

N I N A   B A S T E T

THE QUEST  
FOR JOY  
OF LIFE

**Through Inner Transformation**

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# THE QUEST FOR JOY OF LIFE

## **Thought Inner Transformation**

The book is designed, as an easy-to-follow, step-by-step guide to find your joy in life. It could become your first step to spirituality and Enlightenment.

This book is written without the use of ghostwriters, by a first-generation immigrant. I am asking you to be patient with the grammatical or stylistic mistakes you may find here. Reading this book without judgment for the correctness of language use may be a great lesson and one of the steps to the road of happiness - the road to total acceptance of life in all its beauty.

## FOREWORD

There are so many roads in life. All of them ALWAYS take us where we are supposed to be. Some of them will take you a long way, some will take you in circles and some will take you straight to your destination. But our final destination is set and whether we know it or not, we are heading in this direction.

Our soul knows exactly where we're heading, but we have the freedom to choose the road to get there. The number of roads available to us is infinite. Just pick one and follow it, and if you do not like the current one, take a different path and it will take you to another road.

It is your choice and it is the main principle of life on this beautiful planet Earth - FREE WILL.

You just have to make step by step and keep moving ahead to follow your destiny! And depending on your level of awareness, you will choose one road or another and it will take you to your goal with more or less life adventures.

This book will show you some techniques and practices that may help you find a faster and easier road toward your life goal and your happiness in life when you choose to follow them.

The book will be available at no cost when you subscribe to our email list.

We may send you emails once or twice a month with holistic and spiritual information to help your life to become easier and happier!

When you are on your path and it seems more difficult than you expected, do not rush to make a turn away from your path. Walk on it for a while to see where it takes you, only then, if you really feel you are not where you wish to be at this moment, make a turn away from it. Be patient. Making too many turns can get you lost or take you in the circle and make your road even longer.

On your way, you will hear many different pieces of advice, you'd better hear them out, but follow your heart! Your heart has its own knowing, it is your intuition, this is your only real compass in life.

Same concerns and about reading this book. Everything written in it is old as the World. All this already was told many times by many great teachers starting

from ancient times. But people hear different words from the same teachings and same books, according to what they want to hear and depending on their level of consciousness. And very often the same words, but said differently will have a different effect on different people.

Remember that every book will come to you at the right moment and for the right reason. And maybe this book, supposed to get the “AHA” moment in you, so read on to find out why you’re holding it now, at this specific time. Even though this book is for beginners on the spiritual path, even if you are a student of life with a good spiritual background, you may still find something new for yourself. Often, something, described from a different point of view or by using different words will get you to understand it better.

A large part of this book is my life story. A life story of a regular person going through life with its ups and downs and finding the way to happiness. I really hope this book will help you to get into your own path to happiness. Do not wait!

Every day of our lives we are getting closer to the end of our life journey. And it is up to us with which experiences we get to the end. Did we experience all the happiness of life, did we live through all the fun of life, or did we notice and lived through only in misery and unhappiness? You need to find your own answer and what it will be, is totally up to you.

**Freedom of Choice is the main principle on the Earth, choose wisely!**

Start making your steps now to get to the end, whenever it will happen, with the happiness in your heart and the great feeling that you lived your life happy and had a lot of Joy and celebration in it!

**So, start celebrating your life now. Good luck on your road.**

Thank you for reading it.

## DEDICATION

I dedicate this book to the people who are lost in this world, who have not found themselves yet and living their lives in the misery of illusions. I dedicate this book to people I know, who are slowly killing themselves in addictions to alcohol, drugs of illusions of emotions. I am hoping this book will brighten the road in front of them, like the lantern light for a blind. I wish that this small light would help them to find themselves and will help to find their road to the joy of life.

Thanks.

I want to thank my kids Jenny, Eric, and Mikhail for supporting me on my quest. I know a lot of time it was not easy, but I always feel their love and support, even when it looks different. I want to thank my parents and my brother and his family for giving me recommendations, which I barely followed, but I always knew they come from their loving heart. Thank you for loving me and supporting me in all uneasy situations.

I want to thank all my friends for their support on all levels; emotional, physical, and material. This really helped me through the period of transformation. Thank you for supporting me even when you did not understand me and when I was doing something in your eyes was wrong.

Thanks to all these beautiful and loving people in my life:

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Alla Rapoport, Vladimir Shifrin, Vadim and Jordan Olshansky, Talla Zhitnitsky, Elizabeth Keady, Alex Olshansky, Dmitriy Yefimov and many other people surrounded me all these years. Thank you for all the life lessons of life I received from you. May you all be happy!

I want to give special thanks to the younger part of my family. My nieces Abigail and Ariella and my grandkids Esther-Leah and Yitzchak (and now new addition to our family), Moche-Israel. They give a lot of joy to everyone around them and I really hope they will grow up happy people with a lot of joy in their life.



## ABOUT THE AUTHOR

Our happiness and joy in life are in our own hands. We can get happy, only through understanding our real self, and in order to do this one needs to go through the transformation process. I will explain what it means and how to start it further in the book because for many people, this sounds just like some kind of abra-kadabra. I went through that road myself and I am still on that road as you will see in my story.

I call myself a happy person. I was born in a good family of engineers in Ukraine, which at that time was a part of the USSR. My parents loved me and my brother and we had a good childhood. When I got married I immigrated with my husband and his family to the US and that is where my adult life begins.

I am a regular person, like most of the people on this planet. I was not born into a rich or famous family. As for many others, my life was a rollercoaster with its ups and downs. But I am very happy it went this way and I do not regret any moment of my life.

I consider myself very lucky since God gave me everything that I wanted every time I wanted something. Not always, at the time when I thought it would happen, but definitely at the right time when I need it and need it the most.

Yes, you can say, I am an optimist and was an optimist since I can remember. I thank God for this, since it does make life much easier and brighter. So, for the ones, who are still a pessimist, my advice - change your point of view to that life, change it now! I hope that reading and following the directions given in this book will help you to do it.

When you look at everything from the brighter side, you will start to understand that life is beautiful and it will become much more colorful and much more enjoyable for you.

I know, it is easier said than done and I am writing this book, with the hope that it will help, the ones, who are looking for happiness in their life, to find what they are looking for, or at least will show them the road, which they may start to follow.

When you mark your goal and will follow the chosen path, sooner or later you will get to your goal.

So, I am a regular person, just like one of you my readers, why should you listen to anything I said, and why should you follow anything that you will read in this book?

I will not try to tell you why, it will be totally your choice, but I **do want to tell you some facts from my life** to make it more appealing for you to read on.

I came to the US when I was 23 years old. When I was young I wanted to be a builder, but my father thought it was not a good job for a girl. So I graduated college in Business administration and accounting. This actually really helped me in life later on, when I had my own business. But what about getting everything I wanted? When I came to the US, I felt like my English was not good enough, so I wanted to work somewhere in a simple place, where I could learn the language through communication. I started to work in Popeyes Chicken fast food restaurant in Downtown Chicago, first as a regular employee, but about a month later as the store manager. It took me around a year to realize that this is not my future and that there is nothing else I could learn here. So I quit the job and got admitted to Community college, where I took some classes in accounting and computer. Again, I knew, I was not planning to do it for a living, so I just took some classes, that could and indeed helped me in life.

**I was young and knew that I would be rich and happy, but had no idea how I would get there.**

At that time, what I did not know about myself is that I have a hidden talent for business. So for another year or so, I tried myself in different fields, until one of the girls at work told me that she was going to take the real estate classes. I decided to come along. After passing the real estate exam, I became a realtor and was a successful realtor for the next year or so, until after a very good Real Estate Class, I made my first and last "cold call", through which I've met an older gentleman, who introduced me to real estate investing and contraction - renovation business. He even loaned me my first \$30,000 so I can purchase my first investment home for renovation.

What do you say about destiny and getting what I want now? That is exactly how my construction career began. The incarnation of my dreams came to me around 8 years later after I felt that is what I want to do in my life. When you really want something, you will get it. All you need to do is to be patient and follow the road, it will bring you to the desired result. And my wish brought me a very fulfilling job that I loved, where I could build beautiful apartments with contemporary decorations, and amenities in the place of the old and ruined and dirty ones that they were before my renovation.

This one phone call was the beginning of my new career as not just a builder, but also as a Real Estate Developer.

Starting from 1 single-family house in an inexpensive area of Chicago around 1993, then moving slowly to 6 to 30 units condo conversion buildings. Through this business, I've met my 2nd husband. and this was a real love and faith story of flying to the top and falling down, but it is for another book. We got married in 2001 and together we grew our business to be a small empire. From having only development business we had 5 other businesses, most of them connected to construction and development.

We built a 10000 s.f. home in one of the most prestigious north suburbs of Chicago, we drove Bentley and had a very busy and fulfilling life with our three kids and a lot of friends.

But I hope you know, money can't buy happiness. From being very happy in the beginning, around 5 years later we became miserable. The job I loved so much became a burden, a company of people at work and at home, who I loved was not enjoyable anymore, our relationship became close to hell. We became a "zombie",





slaves of our business. It was not about the money, but more about keeping going, keeping the business running, and keeping the lifestyle we wanted.

Unfortunately, our happiness was not long, only about 5 years. After those first years, were another 5 years of fighting and struggling and divorcing 10 years after marrying.

So what destroyed our relationship?

What is it, that makes all those people, who are starting so good, finishing so bad?

Why can't people stay happy?

Why do couples get divorced?

What are all those people doing wrong?

These and many other questions I was asking myself all those years. I am writing this book 6 years after our final separation, but it took me around 10 years to come to it.

At present time I am Free and happy. I purposely did not use the word single here, since we are never single. We are surrounded by our kids, friends, and family, so why single? I think it is not the best word to describe a person without a spouse. Free sounds better to me.

But what about my financial situation? About at the same time as we were in the process of fighting and divorcing, we lost all the businesses and in 2009 filed for bankruptcy. The economic crisis really hit us badly, since all our businesses were connected to real estate and construction, and that was what was hit the most by the economic crash in 2008-2009.

We did not divorce, because we lost money, no, we lost ourselves much earlier than that. I would even say, we lost money because we lost ourselves. But this book is not about the relationship, another book will be about it. The story about me was just to show you, where I was in the beginning, how high up I flew and how I fell down. I just meant my financial and emotional conditions.

During the time of crises, the Universe never left me unsupported. I always felt support from the higher sources. I was getting a lot of new information while we were going through hard times in our relationship. First I got attracted to learn about tea. Yes, tea and herbs we drink. I learned a lot about it and started my own online business.

Then at almost the same time, we went to Egypt and that was the first time I've heard of essential oils. Tell you the truth, at first I did not like the smell, but purchased them anyway. When I got home, I started to learn about it and got amazed by the healing powers essential oils possess. I started practicing it and a couple of years later became a Certified Clinical Aromatherapist.

At the same time of doing this, I got excited about rocks and gems and their healing powers and started learning on that subject.

And last but not least I started to make jewelry, me who considered myself not created at all, started to make jewelry. I would never have believed it if someone would tell me that would be happening to me before.

So the Universe did not leave me alone. All those things really helped me through hard times. It was not just about learning about them, but the most important thing I was using all their healing powers. I was making my own herbal teas, using essential oils for relaxation, during my meditations, when I needed more energy, to heal members of my family of different illnesses, and much more. I surrounded myself with healing rocks and gems for meditation and made jewelry to balance my body and mind, at the time of stress.

And the most important, that connecting to all those wonderful gifts of Mother Nature, seeing and feeling the healing they can provide, I started to wonder and learn about energy and spirituality, started to take classes and seminars and my life went in a totally new direction.

You will not believe what happened next. I opened a small shop with all these items. With my friend Rosa, we opened a small business with a spiritual shop on the first floor and jewelry making school on the 2nd floor. The business was small with the hope to grow to the large healing center at a later time. But what we did not realize, any new business requires a lot of money for advertising, which none of us had at the time. So even though at first it picked up and was going well, it never provided enough income to support 2 families or to grow in the larger venture.

We had to close the business 4 years later. During those 4 years of operation and thanks to my friend Rosa's support ( she did not take any money from the business, but was helping my family to survive) I learned a lot of new things and received a lot of new life experience, which took me to the totally new Life Path. the Life path I am now following for many years.

So again, as you see, **we are never alone, the Universe always helps, we just need to make sure we notice the help, ready to accept it and appreciate it, instead of complaining and waning.**

All that time, around 10 years, I was going through my inner transformation process, at first without understanding it and with a lot of fears. Later, when the understanding came, I started to go through that process consciously and it turned from being a burden and stress into a lot of FUN.

Now around 6 years after losing all stability in life and letting go of a loved one, who's chosen addiction over family, and 10 years later after the process began, I feel great, I look great and I am very happy and on my great road to bliss. And It all thanks to the inner transformation on the road to spirituality and happiness.



Another fact, that you probably will find interesting. Language Arts were my least favorite subject in school. I really did not like to write essays. I liked to read and speak, but not to write. When I was thinking of going to college, after about a year of me coming to the US, I had an English test, where we had a conversation with the examiner for about 30 min, after which she told me that because of my essay, she can only admit me to the English 1, that meant my business classes had to wait another year or two. My answer was: I am going to college to get a master's in Business, not a Language art. I do not need extra years of only learning language, because I will never be a writer. As the saying goes, never say never!

So what is this book about? It is about joy and happiness. How one can find happiness in a time of crisis, or just at any time.

Please do not just read the book, but start doing the steps described here. It will change your life like it changed mine.

NINA ( Nina-Basted) / August 2016



## WHAT DO YOU HAVE TO LOSE?

This book will describe step by step techniques that helped me as well as many other people I know and I helped through my practice, to find their joy in life. The techniques are very easy to understand and follow.

As for many readers, it took me a long time to start going on that road. I started the first time around 20 years ago, but then life got happier and I left it to be. Only when real crises started to come, it is when I came back to that road of transformation following the road to enlightenment. For many of us, we start following that road only after bad crises are happening in our life. I feel like most of the time, in order to start the transformation process, the Universe has to destroy everything that we get attached to, in order to turn us into the correct road.

**Life crises are one of the main signs of the beginning of the transformation process in a person.**

I am wondering if I would keep following the road to enlightenment when I started 20 years ago, maybe I would still be happily married and living a good and fulfilling life with my whole family in place? I do not have the answer to that and probably no-one would.

My advice for everyone who is still not open to changes or still hoping that everything will come back to the point it was before (before September 11, or before 2008 and many other before people are coming up with), **start changing now**, now, while everything is still good, without waiting for some universal power that will force you to go on a road of changing yourself.

At present time our Earth is changing Her vibrational frequencies, we are getting into the new Era, the changes to the Earth, and everyone on it will keep happening. We need to change! Or....no one knows what will happen to the ones, who will reject changes, but today there is a lot of new information about things happening on the Earth, and you want to be between those, whose life is changing for the best, not the other way around.

Why don't people want to change their life? Changes are making one leave the comfort zone and move toward the unknown. Life changes require work, constant work on themselves and conscious living which seems difficult for some people. The excuses people find are: I am busy, do not have time, I am lazy. This situation happens to very good, hard-working people, but lazy when they have to do things for themselves.

The truth of the reason is: it is not laziness or busyness. There are two main reasons why people do not do things for themselves, even though they understand it will make their life better. **These reasons are buried very deep in our subconscious mind, and even now after you will be reading about it, the first thing you will say is: NO, this is not about me.**

**The first reason is The fear of change.**

We all have many fears buried in our subconscious, which do not let us move ahead freely. At some point in our life, we have to face them. If one does not do it out of the free will, the Universe will create a situation, where he will have no other choice, but to face it.

So maybe now is the time to look in the face of fear and ask yourself:

**What do I have to Lose?**

Look at your life and tell yourself the truth. **Are you happy?** The answer is probably, NO. If no, decide to make your life better and make the first step in the direction of your happiness and joy.

The first step in the direction is not just about reading this book, I am sure you already have read some other books about life. The first step to happiness is:

**START PRACTICING WHAT YOU'VE READ AND DO THE TECHNIQUES YOU'VE LEARNED.**



You need to have your own experience, to get real changes in your life.

You need to step on the road and go through it. Just reading directions from Chicago to New York will not get you there. You have to drive or fly or walk the road in order to get to New York. The same is here. You have to walk the road, no one else can do it for you, not your teacher, not the facilitator of the seminars, not the author of the book.

**You and only you can create your happiness and joy in life. Start Now!**

The second reason why people are not doing things to change their life for the better is also rooted very deep in the subconscious:

**Suppressed feelings of being not worthy of good things and a better life, or in other words, not loving themselves.**

This comes from the many past lives we lived before this one as well as from all the religious beliefs of First Sin, and many other beliefs we had for many lives we lived on this planet. There are many books on psychology written on this issue, where you can do your research, but the point is, **most people feel not worthy of being happy. We do not Love our self-correct way in order to do a good thing for ourselves.**

So for now, let's decide to be worthy of having joy in life and decide to face those issues and say to yourself something like this.

## **TECHNIQUE 1**

Starting today, I am worthy of all the happiness in the world and of all good things that can come into my life. I love myself and I am doing everything that brings happiness to my body, mind, and soul. I fearlessly meet and greet every change and every situation that is coming into my life. Starting today, my life is a celebration. My dear Higher Self, thank you for being with me all the time, for helping me and guiding me on my road to happiness, transformation, and enlightenment.

Amen! Thank you!

Make this your morning and evening mantra and part of your daily rituals. Say it as many times per day as possible, make a picture on your phone, and read it. Any time you have negative thoughts or some kind of feeling, you are not labeling to do or have something you want, repeat this affirmation. This will start reprogramming your mind. Mind control is a very important part of the transformation process. Do small steps, like this one, but do it consistently, all the time changing from judging yourself to praise yourself, one step at the time and you will get a great result.

When I started, I put sticky notes on my bathroom mirror, so every morning and evening I was saying affirmations, similar to this one while doing my daily rituals.

Know that you are not alone. Most of the people in the Western world are facing similar difficulties and feeling unhappy. More and more people are starting to come to an Awareness, that something needs to change and start getting on to the road to enlightenment.

So what changed, why so much unhappiness in the current world?

Why can't we be happy with ease, why does it have to be so difficult?

Why is our generation so much different from previous generations?

Were previous generations happier than we are? I think the answer would be no.

Our parents, grandparents, and ancestors, were not happier than we are. The only difference is, they were not expecting happiness from life, they did not expect all those other things that we expect. Remember those days, every generation had some kind of huge crises as wars, epidemics, revolutions, witch hunts.... you name it. The regular people did not think about happiness, their concerns were having a roof over their head and food on the table. Happiness was not in demand. And this was transferred from parents to kids, generation after generation, that hard work for food and shelter, that is what most people expected from their life. Maybe some people from the high society, nobles were expecting to be happy. But most of the population did not expect to be happy, it was not part of their culture to have some kind of expectations.

Life was life, good or bad, they were told by authorities and religions that they have no other choice, no right to complain. I am sure they were happy in their own way, probably when they had food and shelter when the kids were well, and so on. And at least they were happy in one thing, they had no high expectations for life and they knew how to appreciate what they have at the present moment.

They knew from their own experience, that life is changing all the time and the good can change too badly at any time. We can say that people of previous generations were happy, but not in our understanding of happiness.

So which is better, our ancestors' situation or ours?

We live in totally different times. The world has changed, we can not ignore that. It did not come to an end as our physical existence at 2000 no in 2012, but the Old World did come to an end. And it started happening much earlier than 2012, it started around 1960th with the women's rights movements and black people's rights movements.

The change in the world started, when the past patriarchal world, with more than 2500 years history of discrimination and separation, which was very much supported by most of our current fear-based, patriarchal religions, has started to come to the end. We can not continue to live as our parents and grandparents used to live. The Universe does not let us continue to live in the same paradigm as previous generations. The new paradigm is here and we have to learn to live in it and to be happy.

We are different, our kids and grandkids are even more different than we are. And it is time for us to accept this fact and start building our life according to the requests of the New Era. And we are the First Generation of the New Era.

I am that generation of people in their 40th and 50th, who want to be happy. And I am on my quest to happiness, which brought me to many beautiful discoveries, which I want to share with you.

# **AWARENESS # 1**

**OUR PARENTS COULD NOT TEACH US SOMETHING  
THEY DID NOT KNOW.**

Stop blaming the parents or the society for not teaching us how to be happy, how to have the right kind of relationship. We need to understand one thing: they themselves did not know how to. Whatever knowledge our parents had in regards to what is happiness and how to build relationships are not good enough for us today.

So, stop the blame, take responsibilities into your own hands and start changing your life NOW. No more procrastinating, shame, blame, or guilt from you toward anyone. You are your own master. Let's start mastering your life!

Relationships with our parents are very important in our life. Most of us have or had problems with our parents. It is because we are different and this fact is hard to communicate with our parents. We have judgments and resentments against parents.

Understanding of the following may ease the relationship: We came to this world with specific parents and family situations for very special reasons. Our souls have chosen our parents, so we can learn specific lessons and have those specific experiences that we are having. Our parents are just following the contract that our souls agreed on. This is not their fault, we need to learn specific lessons and go to those experiences that we did by having those parents. If you understand and accept this, it will be easier to forgive and ask forgiveness from them. (all of this can be done energetically, even if your parents are not in this world anymore).

# STEP 1

## ON THE ROAD TO JOY IN LIFE

Forgiving and asking for forgiveness from our parents is the first and the most important step in our quest. The same is concerning your kids if you have issues with kids.

Just remember, you can not change anybody in this world, except yourself. And if you do not like the situation that happened, try to look at the situation from another angle, like if you were in the theatre watching the play and not one of the actors in it. Maybe your point of view will change and it will be easier for you to let it go.

I had issues with my parents as well. I always knew that when I was born, my father wanted a son, so he was not very happy when the daughter was born. My brother was born 6 years later. And in my head, I knew my father loves my brother more, but my mother loves me more. so it was satisfactory for me.

My father was very strict, and even though I was an all "A" student in school, very active in life with a lot of hobbies and friends, helping at home to clean and bake, for some reasons, every time something was not satisfactory to him, I was spanked. I was badly spanked, as well as very often verbally abused and humiliated, here in the US you would call it child abuse. But I did not think about it this way. At that time in the Soviet Union, many parents behaved this way with their kids, they thought they taught them something this way. But I was a very strong person and up until I was around 40 years old, I did not even realize how much effect this abuse had on my life and my relationship with men especially. Actually, I was always saying that this situation with my father helped me to become a very strong person, it formed me into a very strong and successful woman, but I did not realize that my relationships with men were ruined by these childhood experiences and this kind of treatment by my father.

Probably, I would grow up to be a that strong and successful woman, even without abuse, but I guess, my life lesson was to forgive my father and my mother for this kind of treatment. When I started to follow my quest for happiness, I realized, my father was not loved by his father, how can he love me? My father was born in 1939 he was the first son. Soon after his birth, my grandfather was taken to the army to fight Nazis in World War 2, he was a pilot and came back home from the war losing a leg. We can not even imagine those times, thank God we live in a world without major wars. But I understood, the psyche of my grandfather was ruined. My father was brought up by my grandmother in a very difficult time. Who was thinking



about loving a kid? If you got food and shelter, you would be happy. And then after the war ended, my uncle was born. The time was better and all the love of my grandparents went to my uncle. I was lucky to know my grandparents when they were alive. My grandfather was ``grumpy old men`` very quietly sitting on the sofa and smoking a lot, that is all me and my brother can remember. He died when we were very young. My grandmother was a loving and open person. We loved her very much, but we could always feel her stronger love for her younger son and his son. Actually, my uncle grew up a much kinder and softer, and more loving person, than my father is. You yourself probably could see the difference in people when they were brought up with parental love or without, as I could see it, looking at my uncle and my father.

So, when I realized all that, it became easier to forgive. I started to do my forgiveness prayers, but it took me some time to let go of all the resentments from my relationship with my father. What made the situation worse, is that he continued his verbal abuse even until a couple of years before this book. When the situation got worked out and forgiveness was done (at least the larger part of it) my relationship with my dad changed. He started to judge me much less and even if he says something I do not like, I can stop him without holding it inside myself.

But even now, after working on it for so many years, I still have issues here and there, so I will keep working on it all the time. **The good news is when you will do your part, all of sudden you notice a change in your parents or/and your kids. When you correct your relationship with your parents, you automatically correct your relationship with your kids as well.** You do want to have a good relationship with your kids, don't you? That is how interesting Karma works. And it is working, trust me.

So, forgive your parents, they did not know any better, how could they, when they got the same treatment from their parents.

I hope you can understand the importance of this step. You can have a confirmation of the importance, by looking at the teachings in every religion. Every scripture mentions the importance of accepting the parents and forgiving, this is proof of how important forgiveness of the parent is.

Now in the new era, we have many different techniques available to help us to do parents' and kids' forgiveness as well as emotionally releasing the traumas from our childhood. Now it could be done easier and much deeper, so we can stop this vicious circle of bad parents-kids relationship.

In case the techniques described here, will not help you, or you will feel stuck at some place or at some time, try using any other Emotional Releases Techniques from many different ones available. Something should help. It will take time, but it will definitely be worth it. It will benefit you, your whole family and the whole society.

When I look at my daughter now, who has 2 small kids on her own, sometimes I can see how she is repeating our relationship, in her relationship with her kids, even though she is totally rejecting and does not want to accept it. And the more she wants to be different from me, the more it is happening. When I see that, I need to work more on the relationship with my mother, so it would help my daughter to stop judging me and become happier. But she is old enough and is working on that issue by herself as well and this is great!



## AWARENESS # 2

WE ARE DIFFERENT FROM OUR PARENTS  
AND OUR KIDS ARE DIFFERENT FROM US

We are different from our parents and their parents. We have different goals and different expectations of life and relationships. Our kids are different from us, with their own agenda in life.

With this understanding make the following commitments: stop comparing yourself to your parents.

Do not let your parents compare you or your kids to them or to anyone else. When someone tells you the things that make you feel bad about yourself, it stays in the subconscious mind and you will have to work with it later, in order to eliminate the results of this kind of thinking.

From now on, if your parents or someone else tells you something negative (and you have no power to change or stop them from saying it), in your mind say:

“All of it does not belong to me, return to sender with consciousness”

I know how difficult it is to stop controlling our kid's life. I am myself was a very controlling person by nature and have a daughter 30 years old, who I controlled a lot and now in her adult life, she has to go through her transformation process of fixing our relationship (our relationship are good, don't get me wrong, but the inner issues of having controlling parents are very difficult to overcome). I also have a 17 years old son. It took me quite a long time to stop controlling his every step and to let him choose his own way of life, which is very different from mine. It was a very difficult transformation for me, and especially when I've heard and still hear from my parents and other family members that I gave him too much freedom, he has to be told what and how to do, that I am not teaching him well enough and so on and on.

It is a difficult process and a hard choice to make, of how much control is still needed. I talk to my son all the time about what is good and what is bad, I talk to him about spirituality, even when he doesn't want to listen. I feel like telling him and letting him do his choices is much better than forcing my point of view on him. Time will show. No-one can predict what will happen. I hope I felt my inner guidance correctly and are giving my son the correct lessons that his soul needs to get and learn. His life lessons are not easy, but he has to learn and go through them by himself with the head up high, knowing that I will support and advise him when he will ask for it.

## **STEP 2**

### ON THE ROAD TO JOY IN LIFE

**Stop comparing your kids and their life to yourself. Do not let your parents compare you or your kids to them or to anyone else.**

Next commitment, you want to do for yourself: stop comparing your kids and their life to yourself. They are also different from you are. Plus how can you teach them something, that you do not know yourself yet? You want them to be happy, but you still do not know how to get there. So let them find their own way. Maybe they came to this world with more knowledge than we did, after all, they are “New Era” kids.

## AWARENESS # 3

WE NEED TO FORGIVE MANY PEOPLE FROM OUR LIFE, THE MOST IMPORTANT IS FORGIVING YOURSELF

The first time I heard about it was when I was going through my divorce, which was very painful since we loved each other, but he made the choice of his addiction over our family.

When I heard this for the first time, I thought about that person, who told me that was totally wrong. Who do I have to forgive - just my ex-husband and maybe his mother and...and that is when it all started. When I began to use the Forgiveness Technique (see below), just then I realized how many people I have who I think hurt me in the past.

But when you think they hurt you, they probably think the same about you, they think you hurt them. So you have to ask for their forgiveness as well. (don't worry, you do not have to run and find them in real life, it's all done mentally and energetically in the convenience of your own bathroom or bedroom).

Here I will start using such words as energy, aura, and other connections to metaphysical realities. If you do not believe in energies or have no knowledge in this field, please read some books of renowned authors, explaining that and bringing evidence in detail.

Every person, who you blame about something, to whom you feel guilt or shame, to whom you are mad, all these people are in your aura field and draining your energy.

Actually, if you ask any clairvoyance about any of these people and what you feel about that person, they will see that person's energy in your field and should be able to tell you how you feel about this person.

You know, how drained you feel, after arguing with someone or fighting with someone? Yes, this is because you just gave your energy to that person. And that connection stays with you for years, until you cut it out totally. But the only way to let it go and cut out the unnecessary connections and energy drainage from your life is to forgive and release.

In addition to blaming others for something in our life, without realizing it, subconsciously, we blame ourselves for everything in our life, for all the mistakes

we did, for all the wrong words we say for all the ``wrong'' deeds we did, for letting others do things to us....

You can say a 100 times more that you don't, same as I did, but we do. Most of the problematic information we have is stored in our subconscious mind, and until we start looking very deep inside ourselves, we will not be able to find it, or even realize that we have it. But at the same time, it is hurting us in our everyday life.

So I recommend, **accepting this as fact, start doing forgiveness techniques and as you go deeper inside yourself and start doing different practices, you will find the conformations of these discoveries.**

**What do you have to lose? May be only part of your unhappiness?!**

How does it get any better than that? What Else is possible?! (Access Consciousness)

## STEP 3

### ON THE ROAD TO JOY IN LIFE

**Forgive everyone and everything. Ask forgiveness from everyone and Everything you can remember. Release everyone. Forgive Yourself for everything.**

THIS IS THE MOST IMPORTANT STEP. Without forgiveness, you will not be able to go any further to your happiness. You will not be able to eliminate bad emotions without forgiveness. You will not be able to eliminate bad thoughts without forgiveness. Without forgiving yourself you will not be able to love yourself. So forgive yourself and others as soon as possible and start living the life you deserve.

Often, during group forgiveness meditations I facilitate, I asked, what if I do not want to forgive? The question is, who are you hurting when you do not want to forgive? The answer is, you are hurting yourself. The other person may not even know how much he or she hurt you, they may not even think of you. They just live their life in which you are not even present. But, when you do not want to forgive, it means, you remember about it, you keep this energy of hate or anger for another person and pity and unfairness for yourself in your field. This creates blocks in your body, which causes different kinds of illnesses for you.

So why hurt yourself by remembering something that is passed, when it is much easier just to forgive and let go?!

My advice is, do forgiveness techniques, even if you think you do not want to. Because maybe, just maybe you do not want to, simply means do not know how to, or can not. Just do it a 1000 times if you need to and little by little it will become easier and farther from you until it will be totally gone from your energy field.

Remember, you are doing it for yourself, **ONLY for YOURSELF**, since you need to forgive in order to move further on your quest to happiness.

Remember, just because you've done it a couple of times, does not mean, it is totally done. Our emotions come out to the surface in layers, it's like you are peeling an onion. You forgive a person, but some years (hours, days, or months) later some other deeper information about the same person may be coming to the surface and you need to repeat the process again.

I have been doing forgiveness for the last 10 years. And if you remember, I have a pretty happy life, so I thought I had almost no-one to forgive. But I happened to be wrong in my naïve belief. I have many, I mean really many people who I had to and still have to forgive.

# TECHNIQUE 2

## FORGIVENESS MEDITATION

The following forgiveness technique was explained to me about 10 years ago, unfortunately, I do not even remember by whom. It seems very easy for me, so I started using it. I was using it for 4-5 years and then started using forgiveness Prayer (below) in combination with it, or just on its own. I feel that the technique will be good to use in combination with the prayer or either one by itself. I know for sure, it did help me a lot, it helped me to realize how many people we went through in our life, and on a subconscious level, we keep some kind of grouch on them for many years after things happened.

In this technique, it is not necessary to remember any information or situation about what happened with anybody you are forgiving.

Arrange for a nice relaxing atmosphere around you, start some candles, start an oil lamp with relaxing incense, make the place around you nice and cozy. You can turn on some light relaxing music if you like. For me it felt like destruction, just choose what feels lighter for you.

Sit down or lay down in a comfortable position. A nice warm bath will be a good ambiance.

Close your eyes and relax.

Imagine yourself on the deck of the cruise ship or on the plane or at the restaurant on a private party. You are walking among many people.

All of a sudden you recognize someone in the crowd. (do not try to remember any situations, you may not even remember the name, you may just know who this person is)

Look at the person and say to him (you do not have to do it aloud, use your inner voice, or aloud, whatever you prefer) the following:

**I forgive and release you, Please forgive and release me, you are free and I am free. (or something similar to that, which you can create on your own).**

Then look in the crowd again and you will see the new familiar face. (I am saying see here, but if you are not a visual person, which I am not, you will just know or feel who it is, maybe not see, just know or feel.) Do the forgiveness and go to the next person.

In my experience, people will come in clusters, connected to some situation or family or place. Everyone you notice, sometimes, even not knowing the name of the person, does the process of forgiveness.

Until you are tired or just can not recognize anyone.

Do not try to do everything at once. If you noticed the same person several times, repeat the forgiveness. Do not analyze anything. Do not try to remember anything. You will know everything there is to know when you need it.

Stay relaxed and calm. This should feel like fun. If you feel like crying, cry, it means some blocks are coming out. It is very good when you cry, and you will feel very good after you finish, maybe even a couple of pounds lighter (would not be bad, ah?).

If you are in the bath, please be careful not to fall asleep. If you are on the sofa and fall asleep, it is ok, do not worry.

Remember, everything you are doing here should be fun. You are getting things out, make sure you do not make it more stress or blocks in your life, stop if something irritates you, come back to it another time.

When you are finished, take a couple more minutes to relax and remember your experience. You will feel much lighter after each session.

I would recommend doing it once a week, so your field will clear, before doing the next session.

After the session you may feel some blocks coming out from your body, but not necessarily. You may remember some situations, when this happened, use Forgiveness Prayer below or, just say many times the same words that you were saying during the forgiveness session.

**Have fun with it. The more you do it the faster you will clear some blocks from your life.**



## AWARENESS # 4

### OUR THOUGHTS CONTROL OUR REALITY

Our thoughts control our reality, we've heard it many times, but still did not change much.

Let see the process of why we say that and how it is happening. Let see the process happening from thoughts to actions. Our subconscious mind is always in the process of analyzing and reacting to the sensations in the framework of our body. We constantly receive information in the form of sensations thru our senses: hear, smell, eyes, touch.... Every time we come in contact with the outside world, and it happens all the time, it creates a sensation in our body. Our subconscious mind analyzes this sensation and reacts to it. It reacts according to the old habit patterns that were created during our life.

This reaction of our subconscious mind creates a thought in our conscious mind. According to this thought, emotion is created. And according to thought and emotion, we generate an action.

So we can say that our mental actions are primary, more important than the emotional or physical action. We will talk about the importance of emotions later.

So let see how it is working on two examples (given by Goenka in his Vipassana discourse)

The first case, the worst-case scenario. One man abused another verbally. The abused person hears the words of abuse, the mind is analyzing - this as a very bad word, this thought creates the emotion of hate, the person takes out the knife and kills the abuser.

The second example is a doctor, looking at the patient, analyzing his conditions, and seeing that he needs to open his wounds immediately. So out of compassion, full of love he is taking the knife, puts it in this wound and it happens that the patient dies.

In both cases, the person dies, but the first person did it out of hateful thoughts when the doctor's thoughts were full of compassion. The same action of putting the knife in the person, that brought to the death of both people. But the first person karma and life will go according to his unwholesome thoughts, which brought to the death of the person. The doctor's karma and his life will be according to his wholesome thoughts of love and compassion.



Here you can see how our thoughts control our reality.

But this is not it. In addition to that said, we need to remember, that we all are vibrational beings. And our vibrations have a specific frequency range. The thoughts are also vibrations.

When unwholesome thoughts are generated, they create low vibrational frequencies. The good thoughts create high vibrations.

As you know, similarities get attracted to each other.

And our own negative thoughts, feelings, and emotions, will attract the thoughts with similar frequencies, which we will have in our head, accepting them as our own. And even more, the vibrational frequency of our thoughts attract to our life people with the same frequencies and the same thought patterns.

And the Awareness came like an AHA moment, (from Access Consciousness) most of the thoughts we have in our head, belong to someone else. Wow, but we know now that our thoughts control our reality, does it mean, someone else's thoughts may control my reality?! The answer is yes.

We actually know the cases when people were controlled distantly, through the thoughts to manipulate their actions, but we never applied it to ourselves.

So we really need to control our thought in order to control our lives. We can start doing it by making the third step to our road to happiness.

## **STEP 4**

### ON YOUR ROAD TO JOY IN LIFE

Control your thoughts, clear out your head from someone else's thoughts.

First, you need to be present at the moment and try to realize what you are thinking and what it is about. You will not be able to catch all of them. We are having too many of them in a second to be able to catch all of them. As you go along with the process, you will see that you will have fewer and fewer thoughts in your head.

## TECHNIQUE 3

As soon as you caught yourself having a negative thought, say the following (in your head):

**It does not belong to me, return to sender.**

Say it 3 times. If it was really not yours, you probably will not even remember what you were thinking about.

(You can replace the above phrase with the following: Not mine - burn it!)

If the thought is still there, think about how to change it to positive thought and think about the new positive thought a couple of times.

When you get into the habit of doing it, do not get surprised, when all of a sudden, you will realize that you have no or almost no thought.

Coming back to the previous subject of forgiveness, regarding the thoughts. Every time I remember somebody from the past or some past situation, I say forgiveness prayer 3 times or much more, depending on your relationship or situation with this person. With some people, I needed to do 100 times in order to release it. And only after saying forgiveness 3-5 times, if I am still thinking about it, I will try to analyze why. But most of the time the thoughts are gone.

Why do we need to do it? I have a strong belief, if you have no current relationship with the person and you remember about him or her, there is still some unfinished business ( karmic issues) between the two of you. It even maybe that you got the thought of that other person, thinking of you.

In any case, forgiveness prayer helps most of the time. If you know that you do have some unfinished business with this person, either only energetically or in the real world after you feel that you really have done your best in the forgiveness you can do a contract cancellation technique (see techniques). You need to repeat the process of forgiveness as many times as needed for you to let it go.

The contract cancellation will not work until you really forgive the person and release the situation. And that is why in most instances we need to do forgiveness for some time and only after that to perform a contract cancelation.

Do not get discouraged if the same people or situations will be coming repeatedly into your mind, remember it like peeling the onion - layer after layer. The good news is, every layer is going deeper and deeper in your psyche and removing more and deeper rooted complexes from your life.

Be patient with yourself and celebrate every time you clear some more blocks.

## AWARENESS # 5

### BURIED EMOTIONS DO NOT DIE

Buried Emotions don't die

We need to know that forgiveness meditation and prayer works with our conscious mind, which is the top layer of the mind. In order to get to the roots of our problems, we need to get to the subconscious mind.

Why? All our life, from the time we were born we experienced different kinds of negative emotions. Often, we could not let them out. Most of the time we buried those emotions inside of our subconscious. Every unrealized emotion created some kind of block in our body, in our organs. Layer by layer those blocks created a huge junkyard inside our body of different kinds of complexes and illnesses.

We do not realize how much of the junk we have stored in our field until we start getting all kinds of illnesses. The blocks and complexes created by buried emotions need to start getting out at some point in time. And if we do not do anything about it on our own, our body will start creating illnesses in order to let us know: hey, do something about it.

You can see plenty of sick people around you, who've chosen not to do anything about it. And partially, it is not their fault; the ignorance was created by our society, the information was not available.

Now, when we have so much information and techniques available, we have no excuses for not fixing and taking care of these issues. Our mental and physical health is our responsibility in front of our kids and our society.

There are books written by Louise Hay describing how our unrealized emotions affect our body in great detail. If you have some specific illness, you can find the corresponding emotion that you need to clear from your field.

You can work on that with many techniques, such as using different kinds of affirmations, many different kinds of meditations, essential oils will release emotions, EFT, hypnoses, past life regressions, shamanic healing, soul retrieval, and much more. Some of them are more advanced, like past life regressions, but some of them are very easy to follow. The great beginner techniques, when you know the emotions you have to work with are affirmations, described greatly by Louisa Hay in her books as well as EFT technique.

The other, more complex techniques, work more with the unknown to your emotions, the ones are hidden in the subconscious mind.

I tried many different techniques to heal myself and I use many of the techniques mentioned here in my private practice with my clients. The ones that I found the most helpful to me at the very beginning was an affirmation that helped me to work with the emotions I knew about. At the later time, to work with the deep-rooted emotions, the Shamanic Healing and The Vipassana Meditation were the most helpful as well as Past Life regression and working with Psychedelic healing plants.

You may find for yourself, that something different will work better for you, you need to try some in order to see which one is working for you. You have to walk the road yourself, no one else can walk your road.

## **STEP 5**

### ON YOUR ROAD TO JOY IN LIFE

**Clear your energy field and your body from deep-rooted blocks and complexes of unrealized emotions.**

All those years of the present life and all our past lives, our minds have been trained to react to any kind of situation or emotion with either craving for the good ones or aversion for the bad ones. All these reactions are stored in the subconscious mind, which is always reacting to every sensation we get.

To get rid of the junkyard of buried emotions we need to get to our subconscious mind. There are many techniques available, they are called Emotional Releases techniques. Most of them are done with the help of a facilitator, but the strongest ones, the ones, which really get you to move from the present point and move fast, are the ones, where you have to work on your own. No facilitator can do your job of walking on your path, it is your path and you need to walk on it to get your own wisdom, which may be quite different from your teacher's path, who can only show you the direction to your road, but not walk instead of you

In both cases, you will have to do your inner work yourself. If you will rely only on the sessions with the practitioner and then live your regular life without working on yourself, nothing will be changed in your life. Your constant inner work is required in order to change your life for the best.

I know many people, who go from one seminar to another, from one session to another, and do not do any work on themselves. The changes in their life are happening very very slowly, almost equal to none. And the results they get are very impermanent, you will understand why later. So remember, **your constant inner work required with any technique for you to see the results.**

When I just started my quest, I was working with a couple of shamanic healers, who facilitated different shamanic practices in groups and in private. One time during the session, facilitated by Melissa Sonido, which was about 2 hours long, I was crying the whole session long and Melissa would not let me stop in order to really help me to release and let go of some deep block from my body. I do not even remember, what was crying about, all I know, that it felt much easier after that.

During the group sessions, I observe many men and women crying and getting their blocks to come out.

I found that for beginners, shamanic healing is very helpful to start removing blocks. It is a good, fast, and strong start for removing buried emotional blocks from the body. The beginning is the most difficult time, it is very important to let healing happen, not to fight it, out of shame of tears or any other reasons. There is a lot of fear and shame buried in us, which we do not want to let go of. Every emotional release session will help to push some stagnant energy out of your field, so all next clearings will be easier.

After doing the shamanic healing for some time, it stopped helping. That is the time when my friend Alex told me about silence meditation called Vipassana. I was very glad to hear about it being silent, I think I even miss the word meditation attached to it. I am not a meditator, so probably, if I would gather more information, it would get me scared. It was very good that usually when I set my mind on something, I do not read or listen to other people's opinions on that subject since everyone has different experiences in life anyway. So, all I knew is that for 10 days I will have to keep silent and that people say, it is hard.

Now, looking back, I am really glad nothing stopped me from going there. It really helped my transformation to go much faster and brought to my life a lot of understanding.



# TECHNIQUE 4

## VIPASSANA MEDITATION

Here I will not explain how to perform the technique, you have to go to the meditation retreat in order to experience it on your own. I will try to explain here the main principles of the technique and the results that you can expect.

Vipassana is the meditation technique, taught by Buddha. This technique alone brought him to enlightenment at 35 years old and this technique he was teaching until he died at age of 80. Currently, many meditation centers are opened throughout the world, who are teaching this kind of meditation. I teach it during my healing retreats as well.

The technique is nonreligious, nonsectarian, and not part of the Buddhist religion. It is a technique for mind purification, working with the subconscious mind and clearing your conscious mind through it. The technique is about meditation and watching your sensations within the framework of the body.

For a contemporary person with a logical mind and knowledge of new discoveries in science, I would explain it the following way.

When you meditating and watching (feeling) your body's sensation, you are moving the pure energy of consciousness with high vibrational frequencies throughout your whole body and going thru every part of the body. By doing this, you are raising the vibration in your body and when the vibrations are raised, the old blocks with lower vibrational frequencies have to leave your field.

It is like you are bringing light to the dark corner, all the insects are hidden there are running out, the light has higher vibrations than the dark and they do not like it. When something is lit, it is not dangerous anymore.

You can also look at it with the position, as described by Mr. Goenka in this discourse. One of the scientists taking the course said, it is like the purification of metal, what they use in the construction of missiles when you bring the pure metal ring throw impure metal rod, all impurities age getting attached to the ring and the rod becomes of pure metal.

In short, Vipassana meditation is good for the following as many other reasons:

It helps you to remove blocks and very deep-rooted complexes from your field;



It teaches to be aware, aware not only of things in the outside world but, what is most important by Buddha discovery, is to stay aware of your own body sensations. It is important, because our mind reacts to the body sensations (blocks) by generating craving or aversion to it, and that is what generates our emotions of hate or anger, or we get attached to the good sensations, wanting more and more. By being aware of our sensations, we see them come and go and understand their impermanence, with a deeper understanding not to get attached to something so impermanent.

**It trains the mind to be equanimous to any body sensation. By being equanimous, you will not react with aversion, hate, or anger to any bad or stressful situation or people in your life, which will help you to be happier and not to get more new blocks and to remove old ones from your field.**

It will help you to realize the **impermanence of everything in the world, which will help you not to create attachments to things, emotions, situations, as well as people.** You just need to remember, whatever happens in your life, good or bad, it will always pass, sooner or later, it will pass. Things will get disintegrated, weather changes, snow will end, the sun will come out, but the rain will come after that and every life will come to an end. **Everything is so impermanent, so why get attached to it?** That is exactly what you will live through, experience it on your own body when you will be coming to Vipassana or similar meditations. Only through your own experience, the deep understanding of truth will come and will help you to stop generating new energy blocks in your field.

It teaches you how to raise the vibrational frequency of your body, which gets you closer to the Mind, Body, and Soul connected.

Another benefit of coming to these kinds of events or retreats is meeting with a lot of new and interesting people. People of different ages, different nationalities, occupations, and lifestyles.

**All these people have one thing in common, they all made that step on the road to joy and happiness in their life, they are on the road to spirituality, the same road as you are.** This is very enjoyable to see so many people going through inner transformation, the same as you. It gives a lot of hope for the new world we are building now.

This is a great step to start loving yourself. You will come out differently. This technique itself may change your life.

**It is a very strong technique, a very deep change will be happening in your psyche, so come prepared, do some other emotional releases technique before that, to be ready for that almost surgical operation on you.**

Every time I came to Vipassana, I had a different experience. It was getting better every time. The first time I was there, I could barely sit and meditate for some time. The teacher's voice sounded very annoying to me. I was sitting and judging him and how he was chanting and why he was supposed to do it, it all was very difficult. The next time there, the sound of his changes became very relaxing, I could meditate with more ease. The fourth time I was there I could mediate the whole hour and even my back and the buttocks were not bothering me anymore. In addition to the meditations, I was continuing to work on myself in between the sessions. And the results were amazing. And now I teach this style technique to my clients and see great results that are changing their life, as it changed mine.

I hope you understand now, how important it is to work with our old buried emotions. Psychologists are doing it for generations. But the rate of healing through going to a traditional psychologist is very low (I think they themselves estimate it to be around 12 %) and the process can take your whole life.

In today's new world, there are many new techniques that were given to us, humans, our generation, so we can clear our emotions much faster than before. I think it is time to do it now and do it much faster to benefit yourself from the whole society. You can do it on your own, just give it a try.

This is your life and your road, no one but you have to walk on it, to fix your life, and to bring joy into your life.

No phycologist will be able to do it for you, you still have to do the work yourself, then why waste time and money, when all you need to do is make those easy steps from this book and start enjoying your life.

## **AWARENESS # 6**

### RAISING YOUR BODY VIBRATION IS A KEY TO BODY, MIND AND SPIRIT BALANCE

We all hear all the time, we need to have a good balance of our Mind, Body, and Spirit.

But what exactly does it mean and how do we do it?

Having an analytical set of mind, you can label it as ``male mind'', in all my learnings I am looking for explanations and logical or scientific proof of why it is this way. Using known new age discoveries I am trying to explain to myself how things work, at least by my understanding, before believing in it.

In our new world, we have so many scientific discoveries proving beyond doubts the existence of energy and vibrations. So we can say, we are energetic and vibrational beings. I hope you agree with this statement, if you still have doubts, read the books written by Greg Braden, Bruce Lipton where given a lot of scientific proof on this subject.

By looking at the body, mind, and spirit from the position of vibrational energy, we will realize that our spirit (meaning Soul here) has the highest vibrations between all three. Our soul is a part of God's vibration, so the energy of the soul is very high.

The mind on the other hand does not have as high vibrations as the soul. By Vedic or Buddhist teachings the mind is where our karmic issues are stored. So from many lives, we lived before we are coming to this world with a very specific mind, which already has some blocks and issues from our previous lives.

These are the reasons behind the specific set of the character traits the child has from birth, this is the reason we are born under specific astrological signs, to have those character traits as well predisposition to the specific health issues and life choices. Throughout our life, we are adding more and more blocks and complexes to our minds, which is lowering our vibrations even more.

I would describe this as the karmic bowl, like a fish tank, but which has the valve on the bottom, where you can drain some water out. We are filling the karmic bowl with negative thoughts and emotions or clearing it by having good thoughts and emotions. And depending on how much this bowl is filled when we are ready to

go, will depend, how much junk we brought with us from our previous life and how things will be happening in this life.

**When we are starting working on forgiveness and emotional releases techniques we are clearing our karmic bowl and raising the vibrational frequency of our mind. This actually means, we are working on clearing and closing our karmic issues.**

Now we need to find out, what do we need to do to get healthier on the physical level, how to raise the vibrations of our physical body.

## **STEP 6**

### ON YOUR ROAD TO JOY IN LIFE

Changing your Lifestyle will Raise your Body Vibration

Our body has the lowest vibrations than spirit and mind. It actually will always have a lower vibration, since it is "solid", we need to be able to see and feel it, so the vibrations need to be in the diapasons available to us, as humans on this physical plane of existence. Going through our life we keep lowering the vibration all the time.

You are hearing the necessity of changing lifestyles from everywhere. And yes it is totally true. Just think about it this way, can someone enjoy life, when they are sick and in pain?

It is very difficult to do. So our physical health is very important in our quest to enjoy life in its wholeness.

Up until being around 43-44 years old I did not understand it and did not want to hear about it. I was "too busy", the excuses were always found for not doing anything. But then, when I started to feel different, to look different, start having small health issues here and there, I realized how immature my thoughts were, how much time I lost and how much work I need to do now, in order to restore the health and the youth that I wanted to have.

So let me tell you, boys and girls. Do not lose your time, do not wait to start loving yourself and take care of your body. We can see now, that the younger generation does take care of their body more than we did and it is very good to see. But the ones who still don't, please start taking care of your body now and the body will pay you back for your care of it, by looking younger, fitter, and being healthy.

To be healthy and to be able to take care of ourselves in our elderly age is our responsibility. When we do everything possible to be able to take care of ourselves when we are older (unfortunately it is not always possible for everyone for different life circumstances), that means we really love ourselves and what is very important, we love our kids by doing it.

There are many books written on lifestyle issues, I just want to mention some main point here:

1. You need to exercise. When you exercise try to concentrate on energy exercises, such as tai-chi, breathing exercises, yoga...

Do the exercise according to your gender. Men and women have different body structure and hormonal structure. The exercise needs to be adjusted for women than for men. Look into Chinese styles of exercise for that.

When you do your exercise, think that you are raising your energy, that you are developing your energy, this will turn the exercise into energy exercise.

When choosing an exercise routine, choose the one that develops more the stamina of ligaments and less of muscles. Ligaments are the conduit of energy, the muscles are not.

Try to exercise less on the machines and more with your own body, machines are breaking the flow of energy. So if you like machines (I do), just combine both styles regularly.

And what is most important, any routine you choose needs to be enjoyable, so no new bad emotions are acquired.

Say, I do not like elliptical machines, I just do not enjoy walking much, for now, I do not do these exercises, and it doesn't matter for me, that it is good cardio work. I found another cardio work for myself - using a sauna. Until something changes in my body or mind and maybe I will be ready to do that kind of exercise.

### **My exercising story**

For as long as I can remember, I "hated" exercising. I took the word in "" since this should be one of the forbidden words to use. But this was the exact feeling I had about all kinds of sports and exercise.

I guess it started in school, with horribly looking uniforms in gym class and mean teachers. What added to it, was one more incident. My mom decided that I should go to the athletic class. I think I was 7-8 years old at that time. Just to tell you, that in the Soviet Union, the sports schools were not for fun, they were really working on developing real (professional) sportsmen. You could not just decide, pay and go, as we do now. When we came to see the trainer, she asked me to do some specific kind of jumping and after I jumped, claimed her diagnoses: not good for the sport, the butt is too big.

You can imagine the complex about sport, that this developed in my head. Every time I was going to gym class, I hated it. I thought I looked ugly and funny in this uniform (actually it was partially true, most girls looked bad in those pants). I guess in my subconscious mind I always heard those words: not good for the sport, the butt is too big.



When I was working on my emotional releases, I eliminated this complex. Can you imagine how much junk that someone ever said to us accumulated in our subconscious mind!

Then, unfortunately very late, when I was around 45, I started to go to the gym. I enjoy it and love it now. I still do not do group exercises and do not like large crowded gyms, maybe not all the complexes are gone yet, or maybe it's just my nature.

A couple of years later, I met a beautiful lady, Jenny Kozlinska, who was teaching women exercise and tai-chi practices. And then my exercise became a more energy-oriented and female style.

That is when the change in me was noticed by everyone around.

I became fitter and lost some inches. I became much younger looking and feeling, became more confident, and had much more energy.

**Actually, you can see it on the pictures yourself.**

**The first picture is me being 41, being reach, successful, but unhappy and another one is me being 49 and having very limited resource, but being happy.**

2. Eat good food. Eat less meat. Take GOOD natural herbal supplements and minerals. Drink clean water.

Water, which you are drinking, is a huge consideration. Drink clean water, have a good reverse osmosis filter installed. Do not add heavy metals and other junk to your body with water. Bottle water is not as good as we think. Look into this issue and do your own research, if you still did not.

We have a lot of acidity in our body ( I am not talking here about blood or stomach, where we are supposed to have very specific values of acidity), coming from polluted air, bad food, and meat we eat, and poorly working colon and other waste elimination organs. So in addition to drinking clear water, drink 3-4 glasses of ionized water (alkaline water) to reduce acidity in your body. But make sure you do not drink it with food, do not cook on it, just follow instructions and make your research, look into the appendix for recommended reading materials.

3. Pray or say positive words or mantras before meals. Praying or thinking good thoughts raises the vibration of food and will help it to have a better effect on you.

If you do not know how to pray say or think something like the following:

**As above is below love, compassion, health, and beauty.**

**Japanese scientist Masaru Emoto in his best-seller book shows how the influence of our thoughts, words, and feelings on molecules of water can positively impact the earth and our personal health.** Masaru Emoto did great research on analyzing frozen water from different origins, tap, lakes to show how water structure changes according to our intentions, thoughts, words, and prayers. It can either resonate in harmony with the beauty of nature or not.

When we say the words of anger and negativity that carries an energy that can turn a frozen drop of water into ugly distorted looking shapes. Different pictures of snowflakes from frozen water were taken under the microscope. As an example, he took water from a dirty lake and pictured snowflakes from that water, after that a prayer was told above the same water and the picture was taken. The 2 snowflakes were totally different: 1st is very messy and distorted, the other has much better and cleaner lines and structure.

If we take this into consideration and remember that food that we eat consists of 90% of water and our body consists of 80%+ of water, we will understand why praying helps.

So, just pray, or say or think of loving and good words before you eat or drink, it will raise the vibrations of your meal and your body as well.

**4. Detox regularly.** It is known for centuries by eastern medicine and ignored by our western society, that we need to do detoxification procedures 2 times per year: spring and fall.

When was the last time you did it? Probably never, and especially the correct way of detoxification. The whole discussion about detox is outside the scope of this book, but here some main points that need to be done:

Detox your body regularly;

Detoxification through the skin is very easy- go-to sauna 2-3 times per week and do it correctly.

Detox your colon with herbal detox programs at least 2 times per year;

Detox your body from parasites, and especially if you have pets or eat raw meat or fish. Do it regularly with herbal (NATURAL) programs. Parasites are a huge issue, ignored by traditional medicine, causing many major illnesses.

Do colon therapy (colonic or colon irrigation) during and at the end of your detox program, to eliminate toxins from your body faster.

Make sure you are adding vitamins and minerals as well as restore your gut bacteria after detox.

Find the natural supplements program that has detox programs, do your research, and detox. The ease you will have after you are done will make you want more.

I found a very good company that has clean and good herbal detoxification programs.

#### 5. Take vitamins and supplements regularly.

The food that we get does not have enough vitamins and minerals, it grows on depleted minerals soils, fruits, and vegetables get harvested before they ripened, fertilized with harsh chemicals, and much more. So do not expect to get your vitamins and minerals from your food or our polluted air and water.

Some of the micronutrients, required for our health, our body does not produce and we do not get them from the food.

So we need to make sure we add those needed to our body components from outside. But make sure you choose good, herbal, and natural supplements. Do not buy the cheap ones from Department stores. In the best-case scenario they just will not work, in the worst one, will do even more damage.

One time, I was going to the energy healer and iridologist at the Amish village. I had many different herbal supplements from different places that I accumulated in my pantry, so I took them with me for her to check out how good they were for me. All the supplements, that were purchased from department stores and our large pharmacy stores, were tested as “junk”, not good for me or anyone else. She was testing it with closed eyes, so she could not even know what exactly she was tasting. Just a couple of good herbal companies and herbs that I brought from Ukraine tested as good, even though some were not needed to me at that time, she said, yes the energy is good.

When you are purchasing your supplements do your research and choose the ones that are good. If you are able you can test it yourself, by doing muscle testing or using your pendulum and follow your inner knowing.

#### 6. Include Essential Oil / Aromatherapy usage in your daily life.

**Aromatherapy is more than just an aroma;** it possesses a surplus of benefits to provide for the body, mind, beauty and behavior improvement.

Some of the Physical Benefits of essential oils are:

- It helps relieve sore throats, blocked nose, cough and tonsillitis providing relief for even asthma.
- It is an effective treatment for constipation, abdominal spasm and many other digestive problems.
- Pain due to women's problems can be reduced by application of essential oils.

- It helps in relaxation of muscular pain and provides relief.
- It also treats various cases of insect bites, cuts or rashes.
- In case of any allergies, aromatherapy can prove effective as it eliminates toxins by means of enhanced circulation.
- It even is used in certain cases to reduce the pain of women during childbirth.
- On an overall level, it increases the efficiency of the body immune system.

Some of the benefits on the mental levels are as follows:

The treatment of aroma interacts best with the brain and produces many amazing results.

- Few essential oils are known to increase alpha wave activities in the brain which leads to higher concentration and relaxation of the mind.
- It also tends to reduce stress levels maintaining blood pressure at optimal levels.
- Help in reducing anxiety levels.
- Can play a major role in depression control with proper administration.
- It helps in treatment of insomnia and sleep related disorders.

The benefits for the Beauty Care

- Aromatherapy helps manage your skin and nourishes it. It helps in relief of skin that are dry. It also helps in treatment of acnes and bruises and keeps skin soft and young.
- The treatment of lice and dandruff is one another benefit of this therapy. It also reduces hair loss as it increases circulation in the scalp thus reducing these problems.

The Behavioral Effects are

- Essential Oils can help to relax the mind, decrease anxiety or stress levels and provide a self-stimulation in behavior. They help increase openness, decrease difficulty and enable easy communication.
- They are also known to decrease unwanted hyperactivity or irritation.

The benefits of the use of essential oils in your daily life will amaze you. It will help you in general for overall well being, mood enhancement and fitness. It is a natural way of treating many discomforts and disorders of the body.

In my household we use oils daily for many purposes. From the time I first learned about them, it changed my life and the life of many members of my family. I use oils in my professional practice, during the consultations and seminars and always recommend use of oils to my clients.

To finish on this subject, raising the vibration of your body by changing your lifestyle is very important.

It is not as hard as it seems. When you start doing things regularly, our mind and body gets used to it and it becomes a habit. It will become very enjoyable, especially after you will start looking and feeling better. You will enjoy it. Just start doing something, step by step, and the joy will come.

## AWARENESS # 7

Media information about us is harmful to our psyche and our energy field.

The less you watch TV and news the better for you. Do not get involved in the political debates with your friends, family or co-workers. The only result you will get is agitation. No one will benefit from any debates. You will not prove someone being wrong, they already have their mind set and they will not prove anything to you.

I set the rule in my house: all political and religious or racial discussions are forbidden. It took me a couple of years of telling people that they will have to leave the party if they will not stop. After a couple of years, they found other subjects to talk about and now everyone has more fun, without any agitation or aggravation.

We all deserve the government we have. This is my strong position. Regular people at present time cannot have any effect on who will be elected. What is the point of arguments if you can not change it at present time? We need to love our government, since if we have it, it means we deserve it.

In order to have something better, **we need to change ourselves**, and when the large enough part of the population will be different, more enlightened, more conscious, the world around us will change. Let's start the change!

Change yourself, open your consciousness and become the example to others to do the same.



# STEP 7

## ON YOUR ROAD TO JOY IN LIFE

### STOP WATCHING NEWS OR PARTICIPATE IN POLITICAL DEBATE

Why not watch the news? Most of the news will feed you with negative information, this will attract your attention to negativity and will generate negative thought in your head. When you have a large enough amount of bad thought you may even attract those things you're thinking about in your life. Why do you need it?

As you read in the previous chapters, we are working on clearing our field and our mind from negativity, so, just stop feeding to your head and your field bad news.

Ask yourself:

What will it change in the world, if I will know this news? The answer is: NOTHING.

Will it change something in me, when I will know the bad news? Yes it will: I will start worrying, think about it, discuss it with someone, so at the end I will just increase the negative energy in me and in the world. By not knowing this, I will have better thought and will increase positive energy in my field, meaning better energy will be in the world as well.

**So stop supporting negativity, by not participating in the discussion of news and politics.**

## **AWARENESS # 8**

### **WE USE A LOT OF IMPLANTED WORDS AND EXPRESSIONS ATTRACTING UNNECESSARY PEOPLE AND SITUATIONS IN OUR LIFE**

Often in our conversations we are using phrases and words that we learned from TV shows, music, fairy tails and other stories and books. Those expressions are stored in our head from childhood, they just implanted in our subconscious mind, without us analyzing if it is beneficial to us or not. We do not even think about it, we just use it in our daily life.

Once, I was listening to a Vedic seminar of Rami Blekt for women (in Russia). They were talking about love. The facilitator was talking about how we attract to our life the things with our thoughts and words. Most of those women were unhappy in the relationship and unmarried and looking for a partner in life. He gave them a task to come out and start singing a song about love. Every woman who came out to sing was singing songs about lost love, betrayed love, killed love and more similar depressing songs. Then Rami asks, if that what you think love is about, what are you expecting to get, what kind of relationship you will find or create? Wow, that was the AHA moment. We have so many hidden distracting beliefs in our psyche, programmed by the words and expressions we use.

All those negative thoughts programmed in our head by the media around us from childhood, which we do not even notice exist in our life. I loved the songs those women were singing and was singing them often as well.

After this seminar, I went through all the songs recorded on my phone and erased all crying of love and depressing songs. I started the new collection of songs about real love and friendship, happy and fulfilling love and life. He was right. I never thought about this this way.

We are listening to music without analyzing what they are saying and what effects it has on our life.

We are repeating the expressions from movies and shows and do not think what they really mean, what is the deep meaning behind it and how it ruins our psyche and our life.

**STEP # 8**  
ON YOUR ROAD TO JOY IN LIFE  
WATCH YOUR LANGUAGE

Let's start rebuilding our vocabulary.

Fraises to take out of your vocabulary

All women are "any bad word you may be using now"

All men are "any bad word you may be using now"

If all the men / women, are who you sing they are, how can you find someone different, they all like this. There is a Universal Law, we get what we do not want the most.

Eliminate or use as little as possible words: always, never, all, nobody, everywhere, and specially in the negative sense.

Do not use word hate. Use as little as positive bad words, stay in positivity, use kind and jentle words as much as possible.

Before repeating phrases from the shows or song, think what exactly they mean,

When you want to get rid of something in your life, do not say: I do not want ....., I will not do (have..) anymore.....

Change the sentence to be positive.

Example: Instead of - I will not eat white bread anymore

say something like: I will start eating more healthy food.

In case you said something negative, rephrase it as soon as you noticed it.

## **AWARENESS # 9**

**THERE ARE NO RANDOM PEOPLE IN OUR LIFE,  
EVERY RELATIONSHIP IS FOR A REASON**

Relationships play a very important role in our life and in our happiness. There are many researches showing that improving relationships can decrease the rate of heart attacks.

All relationships are important, no doubts about it. Every kind of relationships: family, friends, work and others as well. This is a huge subject, here I will just touch up some point.

We need to realize that there are no random people in our life. We meet everybody, who we are supposed to meet, even a quick meeting has its reasons. Every person who comes into our life is supposed to teach us something or give us some kind of information, as well other ways around. It is not always possible to understand the reason for meeting with a specific person.

We meet people on the street, in the store, in public transportations. Those are very short meetings, but they are still important.

Sometimes the short meeting can ruin the whole day, if you get in the situation of arguing with someone, this can make your whole day very hectic. But sometime a unknown person can say or do something nice for you, and it makes you remember that for a long time and can make you happy for a long time

Starting now, every time someone in your surroundings is doing or saying something you do not like, do not react right away, send to this person compassion and love from your heart. You will see how this person will change.

At a later time you may want to analyze the situation deeper and will understand the reasons behind the situation. It is not always easy to see the truth and it takes skills of deeper understanding yourself.

Be patient with yourself, it will make you more patient to others as well.

When you will start working according to steps in this book, this will come to you much easier. You will start feeling more compassion and love toward yourself and people around you. You will understand how many ignorant people are around us, and how unhappy and miserable they are in their life. You will feel only compassion toward these people.

But the first thing is to be compassionate and loving toward yourself. All the steps in this book will raise your vibrations and will help you to love yourself. The steps of forgiveness, in which you should always include forgiving yourself, will help you to love yourself and to accept yourself and others the way they are.

Your every reaction to every person and situation creates your karma, so please look at every person and every situation in your life from the angle of awareness of universal laws and it will help you handle every situation in as much the positive manner for everybody.

### THE STORY OF MY KARMIC BUTCHER

I call some people karmic butchers, those are the people that bring “bad luck” into the life of others. These people are very happy of themselves and sure about their rightness in every situation. They are usually well groomed, good spoken and in good financial shape. When those people show up in your life there will be problems.

But you will not be able to see it coming. Even when all your friends around will tell you how bad this person is, how many people’s life he ruined, you will not be able to see it. You will find a hundred excuses why these people are wrong about your friend, how much they do not understand his inner soul, you will feel sorry for the person, that no-one understands him, just you do and so on and on.

But remember, this person came to your life, because he had to. Maybe it is because you are on the wrong path already and he has to stop you, or maybe you have a very bad past life karma with this person, or maybe your soul had some kind of special contract with his soul.

I think there are different reasons why these people come to our life. But one thing for sure, no-one, who they got in contact with, will be happy after that. The ruined family of their own, ruined families of others, loss of money and financial stability, addictions, you name it. Everything and much more from that list follows these people.

Just make sure you do not start blaming them now for everything bad that happened in your life, it was your bad choices as well.

When this kind of person comes into your life, what is their conscious goal?

Consciously, they do not want to ruin anything or anyone. Their goal is usually to get in a better situation at your expense and by being close to you, get higher than they are now.

What they do not understand is that their jealousy, envy, anger, competition with you, desire for power over you and others and all their other “good” feelings toward you, are the things that ruin everything and for you and for them at the end.

And it happens to them in every relationship: with their own family members, best friends, spouses and kids, everyone. They actually ruin their own life first and then their envy for the happiness of others, that is what destroys everything.

I have this person in my life. His name is Stan. I am fulfilling my promise to him and writing about him in a book, with a hope that him and other people, who are in that position, will realize who they are, will cancel their contracts, start to do forgiveness and stop hurting themselves and others.

Because, even though they came into this life to be a “Karmic Butchers”, they also have a free will and free choice to choose their road. We all have freedom of choice and the road of envy and jealousy is not only one of available, not the only one. The choice could be to change, even for them.

So, how do we suppose to feel about these people? The answer is, with love and compassion. Even though this person in your life will never believe that this is how you feel toward him, that you forgave him.

For this person, it is very hard to change; they have too much anger for themselves, their life and others to understand and believe that it is possible to forgive.

These kinds of people will be always considering you their enemy, they are usually smart and cunning and will plot something against you.

But do not worry, after they are done with their “karmic job” they will not be able to hurt you any longer, The Universe will not let them.

How to forgive someone like this? First, by understanding that this is the lesson they had to teach you, maybe the lesson, is forgiveness.

These people and the situations that arise from them being in your life, arranged by higher powers for that specific reason of you changing your life and starting your way to enlightenment.

And when you step on the road to enlightenment and will go through it, you will be very happy in life. So after all, you need to thank this person for coming into your life and turning it to the direction of real happiness, not the illusions of having power or money, but the real happiness through inner transformation.

I myself untangled the karmic situation with Stan, forgave him and is thankful to him for the lessons I learned in our relationship.



## **STEP 9**

### ON THE ROAD TO JOY IN LIFE

#### TREAT EACH PERSON IN YOUR LIFE AS A TEACHER

There are no random people in our life. Every person who comes into our life is supposed to teach us something, as well as we teach this person. What kind of lesson we will get, pleasant or unpleasant depends on our past life karma that we created with this person. And depending on how our relationship will work out, depending on our reactions, our future karma will change. Sometimes, it doesn't matter how much good you will do for the person, he will still do something bad to you. It could be something small, like saying something bad, or large, like stealing hundreds of thousands from you.

Your life will change depending on your reactions to the situation and the person. It is your life you have to take care of. The other person's deeds and thoughts will create his karma and his life. Both of you have a choice.

The reason I am saying this, is for you to understand, when you treat each person in your life as a teacher, without negative reactions to any life situation or person, you change your life and the life of your future generations for the best, by eliminating negative karma little by little.

Start analyzing lessons you had to learn from different people and situations in your life. Starting now, after you started your transformation, pay even more attention to the people and situations coming to you. Those meetings are very important. All of them will help you to move closer to your goal of happiness, treat them like lessons, like tests.

This means, that next time, before responding to someone's negativity by wishing something bad in return or doing bad deed to someone, think about it, remember about the karma and maybe you will turn your anger off and decide to do a forgiveness prayer instead. And more importantly, your bad karma has a heavy effect on your kids and grandkids and so on, remember that.

Now, when you will do your forgiveness practices, it may be easier for you, when you have the understanding of said above.

## AWARENESS #10

COMMUNICATION BETWEEN MEN AND WOMEN OFTEN IS DIFFICULT,  
BECAUSE WE DO NOT UNDERSTAND WHERE OUR DIFFERENCES ARE

Men and Women are very different in many aspects of life.

Communication between men and women often is difficult, because we do not understand where our differences are. Often we think that it is only our men or women behaves this way, that is exactly how I thought before. Then after learning psychology and becoming a relationship coach, it is clear: most women and men, whether we want to admit it or not, have a lot in common in our psyche and the way we handle things in life.

Here the few major differences in the way we relay to things, that are very important:

**Men are single focus people, women are multi-focus.**

That means the following.

Men need to understand:

When you (a man) is telling something to your woman and while talking to her she at the same time of listening to you is also washing dishes, or serving a table, or even at the same time stopping the kid from throwing the ball in the window, **she is still listening to you.** She hears everything you are saying. And this is not because she doesn't care about what you are saying, she has many things on her mind at the same time, **she is multi-tasking.** And do not look for another woman, thinking that your woman doesn't appreciate you, she is, another woman will do the same, this is in women's psyche. You need either live with this, or find a way to help her listen only to you, meaning most of the time taking loads of work that she is busy with, off her shoulders. Then she will have more time listening to you and you only.

Women need to understand:

When you are telling something to your men, while he is watching his favorite TV program, he doesn't hear you, even when he says, he does. He will not remember what you were saying, do not blame him for that. He can do only one thing at the

time. So find a good time to tell him something, not when he is doing something else, that he likes. And it is not because he likes "his TV" or his car more than you, everyone needs to have a space, give him his space.

Women, if you are overloaded with house work and he is "only" watching TV, then you need to discuss it and work on it to share responsibilities. A lot of time, we think, that we are the only ones who can do everything around the house and do it yourself, and then later on, blame the man for not helping. **Delegate your household responsibilities** to you men and kids, do not do everything yourself, they can handle it. Those things ruin relationships, making you tired and frustrated and not being able to share your love with your loved ones. Just ask for help, he/they will help, trust me.

**Do not criticize each other, find another way to communicate. Men and women react differently to the critics.**

**Men, every time you criticize your women, she changes.** So, when you tell her that you wish she would make you fried eggs for breakfast, instead of omelet, remember, you will never get the omelet anymore, only fried eggs. So be careful how you say things to your women. Because after a couple of years of criticizing, you may not recognize your women at all.

Then you will say, she is not the woman you got married to, she sure not, you changed her. So be careful with your words.

**Women, when you criticize your man, it will have totally no effect,** can only make him angry, **but he will not change.** So when you want men to do something different, from how he is doing things now, just explain to him, how and why it is so important for you. Remember, they may be more logical and their brain works differently, just explain, it may help.

**Women,** when you want him to do something for you, tell him that, **do not make hints and wait that he should understand,** that you wanted this specific dress for your birthday, or wanted to go with him to the movie theatre instead of watching football on the couch. **Men do not understand hints. They need to be told straight.**

**Women, you need to learn how to receive.**

Please understand, men by nature are givers, they like to give things to a woman, until they understand that the woman does not want it and doesn't appreciate or takes it for granted. Not all grown men, unfortunately, understand that part of their nature. It is due to the lack of education of those things in the family. Just look at our society, a lot of kids are raised by single mothers, men are raised by women, who have no real men in their life, then how can she teach a boy to grow up to be a real man. Women at home, at school, women at work. We did not teach them how to be men. Remember this, if you have a son and want him to grow up to be a real man. After the age of 11 or 12, treat him as a man, not like a child.

So women need to learn how to receive and men need to learn how to give.

When your man gives you the diamond necklace, please do not say something like, or, it is too much, you really did not have too, I can not accept it... Let the man enjoy his gesture. Accept it with joy. You do not owe him anything for it, you do not have to go to bed with him, if you do not want to, you do not have to run to the store and buy him a gift, to make sure you are even... It was his free will. Both of you have benefits, he feels good by giving and you feel good and appreciated him by receiving. He should feel and see how much you are enjoying everything he gives you, even 1 flower or a chocolate, it doesn't have to be a diamond necklace. The same is concerning help with homework and everything in life. Enjoy receiving and giving. When men see your enjoyment of receiving from him, he will feel very masculine and will do everything to get this feeling more often. I hope you see the benefits.

And when he offers you a jacket, when you are cold, please do not ask him: how about you, you will be cold. Just accept the jacket with appreciation, you are not his mother and do not start your relationship from building a mother-son relationship with your man. Men do not offer the jacket - just take it off and put it on her shoulders, that is how we, women want you to do it.

We all have our expectations from each other, coming from books, movies, looking at our parents, past lives and more . **We need to work on eliminating those expectations to each other and to the whole world and accepting each other the way we are. It is a difficult task.** And that is where we are going to, by doing the steps on the road to Happiness.

But meanwhile, while we are on that road, and the road is long, let's help each other, by trying to save the relationships that we already have, or just make them better. Do not wait until you and your partner are fully enlightened. There may be nothing to save by that time.

Remember, if problems start, you need to start working on them as soon as you realize it. In every bad relationship there is a Point of no return. Do not come to that point.

If you love each other, respect each other, be friends with each other, try to save it, do not rush into another relationship. There you will have to go through it all from the beginning and still will need to build your relationship. So read books, go to seminars on relationships at the same time of doing the steps from the book. Those techniques will help you very much to have a better relationship, so practice them all the time together with working on other things.

# STEP 10

## ON THE ROAD TO JOY IN LIFE

### FIND BALANCE IN YOUR RELATIONSHIPS WITH ANOTHER GENDER

**Men and women are very different in many aspects of life, Love is needed in order to overcome those differences.**

Love is beyond studying or teaching.

Its origin is the heart, and it is genuinely spiritual from the beginning.

Love is giving.

Manteck Chia / Taoist Perspective

Love is a one way road, love is giving, the relationships are built when two people feel love for each other and each of them is giving, without expecting anything in return. Relationship though, is a two way road, when it becomes one way, meaning one person doesn't feel love toward the other, or all the time expecting something in return, then the problems starts. Couples relationships, built by the exchange of energy between two loving individuals. When energy is flowing only one way, at some point the flow may finish. Working on the couple relationship is very important, so love and energy can continue to flow in both directions.

I want to start this subject from one thought, that is very important to understand:

**People, in their relationship with one another, are doing their best with the best intention in mind, which in their opinion is the best and optimal way.** It is very rare, when someone is doing something purposely to hurt another and specially inside the couples relationship. We all are trying to do our best, as we understand it, according to our level of awareness and beliefs and the level of development.

Men-women relationships are of the most importance in our life. Some of the books tell us how we are supposed to be happy by yourself first in order to be happy in the relationship. I feel like the truth in those books is only partial. I believe that no woman can be happy all the way without her consort men and No men can be happy without his consort women.

I am not talking here about being half without the other half, I am talking about being next to or finding this someone very special in this busy world, with whom you feel happier, with whom you want to share your life and all other things. Yes, we are supposed to be happy by ourselves, have our own life, go on our own path, balance our male and female characteristics inside ourselves. Doing it together, or having someone by your side to support you, is the important part of joy in life.

We see so many unhappy couples, and single people around us, it is painful to watch.

This is a huge subject and thousands of books written on it. Here I will just touch up on the subject and talk about the most important issues in the relationship, understanding which can help to make your relationship better. I hope it will help me, when my men will find me, so I will be able to tell you about it in another book.



# TECHNIQUE 5

## FIVE LOVE LANGUAGES AS IT DESCRIBED IN THE BOOK OF GARY CHAPMAN

Psychologists say that the need for love is the main emotional need of a person. For the sake of love, we conquer mountains, swim across seas, cross deserts, fight unthinkable difficulties. Without it, we cannot overcome mountains, seas and deserts, and difficulties seem to haunt us.

Finding balance in the couples relationship is a long and complicated road and many books are written and worth reading on that very important subject.

In this book, I want to offer you the first step in finding a common language in the relationship.

Pastor and family counselor Gary Chapman is the author of bestseller book "Five Languages of Love. How to Express Love to Your Companion" identifies five ways people can express their love - five languages of love. For most people, one of the languages is the main one, and the rest are auxiliary.

That is, in order to establish good relations and mutual understanding in a relationship with a loved one, it is necessary to understand his/ her love languages, as well as understand your love languages.

Usually, people show their love in the way that they would like their partner to show love for them.

That is, we make a mistake and instead of treating our partner the way the partner wants, we treat him the way we want.

Women do this hoping that in this way they hint to a man, that is, let him know what she needs.

Men usually do this, unfortunately, out of their own selfishness.

Therefore, understanding your main love languages and your partner's main love languages will help you improve relationships in your family, and help you better understand yourself and you loved one.

By understanding the love language of your loved one, and starting to use it in your daily life, you can make your partnership stronger and happier!

### **Love Language # 1: Praise**

For people with this being a main language of love, nothing fills their vessel of love more than sincere support, words of approval and recognition of merit. This is what they expect from you in the first place. Very often this is the main love language for men.

### **Love Language # 2: Spending Time Together**

Spending time with someone means giving them your full attention. Time is a most valuable resource, when we give it to another person free of charge, together with this we give a part of our life, of ourselves.

What is the fundamental difference from the first love language? In the language of words, it is important to tell your partner how valuable he is; in the language of time, it is important to listen to, understand, feel. Very often this is the main love language for women.

### **Love Language # 3: Receiving Gifts**

If to love is to give, then gifts fit this definition perfectly. A gift is a visible embodiment of love. Perhaps this language is one of the simplest, and it is not so difficult to learn it. Gifts can be bought, made with your own hands, it is important that in the process you think about the person and choose what you think can please him.

A person who speaks the language of gifts is most often indifferent to their price. It matters only if it does not match the donor's capabilities. If a millionaire constantly gives his wife gifts worth a dollar, she wonders if this is love. If family funds are limited, even such a gift speaks of great love. Very often this is the main love language for women.

### **Love Language # 4: Acts of Service - Help**

Helping is doing something for another person, expressing your concern in action. The wife prepares dinner, cleans the house, the husband buys groceries and helps to sort out his wife's car when problems arise. This is an exchange that can fully strengthen the union. Help takes time and effort. If you are happy to help your partner, you are expressing your love.

## Love Language # 5: Touch

Through touch, you can express many shades of your feelings: from tenderness, care, affection to longing desire - and for some, this is the only way to feel love. Tactile receptors are located throughout the body, which gives this language many nuances and possibilities: any gentle touch can speak of love, while even a slight rudeness or inaccuracy can be interpreted as the deepest insult. It is very important for people who speak this language to hold a partner's hand, to feel hugs, they are in awe of kissing, they attach special importance to sex and begin to doubt whether they are loved if they do not receive them. However, this does not mean that if you are attracted to the intimate side of a relationship, then your love language is touch. This love language is much broader and richer.

Love has great potential. If we speak with a spouse in his native language, we will realize this potential

If we want mutual understanding, we need to know each other's desires. If we want to love each other, we must know what the other wants.

Of course, love is not the answer to all the questions that torment us, but it helps us seek answers. With her help, the husband and wife discuss disagreements, settle conflicts. Even two very different people can live in harmony. They learn to find the best in each other. This is a reward for love.

You need to learn what is the most important love language for you, and what is the most important language for your partner. If you really love your partner, you will want to work, talk and live your life from that Awareness. This will help for relationships to become closer and more loving.

A lot of time we hear from our friends and clients:.... but why should I do this for him/her, he/she is not doing this and that, even though I told him that million times...

I recommend you to look at yourself, and ask:

what am I not doing, that he/she wants me to, may that is why she or he is not doing what I am asking?

**Remember, relationship is a TWO way road**, not only your way. We should use a loving and compassionate approach in our relationships, not our egoistic approach.

The situation happened, when a couple just do not love each other, do not respect each other, but still live together for unknown reasons. The reasons, what they say, are only excuses, like, we stay together just for kids, or I can not leave him/her, he

or she will be lost without me, as well as many other excuses. Excuses are excuses, but the main reason people do not separate, even when they live together miserable lives, is **FEAR**.

The fear of being alone, fear of losing financial stability, fear of not finding another person to be with. The problem with the situation, that most of the time 1 person lives with another out of habit, convenience, pity or religious reasons and the other person stays out of fear. The one that does it out of fear is the one who usually suffers the most and unfortunately in most instances it is a woman.

**Dear feared one**, please imagine, what will happen when the spouse, who doesn't love you, does not appreciate and respect you, one day will meet the love of his life. Nothing will stop him from leaving you, not even your faithfulness to him for the last 25 or more years. Think about it my dear reader.

I am not saying you have to run and divorce your husband, just because you have been telling him for 25 years that he doesn't love you, when in reality he does love you and things that make you feel this way is your misunderstandings of the love languages of each other. If this is the case, read the information above on 5 love languages.

But if you really know, and tell yourself the truth, listen to your inner voice, that there is no love, why waste your time in unhappiness. Maybe first, you need to do the steps to happiness from this book, and then see how you feel. If you are still unhappy, ask yourself, what would make you happier: to stay in the relationship, or to leave it? I strongly feel that the world will become happier, when more couples will live happily in loving relationships. When a couple is staying together in the unhappy relationship it does not make any better for anybody.

We need to learn the psychology of relationships, need to clear our emotional and mental clutter in order to find happiness with another gender.

I hope that reading and following the chapters in this book will help the readers to start the process of learning and healing themselves. This will bring more happiness to people and will help to create more happy couples on our planet.

After all we came to this world to be happy and live in joy. This is my strong feeling. I hope it is your as well. So, find your own way to happiness, you and only you can make you happy.

**Happiness is within us, the other people and things around us, can make it more enjoyable, but only after you find the peace within yourself** (hopefully this book will help you to do so).

# AWARENESS #11

## COMPASSION WILL SAVE THE WORLD

Compassion is the feeling that should and will at some point connect all people.

Our goal is to feel compassionate toward everyone: your friends and your enemies, the politicians and the priests, the richest people and the poorest people. We need to feel equanimously good toward everyone.

Compassion is not pity. When you see the beggar on the street, you should not feel pity for him, and if you can give him something, do it, but not out of pity, do it out of compassion. The emotion of pity has a lot of ego in it, comparing yourself to the other person.

The compassion comes from the goodness of your heart, with the understanding that we all are one.

By understanding the choices the soul can make, we can be compassionate to a beggar as well as to the billionaire. By understanding that may be in some past or future life time your soul needed to receive or already had the same experience as those people are having now. You will accept that in this lifetime this person's soul needed to get a different kind of experience from yours.

During my last Vipassana meditation, an interesting question came to my attention. In our life there are people who hurt us (as well as others, hurt by us), who feel hate toward us, who say or do bad things to make us look or feel bad.

There are also some people of opposite sex who say that they loves us, without love from our side.

Who do we feel more compassionate toward, the ones that think they hate us or the ones who think they love us? Both of these people are living in misery. They created misery for themselves, by **creating attachment to that feeling in the body (body sensation) that they feel, when they either feel the hate toward us or feel the sensation of love for us.**

I understood it, the Buddha found it many centuries ago, by his own experience: the addiction was created to those sensations in the body and the mind has specific old patterns, created in the past as well as added on in this life. This old pattern of the mind reacts to the specific sensations by generating either craving or aversions to it. In our case is the craving for sensation of love and hate.



So anyway, to answer the question above, we need to feel equanimously compassionate toward both people, they are both living in misery and illusion and in the long run, it is not even personal to you, it is their own illusion and attachment, that they are living in.

**When you come to the point where you will feel compassionate toward everyone, you will understand it by yourself, how much you achieve on your road to happiness and joy and how much happier you became.**

Don't be surprised or discouraged, when people around you will not believe the sincerity of your feelings. Just think about it, how can someone, living totally in his own illusions and feelings of hate, anger and all other negative emotions toward themselves or others, can comprehend what you are feeling? This is impossible.

**So, just keep feeling love and compassion toward these people and their ignorance.**

### **My story**

I am a business oriented person. Being in business for the last 25 years I behaved with people a specific way. At the beginning, when dealing with people and situations I was always trying to look at their point of view and understand, why they acted this or that way, why not they choose a better way of action. At that point, I would do the action according to the situation, but without hard feelings about it. You can say, I was feeling compassionate toward the people.

But a lot of time in the business world, when you are nice, people start taking advantage of you. And even though I was mostly surrounded by people liking me, it did not protect me from their lies, cheating, laziness and other negative behavior. So the time came and I stopped caring about their side of the story. Why should I? My side is what I care about. So, when something like unfairness happened to me or to my friends, I was very hard tempered, with fast actions and harsh words. But the point was not what I did: I was always doing my best to be fair to everybody, even when using harsh words. The important thing is, how I started to feel inside. Inside of myself I started to generate anger, a lot of anger. Being more and more in the business, and meeting more and more unfairness and lies around me, more and more anger was generated about all those unfair people and situations around me. Together with the anger, the feeling of unhappiness was growing stronger and stronger, without me even realizing why. It is now, I can look back and understand the reasons why. At that time, I had no idea. But the reason was that more and more blocks and complexes were created in my body, my anger was multiplying, which was blocking my other good emotions and would not let me feel happy.

Now clearing a lot of blocks and deep rooted complexes from my field and going through the process of inner transformation, there is no more (probably, almost no more) anger in my emotions. Sometimes I even get surprised by my own reactions



to the bad situations happening, and they do, life is life. If something like that had happened to me before, I would be very angry for a very long time. Now even some situations make me sad, but the sadness is going away really fast and I feel compassion toward the person, with the understanding of that person being so ignorant of his own illusions.

**STEP 11**  
ON THE ROAD TO JOY IN LIFE  
DEVELOPING THE FEELING OF COMPASSION TOWARD EVERYBODY  
WILL MAKE YOU ENJOY YOUR LIFE

When you start feeling compassionate toward everyone, you will feel tremendous enjoyment. This will be the sign of your huge inner transformation on your road to enlightenment and joy in life.

The feeling of compassion toward the people, you may not like or you call them your enemies, is possible.

It will take a lot of work, but the happiness that you get, when you realize that that is how you feel, will be worth all the work you need to be doing to achieve it.

Compassion is giving and wishing the other person well. Feeling compassionate feels great, makes one very happy.

When you do the steps from this book, the changes are bound to come into your life. The changes of joy and happiness.

With all my compassion and love I wish everyone to be happy, to be liberated from all the illusions, delusions, hate and anger that surround us in this material world.

Make your steps to freedom, get your happiness in your own hands, live your life in joy!

## **DISTRACTIONS YOU CAN EXPECT ON THE ROAD TO HAPPINESS**

You need to be prepared for some things as you do your first couple of steps toward changing yourself. As soon as the energy of your field will start getting higher, you will get some disturbances, which will try to stop you, turn you away from your path.

You will meet people, who will try to distract you, the situations will arise, where the thoughts you just cleared will come back, it will make you feel emotions that you thought you just cleared or many other different things.

Two thoughts will be coming to your mind when these things will start happening around you:

Maybe I am doing something wrong, I should become happier, but instead all those issues came?

Do I really need all this, I had more or less normal life without all this transformation and things, maybe all this is not true, or maybe it is just not for me at all, why now I started to have all these problems?

Do not get discouraged my friend, it is the sign that you are on the right path and that those low vibrational entities around you, which harvested on your energies all those years, do not want to let you go.

Or now you will say, entities, what else I need to know about? There are a lot of things you need to find out as you continue on your road.

But in short. There are many things around us that we do not see, do not hear and do not feel (or you may even feel them sometimes). We all know that our eyes can only see the very specific spectrum of colors and our ears can only hear a narrow range of sounds. But we also know that there are colors and sounds outside of our abilities to see or hear them. We not just know that, but even used it in our technology, as well as our everyday life.

Knowing these facts, why should we doubt that some other life forms, that we do not see or hear do exist, that all those things from the fairy tales exist? By the way more and more people with extra sensorial abilities confirm that and see them every day. And maybe, just maybe, you will decide to become one of those extra sensorial people who hear, feel or see other entities with other vibrations or from other worlds. It is a long road, but it is possible. And never say never.

The entities have different vibrations, some are very high vibrations - God loving entities of Light, like Angels, some on the other hands have very low vibrations. Those low vibrations entities need to have a host, on whose energy they will live. You know like the parasite plants that grow on the tree host. By the way, when there are too many of them on the tree, it becomes empty and hollow inside at first and then dies from even a small wind. Same is with those entities and people.

Don't worry though, it is not as scary, as it sounds, when you will do the steps from this book, or any other practices of raising your vibrations which is always happening with your inner transformation, most of those low vibrations entities will be gone from your field. And this is another benefit of going on that road, getting more of your own free energy.

How does it get any better than that!

## DO AND DON'T

Do not get stuck using only one technique for a long time, watch your progress all the time. If a technique stops helping you, give it a couple more chances and move one, find another one. But if it is working and it is taking you to the right direction, stick with it.

Try the techniques and see which ones are working for you, do not do them, only because a lot of people follows it. It has to fit you personally, not someone else.

Choose a couple of techniques that you like and use them regularly, continuously, do it diligently. Only then after some time you can see the results. You have to practice. whatever you choose to do, doing it is the key. Do it on a regular basis. Start from the small easy techniques, like forgiveness and controlling your thoughts and make sure you do it all the time.

The cleaner your energy field will become, the higher vibrations you will have, the easier you will be able to do other techniques. Do not start all at the same time. Do it step by step.

Do not rush. do not expect results the next day. Even if it came right the way couple of times, it may not do it all the time, every moment brings different results, sensation and everything is constantly changing. Give the technique time to start working and what is the most important, notice every little thing that is happening to you. The less expectations you have from the technique, the better it will work.

Keep a daily journal of techniques used, and changes you noticed on physical, emotional and mental level.

Keep a diary of your thoughts and emotions, your reactions on different situations, how long it lasts etc. Then you will see how you are doing, then you can measure your progress.

If you start feeling pain, or some bad situation happened to you after a technique, be happy, something just left your body, some block on physical level or some kind of situation got cleared from your field. **In these cases your reaction to that situation or thought is very important.** Remember, you wanted to change, so **your reaction should be different from what it used to be. You can not get different results, by doing the same things.** To get different results, you need to change what or how you are doing things. Just think to yourself. **Oh, that is interesting. What else is possible?!**

Do not fight with yourself. If something is not happening the way you want it, give it a chance, try a couple more times, or just leave it for now. Maybe it is not the time to remove this specific issue from your life? Who knows, you may still need to use this anger or something else, at some point of your life, so just be patient and release the situation, let it be for now. It will remind you when you will be ready and then you will be ready to work on it and clear it.

Do not have expectations. Whatever you do, set your intentions and then let go of the situation. Do not expect or want a specific result. Your body and your soul know better how and what should happen. Be open to the universal intelligence to work on its own, without your guidance. They know better, aren't they?

Try not to run around and push your opinions of how things should be. When you have good results, it is in our nature to share it with people, so they will get the same results. Not everyone is ready to hear it. In the best case scenario, they just will not listen to you, in the worst case, you will lose your friends, because they will tell you that you have changed and became obnoxious, like only you know the truth. So be selective to whom, what and how you will say.

Accept your friends the way they are, this is their choice to live in misery. You try not to get destruced from your path, listen, when they need to share and be careful with what you are saying, not to hurt your friend.

Do all your wishes in the positive sense, do not use word no or not. Instead of stating what you do not want, turn it in to what you do want. The Universe doesn't hear words no and not and you get exactly what you did not want. My understanding of this is as follows: words no and not have very low vibrations (energetic charge) and can not get to the higher powers. But when we wish for something, or more often, when we really do not want something, we charge it with a lot of energy and we get exactly opposite of what we wanted. Wish only in the positive sense.

(example: do not wish to meet a woman, who will not argue with you; instead wish for a woman, who will be in agreement with your way of life and so on...)

Do not compare your results with anyone else. We are all unique and have our own path. No two people are the same, no two paths are the same. There are many roads to Rome, choose your own.

## TIPS AND SHORT TECHNIQUES FOR DAY TO DAY LIFE

When the process of your inner transformation will start you will become more sensitive to the things and people around you.

Often, the things you were enjoying before will not be enjoyable anymore. But life is life and sometimes we have to do something that we are not enjoying, meet with people or groups of people, whose company is difficult for us, as well as many other life situations.

Be prepared for them, it is not because something is wrong with you or with people around you. It is because you are in the process of changing, but others are not yet.

Let's hope that time will come and people around you will get on the same road as you are in, but this is their choice and not yours. So do not feel guilty about it, do what you have to do, do your responsibilities in life and enjoy it as much as you can.

Here some tips that may help.

- When you are going somewhere you do not want to be, when you get it, say to yourself:

**I am not here.**

You will see that people around you leave you be, they almost are not noticing you.

- When someone tells you something negative about you, your situation, or your business, say to yourself:

**Not mine, burn it**

- When you talk to someone and the person tells you about his sickness, say to yourself:

**I do not take anyone's issues and do not give anyone's mine.**

I know many cases and experienced it many times myself, when the sickness of others, who were complaining about their health, got the other person sick. A couple of times I got sick even talking with people over the phone.



**I also say this every time I go somewhere where there are a lot of sick people, especially in the flu times of the year.**

- As soon as you think of something bad, that may be happening, first, say:

**Destroy and Uncreate - Burn It.**

Say it 3 times.

Then if the thought is still in your head, it may be a warning from your Higher Self, think about it, and do the appropriate actions if needed.

If, while wearing my jewelry, all of a sudden, the thought comes that I may lose it, I am leaving it in the box and not wearing it. I already lost some after this kind of thought. So I take it as a warning from my Higher Self.

## **WHAT IS SPIRITUALITY?**

When the book was almost finished, during the conversation with one of my friends, the question arose.

**What is spirituality?** Why do you think it is not just another religion, just new and currently more popular.

It is important to understand some unique characteristics of spirituality and spiritual beliefs.

Spirituality, as not a religion.

Spirituality, accept everything and judge nothing. You can be religious and spiritual or religious and not spiritual.

Spirituality accepts everything and everybody, and understands that we are all going on our own unique paths. There are no right or wrong roads, as long as these roads are about developing in yourself specific qualities, that is identifies you as a spiritual person.

Some of those qualities are:

Love and compassion to everybody and everything.

Accepting without any judgments anybody believes.

Performing wholesome actions and going on the road of eliminating unwholesome actions and thought from yourself and your life.

Understanding the oneness of everything in the Universe, meaning our oneness with God, with each other and with all living and nonliving things.

There are no dogmas, no blind beliefs.

You need to experience all about the spiritual life by yourself after you intellectually understand and accept it.

These as well as other characteristics are differentiating people, who are on spiritual path of life.

My Dear Co-Creators,  
Good luck to you on your road to happiness!  
The road is full of surprises and it is up to you how you will treat the surprises the  
life will bring to you.  
TREAT EVERY SITUATION AS FUN AND LIFE WILL BE FUN!  
We are creating our reality, as we follow our path.  
May all our paths be happy!  
May all beings be Happy!  
Namaste!

P.S. This book was written in 2016 during my 10 days silent retreat.

Recently, I wanted to revise the content, thinking that maybe now, 5 years later things changed and I will need to give the beginners new information.

I realized, yes, I have a lot more new information I want to share with you, but the information presented in this book gives the reader valuable steps on the road of transformation without which all other practices will not work. These steps can not be skipped or ignored.

So I decided not to change the content of this book, but present the new information in the future articles or a new book.

Thank you for reading.

Nina-Bastet 1/31/2021