

1-2) The Hanasoul Dimensions
Touching Holy Spirit
The Mindfulness of Hanasoul



1-2-1) The Fruits of the Holy Spirit

Touching the Holy Spirit

The miracle is to walk on the green earth in the present moment. Joy is all around in the world and in nature, in our bodies, and our spirits. We need to bring our body and mind into the present moment. The Holy Spirit is in us and the Mindfulness is in us.

The Holy Spirit the energy sent by God and Hanasoul. Both, Holy Spirit and Mindfulness are the agents of healing and reducing our sufferings. When we touch the seed of Holy Spirit and Mindfulness, we are able to touch God and the Ultimate dimension of Hanasoul and to heal our suffering wounds.



The Ten Commandments

The End

