

Healing the Whole Person: The Cosmoenergy Holistic Method

Understanding the Soul · Harmonising the Energy · Awakening the Inner Power

What if wellbeing is not only about addressing what we feel today, but also about understanding who we are, how we live, and what may have brought us to this point?

This question has become increasingly important in my work with people.

Over the years, I have come to understand that it can be difficult to look at one part of a person in isolation. Our physical state, emotions, thoughts, energy, relationships and sense of purpose are all part of our experience of life.

This understanding gradually led me to bring different elements of my practice together into one integrated approach, which I call the **Cosmoenergy Holistic Method**.

The method combines Cosmoenergy energy practices and Hutter frequencies with Numerological analysis of Personality and Destiny, ancient knowledge, self-awareness and conscious personal development.

At the heart of the method is a simple principle:

Look at the person as a whole.

Beyond the Immediate Problem

People often seek support because something in their life no longer feels right.

Sometimes it is their physical or emotional wellbeing. Sometimes they feel exhausted or disconnected from themselves. At other times,

everything may appear perfectly normal from the outside, yet internally there is a persistent feeling:

“Something is missing. I don't know where I am going.”

In my experience, these moments can become an invitation to look more deeply at ourselves.

Instead of asking only, *“How can I make this feeling disappear?”*, we can begin asking different questions:

Who am I?

What are my natural strengths?

What gives my life meaning?

Am I living in harmony with myself?

What patterns keep repeating in my life?

And what is my inner self trying to show me?

These questions form an important part of the Cosmoenergy Holistic Method.

The First Level: Understanding

The first level of the Method is about understanding the individual.

I use numerological analysis of personality and destiny alongside other ancient systems of knowledge to explore a person's natural qualities, strengths, challenges, patterns and sense of direction.

I do not believe that this should be used to tell someone what they *must* do with their life.

For me, its purpose is different.

It is a tool for **self-discovery**.

Sometimes we spend many years trying to become the person we believe we are supposed to be. We follow expectations, responsibilities, social rules and other people's ideas about success.

And somewhere along the way, we may stop hearing ourselves.

When a person begins to recognise their own qualities and inner resources, something very important can happen: confusion begins to give way to clarity.

The question changes from:

“Why is this happening to me?”

to:

“What can I understand from this, and what can I change?”

This is the beginning of conscious participation in our own lives.

The Second Level: Energy

The second part of my approach is energetic work through Cosmoenergy channels and Hutta frequencies.

These practices are used with the intention of supporting energetic balance, relaxation, harmonisation and the body's natural restorative processes.

But over time I came to feel that energy work alone was not the complete picture.

A person may experience a beautiful session and feel calmer, lighter or more balanced. Yet if they return to exactly the same patterns, fears, relationships or ways of thinking that continually create inner tension, something important remains unchanged.

This is why awareness matters.

The aim is not for someone simply to lie down and wait for something to be “done” to them.

I want the person to become an **active participant in their own process of transformation.**

The Third Level: Integration

This is the heart of the Cosmoenergy Holistic Method.

For me, the deepest work begins when energy, understanding and conscious intention come together.

Energy supports the person's state.

Knowledge helps them understand themselves.

Awareness allows them to recognise what may need to change.

Intention turns understanding into movement.

When we understand ourselves more deeply, we can begin making different choices.

We may recognise where our boundaries have been missing.

We may understand why we repeatedly enter the same situations.

We may finally recognise abilities that we have underestimated for years.

Or perhaps we realise that the direction we have been following no longer corresponds to who we have become.

This does not mean that every physical or emotional difficulty has a spiritual explanation.

Illness is not a punishment, and experiencing health problems does not mean that someone has followed the “wrong” path. Physical and psychological conditions can have many causes and should always receive appropriate professional medical or psychological attention when needed.

The Cosmoenergy Holistic Method does not replace this care.

Instead, it offers another dimension of support — one centred on **energy, self-understanding, awareness and inner transformation.**

Remembering Our Own Strength

One of the most important aspects of my work is helping people recognise their own resources.

When someone is experiencing a difficult period, it is very easy for the problem to become larger than everything else.

We can forget who we are.

We can forget what we have already survived.

We can forget our abilities, intuition, creativity and inner strength.

Sometimes another person can simply help us see what has always been there.

This is why, in my work, I am interested not only in difficulties. I am equally interested in **potential**.

What is strong in this person?

What can support them?

What qualities have they not yet fully recognised?

Where is the possibility for movement?

Because understanding ourselves is not about searching endlessly for what is wrong with us.

It is about discovering what is already **right and powerful within us**.

A Different Relationship With Wellbeing

For me, holistic wellbeing is not a search for perfection.

It is a process of developing a more conscious relationship with ourselves.

It is learning to hear the body.

To recognise our emotions.

To understand our patterns.

To respect our energy.

To discover our strengths.

And, perhaps most importantly, to begin listening again to the quiet inner voice that tells us when something is truly right for us.

This is why I no longer separate Cosmoenergy from the ancient knowledge and numerological analysis that I use in my practice.

They have become different parts of one process.

One helps us work with energy.

Another helps us understand ourselves.

Awareness connects the two.

And the person themselves remains at the centre.

Because no method should take away our responsibility for our own lives. A truly holistic approach, in my view, should help us become more conscious, more connected with ourselves and more able to recognise our own inner resources.

Sometimes the journey towards greater wellbeing begins not with trying to become someone new, but with finally seeing the person who has been there all along.

Ourselves.

Irina Psculkovska

Cosmoenergy & Numerology Practitioner

Founder of **Cosmoenergy World**

Creator of the **Cosmoenergy Holistic Method**