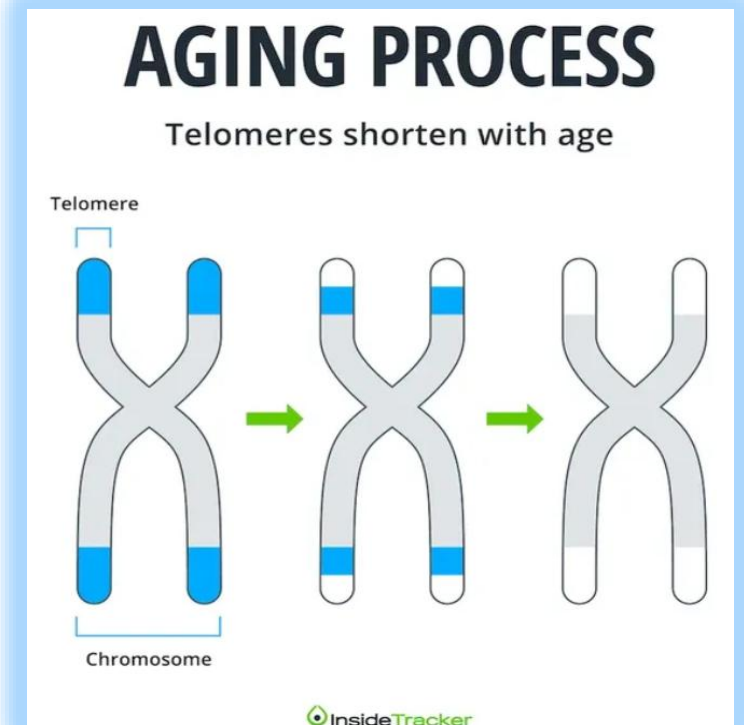
"adults who frequently attend religious services, pray regularly, and consider themselves religious tend to have longer telomeres,,

"After controlling for sociodemographic variables, religiosity was positively correlated with telomere length,,

"The findings reveal that religiosity may influence cellular aging in part by modifying the effect of high-risk genes that influence dementia and brain function."

<https://www.sciencedirect.com/science/article/abs/pii/S0277953616302064?via%3Dihub>,
<https://pubmed.ncbi.nlm.nih.gov/31541974/><https://pubmed.ncbi.nlm.nih.gov/31339412/>, Dawson Church – Mind to Matter (2018), pg.142,
pg.151, <https://pubmed.ncbi.nlm.nih.gov/21035949/>, <https://www.sciencedirect.com/science/article/abs/pii/S0277953616302064?via%3Dihub>

*„Then his body will become as healthy
as a child's, firm and youthful again. “
(Biblia - Jóh 33:25)*



Genes associated with longevity are mainly related to DNA repair, mitochondrial balance/mitochondrial biogenesis, immune system functions, oxidative stress resistance, and telomere maintenance (Holtze et al. 2021). Holtze S, et al. 2021. Alternative Animal Models of Aging Research. Frontiers in Molecular Biosciences

Is it possible to rejuvenate?

2013 - The “Feel Younger, Be Stronger” Experiment

Scientists examined how **subjective age can affect physical functioning in older adults.**

The study divided 49 participants (ages 52 to 91), into two groups.

One group received positive feedback comparing their physical performance (specifically grip strength) to that of their peers.

The control group received no such feedback.

Those who were told they were doing better than others their age began to feel younger.

And they even showed a measurable increase in grip strength!

The control group showed no change.

While they didn’t literally reverse aging, the study suggests that feeling younger can lead to better physical performance, which is a pretty strong connection between mind and body.



1979 - Study "Counterclockwise,,

A group of men in their 70s were invited to spend a week in a place that had been carefully **recreated to remind them of their youth - life in 1959.**

From the decor and **magazines to the music and television programs.** The men were instructed to act as if they were actually living in 1959, not just remembering it.

They spoke in the present tense about historical events from that time. They addressed each other as if they were 20 years younger. They were **surrounded by memories of their youth.**

There were no mirrors, no modern clothes, and no mention of their current age.

Each participant even brought a photo of their younger self to reinforce this mental shift.

By the end of the week, **the men had shown measurable improvements in physical strength, posture, joint flexibility, vision, and even cognitive performance (brain function).** They even looked younger and some got rid of their canes.

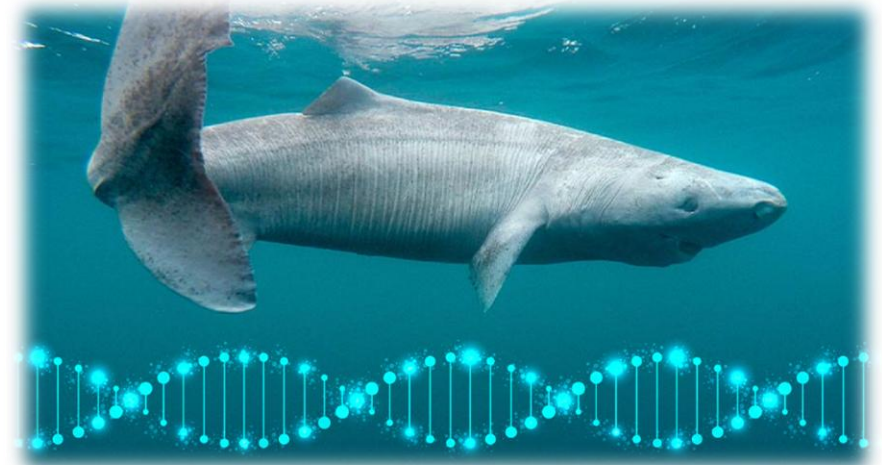
How many years can a person live today?

Then the Lord said, “My Spirit will not contend with humans forever, for they are mortal; their days will be a hundred and twenty years.”

(The Bible - Genesis 6,3)

Who lives the longest today?

- The Greenland shark (*Somniosus microcephalus*) has the longest lifespan of any known vertebrate.
- Its estimated lifespan is 250 to 500 years.
- An individual living 512 years <https://www.youtube.com/watch?v=hz2HBk5sKlc>
- Genetic analysis confirmed differences in genes compared to other shorter-lived sharks (Sahm et al., 2024)
- It uses an enzyme typical of resistant tumor cells (Czech scientists, 2022)
- A slow metabolism and life in cold water also play an important role.



Greenland shark (*Somniosus microcephalus*)

<https://www.floridamuseum.ufl.edu/discover-fish/species-profiles/greenland-shark/>, https://en.wikipedia.org/wiki/Greenland_shark#cite_note-sharkage-4, <https://www.pinterest.com/pin/485755509810658800/>, <https://www.biorxiv.org/content/10.1101/2024.09.09.611499v1.full>, <https://vedanadosah.cvtisr.sk/priroda/biologia/zralok-polarny-sa-doziva-neuveritelnych-400-rokov-vedci-objavili-mozny-kluc-k-jeho-dlhovekosti/>, https://www.beautyofplanet.com/scientists-discover-512-year-old-shark-which-would-be-the-oldest-living-vertebrate-on-the-planet-2/?fbclid=IwAR1Pt3qRgkledh9HzL27NvL4G4t62TdNmIUJzmSbClcPdC-C_TYAqldc8E

Is someone immortal?

- Immortal jellyfish (*Turritopsis dohrnii*), 4.5 millimeters in size. It has a unique ability to repeatedly rejuvenate, which makes it theoretically immortal.
- When it is physically damaged or experiences stress (starvation), instead of dying,
- it returns to its previous developmental stage.
- It shrinks in on itself, reabsorbs its tentacles, and loses its ability to swim. It then settles on the sea floor as a drop-like cyst.
- Over the next 24-36 hours, a new polyp (this was the jellyfish's previous life stage) develops.
- After maturation, the jellyfish bud and continue to develop.
- The process of the jellyfish's remarkable transformation is called transdifferentiation and is extremely rare.
- The cells of the jellyfish and the cells of the polyp are different - some cells and organs are found only in the polyp, others only in the adult jellyfish.
- This reversal of the life cycle can be repeated, and under perfect conditions, these jellyfish may never die of old age.



Video

Jellyfish (*Turritopsis dohrnii*)

<https://www.wired.cz/clanky/nesmrtelna-meduza-dokaze-nekonecne-mladnout-presto-umira>, <https://www.nhm.ac.uk/discover/immortal-jellyfish-secret-to-cheating-death.html>

Everything is possible for the one who believes

Jesus helps to heal congenital developmental defects

A lady came to pray with me....

Since she was a nanny caring for a 13-month-old boy with several birth defects, she took him with her.

The boy's mother took her own life because of her son's health condition.

The boy also suffered from **delayed development of the musculoskeletal system.**

He **had not yet started walking, he tried to stand on his feet, but he could not.**

When they put him on his feet, he kept crying.

When they left, she gave me the boy to hold...

He was not the lightest, so **I put him on his feet and said to him:**

"Stand on those legs, since you have those legs."

And the **boy's legs suddenly became stronger and he was able to stand.**

Then I said to him: **"Walk, what do you need those legs for?"**

He started to step forward with one leg and dragged the other one behind him.

I told him: "What is the use of your other leg, walk with that one too."

The little boy obeyed and started walking with the other leg too.

He was walking it for the first time in his life, the lady didn't understand.

He jumped and squealed with joy that he was finally walking. Until then, he had always cried when they taught him to walk.

Because I was under God's power after prayer, it affected the little boy and he was able to walk.

The lady was shocked when she saw him walk for the first time and quickly started filming it on her mobile phone.

The boy immediately walked 50 meters to the car and up the hill.

The boy is walking, even though the doctors said it was hopeless.

Stano (May 2021)

zivyjezisvpraxi.sk/jezis-pomaha-liecit-vrodene-vyvojove-vady/

Ježiš pomáha liečiť vrodené vývojové vady

Posted on 15. júla 2024 by zivyjezisvpraxi



<https://zivyjezisvpraxi.sk/jezis-pomaha-liecit-vrodene-vyvojove-vady/>

Everything is possible for the one who believes

- 1952, a 16-year-old boy suffered from a **congenital disease called ichthyosis. The disease is still incurable.** He had black rough skin. It covered his entire body except for his face, chest, and neck.
- There were growths (papillae) on his skin that protruded from the skin up to 6mm long. The skin resembled the skin of an elephant.
- In 1950, a plastic surgeon tried treatment with skin implants. **But even repeated attempts did not help.**
- In 1951, the boy was hypnotized.
- It was common practice to treat skin diseases and warts with hypnosis.
- **The hypnotist did not know that it was a congenital incurable disease (it is relatively rare). Therefore, he was able to cure the boy in faith.**
- The first session - they focused on healing the left hand. It was healed in 10 days. The right hand and legs were treated in the same way.
- **Only after the first successes did the hypnotist discover that the disease was actually incurable.**
- He failed to cure other patients with hypnosis because he already knew that the disease was congenital and incurable.
- Later in an interview, he admitted that he no longer had the faith he had with the first patient.

Result

The improvement shown by the use of this treatment was as follows :

Region	Before Treatment	After Treatment
Hands ..	Completely covered	Palms clear. Fingers not greatly improved
Arms ..	80% covered	95% cleared
Back ..	Covered, but only lightly	90% "
Buttocks ..	Heavily covered	60% "
Thighs ..	Completely and heavily covered	70% "
Legs and feet ..	Completely and heavily covered	50% "

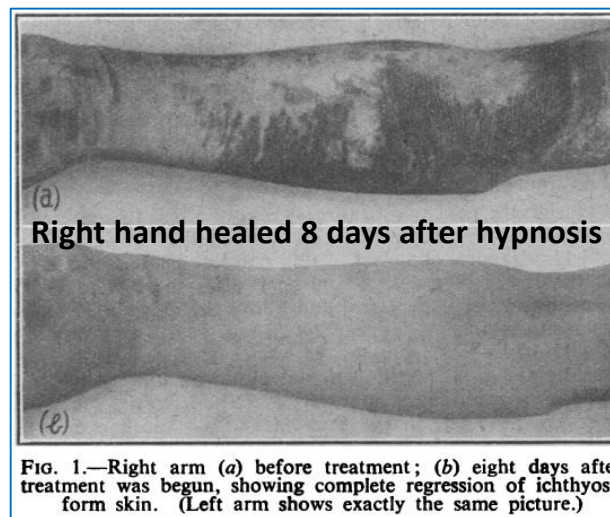


FIG. 1.—Right arm (a) before treatment; (b) eight days after treatment was begun, showing complete regression of ichthyosiform skin. (Left arm shows exactly the same picture.)

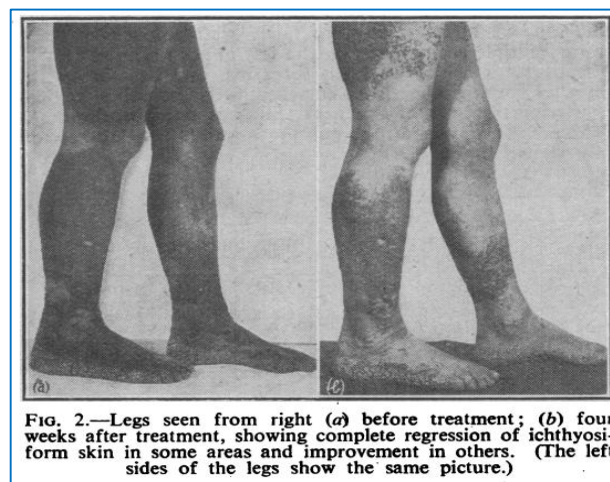


FIG. 2.—Legs seen from right (a) before treatment; (b) four weeks after treatment, showing complete regression of ichthyosiform skin in some areas and improvement in others. (The left sides of the legs show the same picture.)

Legs 4 weeks after hypnosis

422 Aug. 23, 1952

ICHTHYOSIS TREAT

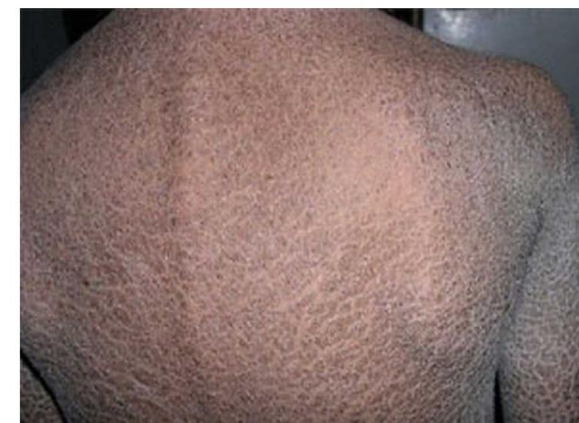
A CASE OF CONGENITAL ICHTHYOSIFORM ERYTHRODERMIA OF BROCCO TREATED BY HYPNOSIS

BY

A. A. MASON, M.B., B.S.

Senior Registrar, Queen Victoria Hospital, East Grinstead

The following case is of especial interest because the aetiology is unknown and the usual prognosis is that the condition is resistant to all forms of treatment. As a rule the course is progressive thickening of the skin from birth, reaching a maximum at about the age of 15 and then remaining static throughout life or deteriorating with secondary complications.



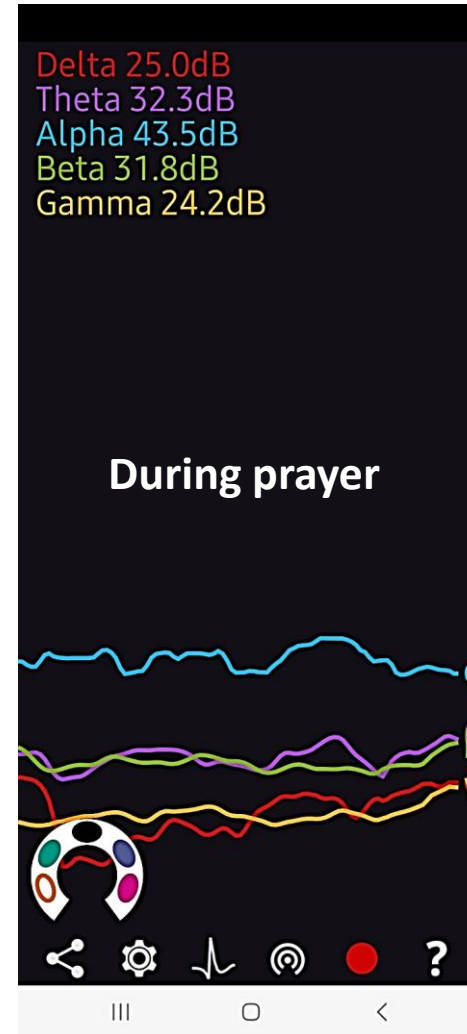
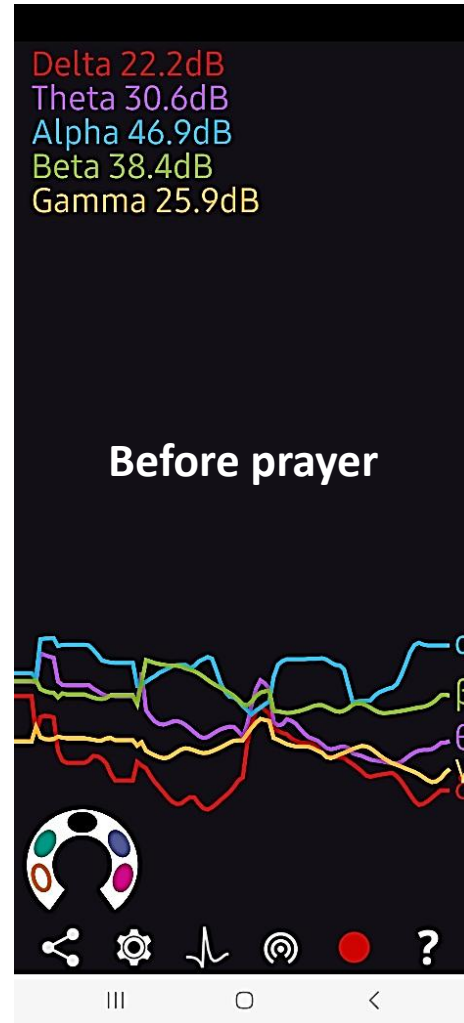
<https://sk.ze-signon.com/articles/ichtioz/ichtioz-kozhi-formi-simptomi-i-lechenie.html>

The effect of prayer on the mind



Brain wave measurements during the stay on July 23, 2025

Participant 1

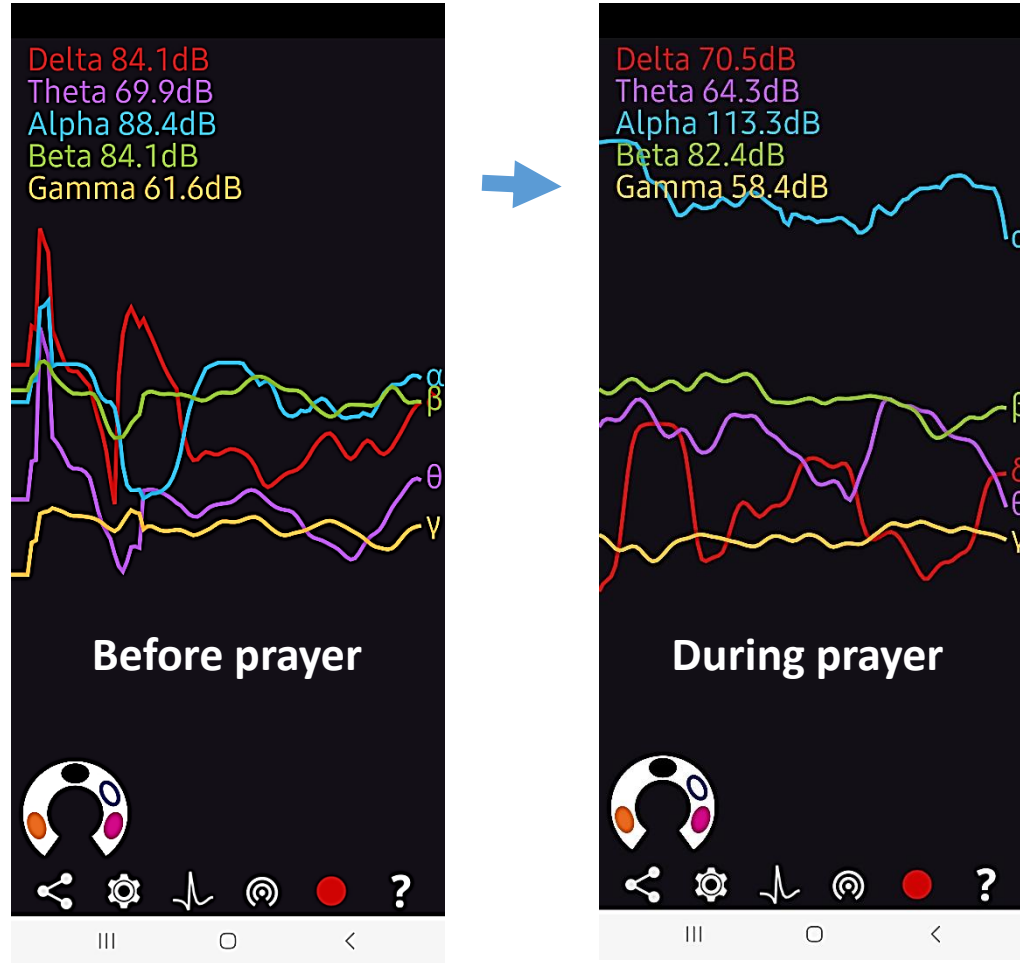


Used device EEG - MUSE 2
<https://eu.choosemuse.com/products/muse-2>

Software - Mind Monitor app
<https://mind-monitor.com/>

Brain wave measurements during the stay on July 23, 2025

Participant 2

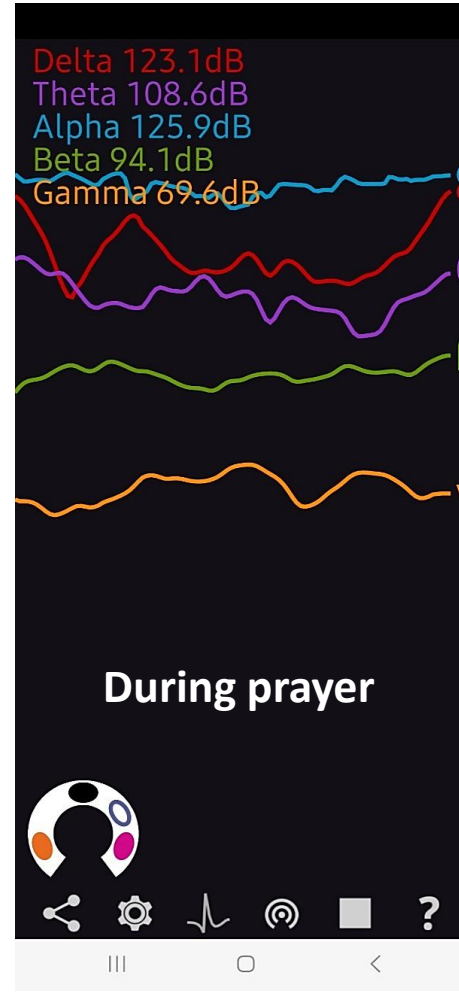


Used device EEG - MUSE 2
<https://eu.choosemuse.com/products/muse-2>

Software - Mind Monitor app
<https://mind-monitor.com/>

Brain wave measurements during the stay on July 23, 2025

Participant 3



Used device EEG - MUSE 2
<https://eu.choosemuse.com/products/muse-2>

Software - Mind Monitor app
<https://mind-monitor.com/>

**Research confirms that meditation and quieting the mind have
a positive effect on mental health**

? And what about prayer ?

**Can prayer be even more powerful when we unite
with the Giver of Life and Creator of the universe?**

**But to what extent do we actually unite with God?
Is it possible?**

The Effect of Prayer on the Brain - Experiencing Love and Unity

Neuroscientists scanned the brains of people who pray regularly.
They found that the brains of these people are different.

They observed **which parts of the brain increase or decrease their activity** (blood flow) during prayer.

The monks' brains were very sensitive to attention and compassion.

The **frontal lobe of the brain (responsible for attention and concentration) increases activity** during intense prayer.

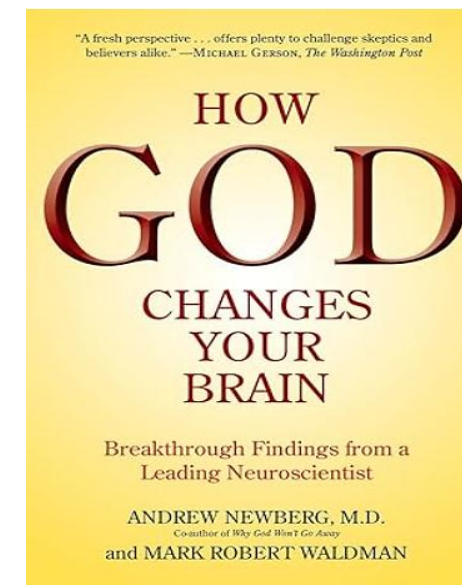
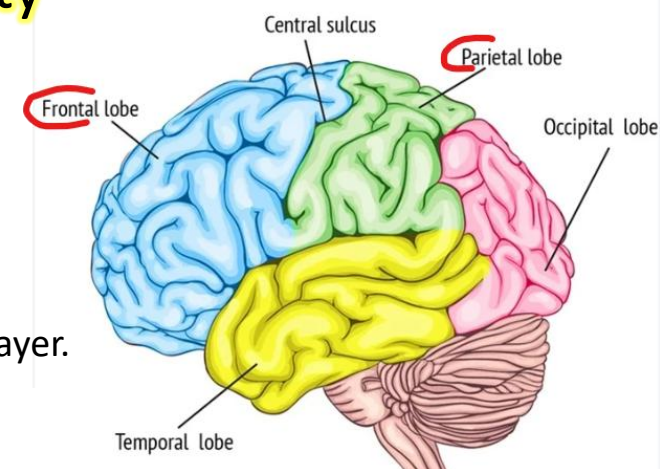
This explains why the monks had impressive concentration skills.

The **parietal lobe of the brain (processing sensory information, creating a sense of self, orientation in space) decreases activity** during prayer.

Therefore, people lose their sense of self.

They feel a sense of unity with the world - the boundary between me and others is lost.

<https://www.youtube.com/watch?v=7xnAiT0kR68>



The Effect of Prayer on the Brain - Experiencing Love and Unity

The brain is constantly being shaped and changed according to our activity - it is plastic - **neuroplasticity**.

The more you focus on something, the more it is written into the synapses - the neural connections of the brain.

Our brains were created to change according to what we focus our attention on!

People who pray often and intensely deeply have stronger connections in their brains for such prayer.

Therefore, they feel a connection with God faster and stronger.

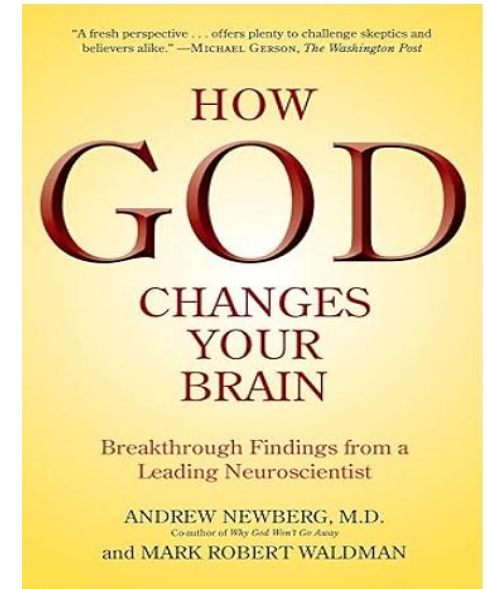
When we focus our attention on the source of goodness, truth and love - on God, the boundary between us and God disappears.

Then we no longer say that God is the source of love because someone told us so, but because we gain this experience in prayer.

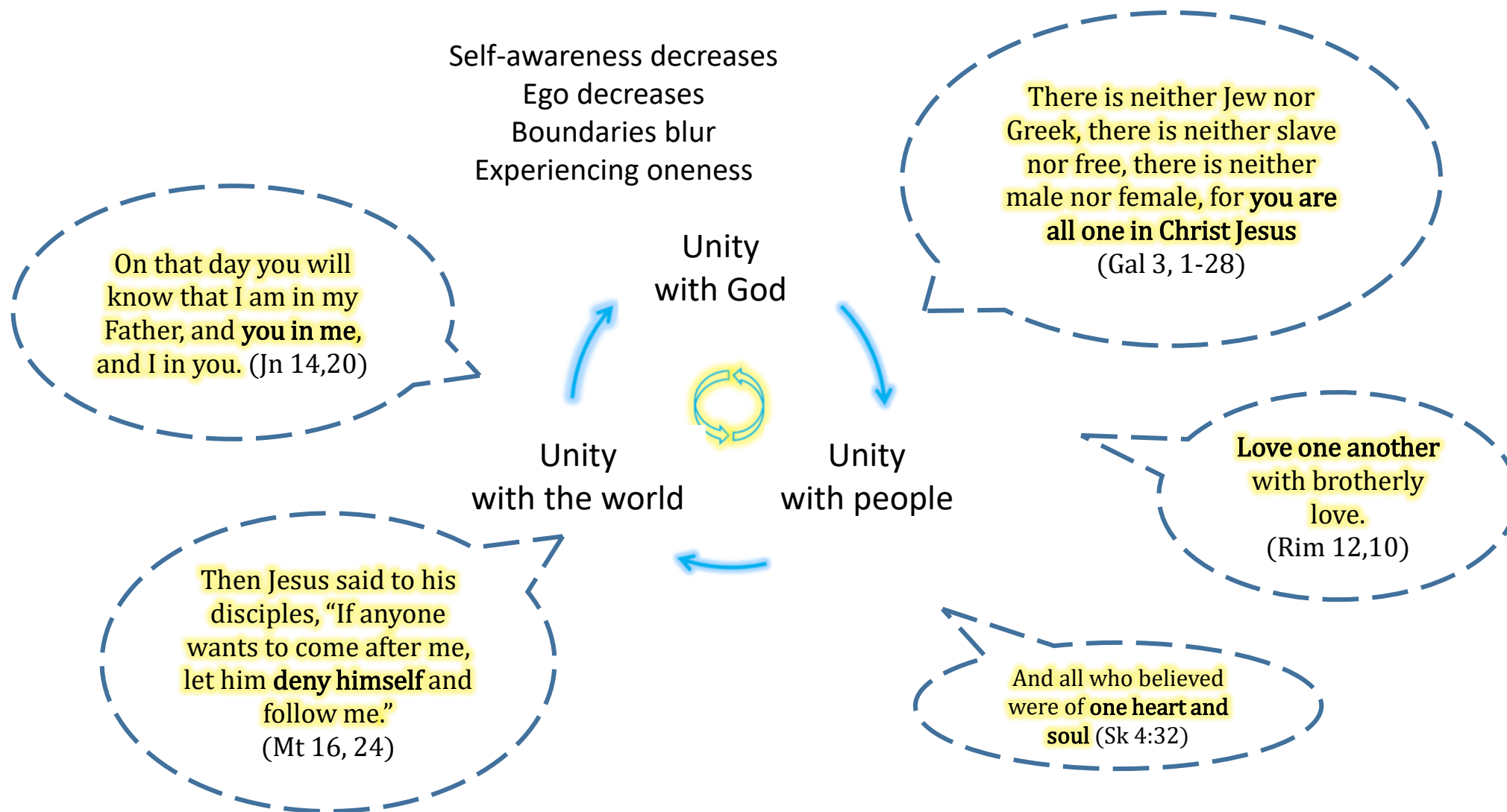
You feel love for people and for all of creation.

Paradoxically, we also experience a greater sense of love for ourselves. **We lose ourselves and find ourselves in prayer.**

This increased warmth and love that we experience for ourselves, for others and for the world leads us to a **desire to serve the world.**



The Effect of Prayer on the Brain - Experiencing Love and Unity



The importance of prayer – mental health

- ✓ **Scientifically proven lower incidence of dementia and Alzheimer's disease in religious people.**

Attending church services and praying daily were associated with lower incidence of Alzheimer's disease and other dementia.

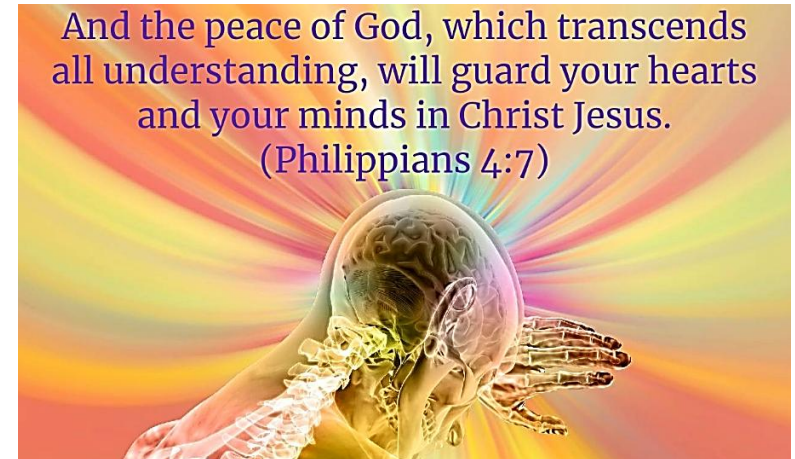
- ✓ **Personal prayer sessions visibly reduced depression and anxiety.**

A woman who ministers in prayer prayed for the study participants in the power of God. After the prayers, the research participants were advised to attend church and read the Bible, but the prayer minister no longer prayed for them as before.

- ✓ Even a year after the prayers, the study participants maintained their improved mental state. They also maintained the same level of optimism and spirituality.

It is not scientifically explained how they were able to maintain their level of mental and psychological health.

- ✓ A **lower number of depressive symptoms** was observed in people who are religiously active.



> Cureus. 2021 Aug 9;13(8):e17034. doi: 10.7759/cureus.17034. eCollection 2021 Aug.

The Relationship Between Four Measures of Religiosity and Cross-National Variations in the Burden of Dementia

Ravi P Rajkumar¹

Affiliations + expand

PMID: 34395146 PMCID: PMC8357016 DOI: 10.7759/cureus.17034

Randomized Controlled Trial > Int J Psychiatry Med. 2012;43(1):85-98. doi: 10.2190/PM.43.1.f.

The effect of prayer on depression and anxiety: maintenance of positive influence one year after prayer intervention

Peter A Boelens¹, Roy R Reeves, William H Replogle, Harold G Koenig

Affiliations + expand

PMID: 22641932 DOI: 10.2190/PM.43.1.f

Specific aspects of religious involvement protect against depressive symptoms among immigrant versus U.S.-born, Hispanic older adults

Jessica Springstead ✉, Ketlyne Sol ✉, Emily P. Morris, A. Zarina Kraal & Laura B. Zahodne ✉

Pages 658-666 | Received 20 Sep 2022, Accepted 27 Sep 2023, Published online: 09 Oct 2023

📄 Cite this article

🔗 <https://doi.org/10.1080/13607863.2023.2265848>

The importance of proper breathing and prayer - mental health

Prayer, especially when combined with breath control, engages neurobiological mechanisms that regulate serotonin release—a natural mood enhancer.

Prayer activates brain regions involved in emotional regulation, self-awareness, and cognitive control, including the prefrontal cortex, orbitofrontal cortex, and anterior cingulate cortex. [55, 56] **These brain regions are involved in mood regulation.** [57]

Participants who engaged in prayer had increased activity in the part of the brain that regulates emotional responses and stress. [58]

Study participants who prayed experienced greater **reductions in anxiety** compared to those who received standard medical treatment alone. [86]

Breath control, such as diaphragmatic breathing and alternate nostril breathing, has been incorporated into treatments for anxiety and panic disorders. These techniques are beneficial for **managing acute stress responses and reducing anxiety disorders.** [88]

Breath control techniques are used to help patients with **chronic pain, cardiovascular disease, and respiratory disorders.**

Slow, deep breathing has been shown to **improve heart rate variability (HRV)** and **reduce blood pressure** in patients with hypertension, through its effects on the autonomic nervous system and serotonin pathway. [99]

The neurobiological link between prayer, breath control and serotonin release

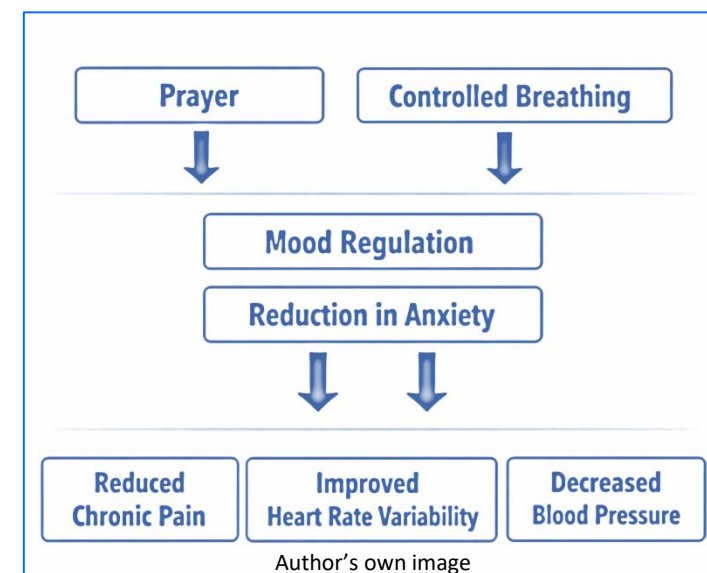
Shingo Ueda *

UNI H & H Graduate School, Japan.

International Journal of Science and Research Archive, 2024, 13(02), 629–646

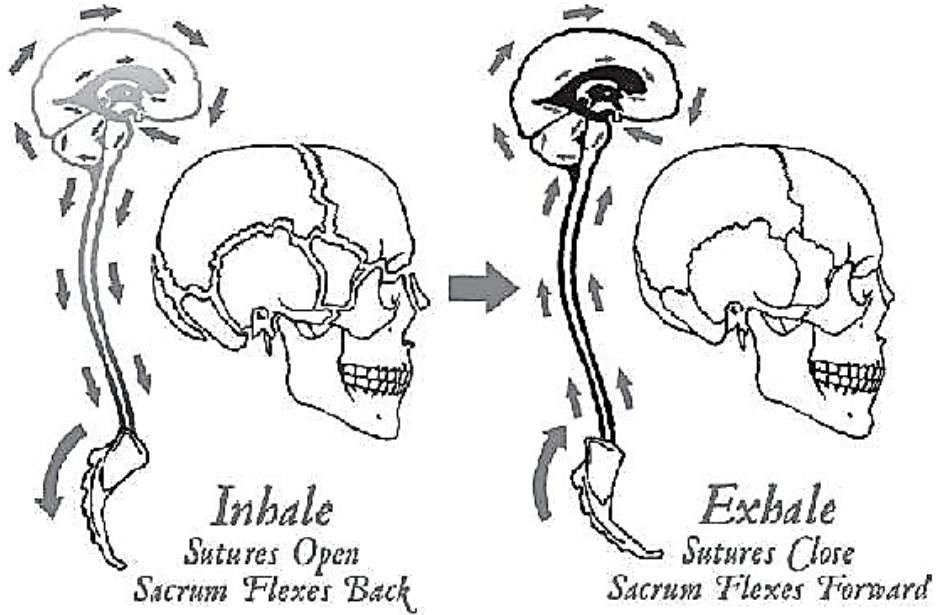
Publication history: Received on 26 September 2024; revised on 06 November 2024; accepted on 09 November 2024

Article DOI: <https://doi.org/10.30574/ijrsra.2024.13.2.2136>



The importance of proper breathing – impact on the brain

THE MOVEMENT OF CEREbroSPINAL FLUID



- The circulation of cerebrospinal fluid **removes metabolic waste products and toxins from the brain.**
- In this function, it is similar to the lymphatic system.
- It is a **carrier of various types of hormones and peptides.**
- It also serves to **cushion** the effects of impacts and falls.
- It also affects the flow of **cerebral blood circulation.**
- Its pH has a significant effect on the respiratory centers of the brain and thus on the speed and depth of breathing.

Inhalation and exhalation affect the movement of cerebrospinal fluid in the spine and brain.

The brain is bathed in this fluid, which is necessary for the proper functioning of the entire nervous system.

That is why proper breathing is important.

It is important to breathe sufficiently even during prayer so that the body can heal!

For example, even yogis (and not only them) have recognized the importance of proper breathing, which is why they have included it in their exercises.

It is a mechanism that God created and we can support it so that the body can function properly and be able to renew and regenerate itself.

https://upledgerinstitute.cz/index.php?option=com_content&view=article&id=22:mozgovomiesny-mok-likvor-mm&catid=16&Itemid=211&lang=sk
Dispenza, Becoming Supernatural: How Common People are Doing the Uncommon 2017

Then the LORD God formed a man from the dust of the ground and **breathed into his nostrils the breath of life**, and the man became a living being.

Man – Adam came to life when God breathed into his nostrils – into his nose the breath of life, that is, the power of God.

→ Man became a living soul.

We receive God's Spirit through our nose.

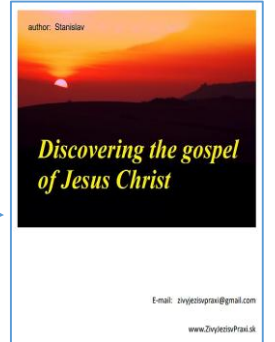
We need to learn to **breathe deeply through our nose**. We receive not only oxygen through our nose, but also God's Spirit.

Man is dependent on breathing – he is nourished by it.

When we are stressed, we breathe shallowly and briefly. Then we cannot think so well.

Doctors also recommend breathing deeply through our nose. The body and mind calm down, and we can perceive things with calm even in stressful situations.

But this is not only thanks to oxygen. It is also because God's Spirit can work more in us.



Insomnia is often caused by improper breathing.

Mouth breathing causes:

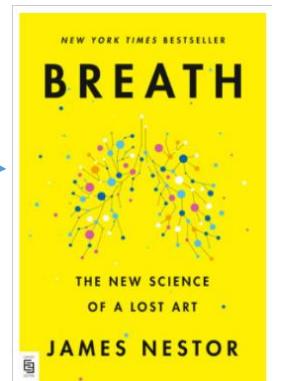
- **Crooked teeth and narrowing of the dental arch**
- Reduction of pressure on tissues - soft tissue in the back of the mouth relaxes and bends inward → less free space → **difficulty breathing**. The more a person breathes through the mouth, the more they have to breathe through it. Nose breathing widens the airways and makes breathing easier.
- **40% higher water loss** in the body. Dry mouth and palate...

Snoring and sleep apnea (stopping breathing during sleep) can cause: **ADHD, diabetes, high blood pressure, cancer, bedwetting**.

Mouth breathing disrupts the supply of oxygen to the brain (ADHD) and fewer brain cells develop.

During deep, restorative sleep, the pituitary gland regulates the secretion of adrenaline, growth hormone and endorphins (substances associated with feelings of joy, euphoria, pain relief...).

It also affects the excretion of adiuretin → low adiuretin causes urination.

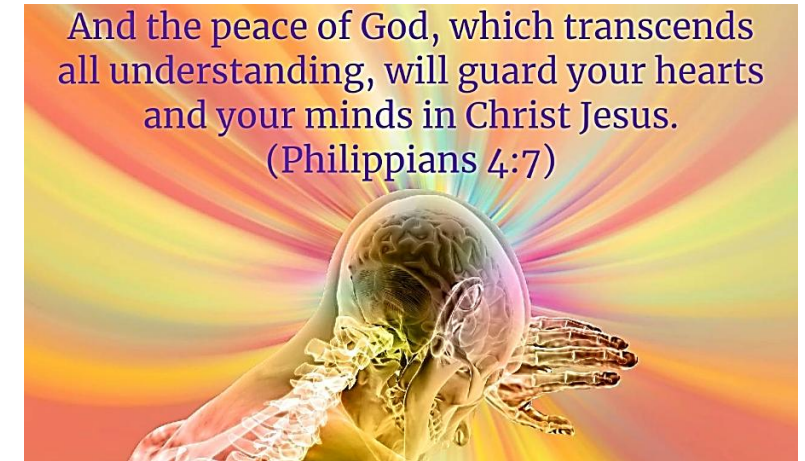


The positive effects of prayer on concentration, learning, and the mind

- ✓ Prayer and meditation significantly improve concentration and clarity of mind.
- ✓ Long-term practitioners experience greater improvements.
- ✓ Practicing prayer is linked to better student outcomes (25 years of analysis)
- ✓ In addition, the effects of prayer were greater in high-quality studies.
- ✓ In some studies, brain waves were altered during meditation, resulting in 490% better concentration, double creativity and up to 500% productivity growth.

The average high school student today has the same level of anxiety as the average psychiatric patient in the early 1950s.

In 1962 and 1963, the U.S. Supreme Court banned prayer in public schools. Until then, students had been allowed to pray. In 1995, Bill Clinton criticized public schools for not providing students with quiet spaces.



And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
(Philippians 4:7)

The Impact of Spiritual Practices on Neurocognitive Development: A quantitative Study

October 2024 · [International Journal of Progressive...](#) 04(10):324-329

DOI: [10.58257/IJPREMS36224](#)

Sora Pazer

A Meta-Analysis on the Relationship Between Prayer and Student Outcomes

[William Jaynes](#) ✉ [View all authors and affiliations](#)

[Volume 52, Issue 8](#) | <https://doi.org/10.1177/0013124519896841>

<https://religionnews.com/2022/03/18/meta-analysis-results-indicate-that-student-prayer-has-academic-and-behavioral-benefits/>, *Stealing Fire* (Kotler & Wheal, 2017), D. Church, *Mind to Matter* 2018

Prayer → Serotonin → Melatonin → Health

Prayer, especially in combination with breath control, increases serotonin – a natural mood enhancer.

Serotonin, the “happiness hormone,” is converted (transformed) into melatonin in the body.

This is a natural biochemical process that occurs primarily in the pineal gland during darkness.

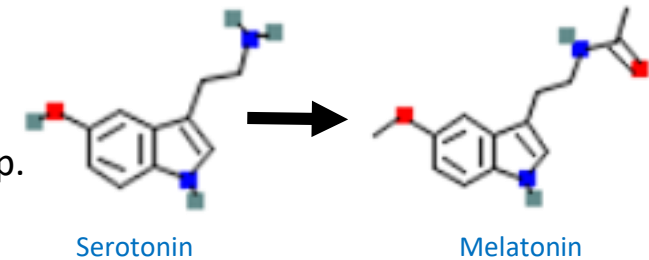
When darkness falls, enzymes in the pineal gland begin to convert serotonin into melatonin, the hormone responsible for regulating sleep.

Without enough serotonin, the body cannot produce melatonin.

Melatonin decreases during light period. Serotonin increases again and promotes wakefulness.

Melatonin:

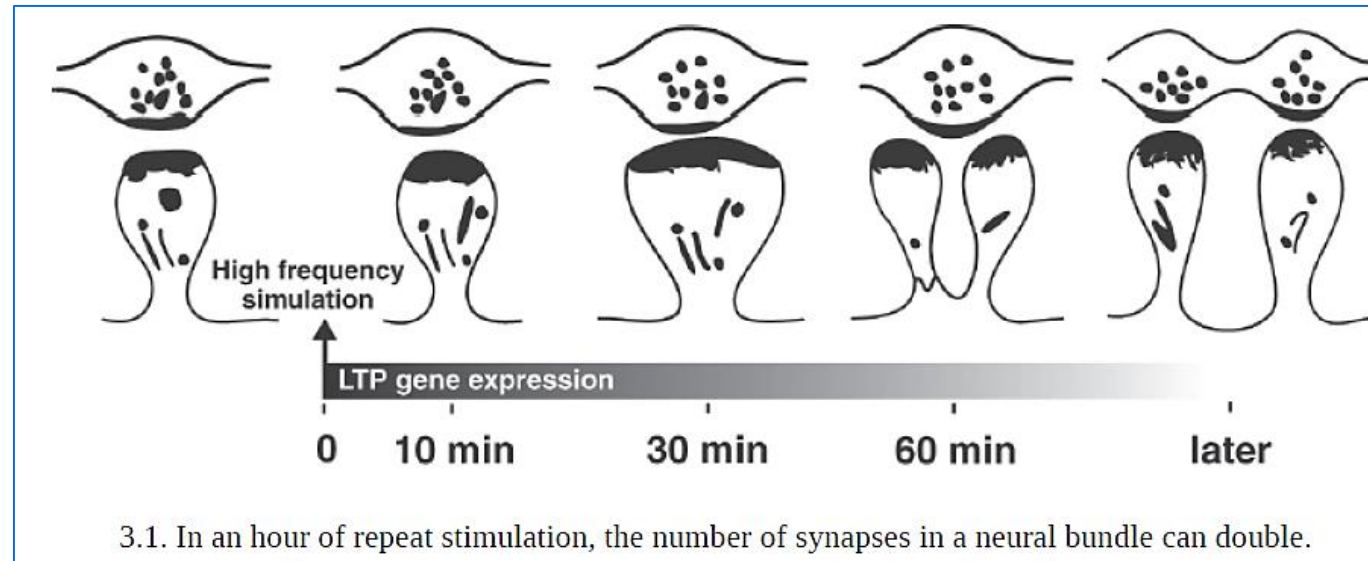
- ✓ **Regulates sleep**, helping the body recognize when it is time to sleep and when to wake up.
- ✓ Acts as a powerful **antioxidant** - protects cells from free radical damage.
- ✓ Has **anti-inflammatory properties**.
- ✓ **Reduces the risk of cancer**.
- ✓ May **reduce** the risk of some chronic diseases, such as **cardiovascular and neurodegenerative diseases**.
- ✓ Supports the **immune system**.
- ✓ **Reduces stress and anxiety**.
- ✓ Protects the nervous system - **Protects brain cells from damage**.
- ✓ May **reduce the risk of Alzheimer's and Parkinson's disease**.
- ✓ Eye health - Some studies suggest that melatonin may help **treat glaucoma and retinal degeneration**.



<https://copilot.microsoft.com/chats/NwqmqZ94XA5o2WMG1TWtU>, <https://copilot.microsoft.com/chats/tXc23hmuHYNwKZjKn7Ktx>, <https://blogs.cdc.gov/niosh-science-blog/2021/04/27/nightshift-cancer/>,
[Does Melatonin Affect Serotonin? | Sleep Science Unveiled](#)

Forming new habits and learning

When we learn something new, **new connections (synapses)** are formed in the brain **between brain cells (neurons)**. For example, the creation of a new connection when forming a new habit like a morning workout, or the habit of prayer. Unused synapses weaken and disappear. For example, the disappearance of old connections when we get rid of a bad habit like nail-biting.



In **60 minutes** of repeated information or activity, synapses (nerve connections in the brain) **double**.

In **21 days**, these neural pathways are **firmly connected**.

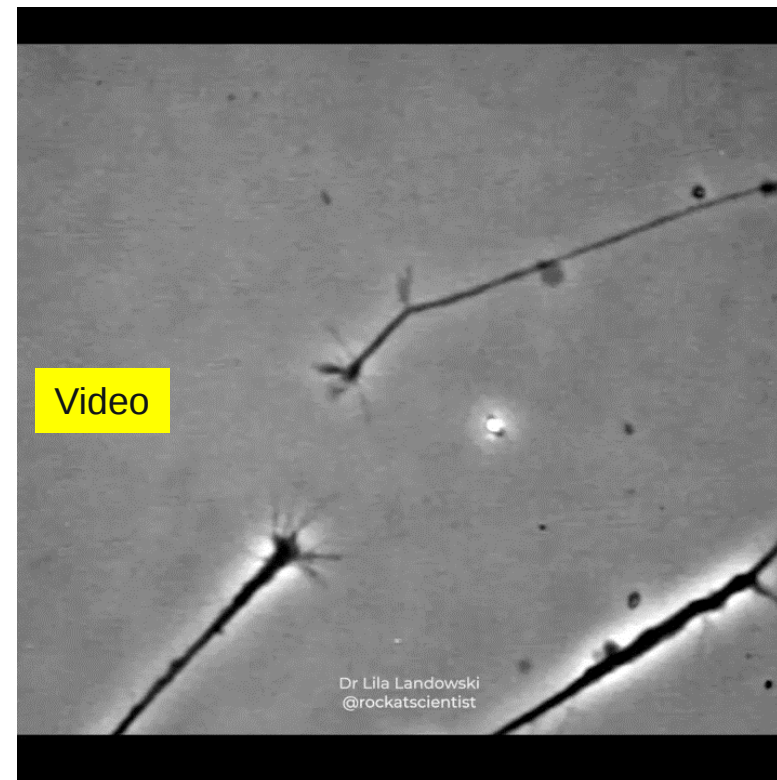
In **60 days**, the connections are so strong that a person already performs new and learned actions **automatically**.

Creating new habits and learning – connecting brain cells

A brain cell looks for other cells to connect with:



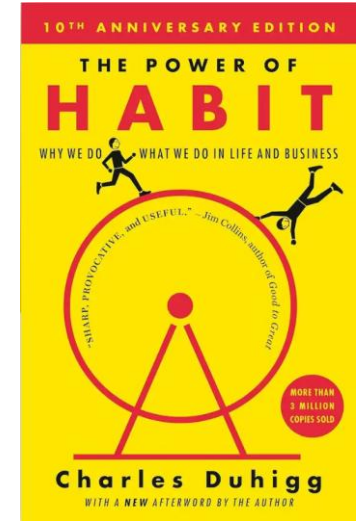
The brain cells connect:



<https://youtube.com/shorts/oiCIGLtyiyw?si=gcKF6XplEc0vEFBP> , <https://youtube.com/shorts/9ebifjoFtJs?si=2HEeZRQXr8HLt4sM>

The synapses of complaining — complaining as a habit (a person doesn't even realize it anymore)

- Research shows that **frequent complaining changes the neural connections in the brain**. The more we complain, the more this pattern becomes reinforced.
- Complaining often becomes an **automatic reaction to frustration**, but it can be replaced with a more positive behavior pattern.
- Complaining **activates the brain's stress centers**, which can lead to higher **cortisol levels** (the stress hormone), **weakened immunity**, and even **depressive tendencies**.
- In his book *The Power of Habit*, Charles Duhigg explains how habits are formed and how they can be consciously changed. **Changing just one habit can create a chain reaction in other areas of life** — for example, shifting how we approach problems can improve relationships, productivity, and overall mental well-being.



Caroline Leaf focuses extensively on the topic of **toxic thinking**, which includes chronic complaining. She argues that **thoughts are not passive** — they have a physical form in the brain and **influence our health, behavior, and relationships**. Complaining is a form of toxic thinking that physically shapes the brain and affects our biochemistry. We have the **ability to “reprogram”** our brain through intentional thinking — meaning we can replace negative patterns like complaining with healthier thoughts.

The process includes:

1. **Becoming aware** of the toxic thought (e.g., “I complain all the time”)
2. **Writing it down** — for example, in a journal
3. **Reflecting on it** — understanding why it formed
4. **Reframing it** — finding a healthier alternative
5. **Activating the new thought** — reinforcing it through repetition

Chronic stress and negative thinking can lead to anxiety, depression, and even physical illness. But the brain has the ability to recover when we give it the right input. The mind is stronger than the brain — our conscious decisions can influence biological processes as well.

<https://www.powerofpositivity.com/complaining-changes-brain-anxious-depressed-research/> , https://www.youtube.com/watch?v=Ft_Vfo3TBrA

5 steps to find the root of your worry & anxiety



Dr. Leaf Show: Neuroscience & Mental Health

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A surreal landscape featuring a dark asphalt road with white dashed lines that recedes into the distance. The road is flanked by dark, silhouetted trees and bushes. In the background, a large, glowing, multi-colored tunnel or portal opens up, revealing a vibrant, star-filled cosmic scene. The sky above is a deep blue and black, filled with numerous stars and large, billowing clouds in shades of orange, red, and purple. The overall atmosphere is one of wonder and possibility.

everything is possible for one who believes

(Mk 9:23)