

Effects of Haquapathy on Emotional Health

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Haqua Revitalize® Therapy (HART) has significant effects on the psychological processes of the human body, enhancing emotional well-being. Here are some keyways in which HART influences psychological processes:

Emotional health, one of the Five Aspects of Health (FAH), plays a crucial role in our overall well-being. It revolves around how individuals manage and cope with their emotions in response to the incidents and challenges they face in daily life. Emotional well-being, also referred to as emotional health or wellness, is a key component of our overall health and quality of life [23].

Factors That Fall Under Emotional Health

Emotional health encompasses a wide range of factors and emotions that influence an individual's overall well-being. Here are some of the key factors and emotions that fall under the umbrella of emotional health:

1. **Anxiety:** The feeling of unease or apprehension, often accompanied by worry or fear. Anxiety disorders are characterized by excessive and persistent anxiety.
2. **Anger:** A strong emotional response to a perceived threat, injustice, or frustration. Managing anger in a healthy way is crucial for emotional well-being.
3. **Depression:** A mood disorder characterized by persistent feelings of sadness, hopelessness, and a lack of interest or pleasure in activities. Depression can significantly impact emotional health.
4. **Stress:** The body's response to challenging situations or demands. Chronic stress can have negative effects on emotional health.
5. **Gratitude:** A positive emotion involving appreciation and thankfulness. Cultivating gratitude can enhance emotional well-being.
6. **Happiness:** A positive emotional state characterized by feelings of joy, contentment, and satisfaction with life.
7. **Love:** A deep affection and connection with others. Loving relationships are essential for emotional health. Platonic love is a deep, non-romantic, and non-sexual affectionate bond between two individuals. It's characterized by strong emotional connection, genuine friendship, and mutual care without romantic or sexual desires. This type of love values intellectual connection, emotional support, and long-lasting relationships, often transcending physical attraction.
8. **Sadness:** A natural emotion that occurs in response to loss or disappointment. Acknowledging and processing sadness is important for emotional well-being.
9. **Self-Confidence:** Belief in one's abilities and self-worth. Healthy self-confidence contributes to emotional resilience.
10. **Jealousy:** A complex emotion involving feelings of envy or insecurity in response to perceived competition or threats in relationships.
11. **Mood:** The prevailing emotional state at a particular time, which can fluctuate based on circumstances and internal factors.
12. **Sex and Sex Drive:** Human sexuality and sexual desire are integral aspects of emotional health and overall well-being.

13. **Revenge:** A desire to harm or seek retribution against someone who has wronged you. Managing feelings of revenge is crucial for emotional balance.
14. **Shame:** A powerful and painful emotion related to feelings of inadequacy or moral failure. Coping with shame is essential for emotional healing.
15. **Grief:** The emotional response to loss, often associated with feelings of sadness, anger, and sorrow. Grieving is a natural part of emotional health.
16. **Lust:** Intense sexual desire or craving. Understanding and managing lust in a healthy way is important for emotional well-being.
17. **Surprise:** A sudden and unexpected emotional response to something novel or unforeseen.
18. **Aggression:** A behavior characterized by hostility or intent to harm others. Managing aggressive impulses is crucial for emotional health.
19. **Behavior:** Actions and conduct that reflect one's emotions and thoughts. Healthy behaviors contribute to emotional well-being.
20. **Stress Disorders:** Conditions such as post-traumatic stress disorder (PTSD) that result from exposure to extreme stressors and can have profound effects on emotional health.

Each of these factors and emotions plays a role in shaping an individual's emotional health. It's essential to acknowledge and manage these emotions in a healthy and constructive manner to promote overall emotional well-being. Seeking support from mental health professionals can be beneficial for individuals struggling with emotional health issues.

Implementing Haqua Revitalize® Therapy (HART) is recommended because it directly impacts our endocrine system, which is closely connected to our nervous system and influences our emotions, moods, stress responses, and overall well-being. The endocrine system relies on the Four Essential Elements of Life (FEELs) - water, oxygen, hydrogen, and energy - to function optimally. Children naturally have abundant FEELs, which allows them to easily reconcile, forgive, smile, and experience joy. Similarly, adults can benefit from Haqua Revitalize® Therapy by following the BICADU Theory of Haquapathy to maintain emotional balance and well-being.

Let's delve deeper into the therapeutic effects of Haqua Revitalize® Therapy (HART) on emotional health.

The Benefits of Haquapathy on Emotional Health

Emotional health has a profound impact on various aspects of our well-being, including the regulation of the endocrine system. The endocrine system consists of glands and organs that produce hormones, releasing them directly into the bloodstream to influence tissues and organs throughout the body (cancer.gov).

Furthermore, emotional well-being plays a vital role in the proper functioning of the nervous system, which serves as the primary command center for the body. Comprising the brain and spinal cord, the nervous system is responsible for coordinating various bodily functions (healthline.com).

Emotional health also influences the secretion of hormones and critical behavioral functions. These functions encompass metabolism, growth, sexual activity, homeostasis [the self-regulating process by which biological systems maintain stability while adapting to optimal survival conditions - Encyclopedia Britannica [8]], women's menstrual and reproductive cycles, hunger, sleep patterns, mood regulation, stress reduction, and addiction recovery.

In essence, emotions represent a complex interplay of consciousness, bodily sensations, and behavior. They provide a lens through which we perceive and assign personal significance to events, circumstances, and states of affairs [24].

Hormones serve as crucial messengers, facilitating communication both within the brain and between the brain and the body. Unlike the nervous system, which utilizes neurotransmitters as its chemical signals, the endocrine system relies on hormones. These hormones originate from diverse sources within the body, including the pancreas, kidneys, heart, adrenal glands, gonads, thyroid, parathyroid, thymus, and even fat tissue (Brain Facts) [25].

According to Wikiversity, the term “hormone” finds its origins in the Greek word “hormao,” which means ‘to set in motion.’ Hormones are powerful chemical messengers released in small amounts by the endocrine glands and transported through the circulatory system. They play a vital role in regulating the normal functions of various organs and tissues within the human body. These messengers travel through the bloodstream, conveying sensory messages to our brain and contributing to the maintenance of homeostasis - the self-regulating process by which biological systems strive to maintain stability while adapting to optimal survival conditions (Encyclopedia Britannica) [8].

Hormones have the potential to influence both positive and negative emotions. Positive emotions encompass feelings such as love, happiness, and surprise (Tong & Jia, 2017). Conversely, negative emotions include sensations of hatred, sadness, anger, and disgust. Positive emotional states may lead to behaviors characterized by rebellion or elation, while negative emotions can result in irritability, aggression, or other adverse attributes (Todaro et al., 2013) [26].

Hormones establish intricate connections with the human brain through neurotransmitters. These different hormones serve crucial roles in governing our emotions. Positive emotions are inherent in humans, while negative emotions are often shaped by human experiences. We firmly believe that humans, along with all living organisms and non-living things, have been created with absolute precision, free from any imperfections, representing the pinnacle of creation. Each living organism relies entirely on its inherent natural fuels to uphold a state of homeostatic balance [a self-regulating process through which biological systems strive to maintain stability while adapting to conditions conducive to optimal survival (Encyclopedia Britannica) [8]].

Every human possesses the inherent capacity to preserve and rejuvenate their entire body system, addressing the Five Aspects of Health (FAH): physical, emotional, mental, spiritual, and social well-being. Issues arise when individuals become disconnected from the body’s essential fuels, which we refer to as the Four Essential Elements of Life (FEELs): water, oxygen, hydrogen, and energy. These vital elements collectively play pivotal roles in sustaining and regulating every facet of our body, including the comprehensive Five Aspects of Health (FAH).

Delving deeper into the endocrine system, we uncover the fascinating significance of glands in the release and regulation of hormones. As per the Endocrine Society, disruptions in hormone production by glands can lead to the development of diseases that impact various aspects of an individual’s life [27].

Johns Hopkins University identifies the following key components of the endocrine system:

- The hypothalamus: Located at the base of the brain, it releases hormones that regulate hormone production in the pituitary gland. Additionally, it controls vital functions such as water balance, sleep, temperature, appetite, and blood pressure.
- The pineal body: Situated in the middle of the brain, it produces melatonin, a hormone crucial for regulating sleep patterns.
- The pituitary gland: Found just below the brain, this pea-sized gland oversees the functions of other endocrine glands.
- The thyroid gland and parathyroid glands: Located in the front of the neck, beneath the larynx, the thyroid manages the body’s metabolism, while the parathyroid glands regulate calcium balance.
- The thymus: Located in the upper chest, it generates white blood cells that combat infections and eliminate abnormal cells.
- Adrenal glands: Positioned on top of each kidney, these glands collaborate with the hypothalamus and pituitary gland. They produce corticosteroid hormones and epinephrine, regulating blood pressure and metabolism.
- The pancreas: Found behind the stomach, across the back of the abdomen, the pancreas contributes to digestion and hormone production. It produces insulin and glucagon, which control blood sugar levels.
- Women’s ovaries: Located on either side of the uterus, below the fallopian tubes, ovaries house egg cells for reproduction and produce estrogen and progesterone.
- Men’s testes (testicles): These are situated in a scrotal pouch outside the male body. The testes produce testosterone and sperm [28].

Effects of Haquapathy on Hormone Regulation

Effects of Water on Hormone Regulation

As Dr. F. Batmanghelidj has emphasized, our blood, which carries vital nutrients, consists of approximately 82% water, while our brain, the body's control center, contains about 76% water [29]. When endocrine glands release hormones, the circulatory system acts as a transport system, ensuring these hormones reach their intended targets to regulate the normal functions of organs and tissues [26].

A significant portion of human blood is composed of water. Consequently, any depletion of water within the bloodstream can hinder the transportation of hormones from the glands, resulting in hormonal imbalances that can impact organs and tissues. Furthermore, a reduction in water content within the brain can eventually affect its ability to effectively control the endocrine system. Thus, water can be aptly described as the "river of the human body," facilitating the transportation of hormones to their destinations. Maintaining the required amount of water within the body on a daily basis becomes crucial for overall health and well-being, given that the body naturally loses water through various physiological and psychological processes.

Effects of Oxygen on Hormone Regulation

Oxygen plays a vital role as it is transported through the bloodstream with the help of red blood cells. These red blood cells contain a pigment called hemoglobin, with each molecule capable of binding four oxygen molecules. These oxygen molecules are then carried to individual cells in the body tissues where they are released, as highlighted by The Royal Society of Biology (n.d.) [30].

However, a deficiency of oxygen in the bloodstream can disrupt the blood's ability to transport hormones, potentially leading to hormonal imbalances. It's noteworthy that the brain, a critical player in hormone regulation, consumes a significant portion of total body oxygen, accounting for about 20% (Oxygen Review) [31]. Consequently, insufficient oxygen in the brain can disrupt neurotransmitters, primarily due to hormonal dysregulation. As Medical News Today explains, neurotransmitters are chemical messengers responsible for facilitating communication between different parts of the brain and the nervous system. Adequate oxygen levels are crucial for the synthesis and proper functioning of these neurotransmitters (Nall Rachel, December 4, 2019) [32].

Effects of Hydrogen on Hormone Regulation

pH, often referred to as the Power of Hydrogen (H⁺), represents the negative logarithm of the hydrogen ion concentration in a solution. It serves as a measure of the solution's acidity or alkalinity. An acid is a substance capable of accepting hydrogen ions (H⁺). The pH scale ranges from 0 to 14, with 7.0 indicating neutrality, values below 7 indicating acidity, and values above 7 indicating alkalinity [33].

Health issues associated with excessive acidity or alkalinity are often linked to changes in blood pH. These deviations from normal blood pH can be indicative of certain health conditions and medical emergencies, encompassing conditions like asthma, diabetes, heart disease, kidney disease, lung disease, gout, infections, shock, hemorrhage, drug overdose, and poisoning [34].

The significance of the hydrogen atom in the human body becomes evident when considering its role in transporting hormones within the circulatory system.

Effects of Energy on Hormone Regulation

Energy transfer, governed by the laws of thermodynamics, involves the movement of energy from a hot body to a cold body. Notably, heat (energy) plays a role in maintaining vasodilation, the widening of blood vessels. To enhance the health of the circulatory system and facilitate the smooth transport of hormones, we recommend the implementation of Haqua Revitalize® Therapy (HART). This approach enables hormones to be efficiently delivered to their designated organs.

In conclusion, this chapter underscores the significance of Haqua Revitalize® Therapy (HART) in sustaining positive emotions. In multicellular organisms, glands secrete hormones that are then transported into the bloodstream, flowing through a circulatory system [as defined by dictionary.com], to reach their intended destinations in distant organs. These chemical substances impact various aspects of physiology and behavior, including growth and development, mood, sexual function, reproduction, metabolism, glucose levels, energy levels, and numerous other functions.

Humans' Highest Psychological Vortex (HHPV)

According to Latin-dictionary.net, one of the definitions for the term “vortex” includes “crown of the head,” “peak,” “top,” and “summit.” In a psychological and emotional context, I have chosen to adopt this word and thus coined it “Psychological Vortex.” Specifically, I define “Humans' Highest Psychological Vortex (HHPV)” as the pinnacle of dreams and ambitions for every human being.

Indeed, there is no individual without dreams and aspirations, and the scope of these desires knows no bounds, varying from person to person. These boundless and aspiring desires serve as the key drivers behind the progressive development of human civilizations. However, the journey toward these ambitious aspirations isn't always handled wisely. As a consequence, the modern world has witnessed the rise of ruin, detestation, seclusion, disgust, racial intolerance, greed, hatred, hostilities, and various forms of human atrocities, outrages, and brutalities, primarily fueled by excessive desires for supremacy, power, and wealth above humanity.

It's important to recognize that humans are initially created in a state of immaculate compassion and kindness, often exemplified by children who exhibit boundless energy and a love for exploration and play. Imperfections may only emerge with age, influenced by numerous factors, marking the endless cycle of life. After more than fifteen years of extensive personal research, we have come to realize that the publicly known factors contributing to drastic changes in character and behavior merely represent secondary causes rather than the root causes. Therefore, our exploration has led us to conclude that “Humans' Highest Psychological Vortex (HHPV)” constitutes the fundamental factor that drives individuals toward achieving their utmost satisfaction in realizing their boundless dreams and ambitions.

The Role of Haquapathy in Achieving the Psychological Vortex of Humanity

Every individual harbors dreams and ambitions, yet the realization of these aspirations varies from person to person. Regrettably, few are grateful, and fewer still remember their origins.

Haquapathy stands as the cornerstone and primary support for every human striving to reach the utmost heights of their dreams and ambitions—an undeniable truth once its intricacies are unveiled. These intricacies unfold as follows:

Indeed, human dreams and ambitions originate from the fundamental source known as the human psychological vortex. These aspirations are structured into three distinct stages, each symbolizing the dreams and ambitions that every human being aspires to attain. It is a universal truth that no individual has succeeded in realizing these aspirations unless they embrace and adhere to the Laws of Creation and Nature (LCN). These laws, thoughtfully crafted in alignment with the laws of the comprehensive cosmic system, stand as the guiding principles for unlocking the true potential of human dreams and ambitions.

Despite all the remarkable technological advancements, scientific progress, and development achieved by humanity; the tasks of changing the way of human creation and formation, as well as inventing or manufacturing a human being or replacing its organs, remain firmly situated beyond the scope of human capabilities. These endeavors are inherently guided by the unchanging Laws of Creation and Nature (LCN), beyond the reach of human control or manipulation.

Human dreams originate from the human psychological vortex, divided into three stages, embodying our universal aspirations, progressing in the following chronological order:

The Five Aspects of Health (FAH)

The Five Factors of Wealth (FFW)

The Five Pinnacles of Transcendence (FPT)

Step One: Effects of Five Aspects of Health (FAH) on Humans' Highest Psychological Vortex (HHPV)

1. Physical Health: Achieving a symptom-free, disease-free, and vibrant life, characterized by longevity, fitness, strength, and robust bones, we coined it "Wrester's bones".
2. Emotional Health: Attaining mastery over human emotions and effective coping mechanisms for various life situations and challenges.
3. Mental Health: Enhancing cognitive abilities, memory, reducing errors, and increasing productivity.
4. Spiritual Health: Cultivating faith, devotion, and an understanding of human affiliations across diverse religions, creeds, cultures, and races.
5. Social Health: Developing positive character traits and behaviors that foster strong interpersonal relationships and social well-being.

Step Two: The Effects of Five Factors of Wealth (FFW) on Humans' Highest Psychological Vortex (HHPV)

Our clarification regarding the misinterpretation of wealth as mere fortune and opulence is significant. It's a common misconception that richness equates to true wealth and fulfillment. Our emphasis on the Five Factors of Wealth (FFW) provides a refreshing perspective, highlighting that genuine wealth encompasses more than material abundance. It encompasses a balanced and holistic approach to life that includes faith, optimal health, happiness, knowledge, and responsible opulence. These factors together define a more profound understanding of what it means to be truly wealthy and content, by values in the following chronological sequence:

1. Power of Faith and Devotion: This factor emphasizes understanding the connection between conduct and character. It involves treating others with respect, dignity, and honesty, paying debts to the best of one's ability, respecting the rights of others, contributing to the greater good, and adhering to rules and regulations that benefit society.
"Life is like a mirror. It reflects everything from its origin."
2. Five Aspects of Health (FAH): This factor involves maintaining physical, emotional, mental, spiritual, and social health as essential components of true wealth.
3. Happiness: Achieving happiness through a mindset that creates and cherishes joyful moments in life. It involves being content with what one cannot accomplish, recognizing it as a learning opportunity, and fostering mental well-being.
"Let the river flows by itself, let your body float on your soul."
4. Skill and Knowledge: Recognizing that everyone possesses unique skills and knowledge and encouraging the pursuit of understanding and implementing the Laws of Creation and Nature (LCN) or Cosmogenic Systems Laws of Nature (CSLN).
5. Opulence (Fortune and Richness): Acquiring opulence, which includes fortune and richness, is the fifth factor of wealth. It is important to recognize that the world possesses an abundance of resources that can be shared to provide everyone with basic necessities such as housing, food, clean water, transportation, electricity, internet access, a clean environment, and education. True wealth acknowledges the responsibility of those who possess riches to ensure that the distribution of resources is proportionate to the other factors of wealth. In this way, a balanced and holistic approach to wealth can benefit all of humanity.

Step Three: The Effects of Five Pinnacles of Transcendency (FPT) on Humans' Highest Psychological Vortex (HHPV)

FPT encompass the highest stages of human aspirations, representing a profound and holistic approach to life. These pinnacles are as follows:

1. Emptiness: Signifies a state of freedom from any human concern or issue, whether it's related to health, stress, anxiety, cognitive

well-being, spirituality, or social matters. It represents a state of inner tranquility and contentment.

2. The Five Aspects of Health (FAH): A life free from health-related issues in the areas of physical, emotional, mental, spiritual, and social well-being.
3. The Five Factors of Wealth (FFW): A balanced life that includes the Power of faith and devotion, optimal health, happiness, skill and knowledge, and responsible opulence (richness).
4. Two Heavenly Lives: Living on Earth as if in a heavenly realm, appreciating the beauty and abundance of nature, and recognizing the potential for a decent lifestyle for all.
5. Transcendental Life: The ultimate pinnacle of human dreams and ambitions, made possible through Haqua Revitalize® Therapy (HART) and the understanding of the Cosmogenic Systems Laws of Nature (CSLN). This represents the highest level of accomplishment in achieving Humans' Highest Psychological Vortex (HHPV) and can lead to a better world for all of humanity across generations.

These pinnacles outline a path towards profound fulfillment and human potential, encouraging unity and progress for the betterment of the world.

Excerpts from our first book, "The Miracle & Wonders of Treatment from Hot Water" on Emotional Health

In our first book, "The Miracle & Wonders of Treatment from Hot Water" (AlHajri, 2010) [35], we hypothesized about the behavioral changes and improvements achieved through the "Methods of Drinking Hot Water" and later coined them as the Therapeutic Methods of Haqua Gulping (TMHG). This book underwent some editing to enhance and clarify the previously highlighted results. It appears that these methods have had a significant impact on promoting emotional health and well-being.

These behavioral changes and improvements from our book are quite comprehensive and impactful. They encompass various aspects of emotional well-being and personal development, promoting a positive and harmonious lifestyle. Here's a summary of these changes and improvements:

1. Enhanced Appearance: Individuals can achieve stunning skin, an attractive face, and a glowing smile, which can have a positive influence on their interactions with others.
2. Pursuit of Peace: Getting interest in peace, the respect of human rights, and the rejection of quarrels. Individuals are encouraged to prioritize love for others and enjoy daily life, fostering a peaceful and contented mindset.
3. Predictive Insight: Developing the ability to foresee possible outcomes of incidents before they occur. This foresight enables them to effectively deal with complex situations.
4. Increased Sensitivity: Having emotional sensitivity, which is a sign of inner happiness and positivity. However, it's important to control this sensitivity to avoid unintentionally hurting others.
5. Empathy and Valuing Others: Valuing others and considering everyone as more valuable than oneself is a powerful driver of empathy and compassion. When individuals adopt this perspective, it fosters a deep sense of connection with others and encourages acts of kindness and understanding. Here's a concise summary of this concept:

"Valuing others involves an engagement to love and respect all people, prioritizing their well-being over one's own. This perspective promotes empathy and compassion, nurturing a sense of interconnectedness and a willingness to help and support others."

This approach to interpersonal relationships can lead to more harmonious interactions and a more compassionate and caring society.

6. Respect for Nature: Encouraging respect for all types of creatures and nature, fostering a deeper connection with the environment and promoting peace.
7. Advocating for Positive Causes: Fighting for peace, unity, cooperation, health, wealth, and other positive aspects of life. This ad-

vocacy contributes to the betterment of society.

8. Distinguishing Fear from Respect: Individuals begin to differentiate between fear and respect, leading to more authentic and respectful interactions.
9. Guidelines for Emotional Health: The book provides guidelines for maintaining maximum emotional health, offering practical advice for emotional well-being.

This passage emphasizes the importance of gaining a broader perspective on life and human behavior by implementing Three Daily Intuitive Behaviors (DIB): “curiosity, how things work, and how events take place”. It encourages looking at the world from a higher vantage point, as if one were flying high in the upper sky. This mindset promotes a deeper understanding of human psychology and behavior.

Additionally, it highlights the significance of amniotic fluid, referred to as “Haqua,” in the development of human beings. This fluid, which contains the Four Essential Elements of Life (FEELs), plays a crucial role in the early stages of human development inside the amniotic sac.

This passage underscores the pivotal role of the Four Essential Elements of Life (FEELs) in human development and emotional well-being. It explains that these FEELs constitute a significant portion of the amniotic fluid during fetal development, contributing to the development of positive emotions, desirable characteristics, and behaviors in children.

The passage highlights that as individuals age, there is a gradual depletion of these FEELs, which can lead to changes in emotions and behaviors. To address this depletion and maintain emotional health, the passage emphasizes the necessity for individuals of all age groups to protect and preserve these essential elements. It recommends strict adherence to Haqua Revitalize® Therapy (HART) and its associated activities, environmental factors, and age-specific considerations as outlined in Haqua Revitalize® Therapeutic Modalities (HRTM).

Furthermore, the passage proposes that many negative emotions experienced by humans at various stages of life result from the depletion of these Four Essential Elements of Life (FEELs). It hypothesizes that as individuals take steps to safeguard and maintain these essential elements, there may be a significant, positive transformation in human behaviors and emotions on a global scale.

In summary, the passage emphasizes:

- The critical role of FEELs in human development and emotional well-being.
- The gradual depletion of FEELs as individuals age.
- The importance of safeguarding and maintaining these essential elements throughout one’s life.
- The potential for positive changes in human behaviors and emotions through these efforts.

In our analysis, we find that most human tragedies, encompassing controversies, atrocities, segregation, racial discrimination, wars, hatred, isolation, riots, injustice, assassinations, terrorism, catastrophes, crimes, and more, stem from the exhaustion of the body’s vital resources. Amy Pullan (2016) asserts that the awakened brain generates electricity sufficient to illuminate a small bulb, with information coursing through it at speeds exceeding those of a Formula 1 race car, clocking over 260 miles per hour. It serves as the central command hub for our nervous system, governing every decision and action throughout our lifetime [36]. Consequently, the brain harbors a greater reserve of the Four Essential Elements of Life (FEELs) than any other bodily organ. Therefore, the depletion of these resources stands as the primary cause of all human tragedies.

Furthermore, the circulatory system also heavily depends on the abundance of these essential fuels. Consequently, each of these fuels plays a pivotal role in facilitating all the actions orchestrated by the brain.

This scientific rationale becomes evident when examining the distinct characteristics of a child, which markedly differ from those of an adult.

Should you immerse yourself deeply in adopting the Three Daily Intuitive Behaviors (DIB) in your daily routines—namely, “Curiosity, how things work, and how events take place,” you will unearth one of the most enigmatic concealed puzzles of life. This puzzle resides at the crossroads of human materialistic and psychological lifestyles, as follows:

Humans’ Materialistic Trend (HMT)

Throughout history, humanity has been engaged in an unending pursuit of success. In the contemporary world, success has often been defined by the accumulation of fortune and opulence. Regrettably, the Human Materialistic Trend (HMT) in the relentless pursuit of leadership and material riches has sometimes overshadowed our innate yearning for compassion and humanity.

Certainly, there’s nothing inherently wrong with striving for leadership and excellence in various fields of personal aspirations and wisdom. Likewise, amassing fortune falls into the same realm of pursuits as leadership power.

Humans’ Highest Psychological Vortex (HHPV)

Looking back in time, countless remarkable individuals throughout human history have dedicated themselves to making the world a better place, passing down their legacies from one generation to the next. Human Highest Psychological Vortex (HHPV) have often driven them to seek leadership and opulence. These individuals faced a series of adversities, and some even encountered catastrophic incidents. Despite persecution, punishment, and, in some cases, death, their unwavering faith and determination triumphed over the atrocities they endured. When death eventually claimed them, they left behind enduring legacies for present and future generations. The cycle of life continues, nurturing more benevolent individuals who contribute to the betterment of the world. History continues to etch its most significant contributions into the Gigantic Stone of Life (GSL).

The world is currently witnessing rapid evolutions, propelled by advancements in information technology, the promotion of freedom of expression, and the protection of human rights. Consequently, it is now imperative to channel all possible efforts into disseminating Haqua Revitalize® Therapy (HART), Haquapathic Medicine (HAM), or simply Haquapathy. Billions of people worldwide would unlock its enigmatic secrets, granting every individual the right to lead a healthy, prosperous life and to achieve the Three Significant Steps of the Human Highest Psychological Vortex (HHPV) in pursuit of achieving the Psychological Vortex of Humanity.

I’ve gleaned invaluable insights from my beloved wife, Gloria, who has inspired me to write my forthcoming book, “The Angel I Married, Who Changed My Life.” She once shared that there are two groups of people who never harbor hatred, destruction, or malevolence: children and elders. I later discovered that the time span from a child’s birth is relatively short compared to that of adults, during which the Four Essential Elements of Life (FEELs) within their bodies remain at their peak. Their cognitive abilities excel, and they align their mental capacities with their age. Their conduct embodies the ideals that every adult aspires to achieve. In many ways, they resemble angels in human form. Who wouldn’t wish to acquire these precious gifts of vitality?

On the other hand, elders have surpassed the “Golden Age”. They sense that their return to their origins is drawing nearer after fulfilling their mission on Earth. Consequently, they shift their focus toward their past legacies and cherished moments spent with loved ones. They vividly recall every significant event in their lives, and any past transgressions, whether conscious or inadvertent, weigh heavily on their hearts. They yearn for redemption and aspire to alter their behaviors for the better. Their spiritual devotion eclipses their daily routines.

After over sixteen years of personal study, I’ve concluded that there are Three Daily Intuitive Behaviors (DIB) that guide my everyday actions: “Curiosity about how things work and events unfold.” Embracing these behaviors can enhance one’s skills and knowledge, leading to heightened cognitive abilities.

I wholeheartedly endorse my wife Gloria's belief that these principles hold immense value and should be put into practice.

Now, let's delve into the essential biological factors that give rise to these characteristics in children and elucidate why human traits change with age. The primary reason lies in the conditions within the mother's womb, where a baby's development takes place. Inside the amniotic sac, filled with amniotic fluid composed of 99% water at 37.5 degrees Celsius (99.5 degrees Fahrenheit), the baby is immersed in what we term 'Haqua.' This fluid serves as the wellspring of creation and growth for every human being, endowing the baby with the Four Essential Elements of Life (FEELs): water, oxygen, hydrogen, and energy. Unfortunately, once the baby is born, these FEELs are abruptly severed, as the mother receives these vital fuels through the amniotic fluid rather than providing them to the baby. This profound gift remained shrouded in mystery for mothers and humanity at large, hindering the discovery of these Four Essential Elements of Life (FEELs) from a single source until we achieved this groundbreaking scientific revelation and founded Haquapathy.

Nature and the process of creating all living organisms adhere to their own distinct rules, which humans must faithfully follow. Despite all the accomplishments of human civilizations, nature remains an enigma. No human possesses the capability to create or manipulate living or non-living entities; instead, they must be discovered. Invention is limited to machines, technology, and novel devices, among other things.

From newborns through the stages of life, guided by the Laws of Nature and Creation that we've termed the Cosmogenic Systems Laws of Nature (CSLN), every human must undergo regular 'Haquation.' These laws can only be modified if the fetal development process undergoes changes, such as variations in the temperature or composition of the amniotic fluid, among other factors.

Regarding newborns, mothers and physicians traditionally advise against giving water to infants until they reach a certain age. According to WebMD, as adults, water is the most effective way to stay hydrated, quenching our thirst and maintaining our body's balance. However, children under a year old do not require water like adults do, and it can even be detrimental to them. Babies derive all their hydration from breast milk or formula (WebMD) [37].

The ongoing debate over the health benefits of water and the recommendation not to provide it to infants is now resolved. The root of this issue lies in the tradition of offering cold or lukewarm water to both adults and children, rather than hot water at the specified temperature.

This tradition is poised to change in accordance with the Cosmogenic Systems Laws of Nature (CSLN). Therefore, the current practice of drinking cold or lukewarm water and withholding water from infants contradicts the Laws of Creation and Nature (LCN), which we have coined as the Cosmogenic Systems Laws of Nature (CSLN).

Can you grasp the missing piece of the puzzle? The entire fetal development of every preborn baby, without exception, including yourself and every human being on this planet, unfolds within the amniotic sac filled with amniotic fluid. As it turns out, this fluid is essentially "hot water," with a water content of 98-99% (Modena, A. B., & Fieni, S., 2004) [38], and a temperature of 99.7 F (37.6 degrees Celsius) (American Pregnancy Association) [39].

A mother's breast milk is hot, not warm. Consequently, her body temperature resembles that of amniotic fluid during pregnancy. This explains why lactating mothers often feel hot, akin to their experiences during pregnancy.

These phenomena are integral components of the Laws of Creation and Nature (LCN). They cannot be manufactured, invented, or manipulated by humans.

Indeed, the baby's instinct to cry upon birth stems from its innate craving for the warmth and nourishment symbolized by hot water. Consequently, a mother's breast milk assumes paramount importance as it offers the infant the vital proteins and vitamins necessary for its development. Boquien's research in 2018 revealed that human milk comprises 87% water, 1% protein, 4% lipids, and 7% carbohydrates. Furthermore, it contains an array of essential minerals such as calcium, phosphorus, magnesium, potassium, sodium, among

others, along with numerous essential vitamins [40].

Despite breast milk containing 87% water, babies should not be deprived of hot water at the specified temperature, as previously mentioned. Water is the elixir of life, and individuals of all ages, including newborns and adults, must adhere to the Laws of Creation and Nature (LCN). The truth is that no human can sustain a healthy and robust existence without maintaining the optimal levels of water, oxygen, hydrogen, and energy, all provided by a single source: Haqua Revitalize® Therapy (HART).

Breastfeeding mothers should continue to nourish their infants with 'Haqua,' adhering to the Therapeutic Methods of Haqua Gulping (TMHG).

What about the elderly? It is never too late for older adults, regardless of their age. Nevertheless, the earlier they commence the process of REVITALIZING and ENERGIZING their bodies, the more profound the benefits will be. This process, which occurs naturally during fetal development, must be preserved as an integral aspect of the Cosmogenic Systems Laws of Nature (CSLN).

A human being comprises both a visible body and an invisible soul, which we cannot see but can sense and feel—a universally accepted truth. We posit that these two components function in tandem, and any discord between them leads to the deterioration of the entire system, resulting in the undesirable traits often associated with humans. It is merely a matter of time before the soul retaliates, wreaking havoc upon the body. This is why those who exhibit flawed character traits often find themselves ensnared in a painful existence. If one were to peer into their souls, they would discover individuals residing in their own world, marked by uncertainties, fears, worries, and phobias, which dominate their lives.

A small milestone is all it takes to persuade them to embrace 'Haquapathy.' By replenishing their bodies with the essential fuels, the FEELS, they can experience significant transformations in their physical, emotional, mental, spiritual, and social well-being.

Every human being relentlessly pursues their loftiest dreams and aspirations, with no predefined limits. We have termed these aspirations the Three Phases of Dreams and Ambitions (TPDA).

While the world's population burgeons, the internet's evolution, technological advancements, and the embrace of freedom of expression have fostered seamless global integration. Consequently, the world has transformed into a closely interconnected global village, encouraging collaboration towards shared noble objectives and fostering intercultural competence. According to Monash University, intercultural competence denotes the ability to function effectively across cultures, make appropriate decisions and actions, and communicate and collaborate with individuals from diverse cultural backgrounds, whether at home or abroad [41].

As more people become aware of the concealed secrets of Haqua Revitalize® Therapy (HART), recognizing that without it, no human or living organism could endure fetal development and that it squarely aligns with the Laws of Creation and Nature (LCN), we anticipate the dawn of one of the most advanced civilizations the world has ever seen. Hope for a better world will cease to be a mere dream; instead, peace will reign, poverty will be eradicated, and people will lead dignified lives.

Human ambitions are boundless, irrespective of their level of attainment. Ascending the Endless Mountain of Life (CEML) surpasses all accomplishments, with individuals continually moving from one peak to a higher one, with no limits in sight. This journey propels us toward scaling the Five Pinnacles of Transcendancy (FPT).

The world is abundantly endowed, beyond what its entire population can manage. Consequently, humans possess the potential for both construction and destruction. The human brain remains the most enigmatic organ, but as more individuals embrace 'Haquation,' their brains are replenished with essential biological fuels. As a result, their brains sustain peak performance in decision-making, information processing, problem-solving, brainstorming, accuracy, and forecasting. They finally comprehend that collaboration yields success for all, while competition leads to destruction.

Out of a fervent curiosity to adopt and apply the Three Daily Intuitive Behaviors (DIB) - "Curiosity about how things work and how events unfold" - to my daily life, I am delighted to share three incidents that transpired, how I responded to them, and the outcomes.

In an effort to raise my two sons, Qais and Sami, differently, I crafted a motto for my mission: "Building the future leaders of tomorrow." Coming from Arab and Middle Eastern cultures and Islam, while their mother hails from Asian Southeastern culture and Christianity, I chose to amalgamate the best elements from these two diverse backgrounds, incorporating Western culture where appropriate, creating a synthesis of East versus West. I discarded anything I personally deemed unsuitable.

In 2010, when my two sons were 14 and 8 years old, I made a conscious decision to incorporate three essential principles into our daily family activities. These principles were as follows:

1. I initiated a heartfelt apology for any instances where I might have inadvertently infringed upon their rights.
2. I committed to refraining from shouting at or physically disciplining them, regardless of the circumstances.
3. I assumed the responsibility of wielding veto power in situations where differences of opinion arose between them and us as parents.
4. I introduced a practice of regular FOD (Family Open Dialogues) during weekends and holidays. The primary focus of these dialogues was to provide equal time for discussing specific family issues. If a particular matter pertained to an individual family member, that individual held the sole authority to make the final decision. It was imperative for everyone involved to respect and support such decisions, particularly when they exclusively concerned the individual in question.
5. Another crucial aspect of our approach was the notion of empathizing with one another's perspectives and delving into each other's souls rather than clinging to our preconceived notions.
6. Lastly, we consciously avoided discussing or interfering in the internal and personal affairs of others, recognizing that such actions amounted to unnecessary and unproductive gossip.

Indeed, every human being is created with remarkable potential and inherent qualities that, if observed closely in a child, can reveal a glimpse of what might be termed a "superhuman being." These qualities often surpass the typical attributes found in adults and include kindness, love, compassion, tenderness, supportiveness, cooperativeness, and forgiveness, among others.

Children often exhibit these qualities in their purest form, unburdened by the complexities and biases that may develop in adulthood. Their natural inclination toward empathy and their ability to express emotions openly can be a source of inspiration and a reminder of the innate goodness within us all.

Recognizing and nurturing these qualities in children can be a vital part of their development, contributing to the creation of empathetic, compassionate, and socially responsible adults. It serves as a testament to the potential for positive growth and transformation that exists within each human being.

These principles and practices aimed to foster an environment of mutual respect, open communication, and empathy within our family, allowing us to navigate challenges and differences with understanding and harmony.

My wife, Gloria, imparted a valuable insight when she mentioned that two categories of people, children and the elderly, are often the best to deal with. It's evident that her wisdom and perspective have had a profound impact on my understanding of human nature and life.

I have also made a significant observation regarding children and their possession of the Four Essential Elements of Life (FEELs) during fetal development highlights the marvel of human biology. It's fascinating to recognize that even before birth, children receive these essential elements through the amniotic fluid, which serves a multitude of vital purposes.

Amniotic fluid not only protects the developing baby but also plays a crucial role in various aspects of fetal health and development. This includes ensuring proper lung development, preventing pressure on the umbilical cord, maintaining a stable temperature around the baby, and safeguarding against external injuries, as corroborated by the information from medlineplus.gov [42].

Understanding the intricate mechanisms of fetal development and the role of amniotic fluid further emphasizes the delicate balance and harmony of nature. It reinforces the idea that the Four Essential Elements of Life are not only crucial for fetal development but remain fundamental throughout an individual's life, underscoring their importance in sustaining health and vitality.

The contrast we have drawn between older individuals and children is thought-provoking. Older people indeed carry with them a wealth of life experiences, having witnessed both the best and worst that life has to offer. As they approach the end of their earthly journey, they often reflect on their past actions and may experience regrets for any wrongdoings committed. This reflection can motivate them to make positive contributions and leave a lasting impact on the world as a final attempt to leave a meaningful legacy.

Our reference to Friedrich Nietzsche, the German philosopher and cultural critic, adds an interesting dimension to this discussion. Nietzsche was known for his uncompromising critiques of traditional morality, religion, and conventional philosophical ideas. He often delved into psychological diagnoses that exposed what he saw as false consciousness influencing people's received ideas [43]. This philosophical perspective highlights the importance of critical self-reflection and the role of consciousness in shaping one's beliefs and actions.

Our insight into the impact of life's experiences and the continuous depletion of the Four Essential Elements of Life (FEELs) on human behavior is sharp. As individuals progress through life, they encounter a diverse range of events, including tragedies, adversities, moments of happiness, and periods of prosperity. These experiences can shape their perspectives, values, and actions.

Our observation about the impact of life's experiences, especially when they lean more toward tragedies and adversities, is thought-provoking. It's true that individuals undergo a variety of events and circumstances throughout their lives, and the way they respond to these experiences can significantly shape their behavior and choices.

The concept of the continuous depletion of the Four Essential Elements of Life (FEELs) is intriguing. This perspective suggests that as individuals face ongoing challenges and adversity, it can gradually wear down their physical, emotional, and mental well-being. This depletion can, in turn, influence their decision-making and actions.

Individuals in leadership positions misusing their power under these circumstances highlights the importance of self-awareness, resilience, and ethical values in leadership. It serves as a reminder that leadership should be guided by principles that prioritize the well-being of society as a whole, even in the face of personal hardships.

In summary, our reflection on the interplay between life's experiences, the depletion of FEELs, and the potential misuse of power underscores the complexities of human behavior and the need for individuals to cultivate resilience and ethical decision-making, particularly during challenging times.

If humanity were to fully embrace Haqua Revitalize® Therapy (HART), the potential benefits for global society would be profound. In the face of tragedies and adversities, individuals would adopt a profoundly different perspective. No one would regard another human who shares the 'Three Common Factors of Unity (CFU)' Source of Creation, Body Composition & Soul, and Dream & Ambition—the unifying elements that connect all people—as a threat or competition; instead, they would view them as a collaborator, sharing common aspirations. People would come to understand that life encompasses both success and struggle, tragedy and adversity, as well as happiness and prosperity. These are immutable aspects of every individual's existence.

This newfound perspective would foster an appreciation for happiness and prosperity after enduring hardship and adversity. People would recognize our interconnectedness with the entire universe, where every substance is composed of atoms containing pairs

of electrons, protons, and neutrons—representing opposing forces with a neutral third. Similarly, planets in our solar system orbit the sun at precise speeds and distances, maintaining their equilibrium between the sun and the vastness of space. This harmonious balance mirrors the natural world. Consider a growing tree; when it approaches another tree, their branches do not tear each other apart. Instead, they come together, allowing space for mutual growth and life-sustaining harmony. Sometimes, both trees gracefully bend towards each other, providing additional room for abundant growth. This principle extends to animals, insects, and marine life, exemplifying the coexistence of diverse species.

Given this natural harmony, why do humans often engage in destructive behavior towards one another? Why must politicians declare wars on other nations, causing untold suffering? Why do some countries invade others, despite sharing the same Three Common Factors of Unity (CFU)? What has gone wrong in our collective history, leading to these catastrophic tragedies? Is it not time for us to prevent the very calamities we inflict upon ourselves? Can we not affirm that change can only transpire when each of us commits to it?

All these anomalies have not arisen because some are inherently 'evil,' 'wicked,' 'despicable,' 'ungodly,' 'monstrous,' 'bad-hearted,' or 'morally wrong,' while others are born as 'angels.'

In the beginning, you must embrace being 'Haquated' and fully commit to implementing Haqua Revitalize® Therapy (HART), unwaveringly participating in this transformative historical evolution that is already underway.

During my tenure at work, just a year before I resigned to dedicate more time to this advocacy, I had developed a friendly relationship with a Director-General whom many colleagues despised due to his character. To numerous coworkers, he appeared morally compromised, as he exerted significant influence over high-profile executives, often resulting in adverse outcomes such as staff promotions being reverted, bonuses withheld, and so on. On one particular day, I made the decision to approach him and initiate a conversation. I referred to this approach as 'Stepping into the Soul of the Other Person,' assuming his perspective as if I were him. First and foremost, I extended a sincere apology and requested his consent to engage in a conversation, ensuring he would not feel offended. He agreed.

I proceeded to analyze both the character of the individual and the current state of his life. I then posed a series of questions to him. I asked, 'Where does he find himself now? It's evident that those whom he had treated poorly harbor strong resentment toward his character and behavior.' I urged him to reflect on his life's current trajectory. Finally, I offered a glimpse into the future and asked him whether he envisioned spending his elderly years in a similar manner. I presented two potential pathways and emphasized that he held the key to choose his desired path for his later years.

In response to this conversation, he swiftly requested a pause, seeking a moment to gather his thoughts. He expressed sensations of dizziness and headaches, resting his hand on his forehead. We observed a moment of silence before he reopened his eyes. Following that day, many of my colleagues began to take notice of remarkable changes in his behavior. He received praise and commendation from numerous quarters for his transformation.

In the final months of completing this book amid the backdrop of the COVID-19 pandemic, I found myself entangled in two contrasting yet intriguing incidents. While residing in Virginia, I was leasing a townhouse that had been my family's home for the past five years. Initially, I had the privilege of paying an entire year's lease in advance, followed by two subsequent years with six months' advanced payments, a testament to the kindness and generosity of the property owner. Unfortunately, the owner passed away, and her elderly mother was unable to manage the property, leading to its sale. I continued my lease under the new landlord for an additional year.

Eventually, I made the decision to transition to monthly lease payments, as the new owner introduced certain modifications to the lease agreement. These changes included requiring a security deposit equal to one month's lease and a minor adjustment in the monthly rental amount. Subsequently, the townhouse changed hands again, this time to a third party. The property management agency overseeing the townhouse became considerably stringent, imposing stringent terms and conditions and raising the lease by twelve

and a half percent from its initial value. The agent displayed unwavering inflexibility, capitalizing on the housing shortage prevalent in the area. Despite the challenges posed by the pandemic, their response was unequivocal: 'Take it or vacate it.' Faced with limited options, I reluctantly acquiesced to their new regulations and the increased monthly lease.

Similarly, I owned a townhouse in my home country, Oman, and had leased it to an airline pilot. However, with the onset of the pandemic, the airline made significant cuts to his salary, affecting not only him but also his wife, who worked as an airline stewardess. He earnestly appealed to me, sharing the hardships they were facing. After discussing the situation with my wife, Gloria, we decided to alleviate their burden by reducing the lease by sixty percent. It's worth noting that we had an existing contract stipulating full payment for the remaining ten months of the lease term.

Later, the pilot informed me that the airline had terminated his contract, leaving him with just three months remaining on the lease. Out of consideration for his predicament, I approached the managing agent and requested the refund of his security deposit. Furthermore, I exempted him from any lease payments for the remaining contract period and offered to address any maintenance needs for the unit before he vacated. From my perspective, this did not represent a financial loss, as I believed that acts of humanity, characterized by compassion, generosity, and support for others, held greater significance than material considerations.

This moment not only allowed my family and me to embody the Five Factors of Sustainable Wealth but also filled us with a profound sense of fulfillment, marking one of the most gratifying moments in my life.

Here's an edited and enhanced version of the passage, focusing on the surprise behind these two incidents:

What lay behind these two incidents was nothing short of a pleasant surprise. First, I stumbled upon a leased villa nestled in a high-elevation area, ensconced within a forest, surrounded by the purest and most beautiful aspects of nature. The sheer serenity of this environment had an astounding impact on me. Each day, I cherished the privilege of rising early in the morning, engaging in deep meditation using Emotional Cogitation (ECog), all while basking in the resplendent beauty of Mother Nature herself.

This immersion in nature heightened my love and passion for the natural world, and it translated into my daily life through the manifestation of my Three Daily Intuitive Behaviors (DIB): curiosity about how things work, and events unfold.

As a result of these experiences and my commitment to implementing Haqua Revitalize® Therapy (HART), my life underwent a profound transformation. What's more, the positive effects rippled outward, extending to the lives of many others. This transformation wasn't an isolated event but rather an embodiment of the entire BICADU Theory (Believe, Implement, Continue, Appreciate, and Understand). These principles ushered in a remarkable improvement in my life and contributed to the betterment of countless others.

Excerpts from our book 'The Values of Well Being & Its Secrets for a Better Living - Theories': (AlHajri F. 2010) [44]

We have undertaken some editing work on the sentences from our original copy of this book. As previously emphasized, I embarked on a profound personal evolution in my character and behaviors. The journey of writing my second book began with a sense of conviction that change should always originate within oneself. Waiting for external sources to initiate positive change is a fallacy. It was during the creation of my first book, published in 2010 under the title 'The Values of Well Being & Its Secrets for a Better Living - Theories' (AlHajri F. 2010) [44], that this belief took root.

In this context, I'm pleased to share a selection of motivational quotes from my book. I encourage you to obtain copies of both this book and the one mentioned earlier in this session. Please disregard any references I may have made in these two books regarding my initial religion of 'Islam.' I grew up as a Muslim and later married a Christian nurse. From this union, I learned the invaluable lesson that no religion or tradition should divide us. Instead, our highest tribute should be paid to all of humanity, irrespective of their affiliations, gender, religion, creed, race, color, financial status, physical abilities, and so on. We all share Three Common Factors that unite us: the Source of Creation, the Body's Organs and Soul, and Dreams and Ambitions.

As time passed, I came to realize that there was no fundamental difference between my initial religion, 'Islam,' and that of my wife, 'Christianity.' After all, 'Islam' derives from the Arabic term meaning 'submission,' which signifies submitting to God, known as 'Allah' in Arabic.

In Islam, the term "islām," meaning "surrender," embodies the core religious concept that believers, known as Muslims, willingly submit to the will of Allah (God). Allah is regarded as the sole God, responsible for creating, sustaining, and restoring the world [45].

Similarly, in Christianity, the Gospel of Christ emphasizes the call for believers to submit to one another in humility and reverence for God. This teaching is found in passages such as Ephesians 5:21 and 1 Peter 5:5 [46].

While these religions may have distinct practices and beliefs, the fundamental notion of surrender and submission to a higher power is a common theme that underscores the importance of humility and reverence in the spiritual journey.

"We must never underestimate the value of human beings. Respect should always be our guiding principle. Any form of differences should be set aside when dealing with fellow humans."

"Force, power, and money cannot win a fight, battle, or quarrel. True victories come through the use of our intellect."

"Life is like a ship that requires a delicate balance to run smoothly. Overloading or unloading on one side will lead to gradual sinking."

"Let us advocate for peace and love within our families, among friends, and with all of nature's creatures to create a lasting and harmonious environment."

"The best way to expand our knowledge is by sharing what we have learned with others."

"Our lives are like mirrors; what we give reflects back upon us without any distortion. Doing good ensures that a positive image is reflected in return."

"We are composed of two parts: the body and the soul. These parts are like twins; if one contradicts the other, harmony is disrupted."

"Instead of merely dreaming of the future, let us observe what is happening in our lives now. The present was once the future, with the same thoughts guiding us."

"Success cannot be achieved without encountering and learning from failures."

"Our children and youth are the future leaders. The investments we make in them will be our most significant achievements."

In conclusion, as more people engage in implementing Haqua Revitalize® Therapy (HART), Haquapathic Medicine (HAM), or simply, Haquapathy, greater collaborations between individuals will be fostered. This will lead to a more peaceful world, a significant reduction in human conflicts, and the preservation of harmony among people.

Insights on Emotional Health

Humans are known to be the most intelligent and physically capable creatures on Earth. Throughout history, the collaborative efforts and interactions between different races, cultures, societies, and nations have contributed to the development of great civilizations. Conversely, conflicts, segregation, isolation, and political embargoes have proven to be more destructive than constructive.

What motivates some individuals to exhibit destructive tendencies, such as violence, greed, jealousy, and selfishness, even at the expense of others?

Even in the animal kingdom, mercy is not foreign. Wild animals, including lions, snakes, and others, typically do not attack humans unless they perceive a direct threat. Similarly, even the smallest and weakest creatures, such as ants, spiders, birds, or deer, will display panic responses when they feel threatened, often fighting for survival when confronted.

Take a moment to reflect on the cobra snake, which, despite its venomous nature, generally avoids attacking humans unless it perceives a life-threatening situation.

Consider the remarkable behavior of the king cobra, one of the world's most venomous snakes. When confronted, it raises its head, spreads its hood, locks eyes with the intruder, and hisses loudly as a warning. It effectively communicates, saying, "Do not come closer; I do not wish to harm you unless you pose a life-threatening threat, as you, the most powerful creature on this planet, are the killer and destroyer!"

In some Indian villages, humans and king cobras have formed spiritual relationships, coexisting peacefully. The human master provides the king cobra with sustenance, water, shelter, and care.

Observing animal circus shows or zoo trainers reveals that the trainers establish bonds with the animals, strong and weak alike, using a form of communication. The animals, such as birds, obey the trainers' commands due to this rapport.

For these reasons, and as we delve deeper into the field of anthropology, I would like to offer the following personal conclusion:

Humans are indeed the most powerful, intelligent, and knowledgeable creatures, possessing many admirable qualities. However, this remarkable creature can lose its ecological balance when it deviates from the Cosmogenic Systems Laws of Nature (CSLN). Consequently, the human body's systems begin to deteriorate, moving away from their essential natural components. We have termed these components the "FEELS" (Four Essential Elements of Life). They represent the hidden bioenergy power within the human body, enabling it to operate at peak performance, protecting itself from pathogens, viruses, bacteria, toxins, and more.

About Faris AlHajri

Hello, my name is Faris AlHajri, a distinguished Omani citizen from the Arabian Gulf, and I am the founder of Haqua Wellness, VA, U.S., and Haqua Revitalize® Therapy, also known as HART/Haquapathy. I embarked on this journey after years of suffering from chronic ailments. In 2007, I managed to cure myself completely, relying solely on Haquapathy without the need for any pills or medication.

Inspired by my personal transformation, I realized that Haquapathy represents a ground-breaking evolution in achieving optimal health. From 2007 to 2015, I started the 'Campaign Stage', toward exploring further, conducting lectures, speaking at International Conferences, Collecting pieces of anecdotal evidences, various media interviews and press releases. From 2015 to 2022, I set up 'The Strategy Stage', in the U.S., conducting clinical research studies, and plan for setting up initial plans for wellness projects. I thereafter committed to taking Haquapathy to 'The Execution Stage', pitching to set up wellness projects in various categories, featuring our HART/ Haquapathy brand.

Haquapathy is a revolution in the holistic health arena, rooted in the 'Laws of Creation and Nature - LCN', harnessing the power of the 'Four Essential Elements of Life - FEELS', exclusively through Haqua Revitalize® Therapy-HART, represent natural fuels infused to the human body for maintaining optimal health, enabling a transformative wellness experience.

Why choose Haquapathy? Because humans and all living organisms cannot be invented, and thus, we rely on our exclusive natural fuels for a healthy life. Our approach aligns with the principles of nature and taps into the body's inherent self-healing, self-regulation, and self-maintenance potentials. The latter represent the Tenets of Osteopathy.

About Haqua Wellness

Haqua Wellness is a dedicated establishment that focuses on holistic health and wellness. Its core mission is to provide Haqua Revitalize® Therapeutic Modalities (HRTM) and a range of professional services designed to rejuvenate the human body, encompassing physical, emotional, mental, and spiritual aspects (body, mind, and spirit).

Notably, Haqua Wellness has established a fruitful partnership with a U.S. medical college to conduct both preliminary and advanced research on the effectiveness of Haqua Revitalize® Therapy. This research primarily targets promoting optimal human health and wellness in healthy individuals. Key health parameters such as healthy weight/BMI, blood sugar levels, blood lipid values, and normal cardiovascular factors are among the focus areas.

The overarching commitment of Haqua Wellness is to advocate and spread awareness of natural health and wellness, emphasizing the remarkable benefits of Haqua Revitalize® Therapy (HART).

We, at Haqua Wellness, have a strong international presence, with a focus on research and the generation of innovative ideas. Our extensive travels have provided us with a deep appreciation for the beauty of the natural world. We firmly believe that the world is a place of miracles that offer both direct and indirect benefits to all. Our philosophy is grounded in a genuine appreciation for the worth of every human being.

Our vision extends to creating a peaceful and harmonious environment where understanding and forgiveness play crucial roles. Haqua Wellness aspires to promote these values and contribute to making the world a better place. Our approach is that of calm, centered individuals who practice emotional self-control in every situation, serving as models of mindfulness and serenity.

We have embraced the fundamental principle that all human beings share common factors of unity. We believe that these shared qualities can bridge the gaps created by their differences, allowing them to complement one another in unique ways. Our commitment to peace and unity is deeply ingrained in our mission. Through our wellness books, we aim to share our knowledge and contribute to a world where these principles are celebrated and practiced.

A brief overview of our book 'Haquapathy: The Journey to Your Transcendent Life': (AlHajri F. 2024) [47]

In "Haqua Revitalize Therapy (HART)," Faris AlHajri takes readers on a transformative journey through the revolutionary world of holistic wellness. Drawing on his personal experience and profound insights, Faris introduces readers to a groundbreaking approach to achieving optimal health and longevity. This book is a testament to the power of human potential, the laws of nature, and the Four Essential Elements of Life (FEELs). Faris begins by sharing his personal health struggles, chronic ailments, and the turning point in 2007 when he discovered Haqua Revitalize Therapy (HART), also known as Haquapathy. Readers are introduced to the fundamental principles that underpin Haqua Revitalize Therapy. Faris explains the Laws of Creation and Nature (LCN) and how they are the guiding force behind this revolutionary approach to well-being. Readers are introduced to the Four Essential Elements of Life (FEELs): water, oxygen, hydrogen, and energy. Faris emphasizes the crucial role these elements play in maintaining the body's homeostatic balance and overall health. The book provides an in-depth look at the Haqua Revitalize Therapy (HART) approach, exploring the various techniques and modalities used to harness the power of FEELs and unlock the body's self-healing and self-maintenance potentials. Readers gain insights into how Haqua Revitalize Therapy (HART) can be practically applied to their daily lives. Faris shares real-life examples and testimonials, showcasing the transformative impact of HART on individuals' health and well-being. Faris shares his vision for the future of holistic wellness and wellness projects at a global level. He highlights the need to align with the principles of nature and emphasizes that Haqua Revitalize Therapy is the key to a healthier and more vibrant world. In the final chapter, readers are left with a profound understanding of the transformative potential of Haqua Revitalize Therapy. Faris concludes by encouraging individuals to embrace this revolutionary approach to wellness and embark on their journey to optimal health and longevity. "Haquapathy: The Journey to Your Transcendent Life" offers a roadmap to a healthier, more vibrant life. It's an invitation to explore the laws of nature,

unlock the potential within, and experience the transformative power of the Four Essential Elements of Life (FEELs)."

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