



# NEWSLETTER

MARCH 2026

## Dear Living-Light Community,

I trust that the month of March has been the perfect terrain for you to **seed your projects** and **realign** with your **true self**, letting go of what **doesn't align** with you anymore.

I have personally been going through **a lot of changes** in my life with many **travels overseas** planned ahead.

I'm sure you have understood that **the narrative** we are being fed by mainstream medias and the upcoming potential wars is based on a **fearful propaganda**. Your **discernment** must be at its **highest** in those **transitional times** and we need to **focus on ourselves** more than anything.

*Rise and Shine, beautiful Souls, as the **Great Awakening** starts by **remembering** who we are and how **Powerful** Human Beings are.*

In this **monthly newsletter**, I have released **two videos** to help you **warm up** and **cool down** before and after every kind of physical activity.

Have you ever heard about the term **Star Seeds**?

We are here to **help Humanity** and the Great Awakening. Let me introduce you to **Sherri Divband** and her life changing work.

**Why** you should be **fasting** at least **once a week** or start intermittent fasting? An article about **regaining** your **health**.





## THE IMPORTANCE OF STRETCHING

**Stand firm like an Oak...  
Yet bend with the wind.**

Over my many years of training, I've realised how important it is to **warm up** before doing any **physical activity**, but also how cooling down and stretching are as important.

When I started to practice the **5 Tibetans** back in 2013, I also committed to **stretching every night** before going to bed. I had **vivid dreams** of being able to do splits and all **kinds of acrobatics** and realised that I wanted to make those **dreams** become my **everyday reality**. Therefore, as well as doing my 5 Tibetans every morning, I started to **stretch every night before** going to **bed**.

Over the years of practice, I came up with a **routine** that is now sticking and enabling my **body** to be as **strong** as an oak, yet I'm able to bend with any kind of wind **without breaking**. My goal initially was to **invest** in my **future**, thinking that in my late 20s, if I was going to do the work **every day**, I would be able to **maintain** an **extraordinary body** for when I'll be old. Some people **invest** in certain things; for me, it was my **health**.

Well, guess what, at nearly **40 years old**, I can do my **splits**, handstands, **back flips**, and I'm way beyond the average **flexible**.

It is a true **satisfaction**, and I'm **proud** of **myself** every day for having started those **diligent practices** over **13 years ago...**

**Do you actually stretch once a day?**

How do you see yourself in 10, 20, or 30 years if you don't do the work now?

If this rings a bell, please watch my videos below and **start a healthy, long-term routine** as soon as you can. Give your body, your temple, everything it needs to live a **long and healthy life**.

[10 Min Stretch - HERE](#)



[5 Min Warm Up - HERE](#)



## ✨ ARE YOU A STARSEED? ✨



Have your **dreams** always been so **intense** and lucids that you are **wondering** what you are doing when **asleep**?

Have you ever **felt** that you were on **Earth** for a **higher purpose** mission rather than a 9-5 work submerged by debts and mortgages...?

Do you **feel** like you've had **past life** and some past memories are **crossing** in your **reality**?

Are you a **black sheep**?

I do not have to tell you my answers to those questions, you already know them for me... so let me introduce you to **Sherri Divband**. Sherri is an Intuitive **Transformational Energy Healer**, the founder of **Aramis Creative Learning Center** and the **Aramis Collective**. She is the author of **Healing the Human-Animal Bond, Courage to Change: The Freedom Movement, Starseeds and the Great Awakening, Intuitive Transformation Evolution, Divinely Guided, and the Divinely Guided Children's books and animation series.**



Her primary **work** is with **adults** and **children**, **assisting** them in their spiritual **awakening**, deep **soul healing**, and the **activation** of their **divine sovereignty**. She specializes in **working** with **starseeds**, who are here to make a difference on the planet. She is an **ambassador** for children and our **cosmic connection** to our **galactic ancestry**. She is an author, public speaker, and proud **mother** of **three amazing children**.

With the help of her **daughter Aramis**, she founded the **Aramis Creative Learning Center**. The **future of education is shifting**, and she is proud to be part of that change.

After reading her book, which you can see above in the picture, and listening to plenty of her interviews, I had to contact **Sherri** to get to know her better, and she did a **soul map reading** for me. First of all, I must say that she is an **incredible human being** with a fascinating life story! My **soul** was **resonating** so much with her book that **tears** kept **flowing** down my cheeks all the time... I felt like I had **found** someone who was **federating** all of **us** and trying to **explain** to the **world** who **we are**...

Among some incredible revelations about my soul, she told me that **my name is Zaki** and, among multiple other skills I have developed, I'm specialised in **Quantum Malleability**, which on Earth we call Qigong... In all my past lives, I've **always been bald**, always studying breathwork, meditation, and martial arts... what a coincidence, should I say?!

When she told me that I was a **monk in Mongolia**, I showed her how I **sing Tuvan deep throat singing**, the traditional Mongolian way I taught myself over 10 years ago, and we both had **goosebumps** everywhere...

I highly encourage you to **book a session** with Sherri to help you remember who you are as a soul, but she is also on a mission to build a **new educational system** coming from the knowledge she is getting from all the **starseeds** she is working with. Therefore, if you wish to see this project come to fruition, please **have a look at her work**, book a session, or **donate**, and the direct link to her **website** is here: <https://sherridivband.com/>

# THE IMPORTANCE OF FASTING

Have you ever spent **half a day** without eating? 1 day without food? 1 day without food and water? **2 days** without food and water? **3 days** without food and water? **3 months** with only juices? **3 years** being raw vegan?

I have, and this is why I'm writing this article for you.

The **power of fasting** goes **beyond** conventional **knowledge**. Only in the last 30 years have we seen a **normalisation** of fasting in mainstream media and guidance from **doctors**.

Why?

Having tried it myself, and still practising **intermittent fasting** every day for many years now, the reason is simple: **live longer, live lighter**.

The word **enlightenment** literally means **light**. To have more light, you need more space from **within**, and to have more space from within is very easy when we stop adding things into ourselves via **our mouth**.

The more solid the food, the heavier we get; the lighter the food, the lighter we feel. Quick question: **do you prefer to feel light or heavy?** I hope this train of thought takes you somewhere.

Our body is our temple; it needs to be venerated, indulged, and understood. When we give a **break to our stomach**, we actually give more time and space for **healing** and **longevity**.

**Fasting** consists of **stopping food** intake in order to allow the body to **rest** and then begin **cleansing** itself of all toxins, fats, and **emotions accumulated** in the body, particularly within the intestinal system. There are two types of fasting: **water fasting** and **dry fasting**.

It is important **not to confuse fasting** with **inedia** or **pranism**.

**Fasting** is **not a dietary stage** in the same way that being **vegetarian, vegan, liquidarian, inedian, or pranic** may be. Fasting is a **cleansing practice**, a way of **detoxifying the body**, and in this sense it is more closely related to a **healing** or **therapeutic** practice.

Fasting always has a time limit. In **long-duration fasting**, you do **cleanse yourself**, certainly, but you also **weaken yourself** and continuously lose weight up to a limit that you absolutely **must not cross**. Otherwise, the **outcome** will be **irreversible**: it will be the **soul leaving the body**.

Therefore, it is **essential to respect** who you are and **honour your limits**.

If this warning makes you anxious because you feel unable to sense or determine your limits, then **do not fast alone**, but rather under the **guidance of qualified people** or competent facilities in this field. If you know how to respect yourself and listen to yourself and your body.

Then fasting alone should not pose any issue if your **heart calls you to it**.

The **key to fasting** is **not performance**, but **awareness**. It is not about pushing the body to its **extremes**, but about **learning to listen** deeply to what it is telling you. Start gently, **give yourself space, calm, and rest**, and allow the body to move from **digestion into regeneration**.

With practice, fasting can become a **powerful tool** for physical cleansing, mental clarity, emotional release, and **spiritual reconnection**.

Always remember that every body is different, and your limits must be honoured at all times. The goal is healing, not suffering. Whether it is a few hours, one day, or a longer guided fast, what matters most is your intention and your ability to remain present with yourself.

When approached with respect, fasting teaches us one of life's greatest lessons:

***"By taking less in, we allow more of our true light to rise"***

See you all next month!

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