



# There is NO CHANGE WITHOUT CHANGE Author Majda Ortan, Eng.; EXTENDED VERSION

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E Article, ACTUAL HERE AND NOW

## THERE IS NO CHANGE WITHOUT CHANGE!!!

### Second, extended Version

**ACTUAL HERE AND NOW** - in nowadays Light of Cosmic Events, that cause Frequency Resets on the Earth's : About the missing Piece in Sustainable Restoring, Reviving, Revitalisation of our Planet, Food growing production processes, in Rural Development, in Devepment of Urban and Suburban Areas, ...



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Date:  
April 4th, 2024

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## **The missing piece of the puzzle**

The concept of Sustainable Development also speaks of the fact that there is no change without change and is based on necessary and timely changes.

Sustainable natural food growing – production, is part of this concept. An important part, but in my opinion, one essential element of the equation of this concept was overlooked and is released. One important part of the puzzle is missing, which is always present in reality and still important.

This missing part is per my opinion **Human, a human being** in circumstances here and now. To shed light on the fact that this is so, I wrote this extended version of this Article, which is not only a topic of personal development, but should be and is intended to be a topic of sustainable development, holistic sustainable development, including a sustainable way of producing natural food for humans and animal feed, and including sustainable development of the countryside, development of rural environments and sustainable development of urban and suburban areas.

## **Life in these transitional times cannot and will not be possible without adequate personal equipment**

To travel, but without carrying excess luggage - these are the understandable desires of everyone who goes on a trip.

Life is also a kind of journey. In order to find ourselves in it, to feel good in life, it is necessary to have the appropriate equipment not only for survival, but for a full, happy, successful and healthy life. Outdated equipment is just heavy ballast, completely unnecessary for use in the here and now, and yes, extremely harmful as well.

Our equipments for living is undoubtedly different, and I dare say that most of humanity, most of people have completely inadequate equipment for living here and now, in this time of transition regarding frequency resets caused by solar coronal eruptions and solar storms with violent, very frequent outpourings of high-frequency plasma into the Earth's atmosphere, thus changing the frequencies of the Earth and everything on it. The living equipment that most people use today is completely inappropriate, inadequate and even harmful for these conditions.

Sustainable development as a paradigm of the necessary change in the general social habits and functioning of mankind, without individual changes in the personal functioning of people, will have a huge amount of difficult, long-term and also Sisyphean work in attempts to change the habits and functioning of man, people, humanity. Because these otherwise good ideas, structures and initiatives of the concept of Sustainable development do not in probbably can not, neither are allowed to penetrate into personal, intimate personal life, into the way man manages himself, in man's self-management of his being and his life, but leaves it to stay in its original foundations as it was in some past times.

Many of our personal problems, and wider, also global problems are related with these causes (problems in all types of Communities: economic, socio-economic, social, economic, political, in social systems (e.g. health, education, economy, education, etc.; in development of all types and at all levels, in the management and use of natural resources and so on are related to this. Also most of our global problems are consequences of incorrect self-management of man with himself in accordance with the Natural Order. Indeed not all problems, but many, most of them.

Generations and generations of humans have lived without original connection to the Natural Order, as well as mostly without connection with the original Life Force and separated from their Souls and their own Spiritual potentials, which, with proper self-use, guarantee that a person naturally, automatically knows what is right, that can do it or to make the right decision and to do so.

A lot of people today are afraid of their feelings, because they don't know what to do with them, they don't know their real, original task, original purpose. They don't know why or which emotions they should follow and which of the emotions they should treat with self-medication or with appropriate professional help. They do not know how to treat their own emotions themselves. They are taught, or they think it's the easiest, to suppress their emotions and thus deny them or /and even ignore them and by diverting attention to something else ( e.g. work... ). Many people are no longer even aware of their feelings, they are becoming more and more callous.... Because, suppressed or denied, or unfeeling emotions and also untreated emotions are the psychosomatic causes of a huge number of people's illnesses today, they are the causes of trauma, loss of self-confidence, fears, wrong human values and related behaviors, callous actions, etc.

All of mentioned disconnections, suppressed or denied feelings, or unfeeling emotions and also untreated emotions one lead to self-destruction, to the disintegration of human values, to the lack or complete absence of compassion, which leads to cruelty to people, animals, and Nature. The absence of good in people causes feelings of constant dissatisfaction, which people try to compensate on a material level, thus creating greed, exploitation of people, corruption, moral decay of people and society, all kinds of addictions...

As a result, at the level of socio-economic communities - locally and globally, we encounter problems that have become a threat to the existence of people, and also to the existence of our Planet. In fact, later in this article you will find that **“the Rubicon has been crossed “ and that our Planet is undergoing frequency resets within the Universe. Everyone and everything on Earth is exposed to the latter. Which in practice means that what and who is able to default to the frequency resets survives, and with them also life according to the Natural Order.**

**It is indeed necessary and urgent to carefully review what and with which equipment we are equipped for life. To find out what we really need for this in the given situation. To throw away the useless gear for life and equip yourself with the right gear for life here and now. That we can live it to the fullest, healthy, creative, successful, loving and happy!**

In this slightly extended version of Article, you will find some practically immediately useful tools to provide yourself with the current much-needed appropriate and real equipment for life here, now and hereafter.

For first step in this direction, it is necessary to accept and get used to very simple facts:

- Doing the same things the same way and expecting different results is madness.
- Without change there is no change.
- Change is a daily constant.
- Changes that are consistent with the Natural Order are necessary, right and safe.

Personally, on my life's journey, I came to know what I am here writing about. So, what I write in this Article, I also live in practice per my best doing. Many gifts were indeed wrapped in very ugly wrapping paper. But I was curious enough to look where and what the gift was. I still do that when I have to... That's how I found them, usually it required looking at it from a different perspective. So, my curiosity paid off well.

## **The human mind is challenged. Why ?**

### **That's why :**

Today's way of life around the world, especially Western culture and complex processes of socialization, are already quickly distancing us from our Original essence. Modern socio-cultural heritage overloads our immaterial self. It is reflected in a decrease in trust in our intuitive behavior / knowledge and, as a result, the inability to see, know, be sure of what is right and should be done, and do it. These dilemmas cannot be adequately resolved by thinking and automatically using old, already experienced and outdated programmed behaviors.

These dilemmas also cannot be adequately resolved without the missing necessary and appropriate equipment for living in the present conditions and in the present time!

## **Basic layic explanation about Solar storms that reach and penetrate the Earth's atmosphere and the Earth and everything on Earth**

Solar storms, or Solar winds, are fast-moving clouds of magnetized plasma and solar radiation that are periodically thrown into space along with solar flares - powerful explosions on the Sun's surface that look like horseshoe loops near sunspots. When these storms collide with Earth, can be caused by geomagnetic storms - disturbances in our planet's magnetic field, which in turn can cause disruptions in/ on computerized technical equipment and electrical equipment including electrical, radio, telecommunication signals, as well as phenomena of auroras (auroras) much further from the Earth's magnetic poles than usual,

can also provoke earthquakes. High-frequency light energies, among other things, ionize the Earth's atmosphere and cause frequency resets on Earth).

**One must return One's original Essence here and now to the continuum of the present moment!**

**Like it or not, a personal metamorphosis is happening to us, and it's violent and fast, but why?**

**It is violent and fast due to Cosmic events that cause frequency resets in the Earth's atmosphere, on our planet and everything on it.** *(Under this link is also possible to get some of relevant information about it: <https://blogs.nasa.gov/solarcycle25/2024/03/>. Of course, the effects of these phenomena are also the subject of many scientific studies, *for example*).*

Anyone who is not familiar with or does not like physics can imagine, what happens when you change the frequency on the radio. It broadcasts a different program on a different frequency. Logically, we continue to use this. And now, with this familiar experience, let's help yourself understand what is happening to us, to others, what is going on, what will be going on. . . during current frequencies reset **in the Earth's atmosphere, on our Planet and everything on it, including us and humanity as well.**

In these days, which are now ahead of us, the conditions are again being set for turbulent events. A solar eclipse is ahead of us, and very strong light plasma which are the result of solar storms, penetrates the Earth's atmosphere. This is how frequency resets are created, which they reach and penetrate our Planet, its atmosphere and everything, really everything, that is on Earth receives them. So you and I too, each of our cells, our thoughts, feelings, our auras, our Souls, and yes - even our DNA records. This is how frequency resets are created explained by extremely layman's explanation: High-frequency plasma that reaches as a result of Solar storms, coronal mass eruptions on the Sun, reach and penetrate our Planet, its atmosphere and everything, really everything, that is on Earth receives them. The existing frequencies of everything that is in the Earth's atmosphere, everything that is on the Earth, and the Earth are reset according to the frequency laws, they change accordingly, they increase. When one creating an idea of what is happening in this regard, let's keep in mind that everything, indeed everything has its own frequency - everything that is material and everything that is immaterial and exists. So also human`s / our thoughts, feelings, emotions, relationships...etc.

And this year, 2024, we are in the Year of the Dragon. Which on a symbolic level communicates that the Dragon can spread its wings and fly into our depths, to open them for healing where necessary - so that our personal metamorphosis is a little faster, easier. In real life, this means that the shadows of old, programmed patterns that have been causing us problems all our lives fall to the surface, to the light, to our life paths, because these programs take us completely away from our Soul's plans for our lives . A personal, inter-personal, social, planetary,..., Eureka is happening to us, and ahead of it there are many conflicts, wrong decisions, fears, problems, necessary drastic changes in life paths, decisions



that we do not dare to take, but we should. Problems in life, diseases, etc., are symptoms that warn us that we are late with something important and are thus moving away from our Soul's plans for our Lives.

Even our relationships have their own frequencies. Like all behavioral patterns, outdated acquired, learned unconscious patterns. What does not reach new frequencies is failing and will fail. It is a natural law...

More than we were used to, relationships will be on the upswing. As old patterns fall apart, we can assume with high probability that many mutual relationships, friendships, partnerships, marriages will also fall apart. .. But new interconnections will take place, which will be based on completely different foundations and new-age energies. Well, many people are already facing this...

### **About emotions, feelings regarding to the appropriate equipment for life in periods of mentioned frequency resets on Earth**

Emotions starts as sensations of the body, feelings are generated from our thoughts about these emotions. So, feelings are how we interpret emotions and let them sink in. We use the word, "feel," for both physical and emotional states. Both, emotions and feelings are they are energy phenomena with a whole range of frequencies that we perceive as sensations.

It is a mass characteristic of modern people, that they know how to cut themselves off from their feelings, instead of feeling, they are thinking in order to have everything under control. For instance: Cut off from their own intuition, they fear any uncertainty. The facts are that, according to the Natural Order, intuition is a guarantee of the Truth, that we can rely on it for life and ourselves. Our feelings are, among other things, a sophisticated mechanism of energy triggers for balancing our body's biochemistry... Therefore - don't be afraid to feel, feel, feel. When the unpleasant feeling has fulfilled its mission, it will go away on its own. Suppressed feelings are dangerous for your balance, holistic health, and life progress. Suppressed and or denied feelings in your aura bind a huge amount of life energy, they are the cause of all kinds of addictions that people succumb to in order to numb or deny their own feelings. So, **FEEL!!!** It is **SAFE**.

Yes, nowadays human has quite strayed from the Natural Order of his own Life. Such **frequency resets, as we are experiencing at the present time, are therefore an opportunity for people to harmonize their life paths and way of life with the Natural Order.** Because they basically have no other options for life, while all electromagnetic matrices that cannot withstand high-frequency photon light are and will be transformed or they will fall apart, decompose.

### **Self-management of your own metamorphosis**

**We can also spend this challenging time of the following days by benefiting from these powerful Cosmic energies**

We should rather use them in such a way as to heal as many internal wounds as possible, to first illuminate and then remove the load of old, harmful and useless programs. So that we feel as much as possible and at the same time think as little as possible about such and different scenarios and diversions of attention, which would free us from unknown (previously repressed) feelings of fear, shame, disrespect, etc.. Also noble emotions, such as for instance feelings of love, some people are or will be afraid in these "wild" times, which simply cannot be avoided. Even the suppression or denial of noble feelings and emotions is self-destructive and destructive for people. Running away from own feelings is not the correct answer. Because there is no change without change.

**AGAIN : One must return one's original essence here and now to the continuum of the present moment.**

And so, it is clear on this transitional time, which our planet, everything on it and all of us are going through in the embrace of cosmic energies, requires changed approaches, different equipment for life. Most people don't know how to use it, most don't realize it, and still others would like scientific evidence that it works... just in case and to calm a frightened mind that resists these inevitable changes.

**I'm talking about primal intuition.** In order to use it, we have to find contact with it. To listen to her. To hear her. Follow it, yes, follow it without thinking about it, even though it will probably be uncomfortable at first. But don't run away from the situation. You consciously persist. Whenever we expand our consciousness, it is uncomfortable. Whenever we leave our comfort zone, it is uncomfortable. Some time. Then we experience the joys of change, expansion and all the abundance that comes with it.

**On 02. of April, 024, a period of days has begun when we can really use these energies in a beneficial way, by surfing them, sailing with the current and being very conscious. Let's not resist them. That is for sure much more easier, than have a ruined, unhappy, unhealthy, sufferings, heavy life with a lot of difficulties.**

**To the regular, persistent practicing these recommendations can definitely help you:**

Let's put away the old programs, let's become aware of the old, useless programs that carried us through life through subconscious programming. We learn to hear and use intuition. Let's explain new habits to the our magnificent mental tool, our mind. From now on, his task is to realize, not to overthinking and programming possible concepts on the basis of now outdated mental algorithms. Let's practice mental disconnects, quiet periods, without thoughts, when we focus on breathing. In this way, we can intensively heal ourselves, correct mistakes. I can see how it goes with me - and yes, I still have a lot of this work with me, too.

Also, if you realize that you made the wrong decision about something, that you made a mistake, don't judge yourself, don't blame yourself. Turn on your intuition, find a better, correct decision and implement it. ASAP. Without hesitation, without thinking about the correctness of the new decision, without overthinking and mental projections, what (will be, if...). Past mistakes let go to the past. If you hurt someone with a wrong decision, apologize to them, change your behavior, let go of the past without thinking about it and **move on**.

**Take care, guard your life energy.** Regularly spend some time in nature, in peace. Observe what is happening, including what is happening in your own life. Avoid getting involved in emotional dramas as much as possible, although because of the above, we can expect them to be frequent. Live consciously. Choose your thoughts, think positively, include a positive perspective of looking at all kinds of events. Consciously choose states of love, respect and gratitude from your emotions. Practice forgiveness to everyone who has hurt or disappointed you in any way. Practice apologizing to all those whom you have wronged and changing the actions, actions, with which you have caused these injustices.

**FEEL!** You are feeling yourself! It is safe! Feelings are your energetic respond to situation, person, environment etc.. Thus **FEEL! You are feeling yourself! It is safe!**

We can say this very tentatively:

- Pleasant feelings tell us that the object of the feeling or the situation associated with it is good for us.
- Unpleasant feelings tell us to be careful and trigger, catalyze our body's biochemical response to it.
- Feelings of guilt and shame are acquired, learned. They have no connection with the Natural Order. They are a learned response that we have received from past authorities in our lives - regarding our decisions or of our behavior, which was evaluated with their value standards, values.
- Feelings regarding anger are it is a self-defense warning of our emotional field, warning us that we are very close to the red button, under which our unhealed emotional injuries are hidden, or that personal boundaries have been crossed, or that these boundaries are not properly set. If we manage to feel and feel the emotion of anger without reacting angrily, we can make a positive breakthrough with the energy that the emotion of anger has concentrated. But if we lash out, we react angrily, we waste that energy, and we're sure to cause emotional damage. It is also important to pay attention in a calm state to our emotional injuries hidden behind our red buttons and heal them. When necessary, we also set personal boundaries accordingly.

Listen your feelings messages, hear them and act in time, in progress, in accordance with this. **Consider your feelings, which direct you and are intended for this purpose!**

## **Architecture of self-awareness practice routine**

Start feeling, thinking, talking, acting consciously in shorter periods of time. Then repeat and extend them. Then repeat again and again. This is how you acquire the routine of conscious self-management of yourself and your life.

Persist. Everyday. Every minute. Every hour. Everyday.

It usually doesn't work all at once, we need to go and get through the adjustment process. But, something just works! And there is more and more! It is useful to think about your daily achievement and progress before sleep.



Brag about it! Be proud of it. Feel, feel this pride in you! It pays off!

## **Ancient wisdom, the ancient connection of people with the Universe, with the Cosmos, can help a lot in these transitional times**

Unfortunately, many times the arrogance and presumptuousness of today's people is the reason that they do not help themselves with many ancient wisdoms and even mock them.

The reasons for this are the disconnection of many people and a large part of humanity from their own intuition and from Mother Earth and from the Cosmic Forces and from the Universal Energy of Love. You will be surprised to learn that many people these days do not generate their own life energy. They take or they steal it from each other in quarrels, manipulation, mutual reckoning and the like. *(By the way Also many plants or most plant crops do not more have their own vitality, nor their own resistance to diseases and pests ([more on that topic natural solutions](#))).*

All the problems that we humans cause to ourselves, to others (on an interpersonal and collective level), to the planet, to Nature, to the Natural Order, ..., are the consequences of these causes, which could be stated in a few lines of this paragraph.

It is certainly not the first time that the planet Earth has gone through energy cleansing by raising light frequencies. We can count on the fact that, in certain periods, even ancient peoples survived frequency transitions and in the process developed wisdom and tools that help conscious people with this.

## **A tool, the use of which helps people a lot during this time**

During this time of retrograde Mercury and a solar eclipse, **we can use the Icarus**. It is a shamanic voices and music tool that works on an energy level to be healing, healing, healing, and also very nourishing. Kindly, please listen to it respectfully, maybe even during meditation, gratefully, because it is a gift from the shamans to you and also my gift to you. It is available at this link:

[https://music.youtube.com/watch?v=zNg4Uf8XT3M&si=wOMKOP6BpKlrV\\_pl](https://music.youtube.com/watch?v=zNg4Uf8XT3M&si=wOMKOP6BpKlrV_pl)

## **The drive of Sustainable Development implementations, is thus radically changed in the direction of the natural flow**

For the implementation of the great concept of Sustainable development, such and those changes mean and bring a huge, in my opinion, breakthrough change. They start to be generated and driven by the pull effect instead of the push effect and the great, enormous effort put into it.

Everything is fine, everything will be fine.



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