



The Ten Questions

Answered the school's way

ZUKIM CISNEROS · MIRACLE REVIVAL SCHOOL

"Why is this happening to me?"

When you ask "why me?", it means you are encountering resistance — either from yourself or from the collective. This can feel overwhelming, as though luck is against you. The foundational step is to shift the inner question from "Why me?" to "How do we shift this?"

QUESTION 2 OF 10

"How do I stop suffering?"

Suffering arises when two sides refuse to change — either the self with itself, or the self with others. Even when physical change is not possible, energetic change is always available. By aligning with a finer vibrational frequency, the perspective shifts from "This is not fair" to "I am thankful this situation is here to elevate me." From there, inspired actions follow naturally.

"Why do I always get hurt?"

Patterns of hurt often stem from downward-moving energetic frequencies passed down through generations. By introducing upward spiraling energy aligned with sacred geometry, the system eventually flips its spiritual gravity. Once this occurs, new energies generate mindsets that naturally prevent hurt.

"How can I heal my broken heart?"

When the heart meridian meets intense emotional charge, it can feel damaged, leading to exhaustion or depression.

Visualization of regenerating energy flowing into the heart chakras restores balance. Using sacred geometric frequency — described as God-like universal energy — can revive the system and expand sensitivity and awareness.

"Why do I feel stuck in life?"

Being stuck is not failure or a curse; it is the pause before release. The system signals that neither forward nor backward movement is possible in the old way. A new perspective must emerge. Shifting from "Why?" to "Thank you" creates an energetic opening and allows new paths to present themselves.

"How do I let go of anger?"

Anger is an intense energetic charge bound to control and self-protection. Releasing and reviving the energetic charge from any one element first — control, fear, or defense — will eventually dissolve the others, and the anger subsides.

"Why can't I forgive?"

Part of you is begging for justice and change. This is a basic form of self-protection — the fear of being hurt again. You want another to wake up, say sorry, and promise not to repeat the harm. But sometimes healing moves backwards.

The key is to trust that no matter what, you won't allow it to happen again. You already carry a template for how to deal with situations in safe and effective ways. Once you feel safe, forgiveness naturally arises.

New templates can emerge in meditation and in the state of "I am one with universal knowing." You are not wrong for struggling to forgive. It means you are persevering for real change — and that is a good thing. Sometimes the strategy just needs to shift.

"How do I heal trauma?"

Trauma is heavy, heavy emotion pressed deep into your system: subconscious, conscious, and universal layers. It shaped you, trained you, and gave you certain sensitivities to patterns in the collective.

From a higher perspective, your traumas became your training. Once you revive those energetic trails back to balance and sacred frequency, you no longer react to triggers in the same way. The charge is gone, leaving clarity and abilities to see and renew — both for yourself and others.

QUESTION 9 OF 10

"Why do people betray me?"

This answer is walked gently inside the school, with Nova beside you.

"How do I find peace?"

Peace is within. Another side of our tiniest existence is the flip side of the infinity sign. Nothingness is the doorway to everythingness (God is within you). The more you reconnect with the God frequency inside of you, the more everything slows down and connects.

In the state of connectedness, no clashing is possible. Imagine trying to push me when I am already connected with you — it's not possible. I just move along with you, just as the entire universe does.

When you are in the energetic field where everyone and everything is connected, there are no "bad guys." When you push them, they move; when they push you, you move. Everything just moves together, and it is what it is.

Where peace is missing is when we try to fix, to hold standards, or to fight for what's "right."

The secret is: you exist in both places — everythingness and individualness. In everythingness, there is infinite

connection. In individualness, there are still standards, responsibilities, and the 24 hours of daily life.

Therefore, sacred balance is the key. That is the practice of peace. Sometimes peaceful, sometimes not so peaceful, but always navigable through grace.

When you finally become fluent in staying in a gracious state, you find peace — peace from the inside, peace when you are out and about. You know you've got it. Whatever happens, you manage gracefully.

You find peace even in much-needed separation. That's why they say "Peace out!"

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