



# *Invisible* **HAPPINESS**

A WHIFF OF A GOOD STORY MAKES US PERCEIVE  
OUR LIFE AS A DEAREST EXPERIENCE

**OLYA AMAN**

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## **A Whiff of a Good Story Makes Us Perceive Our Life as a Dearest Experience**

**Olya Aman**

This book has been written for every individual who desire to find happiness. The incidents, names, locales, and professions in the book are all entirely products of the author's imagination and to make the subject better understood.

Any resemblance to actual events, locales, or persons is entirely coincidental.

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## **1. Form Friendship With Yourself: 5 Clear Lessons of Happy Life**

I meet people. They tell stories. This is one of them.

## **Let us be acquainted with M.**

M. used to make fun of everyone in a boisterous manner. When someone came to the class with a new school bag we used to say: "M. will be mad before long, you wait and see." And sure to the word she gave enough time to lamentations that all of us were ready to swallow up all the new things we had before M. could lay her envious eye on them. We called her 'the practical' because of her love for all material things.

She used to take a fancy to me mostly because I very seldom had anything worth her attention and I liked her, just a little, but that little was enough for a child that could have everything in her life but for sincere affection.

After 8th grade we've lost each other. M. and her family moved to live in the nearby city and I stayed in my native village till graduation.

A few years ago a nice-looking woman entered my train compartment. The long trip to the far away city was shortened to a thought-provoking and tears causing conversation.

## **1) Change the Desire to Possess to the Affectionate Attitude Towards Yourself**

I wanted M. to make the running. The inner writer and explorer of human mines raining in me, I was resolved to persevere in my silent patronage of the conversation.

M. gave voice to her inner child and we cried bitterly and laughed heartily to the memories of a girl who considered gifts to be the merits of love. A girl who could ill bear when someone had things she considered pretty and nice. She thought that meant someone was loved more – and that notion was painful for a child deprived of true feeling.

That day in the compartment M. looked contented. Strong character was visible in the physiognomy of this young woman with her big unmoving eyes, her almost lipless mouth, and high intelligent forehead. M. carried

herself with confidence. There was not even a passing feeling of irritation only that physical beauty that comes from the loving energy inside.

## **2) Recollect a Painful Loss**

When I asked her about the turning point, the element in her life that caused this alteration M. fell silent for a moment, so much taken up with her thoughts that her eyes seemed to stop seeing.

The loss she endured was painful enough to make her think of what she could have exchanged for a life given back. Her parents didn't have time to love her, but she loved them with every cell of her body and every vibe of her soul. She was only 18 when an unchained element of nature left her an orphan, her parents' car being smashed from the road by a violent gust of wind, both her mom and dad dying instantly.

It seemed like a dream, or fiction, or chimera. Vulnerable and insecure, M. was left alone to think about the present, the past was gone, but the future was hers. Anything in that timeframe of days bygone and days to be still lived was compared to that particular incident.

Any feeling, being at its utmost tension was measured to the one M. felt at that time.

She was not any longer at war with herself, the life after having handled her so roughly, seemed now disposed to favor her to the utmost. She found the diary her mother had, and that precious notebook was full of tender words her mother seldom voiced but no doubt felt – and that was the only thing that mattered.

## **3) Think About True Value**

M. was not going from then on, she was led by love. The exhilarating effect that self-love has, changed her understanding of true values. Any envious feeling towards material possessions of others disappeared like a star lost in the distant darkness of the horizon. And myriads of bright awareness stars studded her zenith.

Her salvation was in a feeling of gratitude. Her beauty was in the desire to devote her life to the people she loved. Her life was in pursuing the course of in-spirited life: life of inner and outer health.

#### **4) Train Your Senses to Feel Empathy**

M. was lost in wondering and half-admiration when we shared the account of some major facts from our mutual friends' lives. She felt true enjoyment from seeing others succeed, and sincere sympathy towards the ones failing to achieve the desired.

Our shared journey was coming to an end. M. waited silently for any fresh question that I could have, being a little tired from all the various emotions she forced herself to go through again. She surely satisfied all legitimate curiosity and I let her rest and husband her strength joining her in contemplation of a succession of low hills and rich forests outside the window.

#### **5) Remind Yourself of the Love You Have**

M. became an active, vigorous woman, and even now I can see her in my mind's eye being happy in her chosen career. She is a therapist working with at-risk youth.

M. is my noble and generous friend. Noble not by birth but by her personal qualities, virtues of the heart. She rarely breathes a word of her private misgivings, but always opens a listening spot in her busy schedule for a friend who needs some consolation. And she offers her love with that shy grace that is so very charming.

M. shares love. And the more she gives the more she has coming back to her. M.'s life was unbroken by the misfortunes. Every painful event stitched the pieces of heartwarming feelings together, making a beautiful patchwork quilt of her love-centered life.

### **Conclusion**

Let love be your faithful guardian that keeps close watch and prevents you from taking a negative feeling into your life. Let empathy be your

true comforter that reminds you about the beautiful emotions that fill your heart and soul. And the bitterness of past grief should bore you company in moments of false despair. The contradiction between them will bring back your self-control.

I am just beginning to pour forth in the most respectful manner the stories of people who were able to restore equilibrium in their lives. Often, we obliged to go away together and take our laugh or tears out with the person that opens his/her heart to us. You should not regret the time spent when you become wiser with the experience that was lived through by someone else.

## **2. A Gambit in the Game of Sport: 5 Ways to Exercise and Feel Youthfully Alive**

Let me show you how you can love it.

### **First Encounter**

I met N. when I was in hospital on some trifling issue with my collarbone. We got together somehow. The simplicity and cheerfulness of her nature was the best recommendation for me. N. was always disposed to chatter and I loved to listen to her stories. So, when N. invited me to snatch a meal at her parents' house on one of the weekends I agreed with delight.

### **Mother**

It often goes to my heart to see people who are unhappy in their bodies. This meeting with N.'s mother was the more singular, inasmuch as I could not be unaware that N. felt somewhat uneasy to introduce me to her mom. But N. sensed a kind and open heart in me and wanted my smiling face to cheer her family.

I did my best to not show my astonishment at seeing her mother. But I



bet it was all written on my over expressive face. I never before or since saw a woman so big. I was just a shy child and on my asking if there was anything I could do to help her with setting up the table or getting the tea ready she became suddenly annoyed and left the room without saying a word. I felt her embarrassment and pain as my own. I didn't think a moment but acted on impulse. Rushing right after her I hugged her big body and cried bitterly in her soft bosom.

That was a magic night. I do not remember laughing so much ever since.

## **Second Encounter**

I left the hospital in a week and we lost each other being a few years apart and busy with our lives. At that age it was a huge obstacle: I still played with dolls and she started to go out with boys.

In my final year at university just before moving overseas I rented an apartment with my friend. The kids next door were noisy little devils. On one occasion they were fighting in the little corridor we shared and ruined our shoe shelf. Their mom came out of the door just at the time when I was vainly trying to rescue my boots out of the younger boy's hands when he was trying to kick his brother with one boot and to pull the other on his own poor head as a helmet)))

I was so much taken up by the drama in front of me that I didn't right away realize that a lady next door was dragging me out of the fighting boys' way and into her apartment. I found myself in the kitchen, sitting at the table with the lucky boot in one hand and a cup of fragrant tea in the other.

I was well rewarded for my pains with love and hospitality bestowed on me by my old friend N. "Forget about the little rascals, Oly." (N. was the only one calling me so) "They will get their share of motherly affection when I'm done with you." We hugged and kissed, we laughed and chatted till midnight, N.'s husband dealing with the kids.

## **1) Love Yourself Today**

We were throwing tea parties almost every night since then. I used to look at N. from time to time with an air of conscious admiration. Refreshed, delighted, invigorated, she carried the world before her by the forth of love she bestowed on herself, her children, and her husband. She rarely came out of the apartment, mostly busing herself at the kitchen making all kinds of delicacies for her boys. She had a big heart in her rather big body.

Her husband adored her, children obeyed her every other time))))), and unlike her mother she loved herself just the way she was.

## **2) Let Your Family and Friends Help**

N. needed to go out more often. I knew that, she knew that, and her husband secretly asked me to encourage her. He tried to convince her every possible way he could invent but being a soft and loving person, he could not say 'but', or 'no' to his sweetheart. Good enough he said 'yes' and 'sure' to everything I suggested.

First, she could see neither rhyme nor reason in it. "Why would I need to go out? I have everything I need here handy. And besides, my mom was pretty sound and jolly at home too."

Her mother died at 43. Too many health complications caused by that extra weight. So, N. needed to change her life to be there for her family.

## **3) Take Little Steps**

I asked her a few times to run some errands for me, excusing myself by the business of my working and studying schedule. Then I offered evening walks instead of evening tea rounds. Half hour stroll gave way to an hour one, temp getting faster, music accompanying conversations.

## **4) Find a Thing You Like**

N. loved music. Her tuneless yet sweet humming was pleasing to the ear. I found out there was a dancing studio nearby. The time worked for both of us and I urged her to try. She became friendly with the elderly woman instructor. Gradually that kind and sincere lady took my place in N.'s life.

I felt good transferring my duties to her, knowing I was leaving my lovely N. in good hands.

## **5) Reward Yourself**

I got into a habit of sending N. a motivational postcard each month with little writing coming from my very heart. She sent me photos of her-improving-self in gorgeous dresses she crafted for her dance performances. It was quite an expense for her family, but surely the one they could proudly enjoy, watching that magnificent woman's every graceful move.

## **Conclusion**

"In a different family – or a different time, with someone different beside... I might have been the person I want to be." That is not the right way to start your day, to live your life. You are precious, beautiful, benevolent. And with support of people that love you, taking little steps, and finding the very thing you like – you can change anything in yourself that is not exactly what you want it to be.

Step to your new life as if you have wings to your feet, and can go without fatigue for many miles slowly, taking your time and experiencing a sense of your inner and outer beauty even if this feeling is an entire stranger to you. Embrace it in your heart, embrace yourself with love.

## **3. How to Navigate in a Multitude of the Literary World: 3 Major Principles**

An advice from a genius writer whose masterpieces the world missed to see.

## **May I Present**

my friend A. He is at his late 60s and, my word, in his youth he must have been irresistible. His face is mapped with roads and rivers that only time and extreme life challenges can create. Each line presents a

reasonable attempt at exquisiteness.

A.'s speech has a gentlemanly flavor about it – makes you think of frockcoat, stick, and bowler. His sixty and some years had not impaired his intelligent vivacity. Indeed, his conversation could not be otherwise than profitable to me, for he is thoroughly acquainted with the art of coming out winning over the difficulty of getting a volume of value.

You cannot find more devoted to the crafty pen person. A.'s inward exultation at seeing his works read is heartwarming. Although, you must be in a circle of chosen few close and trusted friends to be able to have a glance at his poems. Humble and dubious he never made his words public. I want to gratify his work by just saying that reading those words aloud would have made my lips bleed in painful admiration.

The luxury of this conversation is sublime. So, let us have a real, rattling good time with A. and fix up the book business.

## **1) Worldwide Known Classics**

“There is almost as much charm in a quality literary work as there is in first love. The certainty of success the world-renowned masterpiece achieved diminished all likelihoods to make the wrong choice. When you are sitting down to a book of Leo Tolstoy or Charles Dickens you always have your own say in an artistic conversation. The most superb taste will be satisfied with memoirs of a genius, or the fiction that is written so skillfully that can be taken for a sober fact.”

No need to throw your thoughts in confusion on seeing the vast shelves full of unknown volumes. The classic works are soothing to the mind and consoling to the soul. Their depth and complexity train your perception to see the splendor of the characters that flourish in our society. By reading world respected books you cultivate your mind and develop your intellect.

## **2) A Darn Good Person**

“I need a personal connection with a writer. That is why I employ myself

in finding the ones I can respect. If a particular author manages to secure my favor, I will read those books with no delay. The great art of authorship should be accompanied by the true virtues of a person's heart and soul."

Research the facts from a novelist's life to make sure that you can relate to his/her values. Let the life of your favorite writer provoke the best feelings in you. This way you can add to your strong passions a solid appetite for a meaningful life.

### **3) A Protagonist's Recommendation**

"A book that strengthens my heart and an author that seals my best affections have the right to divert my attention towards some other literary work. This kind of a qualified approval is tended by me with admiration."

You can bury yourself in the pages of a book suggested by your favorite author. If the person whose opinion you respect offered you some interesting read, go ahead and dive into it. That author lived by his wits and he had proved long ago that he had some wits to live by, so his opinion matters.

### **Conclusion**

The whole mystery of the bookish life is re-shelved by a simple principle of cultivating your reading taste with the help of world known classic books. The best and most talented brothermen share with us their view of life and you can trace that time didn't change the values that stabilize the world.

Be picky when it comes to the choice of your circle of favorite authors. Make sure you like them personally and when you've done so, you can trust their judgment and get a book they consider worth reading.

## **4. Turn off the Niagara of Regrets: 6 Ways to**

## **Avoid Being Upset About Your Past**

In a field of battle with regret you must either slay or be slain.

### **Out of Heart**

D. was out of humor and out of heart. It has been almost 2 years now, but his grief grew fast and furious with every succeeding year. His wife died from heart failure. Miraculously, they were at the stop sign when it happened, the horn of a car announced the death. Her innocent and pathetic face was radiant with the new happiness. D. couldn't help wondering how she could be so glad to leave him alone. Sitting on a front passenger seat he unconsciously called to mind a portrait he saw in a gallery some years ago. The painter neglected the background, reserving all the magic of his brush for the quiet happy face of a woman. His wife at that moment looked just like her, as if she had caught the golden glory of heaven on her countenance.

The existence of conscience makes the claws of regret sharp. And the stronger one the deeper the other can penetrate a sensitive flesh. The depressing influence of this feeling creates the sensation of a jail in a living body. This emotion casts a grim look about life. The damp atmosphere that regret creates is suffocating. We need to learn how to dispel the smog from the past and at the same time to keep our hearts from being dried -up.

### **1) No Need to Dwell on It**

She felt discomfort in her chest for a few weeks prior to the terrible culmination on that day. D. mentioned to her several times that she needed to see a doctor. He blamed himself for a lack of persistence. And the regret he felt had a sensation of almost maternal protection. Its watchful eye never left his side. It didn't let his mind to wander elsewhere. Some days he could feel the throbbing of her heart, as if she was pressed in affectionate embrace close to his chest, those days were worse than others.

The catastrophes of previous days can darken with a shade of remorse

the future ones. Some deeds are done impetuously, others are out of our control. To weather those storms of life and not to be worn out is the actual purpose of their existence. There is no way to change what's done, so no need to stamp life with the print of past adversities.

## **2) Give a New Turn to Your Thoughts**

He would do impossibilities to bring her back. He owed his happiness to her, and when she was gone – it felt like an explosion. And he could not pick up the fragments with all the care of an antiquary he applied. He became stifle. His mind and soul were on fire, and that blaze seemed to gleam from hell. There was no space left for new emotions. That dark, evening power that dominated in D.'s life had some magnetic energy that attracted empathetic people. He often was behindhanded with his work, but his senior manager closed her eyes on every mismatch in his schedule.

To be more ardent, more eloquent, more entrancing is a process of growth that often goes hand in hand with ill luck and pain. But for the sake of a happy life the past should be respected and thought over every now and then. Those experiences are tombstones that keep the castle of any unique personality firm and steady. In the enormous mileage of the past everything is a blessing. Tears poured over some broken expectations should teach a lesson of breathing through the pain and moving with a renewed and reskilled hope.

## **3) Let the Past Be Your Capital**

The tension was growing. There are some ways of looking at you that seem to penetrate your soul. D. looked at people and made them feel as though they had nothing on. That irritated a lot and captivated many. After all, that sorrow he endured gave him that Renaissance's 'Romeo' flavor. And his gloomy voice could talk the language of enigmatic gallantry of that time.

Limbs should remember the moves that were wrong so that the repetition of those is impossible. That knowledge is a capital that serves for good. The treasures of the previous days should be collected in a safe

place and scrutinized in a moment of hard decisions. That knowledge would be able to help taking the right turn in the right moment in the future.

#### **4) Bring a Positive Outcome**

D. could not see the outpouring lava of affection that he excited. The lady-boss at work was on fire, like a human volcano she loved with the fierce of unchained nature but that feeling unsatisfied could as easily go to its sudden cessation. She was a woman and needed happy feelings to accompany her days. D. was a different person after 8 years marriage and 2 years mourning. His senses were wrapped in perfect understanding of woman's nature, he only needed to cast an unblinded eye at the world around.

No one is the same person as he used to be a regretful moment ago. Now ideas that otherwise would not be entertained are generated in one's mind. Various pieces of information assemble the personality and it just happens so that misfortunes give a more positive outcome in terms of helpful life tools than merry experiences could have done.

#### **5) Revert the Importance**

D. gazed about him with a saddened eye paying attention to the dim side of life. That desire to expand every misfortune in daily life and minimize the impact of many little jolly things was roasting him alive. D. needed thunder and lightning to wake him up and transform that death-like, sepulchral look into his regular prior-to-the-fatal-day features.

With that baggage from the past, one can go far or stay unmoved. Everyone decides for himself. The suitcases should be packed wisely. If there are useful instruments and none of any other unnecessary stuff like all kinds of sad and heavy feelings as regret and the like – the step is light, and the passage is easy. Life is cooler when sometimes less weight is given to the important and more value devoted to the trifling little jolly things. So, in other words, performing a blah with sarcastic importance and taking important for a mumbo-jumbo is quite a good key to a lighter step in life.



## **6) Fill in the Space**

D.'s heart finally spoke to him and he happened to take to it. The blow of losing a job served as a curing disaster that shook his essence. When enough time was given to self-wandering, he realized that there were still pages in his life book that he had not read. Volumes of explanation would not have been needed, we women can understand at a word, and that word was love. The space in his heart that used to be filled with agony was emptied and a current of life-giving feelings refilled it.

Trudging timidly through life is a punishment that one inflicts on himself when consciously dwells on the past with disappointment in mind. Sad experience leaves an empty space in life that needs to be filled in. Bad or good replacement is the choice one makes.

## **Conclusion**

Their mutual happiness was so unanimous. It seemed as if all the voices in their life spoke of love. D. and his wife moved to a different state after their marriage. D. does not have greedy teeth for blessings but always remembers to be grateful for every little merry moment, that is why life is good-natured to him now. Happiness is the poetry spoken in a woman's voice. He had his second chance to hear the poem of his life and he didn't miss the opportunity to condemn himself to delicious sounds.

Arm-wrestling with the past is an exhausting and worthless process. A positive view on days-by-gone creates a profusion of loving energy that motivates a person in his life. Occurrence in the past, bad or good, is a wonderful lesson that builds personality. Everyone is unique because every experience is individual. The way one interprets it determines success or failure in life. There is no way to change the past but altering attitude towards it is magical.

Bright and nice always wins over cold and unkind.

The sun comes out eventually and clouds dissipate – it is the law of life.

## **5. Kick Doubts out of Your Life: 6 Reasons to Start Traveling and Self-Explore**

I gazed with awe at him...

### **Supreme Importance of Charisma**

Deep blue eyes and a broken nose. The natural grace of his person and that harsh voice as if it was broken and never fixed properly. I was put out by B.'s peculiarities when I first saw him at the Berlin International Film Festival. Being of a middle height and fair complexion with a merry face, laughing eyes, and rather down-curved sad mouth, he had that nervous organization that made you think that he was constantly struggling with himself.

B. received every person gruffly enough to avert any foolery towards himself. But the atmosphere around him was so healthy and benign after just a moment's reflection that every fine-bodied specimen of humankind could not resist his natural magnetism.

His story was fascinating. I bent my listening ear to the faintest sound of his charismatic voice...

### **1) Become Your Own Faithful Friend**

"I spent all my childhood years in my native little cozy house in rural Germany. My parents as two faithful guardians kept close watch over their only beloved child not letting me wander too far from their watchful lead."

"I dreamt about courageous travel enterprises and a world map on my bedroom wall was my devoted comforter. No wonder my favorite subject at school was geography. I could not have enough of every bit of information about the places I wanted to visit."

"My mom was not indifferent to my lamentations, but my dad was out of all positive spirits when I announced to them that I'd saved enough money from my laboring vacations to go around the world. By-the-by

they used to the idea and offered me a deal that was going to save peace between us.”

“I had one year right after finishing high school to do what I pleased, but when the time was up I had to submit to their order and enter the university they’d already picked for me.”

Most people find themselves hindered in believing that the choice made for them by someone they trust and love is the most prudent and favorable. Disquietude becomes a daily companion for these people and they often find themselves sunk in deepest thought about all other scenarios that could have been possible and most likely happy.

Often the lack of first-hand impressions, that only traveling experience can provide, goes hand in hand with the lack of life-defining self-knowledge. People and places, above all things, teach us to rise to our misfortunes and feel genuine pride for what we do and who we are, and without those life may be doomed to disappointment.

## **2) Get Rid of Your Private Misgivings**

“It dumb-founded my mind now to think about all the self-doubts I had. I left my country being scared as a sheep going right to the claws of a wolf. I was exploding with private misgivings.”

“Well... To tell the truth, there was not much for me to be worried about, my parents being over productive and over thinking every little thing about my bon-voyage. I had a place to stay in each country on my list: close mother’s friend here, old father’s coworker there, third cousin of my grandma’s younger sister, a respectable host family... and so on and on and on.”

“In three months and seven countries I was driven to my wit’s end by hospitality and predictability and went astray with my plan. And that when the self-discovery travel began.”

When young and inexperienced we have a very limited view on ourselves. Often lost in self-doubting wonderings we timidly make

unpropitious choices. To avert most misfortunes is to never derogate from every opportunity to learn about ourselves.

Equally remarkable would be to obtain a notion of dignity. When a situation that has a peculiarly exhilarating effect on the nervous system radically changes to the one that makes you feel empathy and compassion to the troubles of others, that in due turn transforms to a total tranquility in the place where magnificence of nature masters the mind – that transition creates a positive stress that forms self-understanding and self-respect.

When your perception went to many countries and discovered many human characters, the despairing voice of private doubtful thoughts will become less and less audible till it finds no echo in your soul.

### **3) Discover New Places and Get into Self-Digging**

“India by far was the most interesting place I visited. This country taught me to love my blunders rather than being ashamed by them. At any rate, they suited me admirably. I mixed words and time-zones, I forgot names and numbers, I got lost in wonderings and markets...but I was good-tempered and compassionate – and those were the only valuable things needed in the country where heart treasures reign over any material possessions.”

“Now I can see clearly that if I hadn’t made mistakes at that time, I would’ve failed in becoming who I am today. I was finally disposed to favor myself to the utmost not ‘despite of’ but ‘even if’ finding myself tripping.”

You won’t ever be vanquished in your strife with yourself. This way you find common ground with your best friend which is yourself. When debates redouble their violence, understanding of what is good for you reveals itself. Mistakes made, cease future calamities, they prevent us from taking equally rash and futile steps. New encounters and events underwent fill us with interest to life and ourselves.

## **4) Traverse the Countries and Occupations**

“Halfway to Sydney, Australia, and half through the predetermined traveling year I got tired of misnomers. In France I was a writer, true worshiper of Hemingway; in Spain I dared play Gaudi; in Italy – Michelangelo; a philosopher in Greece, a detective in England, a politician in Ireland...”

“I gave myself enough concern on the subject and scrupulously went through my abilities and preferences. Outfits and movies were my bug-bear faults. This passion I decided to transform to dexterity in the next six months I still had to myself. I needed to provide a valuable and doubtless prove of my talents so that my dear parents could agree that successful leaving was possible in this occupation. And here I am – a film costume designer.”

Traveling helps to obtain a commanding view on all the possible scenarios in life. By trying new things and learning new skills we get a better picture of how other people make their living. There is no other way to know if you like it unless you do it, even if for a short time.

We spend half of our life at work. The occupation that makes us content has to be found, on pain of a discovering journey...

## **5) Beguile the Time with Valuable Encounters**

“I worked on many film sets. Found great connections, many acquaintances, and a few friends. I longed to tear away this industry and endured with many inclemencies along the way. I was kicked out of my first place in Sydney where I traversed with one of the leading actors trying to push through his objections my vision of his character’s look.”

“I spent two months in Moscow helping to film a comedy series. My life there was full of daring and chivalry when I was in love, and incessant doubt and torturing suspense when the euphoria ended.”

“Just an outside observer in China, no one willing to take an apprentice with no language skills what so ever. An errand boy in Canada and an

assistant to the Costume Director in Hollywood. Many places, many characters, a load of co-existing experience, and quite a bit in the trade itself.”

One worthy encounter can open up a prospect of a brilliant future. The material advantages of some fortune cannot compete with a good conversation that makes the burning ambition possess the person and make him conquer the dream of his life.

In the nature of things, people are more costly than any soulless things. So let the new encounters be incessantly renewed in your life.

## **6) Become a Guru in Your Trade**

“Very often I find myself in supernatural aberration of mind that induces me to see the characters, especially if it is historical or fantasy movies, those are my favorite. I enjoy every day of my life and consider myself endowed in an eminent degree.”

The wealth of feeling – love to your chosen career, should be a cult – the accelerator that drives you to constantly improve yourself and elbow your way through any difficulties to the desired height. The cup of that struggle to learn should leave a sweetness of illustrious improvement on your lips.

You’ll feel yourself so far away from the person who just started this journey some while ago. Now the power of inner vision upon your future will bore you company and endure with you the inclemency on your way.

## **Conclusion**

Traveling by far is the best generator of positive developing stresses in life. The scenes our senses go through should be bewildering sometimes, stunning often, and gloomy every now and then. There is no need to run to and fro and burst in and out in life – you will always be the better (as the case might be for thoughtful voyage) when gratified by new encounters, in a frenzy of love to nature, and seeing the distinct glimmer of your dream coming true. Explore the unknown places and learn about yourself on the way to every destination.

## **6. Engaging Brilliance of a Big Dream: 6 Powerful Tips to Create Abundance and Prosperity**

“Unique personal style, dear friend, depends on what lies between the core of your heart and the inner essence of your soul,” said G. gleefully.

### **When it costs a heart and a dime...**

G. at her 47 seemed to have something of a girl whose life was a sponge that was thirstily absorbing every drop of friendly sentiment. She gazed about herself with a saddened eye but swelled with smiles at the first bead of love.

Her face had that unmoved serenity of Nefertiti by Thutmose when in reverie, and that was the state I most often found her in. Regular comely features, glistening chestnut eyes, strict rather big mouth, and graceful cheekbones – her face whispered about flexible elegance and luxuriant beauty. Tall, robust, well-built but rather disproportionally big in comparison to the head G’s body would have been regarded as fine-looking by one and quite overweight by the other.

She was one of the most conspicuous women in Paris or even in France itself, and that country supplied so many excellent ladies. One would feel almost giddy with cheerful sensations seeing the splendor of color and exquisiteness of accessories. G. was a merry person and her joy would overflow, not in facial expressions, but in fashionable ejaculations.

Her handmade garments were supplied with an invoice for a bond of friendship to the ones she loved. I was flattered to be given the most beautiful garbs by her hand. Wearing those I strolled around with a bit exaggerated swagger because I knew that I was irresistible.

### **1) The Timing Scent in the Air**

G. always rushed to the attack of a difficulty and when the top 7

fashionable schools said 'No' to her inquiry to be the chosen one to master the craft of couture dress she didn't repent. After studying the Design Route very closely, she saw that there was but one alternative for her – to start her own business at new luxury couture in knitted women's wear.

She was deeply versed in learning the fashion world since she remembered herself. Her dream was fearfully big – to become a world known fashion designer, the one that might proudly take place beside Coco Chanel, Yves Saint Laurent, and Jean-Paul Gaultier. That passion of hers condemned her to be the butt of all boorish jokes of her classmates, but she didn't repent, growing astir, more from the opposition than from good encouragements.

G. hunted for related material in every French magazine, she went through all available case studies from leading fashion companies with the top-notch education. G.'s goal was to sharpen her senses, to overcharge them with delicious fashion flavor, and develop a plan of a step by step image building technique.

To thrive and prosper under this sun one needs a united care of a great idea and a suitable time for its realization. The balmy days for a particular dream make the fulfillment of it speedier. All things and people should be glad to meet this newness that one has to offer and flourish with its gradual achievement.

## **2) Industry Intelligence**

G. had greedy teeth behind her fashion obsession. She saw her success in every direction, her imagination had a free play and she started her research full of delightful excitement. She was a whippersnapper in terms of color, having no idea about the existence of four color seasons that coincide individually with a particular facial hue, and each subdivided into four subtypes. G. found the colors that did justice to her cool complexion, emphasizing her beauty rather than concealing it by pupping up instead.

G. strived to change simple color presumptions that she had into



certainties, so she could call up before her mind's eye the right combination for any person. In a perfect frenzy of passionate interest, she tended every piece of relevant information, filling in her notebook and her memory.

When the predictions about some problem that majority of people is facing and looking for the solution is but too well verified and you have the answer, make sure that nothing is omitted, and little is undone in terms of research in the very industry you want to step into. You should not feel the task too difficult of performance, devote enough time to it so that nothing is forgotten, and not a thing is regretted.

### **3) Great Listening Impulses**

G. got into every conversation that could take a convivial and improving turn. This way she learned about the magic of proportionately enhancing looks by knowing body expression. To craft a better-looking silhouette, she went into every free seminar that ready-to-wear groups generously provided. One of the students of Louis Vuitton luxury fashion house agreed to share her class notes for the benefit of ordering some accentual work for her collection, G. gladly exchanged her time and made a beautiful handmade lace for her friend's dresses and got treasured information in return.

She didn't think long and hard to determine her body outline. Five types left not much to be confused about and pretty clearly told their story. She was a piquant apple and was in love with that shape. After all, that was the easiest topic to master in fashion design. Now she had the tools to tweak an outfit to emphasize her personal style and to help others to get the understanding of their body structure.

Great encounters with industry experts diminish many struggles on the way to success. One should not be ignorant of his own mistakes and impulses. Those when accepted, become easier to repair especially with a valuable advice and help from well-informed people in your niche. You will flourish in the very zenith of your dream if you learn to humbly listen and let the virtue of another being watch as you go ahead in life.

## **4) Unique and Expected Over Head and Toes**

Since five years old G. found herself over head and ears in a pack of yarn whenever her mom's watchful eye was distracted. She loved that sensation of different textures on her tiny hands. The heart of a girl, whose life was circling around the lovely scenes of her mother always at work knitting all kinds of garments for local people of her little town, was forever given to this crafty art.

G. could live frugally but happy on the proceeds of her skillful hands. Her dream, though, was big and she sometimes feared the heights she wanted to reach. But her belief was strong and sturdy, and the energy with which it was expressed was impatient of delay and suspense.

Competition is healthy only to a particular extent. If the problem that people are facing is solved in too many similar ways, the chance of success is proportionally diminished. Your solution should to all appearances stand out and be unique, better in many ways than whatever others have to offer. Ease the people's minds by your discovery, give them the most poignant bliss with the answer you provide.

## **5) Hunting for Branding and Presentation**

The horizon was beginning to crimson when French magazine L'Etudiant featured G.'s first collection. She worked hard to turn her passion into profitable business. It was not easy to find her niche but she managed to make a successful living by doing what she loved. She found her own signature style and the patterns she designed were original and caught attention. G. was able to access key forces to assist her in achieving her dream and every succeeding collection she presented was better than the previous one.

Strip it of all the circumlocutions and tell your story so it not only gives the heart to people but teaches it to beat in the rhythm of your choice. Build your brand, make the name stand out and recognizable. Get a fresh and bright vision of your idea, talk to people, brainstorm the advertising campaign. Think about it as if it is a bird of some rare plumage, show all her thousand playing colors and remarkable qualities –

make it known to every stranger so that people eat and drink and talk about it.

## **6) Fruitful Partnership**

G. collaborated with many talented fashion designers and learned a lot during their mutual eclectic teamwork. She tenderly cherished each encounter and became close friends with many interesting people in the beauty industry: photographers, makeup artists, models, and of course brilliant designers from outstanding schools.

One will well advance in life if cooperates with the right people on his way. The very intelligence that a few brains united together under one mutual concept can deliver will for sure shine bright enough to light up the sky. In faith, I believe one great person can substitute an excessive monetary capital. So engaging yourself busily in finding worthy business partners is a path for exultation.

## **Conclusion**

G.'s work considered by many as the great art in haute couture designs. And being on the top of her career she continued to revert her thoughts to her old friends. I'm a proud possessor of a few signature garments that G. gifted me with. And 'haute couture' or not... I feel the love of her generous soul and that is the most precious and priceless.

Let your dream grasp you with an iron hand. The path to it should be remembered even in old age. A life of persistent and not fleeting pleasure is dearly paid for by tenacious movement to the desired. And fear often is a companion to the assurance on this way – fear that the dream is too big and assurance that it is for sure reachable. Your cleverness and your soul capital are on the service of it. Make it sensational so people will have a daily renewed appetite for what you have to offer.

## **7. [How to Keep Happy Attitude in a Disabled](#)**

## **Body: 6 Ways to Become a Virtuoso in Living Life to the Fullest**

To linger here or to feel that you belong...

### **Introduction**

T. is a lean, long-backed, large-headed Lebanese, with surly tones of his voice and coarse features of his face. We scour the country together every now and then: I – on my feet and he – on his wheels. His wheelchair is a speedy little beast accelerated by his mighty hands and skillfully maneuvered by his flexible torso.

T. is my dear friend. I can drop a curtsey each time I see him hurrying to greet me in his very wealthy manner. You would never believe looking at his expressive and full of exhilarating energy face, that death had been hovering over him just three years ago.

### **1) A Rushing Torrent of Grateful Feelings**

The dark night in T.'s life crept slowly on, unexpected and unwelcomed. The sun rose and sank, and he was dwindling away beneath the dry and wasting heat of fever, trying to understand the reasons why he was still alive...

A weak, thin, and pallid face was looking at him from the multi-squared mirror lights of the hospital ceiling. Outside the window the mean-looking portico showed strangers in and out, smiling and crying, old folks and newborns – all colors of countenances and personalities were passing through his painful perception for forty-three thousand agonizing wakeful minutes of his confinement to the bed.

When starting to sit down to his meals, still dispirited and sad, the realization that the chains of grief were the heaviest of all fetters came to T.'s mind. He knew that the mournful spirit he was in would only bring the end of his life closer. The belief in a higher intelligent plan and purpose was still holding him tight, not letting him sink into that despair completely.

T. needed to return to the world he belonged. And hour by hour the drop of every happy memory brought back first feeble streams of life. The fairest consolation came in disguise of a prayer. He applied himself with assiduity to the task of reviving his inner and outer strength so his family, always supporting and loving, could be proud of him.

Every generous impulse and feeling of his heart were acknowledged to bring him back from that low and solemn air to the full and blooming life around. He made off as fast as he could to lay his spirits to the ground and managed to get himself out of the bed and on his wheels with surprising speed. Every morning he called before his mind's eye a vast amphitheater of loving faces of his dear people: his mom and dad, his brothers and sisters, his cousins and dear friends.

**Grateful Feelings** remind us that dear people and happy moments in the past and present should wrap us in their loving warmth and console the wounded body and soul. Regret and grief bruise the heart, making things in the world dark and gloomy. These feelings may force hate to prevail so that the person that is suffering would condemn himself to abhor life and think that it pays him by the same coin. One should love life worse than it loves him and live only by that motto.

## **2) Life and Death in Opposition**

The beauty beyond the tomb, when it is accepted in the very heart, can shed a gentle glow upon the life and bring a quiet happiness. T. didn't make a coffin of his heart and sealed it away. He didn't let his life be buried in the pages of a death book. The gift of life is enormous and the only way to make an effort to pay back for it is to try your utmost to live to the fullest contentment, so that the bliss of your love towards the world around charges it with positive energy.

The contradictory emotions T. felt brought greatest interest and eagerness to his life. Sorrow still was tingling through his veins, but it raised the rattling exaltation at the every notion that perception was able to fill his senses with. He didn't feel his legs anymore, but that missing part of his body was substituted by strains of overly agitated nerves of his arms and spine. He followed on the track of strengthening his torso every instant he felt the need to hue-and-cry to the missing limbs.

**Comparison and Contrast** of life and death teach us that life is a poem and it ought to be sung down to the very bottom. Because to cease to love is worse than to die, and death is worse than suffering. We are sorry for the men and women who forced to linger here in constant pain. This feeling of compassion revives willpower of a soul, and chains of indifference, for say what you will, are the exact heaviness as chains of hovering death.

### **3) Elbowing Hard upon Goals**

T.'s life hanged heavy on his hands even before the turning point that left him without legs. He used to ruminate long and hard trying to decide what direction to set his life forth. Being 32-years-old, he had been poring over various subjects and not over anything with enough time. He rambled at his pleasure too long, mostly spending time in the gym listening to his favorite music. It seemed a matter of impossibility to center his life around fitness and body healing strategies now when he lost almost half of it, but this idea was firmly impressed upon his mind. T. became transfixed with the desire to achieve the heights he didn't even think possible for his fully-functional healthy past-self.

So vigorous a pursuit of a dream that T. started would make anyone wonder at the beaming of energy that he possessed. He was not ignorant of his own mind any longer: his heart was set firmly on a goal to become a physical therapist working in amputee rehabilitation. He was not mistaking the impulses of his soul – he became a world known inventor of dynamic specific strengthening exercises that flex and tone the muscles. His online teaching courses are empowering. His own experience gives him psychological advantage to motivate people who suffered a loss to set goals and move on with their lives.

**Setting Goals** is setting life energy within us, within each of us. Between the milestone and its accomplishment lays the barrier that love to yourself and to others makes passable. Many things that we consider outside ourselves are actually inside ourselves, and that is the secret of achieving happiness. It is not somewhere there waiting, it is inside every one of us, and it longs to be felt and lived through. Every success makes us experience this contentment stronger.

#### **4) Issuing Forth with a Mentor Beside**

The impressive stateliness that radiated from T. was adopted from his mentor. The multifarious influence this person had on T.'s life helped him to not only look on nature and his fellow-men with positive reflection but gave him a clear vision of himself.

The simplicity of his mentor's life stirred T. profoundly. This person was happy, chasing his dreams and loving his family. With neither legs no arms he was shining with heart strength and will-power. Every trace of T.'s essence strived to be worthy of the second chance he was given and to live his life limitlessly. He had that example of extraordinary idyll and threw himself headlong into the task of bringing purpose and happiness into his life.

**A Person Beside** that shows an example of indefatigable hope makes us forget about the despair and misery. Hope is the light that dwells in all hearts. We need to be reminded as often as it is possible about possibilities and discoveries. Life is not stationary, it drives us to new interesting days and when we see how other people manage to live those happily despite any limitations we strive to do the same.

#### **5) Power of Giving Others a Heart to Live**

T. still had a realizing sense of his weakness and captivity. But he was recovering his life-balance by an effort of willpower and desire to set an example for others. There was a dash of the divine in it – to be smashed from monotonous and tiresome life in a healthy body by a fall of a tree on a thunderous day, and to be revived to the beautiful and happy life in a wheelchair.

T. decided to never be lost amid a host of distressing feelings and regrets. He wished that something partaking of the unheard-of dream-like life would happen to him. The desire to become a role model for others gave him that spiritual illumination that shifted his life and he was ready happily to face his past, present, and future.

**To Set an Example** for others by the mode of inspired life is a high and honorable purpose. To become greater and stronger tomorrow than we

are today is a sublime living truth of life. Everyone is capable to take in and retain the sight of future better self in one's mind and strive to fulfill the glory of coming days.

## **6) Let Only Love to Hold Your Body Prisoner**

T. didn't think that he was more than other people. He was a man like every other man and that by itself attributed exceptional importance to the task he set for himself. He conveyed a message that whatever happened to him was not a run of ill-luck but a fortunate wakeful blessing. He shared many talks on how to accept the past and devotedly love your-past-self and present-self.

He received many compassionate comments on his media channels. The influence which his sincere contented personality exercised was deep and lasting. People saw a humble person just like themselves, never repenting on his helplessness, but actually claiming to be powerful enough to uplift his own spirit and inspire others to do the same.

**Love-Centered Life** is a masterpiece. The creative force is in everyone and everything living on this earth. Our hopes and wishes when driven by love transform the world around us into an art gallery where you and only you make a choice what to hang on the wall of your life. Make the exposition marry and colorful. Conquer death by the force of loving ecstasy.

## **Conclusion**

Often, we find ourselves at a crisis in our lives. The loss takes many forms: ruined health, missing limb, beloved person that was forsaken... The union of fate and belief can give us the most poignant bliss. And the passion to live life to the fullest is only gaining in strength fueled by grateful feelings, love to the life itself, and love towards yourself. The birth of day is growing brighter, more from accomplished goals than from the sun rising. The purest and most amiable generosity of other people, their truest, warmest, soul-felt teaching of flourishing despite any limitations serve as the greatest power that alleviates the sinking of soul and spirit.



## **8. Painful Loss Should Be Incapable of Flooring You: 4 Techniques to Eliminate Suffering**

You must have a divine heart to be so full of vigor when life is a misery, filled with it like a precious vase...

### **Introduction**

I have but one pen friend, and our old-fashioned correspondence on paper and in an envelope is most cherished by me. She dreams in words of love and hope when her life is tragic enough to make my face distort with darkness.

V. makes beauty beautiful. Her life is a sad song for an outsider and a bright red fire for those who have the privilege to know the divine rebellion of her smile, the cheering appreciativeness of her spirit, and the great resoluteness of her mind.

I painstakingly pieced this story from the several treasured letters I have from V.

### **1) Grace Your Life with the Presence of a Diary**

May 2014: "I buried myself in the full of soul eyes of my dying husband. I know I need to think of my dear children and myself for their sake, but it is so hard to tear myself from his bedside. His sufferings make my heart weep. I wish I could sacrifice myself and save him. His voice raising painfully when he holds my hand and pronounces my name. I quiver with restrained grief and smile to cheer him up."

V.'s husband was going through tormenting sufferings on his way to the end of life. The inner inflammation, the result of a fall from a high staircase, was incurable due to his intolerance of every known medicine. The question of surgery was not even possible to discuss as he would not tolerate anesthesia. Since early days he used to take only specific

herbs as treatments from some minor pain or disorder and be overly careful in his daily life so as not to endanger his health. This fall was an unhappy accident, result of some slight clumsy move, that caused inner injury – impossible to cure in his specific unique case.

June 2014: "My diary and these letters to you are my salvation. I often write and hold his hand in mine. I put on paper what I feel and seal it in an envelope, I plead and pray to the God and hide it in my soul-felt diary."

August 2014: "He is in constant pain but looks the very incarnation of quiet bravery and love. Even in his intolerable condition he strives to carry away my disquietude by talking about the beauty of life after death and the pleasure I should feel on this earth even when he will leave me."

September 2014: "Whenever he is awake from his tired slumber he asks me to write the messages to our sons so that I can deliver it to them when they will grow up to understand the preciousness of every word that was voiced through pain and suffering. I like to listen to his sentiments. I love his extreme good sense, his exquisite taste and feeling of life. He urges our boys to be uncompromisingly bold in the defense of their opinions and life principals, to be earnest and keen in pursuing their dreams, and win the esteem of their mother and father by vindicating their character from any unkind inclination."

**Life may seem vengeful.** When a beloved person is forever lost the existence appears empty. A painful loss sternly represses breathing although the chest is heaving with passionate feeling. Eyes become blind to all life attractions, ears deaf to all the words of love and affection. Every living being that still keeps smiling looks so provokingly heartless and mindless.

That aversion to life must be cured. Writing your feelings down by-the-by will help to bring consolation. It is one among the several healing techniques that is able to brighten the doomed comprehension of life. Let the melancholy musings and painful lamentations stay on paper. The words of sorrow, written in a diary will purchase solace and tranquility.

## **2) Let Place, People, and Obligations Comfort Your Spirit**

November 2014: "With an agitated, burning heart and brain I live through every minute of my life without him. How do I dare to live when he is not among the living? The one, who in intellect, in purity and elevation of soul, was immeasurably superior to anyone I know. I rush outside to cool my feelings in the balmy winter air, and to compose myself each time I feel the hot tears coming to my throat. Solitude of my garden helps me to put on a gleeful smile to cheer my kids."

December 2014: "The poison of this loss spreads through all my essence. I now recognize its harmful intentions. The serious depth of it may kill life within me. I fight it, turn my back upon it. I seek retirement for my pain in taking care of my kids. They are my salvation. I let my head to be carried away by their childish ideas. There is no better cure like a merry, simple-hearted child – ever ready to cement broken heart, to melt the ice of freezing soul, and overthrow the walls of sorrowful isolation."

**To be a prey to distressful feelings is a sad destiny.** To do our utmost to live life happily is the only installment of our universal debt. There is a certain graceful ease about being busy with daily life, household chores, taking care of the kids. These activities distract from painful recollections. When you remind yourself that there are still living people that need your attention you tend to forget to torment yourself with thoughts about death – life is calling you to be present and active.

The freedom of nature and tranquility of some quiet shelter gives a sense of repose and expansion to the mind. When you take your place on a bench under your favorite tree it opens the floodgates of your soul. Here in loneliness you can pour away the tears of grief. Being with beautiful life one on one you can learn all over again to feel the rays of sunshine with your soul, and to experience the freshness of breeze with your heart.

## **3) Open up Your Heart to a Friend**

March 2015: "My mother is my faithful friend. When I see a flash of love in her eyes, a glow of sincere care on her face – I think that one day I will cease to feel this pain. When a throbbing recollection flash upon me, and a cloud of sorrow darkens my eyes, I talk to her: in person, on the phone, or in my mind, and a moment of inward conflict gives place to quiet conduct. I start to behave with exceeding calmness so that she never had occasion to reprove me once."

**It is an overwhelming toil to be in constant grief.** Everyone needs to recover from the effects of it and a close attachment to the living dear people is the best cure in this case. A heartfelt conversation with a friend can fill you with faith, hope, and joy. It will drive away the keen regrets and bitter dregs of lingering sorrow that still oppresses your heart.

#### **4) Delightful and Fruitful Activity**

November 2015: "I started my book with more truth than wisdom. In the beginning I was still fearing to be rooted to my loss. Often the paroxysm of pain and despair was preventing me from saying what I was intended to say. A torrent of tears stained the pages of my book with misery and I prayed for forgetfulness. But only memory gave life to my words. Never do I endure so long, so blissful nights as when I write. I go through every moment of happiness and pain all over again. My goal is to keep the fire of my foaming and swelling with emotions life engaging and bright, so it warms the hearts of other people."

January 2016: "My book is published, and I feel as if an icy hand grasps my heart and is constantly checking its pulsation. Still, deep in my soul I feel that no rain of critic and judgment can void my faith in the truth I shared."

September 2016: "Smiles and tears are so alike with me. I often cry when there is nothing left but to laugh and smile when I am in bitter grief. My book is gaining its share of love and popularity. My head is so haunted by the ideas for a new one. I feel graceful easiness and freedom about all I do these days. The expansion that this new authorship gives to my mind is so refreshing."

**Perhaps another great healing technique** would be an activity,

business, hobby – the mode of actions that is enjoyable to the utmost degree for you. You might have been thinking to renovate your house long ago – this is the time to do it. In the process of implementing this plan you may find that this is the exact occupation that delights you enormously and you may think to change the course of your career. My dear friend started to write a book and found consolation in putting her feelings on paper. She transformed her life, and by the crafty pen in her hand she managed to help others to find equilibrium in theirs.

Keeping yourself busy and enjoying every moment of it is not a job, it is a recovery process that cures your heart and heals your soul. Leading active life prevents you from disturbing your own heart by touching upon the infectious thoughts of loss and grief too often.

## **Conclusion**

October 2018: "The literary fires redouble kindled by a complication of emotions. And happiness is the chief in this turmoil. I cannot stop writing and now, when I have three books published and the fourth one on my table ready to be sent, I find myself in deep reverie thinking over the plot for the next one. A broad sea is rolling between my past and present. My soul is forever united to the one that is dead in body but always living in my heart. My husband is my everyday companion. I feel his soothing presence. And this feeling of our reunion is not sad anymore but rejuvenating."

**To find an antidote to painful emotions is essential.** Grief, when left alone, may carry you away against any reason and will. It breathes a tired apathy born of long sorrow and hopelessness. You need to fight for your life and happiness every day of your life for the sake of those who are living and for those who are no longer among us. Diary, a sincere conversation with a friend, busying yourself with the chores around your life and the lives of your dependents, and finding an activity that cheers you up – all these healing techniques will for sure bring consolation and peaceful acceptance of your fate.

## **9. Don't Be Afraid of Rumors and Backbiting:**

## **Consider These 4 Sources of Spiritual Aid**

Spend precious moments stubbornly biting your lips, speaking sternly, and acting openly...

### **Introduction**

D. is above the average in height of his stature and in the firmness of his mind. A man of fixed principles and strong habits, he is intolerant of people whose words are cheaper than deeds.

He was not like that in the early days of his youth. One incident, that almost ruined his happiness, forever imprinted in his heart an aversion to people deprived of true nobility of soul. Finding himself deceived, duped, and hopeless he learned to avoid provokingly mindless, heartless, and artificial specimens of humankind.

A terrible bore as he is, I love him dearly. D. is a grandpa of my best friend and a grand-mentor of my humble life. He always eyes me to silence and starts preaching with so much eloquence and depth of thought that I cannot help plunging over head and ears into every discourse.

### **1) Why It Is Time to Let It Go**

D., when a sensible, handsome man of two and twenty, bore his young glory gracefully. His love was a smart, pretty girl of nineteen with merry grey eyes and lofty intelligent forehead. Anyone, seeing these two together, would say in their hearts either 'Bless you' or 'Curse you'. Their love was a contagiously happy picture for kind souls and a provokingly showy – for jealous ones.

His chosen one was very engaging little creature, decidedly blooming girl, although rather charming than pretty. Her eyes were full of poetry and feeling. She was a little woman, seeing with her heart rather than her head. And her faithful heart was forever given to the genuine and generous D.

D. believed in dignity and depth of her soul. But the tempest of doubt and dread, of jealousy and rage almost distracted him, almost ruined their happiness. A slough scandal was spread through the whole village and finally found its way to D.'s ears. Some shallow minds believed it right away. It became a chief delight for them as these kinds of people could not hold any great ideas and were easily carried away by trivialities.

D. stopped any intercourse with the poisoned humanity, the ones that readily accepted the circulating vile slander. He did his utmost to protect his little lady from learning anything about it. He himself got to the root of it only by hints and innuendoes as no one dared to speak openly with him.

**People tend to talk.** We may like it or not – but they talk about us. It may aggravate you, but I would encourage you to relieve your mind and life from that influence. Take no notice of judgments that come from people that do not bring value to your life. Whatever they think should be considered a slight thing. It by no means should disturb the equanimity of your mind or had any injurious effect upon your appetite.

Consider any offensive or simply silly statement coming out from some narrow minds as a source that facilitates your operations in improving your life, and as a motivational tool that makes you move on with your plans and ideas. Do not take any slander close to your heart and do not let anyone sly and jealous close to your life.

By the way, it is better to be talked about anyways. That means people find your life amusing, interesting, and for sure a better topic to discuss than whatever their own existence presents. So, let them do what they please and continue to live as YOU please.

## **2) Why It Is Normal to Rip up the Ties**

Each time D. looked through the eyes of his chosen one and right into her heart, he saw more of the height and depth of her soul than words could speak. No wonder his spirits rose almost to madness when he discovered that his best friend was an instigator of the dreadful story of

his girl being unfaithful to their love. D. didn't believe a second that she could swear love to someone else. Never till that moment had he known the full fervor of his love, the full strength of it. Nothing could crush his faith in their shared future.

The story was a lame one. Only once D. had a notion of being chained to a couch of thorns. The first night after discovering the slander, a paroxysm of anger disquieted his breathing and he bitterly reproached himself for this moment of weakness. His friend, a worthless reprobate, an impracticable fool, gave food to envenomed tongues and they started to talk about D.'s noble girl as if she was a little frivolous kitten going around and gifting her love to insipid individuals.

D. cut all ties with that false friendship. Forgot the way to his house. Wiped him off his heart and soul. He brushed the dirt of this acquaintance from his memory. He knew too well to keep such people at a great distance from his life.

**A true friend will cry and laugh with you, not at you.** The one that gives you handsome compliments in your face and talks about you with much malicious philosophy behind your back is not a friend. It is obvious. The union of friendship is a blissful gift, and when crisis finds you – true feeling stands strong against any calamity.

Rejoice when you find out about some false attachment. Let this person go as far from your life as possible and wish him good-speed. This is a natural life improving, beautifying process. You multiply positivity but getting rid of negativity.

### **3) Why, or Rather When the Opinion of Others Matters**

D.'s heart rejoiced when his parents and his elder sister took his side in this insinuated story. Their opinion happily coincided with his own on this matter. He felt strong support and stoic faith from them. D. believed that their love and calm confidence had more effect in working his spirits up than any other factor could do.



D.'s family showed him a true value of their relationship. People that sincerely wished him to be happy took pains to consider everything thoroughly. They recollected what they personally felt and knew about D.'s future wife and found not even one reason to surrender to the falsehood circulating in the village.

**We all have a heart, and close loving people taught it to beat.** They stay with you when you are in the wrong. Relationships, proved by long time and hard trials, gain strength and depth. They will listen to you and fight your enemies by your side.

It is true that during the course of our life we tend to lose people. Remember though, that the ones that stay – worth hundreds of those that had left. And when you listen to those precious few, you know that whatever they say comes from honest hearts. You may follow the advice they give or adopt your own way, it would never change the sincerity of your attachment.

#### **4) Why Take the Reins in Your Hands**

This occurrence served as a great lesson in D.'s life. His so-called friend, being a jealous and wicked person, tried to ruin D's happiness. He did his utmost to bring about a fatal collapse to the true love between two faithful hearts. But every destructive effort he made was opposed by good pure feeling. D. learned that only words attached to noble deeds could purchase his affection and esteem. He always acted in accordance with his personal will and judgment and he continued to do so till his old age.

**Your intelligence is in your deeds.** It stamps your life with milestones you've accomplished. When you make decisions according to your own judgment, you can proudly say that you are the one to be thankful for the success. And when the failure comes your way, be brave enough to take the responsibility and admit your mistakes. There should be no one to blame if you listened to yourself.

Engage yourself busily in listening to dear people in your life. Their

advice is precious. Consider it thoroughly, but always act upon your own chain of logic and good-natured feeling.

## **Conclusion**

Let your life be a pleasant experience, awakened by grand people. The mention of any piece of news that concerns you should be heart-felt when coming from a loving soul, and easily forgotten when coming from a distant and nonimportant relation. Loveliness and virtue of true friendship will watch over you in good and bad. At length, by degrees life cleans itself from any false attachment, and those should be released with ease and satisfaction.

Thrive and prosper under the united care of your intuitive mind and soul. Listen attentively to what you feel and act accordingly.

## **10. Patience – a Most Formidable Instrument of Human Nature: 7 Reasons to Cultivate Wise Ability to Wait**

I found patience at a crisis in my life... the blessing that greeted my nature.

## **Introduction**

J. treated life unfairly. She grew fiercely indignant every day and was very far gone indeed in her unpleasant sensations. J.'s gloomy attitude impaired her kids' existence immensely. Her husband was in despair, unable to understand the motives that drove her demeanor.

Only three years ago J. used to be so mild and gentle, so sweet and good-humored that earth seemed not her element. Her cheerful, happy smile were made for her beloved husband and little baby, her firstborn child. Every minute lived in her home seemed delicious.

All vanished gradually like breath, leaving a sign of warmth in the frosty air. J. decided to work from home on some company projects rather than

going to the office every day. She was delighted to be able to spend more time with her growing family, a second child being on his way.

## **1) Staying Strong When Marks of Quietness and Uneventfulness Color Your Life**

Their third son was a piece of happy unexpected news. J. didn't fully recover mentally from the merry sensation of being with her second baby, only a year at that time. In the beginning, straggling to be everywhere: keeping the kids nice and neat, the house cozy and welcoming, the food tasty and nourishing – she reduced her restful, sleeping hours to about four a day, comforting herself with thoughts about excellence and perfection of her life.

In three months J. started to feel as if she was groping forward a few steps in her daily life and strolling backward with increasing speed. The little one started to cry almost every night with no obvious reason. J. started to lose her temper with her four-year-old, expecting him to be always handy and ready to help in any possible way with kids and with things around the house.

Depressing mood hanged about her marriage for many weeks. She lived a life of toil deprived of friendly attention and refreshing activities. The growing family forced her husband to accept an offer of higher pay and a longer absence from home, often being away on his business trips for weeks in a row. Left alone with kids J. was unable to find energy enough to keep her old acquaintances and visits of politeness.

**Patience – a lifelong spiritual practice.** Routinely activity and uneventfulness can become a daily companion during some challenging life trials. We may consider them hardships and lament at them, or blessings and rejoice at the opportunity to exercise our patience. Do not let time rob you of your brightness, but let it add depth to your personality. Get skilled at pulling the ropes and handling the ribbons of your emotional strength, so you can control your life with all its waiting, watching, and knowing time.

## **2) Fighting Snappy Conduct that Is Stealing Out with Noiseless Distracting Footsteps**

J. had no power left to alleviate the sinking of spirits in her soul. She kept reproaching herself for lack of attention to her husband and kids. She knew that she needed to be careful how she dealt with those about her. Too often she ended up snappish in her manner.

Her remorse got deeper. The atmosphere at home became suffocating. J. and her husband took what seemed to them a strict line of duty: him – providing for the wellbeing of their family, her – devoting herself fully to the kids. And although their generous impulses had the best intentions, the outcome didn't provide lasting happiness.

**Patience – a way to transform frustration.** This is a great practice of compassion. With patience, you learn to nurse a mood that takes care of your comfort and peace of mind. In this blissful state you grow familiar and confidential with your beloved people, and it requires no labor. You simply become intuitively able to love externally and internally as your best sensations are awakened. You have a larger and more loving view when determining the right word and action. Your brave soul, a soul that feels and waits patiently, becomes enveloped in poignant longing to please and befriend rather than to fight and argue.

## **3) Withstanding Frugal Life and Hardships So They Only Proportionately Free Life and Mind**

J. was aching to the distant time of those happy days when her husband was at home every night, lifting the weight of troubles by his help and loving support. The tears she shed on the occasion of his coming home from another business trip caused the sacred emotional transformation. A feeble stream of their family life needed to be revived anew, and the only possible solution was to reunite their family, sacrificing some pleasant but unnecessary luxuries on the way.

J.'s husband decided to go back to his old employment with lower pay and higher healthy meaningful time spent with his wife and kids. With each day at home and each family dinner, the healthy and benign

atmosphere was coming back to the house, the chores hanged lighter on J.'s hands, her demeanor became easier and more prepossessing.

**Patience – a re-attuning to intuition.** It is a way to be happy when alive and breathing, even though life may seem hard and frustrations pressing. Without patience you feel like the little tottering, stumbling, clutching child that cries bitterly when left without promised candy.

Patience thrashes reason into you and evokes absolute devotion to the life itself with everything that makes this experience fascinating. The understanding of true values lifts the weight of false attachment to material things. With patience, when left without some comforts that prior you considered necessary, you feel easy, light in your mind, and free in your spirit. You struggle and cope with deprivations, every success muddles you like the first breath of freedom.

#### **4) Feeling Radiance From a Disappointing Fall**

They abandoned their expensive car for a cheaper and a trifle less comfortable one, and their pompous yearly vacations for a lovely countryside escapes. When a chain of unlucky events at her husband's work culminated in his losing the position they didn't despair. They lived out of their humble savings and occasional company commissions that J. still received every now and then.

Her husband freed up from the necessity to go every day to the office finally was able to devote his time to his music experiments. He used to compose wonderful pieces when in college. His hobby didn't excite much approval from his parents and he abandoned it almost completely during the years of his company work.

**Patience – a way to respond to setbacks and failure.** It teaches you to turn your thoughts swiftly upon every blessing in your life, so you stop pitying yourself and get into fighting for your place under this sun. You gather waiting, watching, and knowing skills – and reflect the wise acceptance of inevitable, and respond to disappointment with grace. Waiting the time when the negative influence in your life give place to a positive one, watching the change to the better sneaking in, and knowing

that better life is reserved for you by higher forces.

## **5) Making a Sedulous Effort to Get to a Distant Glimmer of Perfection**

Old notes of J.'s husband were worn with use, the new ones became worn with corrections. He was shutting himself up in his study at night, interrupting his work for rounds with his crying son. The little creature grew quieter with time, sensing his mother's increasing tranquility. J. had her full night sleep thanks to her husband's loving help. The older son got much attached to his father with his bedtime stories and childish fighting games.

Sometimes the artistic progress was dishearteningly slow. Producing music, though, became more familiar with each failing attempt at reaching the desired effect. J's husband used to have a confused turmoil of ideas in his head and was obliged to spend days and weeks at work, putting together the different elements of music. J. believed in his talent and future success. She encouraged his persistent work.

**Patience – a high tolerance for delay.** With it, you are able to feel perfect timing for implementing your ideas. For people deprived of patience it is hard to begin any project, the prospects seem vague, tangled, chaotic and the whole process exceedingly disturbing. On a way to implementation a step by step plan a patient person is prepared to face difficulties. That person will be tolerating any delay working hard to get to the desired result and redoing the work multiple times to get to the perfection.

## **6) Delaying Gratification Makes the Achievement Sweeter**

The daily treadmill of their home life was sweet and enchanting notwithstanding the portioned to them hardships. J. felt as if she had placed herself in higher hands for direction, she freed her soul of pressing worries. She liked to see her husband, to hear him about the place and at his music work.

One year left them with a feeling that, after all, they've accomplished a lot of good for their family which no money could buy. The second year brought first small yet increasingly delightful music projects. J.'s husband and a few of his college friends got back together and created a short-movie company. Their love and mutual support lighted some inward fire and their eyes flamed with it.

**Patience – an ability to delay gratification.** Being kids we had very little patience and wanted to get everything right away. We learned our way to tolerance of delay through tears and lamentations. And we keep mastering this powerful way to find emotional freedom. Once you find enough of it within yourself you develop a sensuous susceptibility to timing. With more feeling and discernment, you recognize the perfect moment for each important step in your life, and if you feel that time is not right – you are able to wait without frustration.

Whenever you condescend to delay the blissful moment, it delights you even more when finally gratified. Stay uncompromisingly bold rather than agitated. Do not let your heart and brain burn – learn your way to self-restraint. Life without patience is an eternity of torture.

## **7) Avoiding Procrastination and Lending Yourself to Daily Hassles**

J. was keenly interested in everything her husband was doing. The domestic harmony gave strength and made them brave to withstand the stresses that accompanied his joint venture first couple years. During that time all three of their movies presented at the festivals didn't gain recognition. He became an instigator and strong motivator for his small company lot. They often got together at their family dinner table to discuss the future projects and share the inspirational vibe between them.

His music grew strange and fantastic, turbulent and insistent, soft and plaintive – and the movie they produced with no much money but with great blissful inspiration became a winner. J.'s husband became an award-winning composer.

**Patience – a way to a greater inward wisdom.** Without it we tend to delay some things that need to be done because we want to avoid the annoyance involved. Endurance of daily hassles and stresses diminish negativity on the way to any goal in life. Being in active patient state helps to mend out ways in every aspect of our lives. Take the wiser part of grasping at every opportunity to use the capacity to tolerate suffering, and with firm and steady tread go to every trial on the way to your dream.

## **Conclusion**

**Patience – active powerful state.** With it you are always able to find a way to a non-irritable and non-hostile place within yourself. Do not ever be entreated to leave this peaceful place. All fears, and hopes, and wild emotions subside and do not jostle and chase each other through your mind when you redeem your ability to tolerate and endure. Your hour of victory will come in due time without painful recollections flashing upon you. Patience does not let a cloud of anguish darken your face. Find it necessary to be extremely eager to train your ability to wait, watch, and know and you will never have occasion to reprove yourself.

## **11. Rejoice in Positive Solitude and Administer Over Distractive Loneliness: 6 Kinds of Loneliness and 3 Ways to Confront It**

“My kind of loneliness rather aggravated than relieved the gloom of my life,” said K.,

muttering a curse upon his chosen solitude.

## **Introduction**

K. stole cautiously towards my secluded bench in the middle of my family’s little island of sunflowers in their utmost bloom and richness of color. One would be almost invisible amongst those kingly looking plants



with their golden crowns and massive leaves.

K.'s frank and handsome face, fringed with a fine black beard, was a trifle over-serious for his eight and twenty. He was well-nigh alien to this stunning and bewildering scene, his gloominess quite confounded the senses. I looked at him in mute and timid wonder. He never before smiled at me or said as much as a word of polite greeting, and now he was pouring on me a torrent of friendly sentiments.

## **1) Falling into New-Situation Loneliness**

When K. moved to our village he took no notice of other people and very little of me, although we were house to house neighbors and met quite often coming out and getting in our homely cottages, both thresholds facing each other. He seemed hard upon his thoughts, constantly looking down, as if examining his boots and the ground right under his feet.

**New-Place Loneliness** by the nature of things may force a person into the embrace of solitude. The one not used to it, may feel stressed. To be locked one on one with yourself can be a challenge. The need to call into mind all the connection-making skills presents itself. And when not utilized right away, maybe forgotten completely. Shutting oneself up for a long time may create a communicative barrier, which will prevent a person from seeing an opportunity to meet people. Positive human contact – friendly affection is healing to the soul and body. Healthy spirit reigns in a healthy body and visa versa.

## **2) When Your Personality Is Telling Its Own Different Story**

His isolation, so long endured, had only gained in strength by the nurtured notion of his difference from all other people that surrounded him. The intelligence that shone in his deep green eyes, when I finally had a chance to look into them while sitting on that bench, seemed scarcely of his age, or of the world. The changing expression of good humor and seriousness, his ability to blush very red to the ears made me admire a thousand lights that played about his face.

K.'s IQ scored over 200 and that was a curse of his life. He saw the world in numbers and schemes rather than in colors and vibes. He perceived people as rough creatures, not fit to be his companions.

**I-Am-Different Loneliness** is quite a mystical state of mind. It is good to be different, feel oneself unique. But there is a fine ground between feeling different and feeling superior. The first one is most often positive, rather than the other is for sure negative. To teleport oneself from negative to the positive side of uniqueness is extremely important. To achieve it you just need to open your perception to the ability to see the individuality in others. The uniqueness of personality, when multiplied, creates a wonderful cocktail of human characters. Don't let the feeling of importance dominate your senses. Make an effort to find friends with similar views and interesting ideas, that will add peculiarity to your own personality.

### **3) The Lack of a True Felicity from Mutual Love**

The sweet-smelling love air stole in at his life but once when he met D., an autistic girl of nineteen with clear and pure miniature skies under the dainty arch of her eyebrows. Only in her company K. felt no need to reduce his conversation to the level of other person's capacity as he used to do during every intercourse. She poured out more treasures of her luxurious inner nature in one minute than anyone else in his entire life could do.

K. was gifted with her presence only for three summer months she spent at the seaside, and he never saw her again. Those first tokens of love were the only ardent feelings he had ever felt to the other human being in his life. K. felt that his happiness was owing to her, and without her blissful presence his existence lacked purpose.

**No-Soulmate Loneliness**, when intimate bounds are missing, is distressing. A sweetheart is a source of love energy. Missing a romantic partner fills heart with silence that is not soothing but upsetting. Not to lose hope of finding the right person is the only cure in this case. Something partaking of the infinite would happen to you and bring variety into your life if you keep your heart from getting arid.

## 4) Pitching Life to Exhausting Key and Leaving No Space for Oneself

It was not wonderful that K. should wish to stay alone, still trembling with vibrations of love. He grew even more abstracted and tried to busy himself diving in his newly formed plan of moving to the village and burring his over-drained mind in simple farm occupations, that required no thinking process but just hard-working hands.

**No-Time-for-Connection Loneliness** is misleading. To throw oneself into daily occupations not leaving any space for yourself and for others is a big mistake. That time may be considered lost, because you may accomplish some goals and fulfill some plans, but if you forget about the food for your soul on the way – you condemn yourself to the whirred, monotonous, and tiresome as a clock life. There will be no one to share the pleasures of your achievements. And happiness, when unshared, is not happiness anymore. It loses the charm and sweetness, that it could otherwise add to your life.

## 5) Being Not Disposed to Trust and Accept Friendship

K. felt confused, his past mingling in his mind and his present being uncertain. Vague doubtful thoughts hummed like the wings of a bee each time he met a new person. He was ill-disposed to make friends, not trusting anybody and suspecting everybody. He was sure people were not honest when expressing their welcoming attitude. He used to have the vastness of numbers to lose himself in, now he tried to be forgotten in voices of lying and faces of hidden shun that he forced himself to see around.

**Lack-of-Trust Loneliness** is a pessimistic approach to life. If you do not believe in existing of truly well-intentioned, kind, and helpful people – you do not believe in life itself. Trust is an integral element of any valuable relationship. The ability to distinguish frank faces among the worldly masks which may hide danger is essential. You should peer intrusively into the crowd with a strong faith in divine human nature –

and then you will see the brightness of the smile and the beaming of the soul in the eyes of people that you can trust.

## **6) Walls Filled with Silence of Missing Presence**

When at home K. felt his words thrown out, conversations started and no one to address them to. He loved to watch debates on various intellectual topics and used to defend himself tragically in an empty room in front of an imaginary opponent. His clever remarks dashed in vain against empty walls.

**Quiet-Presence Loneliness** is the lack of companionable silence. Sometimes we need someone to be just there for us, present in the room but not intrusive into our thoughts. The knowledge that we are not alone adds a comforting element to our life. Sometimes a domestic pet may serve as a quiet companion. It is always pleasant to enter into a habitable place after the day's strain and excitement, rather than to find no eyes to look into during dusk hours.

## **Getting Hard upon Distractive Loneliness**

Food didn't supply K. with necessary energy anymore. He ate and drank but it didn't put any heart in him. He couldn't sleep, the night was fast closing not gifting him with rejuvenating rest. He carried himself with the air of a weary man, feeling the claws of depression pressing harder on his chest. He had no tools to cope with stress, life attractions seemed to be hidden from his eyes. K. found it harder with each day to approach people.

## **1) Making an Effort to Connect with People**

K. fervently hoped to find the way to add to his life some peaceful delight. To find a middle ground: so that he could feel soft tranquility of mind amongst people and have pleasant moments of solitude every now and then.

One day, the evening was slowly coming on, bringing an intense need to talk to somebody. And I happened to come across his now over-watchful

eye. After our prolonged conversation K. agreed to make it customary to meet in the same place at least a couple times a week. By-the-by cheerful serenity started to prevail among our mute and voiced conversations.

**Stay open** for others. **Connect** with people. **Nurture** relationships. And by degrees you will be able to cultivate trustworthy, noble, heartfelt friends. We need to feel that we belong, to confide, to be able to give and get support. So, make an effort to secure the favor of warm-hearted people and your life won't stay in need of love and contentment.

## **2) Expressing Amiable Generosity towards Others**

When K. let his heart be open to the truest, warmest, soul-felt gratitude – he started to see more smiling faces around. The reason was simple – the charming smile found its way to his face, and even though he had forgotten how to wear it, his gentle nature was always ready to master every positive skill all over again. K. learned to share the devotion and affection of his nature so long locked and sealed inside his soul. This transformation brought deep and lasting relationships with other people.

Friendship, that before these days seemed impossible, crept in his life accompanied by blithesome music of kind hearts. That music taught K. to value the treasures of the heart over any possessions of the intellect. He stopped feeling superior to others, admitting that he had tons to learn from simple people with little to boast of in terms of monetary luxuries, and so much in terms of joyousness of life.

**Give love** and you will receive it back multiplied. **Be generous**, wrap your beloved people up in attention and affection. Your life will be full of light of unmingled happiness, if you cherish faith in the best in people. And a divine reflection falling from it will be a source of inspiration for others.

## **3) Asking Yourself the Right Questions**

K.'s heart was firmly set on never to return to the sorrow and calamity of his past distractive life apprehensions. He claimed his share of happiness

by the way of asking himself what was missing in his life. He was intended to not let his positive spirit tarnish. His super powerful brain found the perfect formula for happiness, and the key element in it was a strong connection to other people.

In order to find the very thing that prevents you from being happy, you need to constantly **ask what is missing in your life**. We are everything we think, everything we say, everything we believe, and we encounter on our way what we deserve and expect. **Learn to ask questions**. We have two ears and one mouth – an obvious sign that we need to listen twice as much as we talk. Be attentive to what your inner nature is saying to you. This way you will be able to fill in all empty places in your life.

## **Conclusion**

It is vital to know the difference between loneliness that feels draining, distractive, and upsetting; and desired solitude that is peaceful, creative, and restorative. There is something absolute about true companionship: love, trust, support, help – we can see and touch it. When you come to understand that happiness is possible only when a strong connection is present, then you can claim to find a fulcrum in life.

## **12. Worry & Anxiety – the Instruments of Our Own Destruction: 6 Ways to Push Them out of Your Life**

“Understanding, that worrying was draining and unreasonable arrives in course of time,” said U. sitting himself with the air of a stranger.

## **Introduction**

And U. was not a stranger in our house. Today he was very polite, as frightened men frequently are. We both, I and my mom, were visited with the same unpleasant sensation at that moment – worry, like the rippling of water in a silent place, glimmered faintly in his pale blue eyes.

U.'s eyes were sharp, noticing everything, skipping nothing. A round face, shiny black hair, and old fashioned half-whiskers. A friend to our house, a brother to my mom, a confidante to me. He was quick at understanding the teenagers who spoke their own language of youth, and the most reticent and distrustful of them would tell him their story without realizing they were doing so. But his own daughters seemed to get more and more distant and solemn with him.

## **1) Make a Whole Understanding of Your 'Why'**

U. had two twin-teenage daughters whom he raised without mother, she died when they were only three years old.

N. and M. were as different in their inner nature as they were alike in their outer looks. N. was rather more complex than M. She was fanciful with all sorts of unspoken preferences and was easily offended, her velvety green eyes filled with tears at every trifling misfortune. M., on the contrary, at almost any disappointment or displeasure would lift her chin and bear it silently.

Both of them at their 16 now were getting even with the life of love-adventure. That was the major reason for sleepless nights and days full of anxiety for their father.

**Figure out 'why' you worry so much.** Intently look at the true reasons for your **worry**. It may be a slight thing that disturbs your equanimity or a major distractive force that frails your mind – in any case, you need to **form a clear understanding** of what you are dealing with.

## **2) Piece Your Worry Out**

U. was quick to anger, quick to laughter, and kind and loving from the depth of his soul. His daughters used to confide in him with every life adventure. But now they were growing into little ladies and needed a woman's... mother's guidance. He felt the need for a gentle touch in their upbringing all the way during his faithful-to-his-dear-wife life. The same sudden recognition flashed into his mind more and more often now.

U. noticed that with him his daughters would restrain their speech and manners out of some secretive modesty. They hated the superior tone that he sometimes took with them, trying to reason and caution.

**Turn the power of reason on.** The wealth of your mind should piece out every worrisome thing in your life and make a full list of what you need to confront. **Analyze the list.** This intelligence is refreshing. It gives you an ability to look at the things that disturb you so in a more distant and broad way.

### **3) Embrace Uncertainty**

His daughters resented U.'s protecting manner. Now they had only their girlish fanciful minds to batter at the world with. He consoled himself with the belief that he had managed to instill in them the endurance to go through life trials, but he feared that their open-to-love hearts may get bruised on the way to more mature understanding of relationships.

N. and M. were tossed down blindfold on that life of emotion. To predict what it would make of them was impossible. The vital essence, the throb of it, the light restlessness – rising suddenly, sinking suddenly, impulsive and playful – they needed to taste it with their own taste buds.

**Accept the uncertainty fulcrum.** Everything in life comes in perfect time. We need to admit it and **welcome every change and challenge** rather than feel dread and fear. We grow and become stronger sometimes with the help of things we can explain, and very often with things we are not able to comprehend at all. And to predict which of them would become a happy or a sad coincidence is impossible – and that, exactly that makes life so interesting.

### **4) Become Handy with Distractive Tools**

U. was walking slowly, dragging his feet along as if he had a great weight on his shoulders. His daughters were the only salvation for him. He needed to divert his thoughts to something completely different, something that could rise the old man from the torpor of worry in which he seemed to live now. My mother was a wise woman and a good friend to her older brother. She reasoned with him, instilling in his mind the



understanding that every step his daughters took toward love added to them strength and expansion as individuals.

My mother said that there was no purpose in tossing the days in a sort of monotonous agitation as there was no way to stop the natural process of girls' awakening sensuousness. She had me and my sister to think about and she chose to trust and respect rather than worry and question our self-esteem.

**Change the way you relate to worry and anxiety.** Make every effort possible to add meaning and pleasure to your life. Fill your free time with the activities you enjoy the most. Read interesting books and watch fascinating movies, listen to nice music and enjoy your most admirable hobby. Distract your mind from the thoughts that make you feel uncomfortable.

## **5) Consider Overestimation that Resides in Every Worry**

U. needed to call back to his memory the days of his early youth, the recollections of first love when there was not a particle of earth beneath his feet, the resentment at the face of any amount of reason that his parents were trying to thrash into him. He could make his authority felt and lock his girls at home, not letting them wonder with their friends after school – that would only invite violence and protest – U. knew it too well.

His daughters were merging into their teens. Soon enough they would be grown young women and to get to this point they needed to acquire experience that only heartfelt affairs could give.

**Remember that it is never as bad as you may think it to be.** Often, we have a tendency to overexaggerate things. And when looked upon more closely it appears not as bad at all. We are not properly suited to judge things in our lives. A misfortune may happen to be a happy coincidence and we may not recognize it at the time. In any case, we need to make mistakes to be able to apprehend the deeper

undercurrents of life – this way we grow and thrive.

## **6) Say a Lot to the Purpose**

I was on friendly terms with M. and N. Sitting together, exchanging occasional words, glances and smiles, we indicated a certain advanced stage of intimacy and camaraderie. That friendship produced a consoling effect on U.'s worrisome mind. His girls spent a lot of time in our house, talking to me, my sister, and our mother. That was not the same as having their own loving and caring mother beside, but that still gave them an example of a mother-daughter relationship. They could ask my mother questions that were not destined to man's ears. The answers they received were full of dignity and depth of graceful and noble judgment.

U. also had a privilege to relieve his long-pent emotions and talk freely with my mother, his younger sister. She was able to balance the strange anxiety in his soul, solace his spirit, and soothe his ruffled temper with the company and conversation.

**To talk about the things that bother you with someone** you trust is the best way to come closer to understanding them better. Voiced, they lose some degree of frightening power over you. A feeling that you shared your worry with a beloved person consoles your heart and diminishes the weight of anxiety that holds your soul a prisoner. Talk about it, let your fear come out – it may dispel in the air or at least reduce in size.

## **Conclusion**

The time of agitated, burning heart and brain is left behind. U. is an affectionate grandfather to his many grandchildren. His beautiful and wise daughter M. is an ornament of true motherly love and daughterly devotion to the whole village. She came back from a big town with a child in her hands seeking retirement for her broken heart. An icy hand released her soul when she met a simple farmer, married him, and became a mother for four brothers to her little older girl.

U.'s other daughter N. became a famous writer – married to her books; constantly in love with her cats, niece, and nephews; and caring about every relation on a distant gift-giving manner. She remembers all the important dates and never fails to send a word and a present but rarely shows up herself, always faithful to her secluded way of life.

**Figure out 'why'** you worry too much. **Make a list** of things that trouble you and think them over. **Talk to a friend and analyze your list** through thoughtful conversation. Very often when your worry is brought to the light of day it appears not as fearsome and disappears, not able to withstand the amount of reason you thrash on it.

**Exercise daily** to make your body stronger, it will add flexibility not only to your limbs but to your mind as well. **Learn to divert your thoughts** from the worrisome ideas that may possess you. **Drink less caffeine** to minimize some tension on your nerves, get a soothing and calming herbal tea instead. **Meditate** and learn to see the beauty and charm in life around, relax your body and soul.

**Never blame yourself.** Be loving and caring towards your feelings. There is a solution to every problem. Get help from other people: your family, and friends – bring your worry to an end together.

### **13. Why Social Media Overtakes the World: 5 Must-Knows to Propel Your Life to Internet Freedom**

"I want to have memories that are realities and are better than anything that can ever happen to anyone", said P. in a husky, breathy voice, and stole cautiously towards the house.

#### **Introduction**

P. always had a real aesthetic passion for antiquity. He bought a house, magnificent and terribly incommensurable. It was offered at a great bargain.

He was working tooth and nail to pay the bills. Now this property was out of danger. But there was time when he almost lost it... and himself.

P. was tall, lean, loosely and feebly put together. His face was ugly, sickly grayish color. But it was a charming face – he looked clever and ill. His blazing eyes were beautiful. In his three-and-seventy he stepped in his life with the eager nimbleness of a boy. The time when he was seven-and-fifty, ruined in spirit, body, and monies had been far away but not forgotten.

## **1) Early Days and Struggles**

His success was not rapid and had much of the inoffensiveness of failure. He was kind when he needed to be cruel, generous when life asked for frugality, emotional and quick-tempered when patience and reserve were at stake.

The house was too much for him in many ways. Too expensive, too big, too ugly, too isolated, too everything. It had an Elizabethan flavor about it and served as another nail in the ancient coffin of his financial troubles. Still, it became his salvation, ruining him and reviving anew. It was the sunshine of his life and he protected it with volcanic energy.

## **You need the push and self-assertiveness to get ahead in professional life.**

When a great natural aptitude for your business is in you, you are never as happy as when you do what you've been created for. Often, one needs many years and struggles to find the very thing one likes. In the course of working life, one parts with many illusions. The stories of success help the faculty of being interested in life from becoming worn out. There are many wonderful people, true people, and getting to know them virtually or personally is like going to a revival meeting and being converted to a success creed.

## **2) Close to Devastation**

P.'s nature was the one that improved under strain that would kill a weaker person. He realized his mistake in buying this place but in ex post

facto manner. He got into a financial pit and lost everything. He didn't feel weepy, drying up the springs of regret in his heart. All faculties of his mighty brain were thrown into a struggle to find a way to get his dear home back. He could not see himself full and contented without it. One can pity such devotion towards a soulless thing, but he had a heart big enough to hold the love for the building, and the bodies occupying it and sharing his devotion. His wife seldom lost sight of the fact of him being so passionate about it. She interrupted his life with friendship and observed it with love, so he never had lack of affectionate emotion coming from a dear soul.

They stayed in the house waiting for the order to desert it. He couldn't even think about the need to part with his dear soulless friend. His brain was all in a whirl, looking for the quick way to set them all at ease. Prior to those days, P. worked days and nights to keep it warm and cozy for his family. He had no chance to enjoy the luxury of staying in it long enough to warm his heart. The truck business he owned was calling his attention. When the first heavy snowfall left him in debt, three of his trucks broken and the forth offered as means to pay for the loss – he had no job and no money to spare even on food.

### **Never let yourself being invaded by a failure.**

It, when coming to your life, should push you even harder to the goal you have. You become wiser with every misfortune, it enlarges your horizon. Every succeeding act of your life play is going to be better, more joyous, and less sad. Look for the stock of professional stories that are available online. People talk with vividness about their achievements, showing the way to success and giving a favorable interpretation to everything. And we all need a positive view on things, an optimistic expectation from life. This kind of energy is healthy for your mind, soul, and body.

### **3) Glimmer of a Solution**

The idea presented itself when P. started to wander through his social media accounts. Now he had more time to look at his friends' pages, admiring happy families of ones, and successful lives of travel and

adventure of others. He was not discouraged by the displayed accomplishments of his former classmates, neighbors, and distant and close relations. P. was rather motivated to find a way to improve his life so that he can claim his house a soul property with no dread to lose it and enjoy his stay in it when and as long as he wanted.

He was searching through the success stories of other people, Facebook, YouTube, and Instagram influencers. People who were drafting the rules to live by, and enjoyed what they did, earning their living, commanding their time, and mastering their futures. He thought himself almost past everything but the former business he knew. Was it late to learn a different route in life? P. was taken up with the idea to add an internet turn to his life and regain freedom.

### **Always put new steps and slides to your idea.**

If one way of reaching it is not working, do not change the idea, change the way to it. Add spring and variety to your imagination. Go against some obstacles and around them, outran them with your feeling and faith in a favorable outcome. You should always look back at the people who are able to introduce you to the world of ideas and propel your mental awakening. The atmosphere of endeavor, of expectancy and bright hopefulness should prevail in your life. This blissful vibe attracts positive events in life.

### **4) A Breakthrough Idea**

P.'s excitable temperament rebounded from one extreme to the other. His belief in the sacred character of his social media enterprise made him almost tremble with passionate rage. And an idea gained in force by the energy with which it was expressed. His countrified old house served as his Muse. He filmed his life story and the history of the place, both of them worn like coins that had been long out of use. He kept the video at a high temperature, the success of it owed much to the mysterious melancholy of the place, where things had happened – many people died there, and that made it full of life.

Viral it became, being perfect frost for about two months and after that,

suddenly, hundreds, thousands, and millions of views across all social media platforms. People spread the content, shared it with their friends and family. P.'s heart spoke to the hearts of other people. He made his life a poem, cuffed and buffeted through the world it became a hymn of struggle and devotion.

## **Shoot out with your idea.**

It may take time and many trials to get to the point you want. Never despair. Break into a run if needs be or slow down with it if time is not right. But never lose a strong hold of it. Do not try to live like the mice in the kitchen, making no noise, leaving no traces – be loud if it helps, be bright and big, and make people notice you. Do not be consumed by life, rather, dominate it and set your own nutrition standards.

## **5) Relief and Freedom**

P. lost many things that others kept at his age, but his inner glow didn't fade. He hadn't lost the fire of life. His skin was hardened by hard work, old lazy eyes kept the images from the past, and all the strong things of his heart came out in his body, that was so tireless in serving generous emotions.

Freedom added vigor to P.'s personality. The list of his followers was huge, he shared every memorable event in the course of his crowded years and those videos had a deep color of emotion, that didn't leave a nerve in people that was not twisted. He happened to be gifted with the ability to speak to the hearts of others and make an adventure even from a simple life event. His stories were fascinating, his personality captivating.

## **Never cease to crave freedom.**

So many people are bound to devote every hour of their life to the task they do not like, their glances repressed, their voices hushed. Life goes on for them without delight, only evasions and negations, saving cramps of moments to be with dear people and back to the artificial toils of working life. Do not be negative about your dreams. Start as a hobby and step by step make every effort to help it become dominant in your

professional life. Only when you do what you love you live freely, not working anymore but enjoying every day you devote to your favorite venture, that now earns you a living.

## **Conclusion**

Your enthusiasm, your violent likes drive your life and assert themselves in all the every-day occupations of it. Work should be a prolonged festival. Every trial and obstacle should acquire celebrity by their defeat. Find a story that inspires you and a person that motivates you. Do not lose inquisitive and experimental quality and always boost every intellectual pace of your mind. Read and research, share your ideas and look for the advice from people who already at the point of their life where you are aiming to go.

## **14. 8 Types of Energy Vampires: Solace Your Mind by Knowing 4 Life-Survival Strategies**

Do not lock yourself in the secret tower of your deafness and muteness when a danger to be drained by a vampire presents itself. Learn to spot, understand, and survive.

## **Introduction**

F. became a member of our 'Book Authors' club in the spring of 2017. Prior to that day, she used to be a part of a literary community of 'Pen-Friends', aspiring authors of her little countrified and old-fashioned town.

There wasn't a nerve in me that hadn't been twisted by her skillful pen. F. handed her feelings over to her protagonists with a kind of fatalistic resignation, and her next upcoming book promised to be a sensation. It wrongs my heart to think that one of F.'s best masterpieces was so close to being buried in the coffin of a negatively false critic, envious judgments, and courses of dreadful people. The true nature of this club, when came out from the depth of night to the light of day, made her



shiver with repulsion, sell her house, and change her address.

F. being a copious talker, was quite capable of flooring anyone with her stories. I strained my ears and eyes to catch every exclamation. F.'s dark mysterious literary adventure is presented here in her own words, colors of emotions, and splendor of meanings.

## **Hunting in the Night**

"I always loved reading and had a great natural aptitude for creating fascinating stories. I finished my book and its' manuscript burned my fingers and my vanity. When a friend of mine offered to spend a long winter night reading and discussing it in a company of like-minded people I rejoiced and agreed with delight. Little that I knew what it would make me fear for the sanity of my mind and the soundness of my body."

"Every Tuesday and Sunday night seven people got together to feed upon my personal opinions, loveliness of my emotions, and deliciousness of my positive energy. They offered me guidance, predicting fame and success. They took hold of my confidence and knocked it sky-high the next moment. I perceived them as well-intentioned friends, but they led my life into a thousand ridiculous and bitter zigzags. I used to wake up every morning fresh with the world and its beauty, and I felt almost right away that I was not going to accord with the atmosphere in that grand house that belonged to the president of 'Pen-Friends' club. But they sensed the most striking point in my personality – painful accountability, and they masterly tied me to their little group with the rope of flattering praises, intellectual responsibility, and luxury of being in the company of bestselling authors."

"Spending only a few days in their society I felt like the one in whom the faculty of becoming interested in life was worn out. But let me present each episode in sequence and each member of that dusk-flock one by one..."

**Energy vampires prevent you from keeping your body and emotional state in health.** There is nothing like a cheerful mind to

stay sound and strong against any life challenge. Vampires defy positive and happy people to the teeth and do their best to wipe out the smile off their faces. They work themselves up over feeding on other people's vitality driven by desire to mend their inner suffering, insecurity, and emotional immaturity.

## **Dracula #1 – The Narcissist**

"We always met on the dark side of twilight and the owner of the house welcomed everyone with an uncompromising face, hard diction, and vibrating consonants. D#1 was as crisp, new, and comprehensive as a first issue of a book before the folding in a cover. And from top to toe he had no misprint. But when I looked thoughtfully enough I saw a person that tried his utmost to be a little of everything and a bit about everywhere – and being not really much of anything."

"I had come to hate his fixed and cruel-looking mouth that did not admit anything and down faced everybody but himself. If he could not out-argue me on the point of the value of my book, he bullied me, and took my silence for agreement with his views. He was able to praise only himself. There was an abundance of empathy poverty in this person. D#1 carried in his pockets none of the small change of appreciation and gratitude."

**A Narcissist Energy Vampire's** face is decorated with a constant sign of grandiosity, a lack of empathy, and a craving for admiration. The eyes of that kind of person are made of ego and manipulative false charm. Such person will collect his arrogance, self-centeredness, and 'ME-first' philosophy and hurl them into your face.

## **Dracula #2 – The Victim**

"D#2 was very easy to sympathize with, but it was not at all easy to be of any help. She was apt to carry her head thrust forward and somewhat down in an imploring attitude, as if she was looking to any available advice. But as soon as you started to offer one, she adopted a highly tragic and devoured by remorse air. D#2 was not willing to listen, not looking for the solution, enjoying the attention, blooming only when

complaining, and rejecting any possible solution.”

“In her company my brains got so dry that I almost lost my wits. She was in constant evident distress and her aura made me feel as if the shadows of the evening began to creep round me. D#2 lived with a sick feeling of suspense and this state was contagious.”

“She made me feel sorry for the lack of inspiration, imagination, and confidence in her life. She pressed her company on me as a witch would press a charm or guard against the evil eye on someone’s chest, only in my case her eye was the evil personified.”

**Victim Vampires** dwell in the enormous mileage of suffering, low self-esteem, and lack of self-responsibility. They will fill you with guilt, blaming your actions and behavior for every negative aspect in their lives. They cringe away from any solution as from the blow, cheating themselves, looking for signs of love, thanks, and approval in your sympathy.

### **Dracula #3 – The Passive-Aggressive**

D#3 was not demonstrative in his anger. He hated the world and its inhabitants with a quiet smile on his rather handsome face. You would regret if you tried to penetrate his reserve. He chose to wear it for a reason – to intrigue and attract sensitive, easy to persuade and convert into his vexed creed people.”

“There was no one that looked half so tranquil among this group. In a company of D#3 I suffocated from the toxic energy that saturated from his whole being. His irritated attitude toward life was telling on me. He was instilling in my mind the hateful pictures of my friends and family, all in the dark, horrid colors. I flattered myself he had got a tough nut to crack but little by little he saw victory in my bow, and his mastery in the trouble of my face.”

“The vexed protest I felt toward his suggestions concerning my book run riots with me. He never argued openly, which would have been a relieve (because I felt I could prove my point of view), but made me begin a

new record of angry doubts with each day of my life.”

With **Passive-Aggressive Vampires** a thing promised is never a thing done. They are masters at putting you in passion by innuendos and secret schemes. There is no way of making them speak directly and about the matter at hand. They always jump on the negative side of things but will not admit it to anybody.

## **Dracula #4 – The Drama Addict**

D#4 looked like an Arabian sheik with his snow-white beard and frosty sparkling eyes. The most dramatic play personified, he used all faculties of his extraordinary and ingenious personality to prey on the tears, exhausted feelings, stressed inner states, and anxious fearful emotions of other people. He was a high-class expert in the art of making people cross with each other, cry to the deaf ears of opponents, and crash nearby loudly smashable objects.”

“His sacred regard for negative emotion was far above any respect for persons. Spending just a few moments near that person I felt rather erased, blotted out from the healthy realm of normal life. He fed upon lives of others, his own being too boring to think or talk about. And to amuse himself he used a special scheme of telling lies and spreading slough scandal about people he knew. This narcotic influence began to manifest its potency on me. I started to lose purpose in life and confidence in myself, summoning all my fortitude to cope with everyday drama he skillfully created.”

**Melodramatic Energy Vampires** cut clean out of your life peace and tranquility. They make you agonizingly conscious of the ‘catastrophes’ all over the world that you otherwise would not know about. It drains your energy and time. They make up in drama around what they lack in their lives. Any minor incident will become as massive as a locomotive and that will serve as a source of an exaggerated sense of self-importance for them.

## **Dracula #5 – The Guilt Tripper**

“D#5 kept stealing covert glances at me trying to drill through my brain

and find a fulcrum to play on, to keep me remember the wrongs of the past, poisoning the pleasures of the present. She had her hour of victory when with false, malicious intention she made me believe she was a trustworthy friend. And when my heart was open, she triumphantly ended any amiable intercourse, exchanging it to a pretentious smile with words that reminded of secrets revealed and pain shared in vain. Her views were as narrow as her never-existent sympathy. To tax on my strength she invented every possible scenario to make me feel sorry for the things I'd done and the ones I'd missed to fulfill."

"She used any occasion to bring to the light the regretful moments from my past. Her sudden transformation was the major reason that raced my shadow away from my home town. My secrets revealed in private were exposed to the observation of every passerby, making my existence unbearable."

**Guilt Trippers** have no sense of proportion when it comes to pressing your insecurity buttons. They want to imprison their misery in a false sense of power and control by blaming you for every misfortune in their life. Inventing this manipulative business, they make you do what they want.

## **Dracula #6 – The Splitter**

D#6 was very handy with tools to separate and make people jealous. That raveling ability to make me doubt myself and others was older than the world itself. She found the way to spread vile gossips around couples of lovers and friends, any duo made her green-eyed. She couldn't be positive about any relationship, her violent dislikes seemed to come right to the hearts of others."

"I lost my best confidant and my beloved soulmate due to her highly artificial scams. I drew away from my friend quietly, and the whole scene with my lover was an unutterable mixture of tragedy and pathos. She said things that troubled my friend-heart and made my loving-heart weep."

**Splitter Vampires** seek relief from their loneliness in making other

people unhappy. They waste their time in the imbecile routines that go by the name divorce and separation. Their bodies seem to be fed by a spring of sad thoughts and miserable emotions. Solitary lives ripple idly round them. It is axiomatic for them that people in union cannot live in contentment.

## **Dracula #7 – The Criticizer**

“D#7 was not tall, but he carried his head so haughtily that he looked a commanding figure and there was something cunning and sharp in the look of his closely set little grey eyes. He disapproved every attempt of my authorship experimentations in his engaging, deep, and a little husky voice. The breath behind it vibrated with faults and judgmental comments. My speech, my voice, my very glances became furtive and repressed under the pressure of his negative connotation of every aspect of my work.”

“I almost lost an ability to think under a tyranny of his pressing personality. He reasoned well and his wit was bold and that deceived me. He was driving at making me doubt my book and forsake an idea to ever publish it. I found myself in bitter waters of his unfavorable opinions and started to discount myself.”

**Judgmental Vampires** are virtuosos in making rude comments, judge your decisions, talking about wrongs and ‘bads’ and never saying anything nice. Nature has been horribly niggardly when endowing them with self-worth. Lack of it within makes the fire of their egos blaze furiously without. Being close to these people will make you feel small, and ashamed without any reason.

## **Dracula #8 – The Fixer**

After a while, I got restless as one did under the heat of a sultry summer day. D#8’s advice seemed so easy to follow and never actually fixed anything, rather made me cease to think about my problems and let them grow and multiply till I was not able to close my eyes on them anymore. Peculiar charm and vividness of her sweet talk made one forget the important meeting, skip the urgent payment, let the important

opportunity leave your grip. She had a great stock of excuses that I could easily borrow with no charge but self-reproach in ex post facto manner.”

“Due to her heartless cruelty, I missed the deadline to submit my book to the best publishing agent in the industry. I was compelled to deal with the result. At that moment I cried like a wearied child.”

**Fixer or Controller Vampires** walk in your life without knocking and start controlling and dictating what you suppose to do and how you are expected to feel. They do not quite put their finger on the opinions that you have, because they always have their own – and those are indisputable.

## **Strategies for Survival**

“In a company of these people I became clouded, obscure, elliptical, almost not real anymore to the people who meant a lot in my life. These wretched book club made me forget all my responsibilities toward my family and friends. I was their adopted child. They had been quite ‘blowing my trumpet’ to win my confidence at the beginning. And at the end, I became a person on which they exercised their revolting abilities to drain and drench.”

“Being a very respectable lot in our little town, they drafted the rules to follow in our unsophisticated community. To set myself free of their influence I needed to move away, find my way in the distant strange world outside of my native place. I managed to break the dark of my life when away from these people. I learned to stay positive no matter what happened, and what others thought or voiced. That was a lesson to learn and never to be forgotten.”

“I am certainly a person of many oddities. I have my own way of doing all that I do, and I should be grateful for the life lesson I had when was young and naïve. Now nothing can shake the step of my intellectual pace. I believe in myself and in people I love and care about.”

**To cure your life of vampires** is vital, otherwise, they will drink your

life energy all in, making you feel not in an orbit of your own. To stay in the region of delight and happiness is to stay away from people that make you feel miserable. Becoming conscious of your surrounding will set you at ease.

## **1) Assess Your Emotional Capacity and Strengthen It**

Your understanding of yourself should be a gambit in the game of life. Self-reflect with genius and do not let self-love be a theoretical feeling – do that in earnest. Use your elegant and resourceful instrument, the intellect, and increase your emotional capacity by walking, meditating, doing yoga, cooking, and cycling. With ever-increasing energy work on your relationship with your partner, make sure you have a steady enjoyable job, and a great place to live. Go through life in a rosy state of love intoxication and an answer will echo in your head: you will know how much of a particular person you can take, what motivates you to have that connection, and how to not pay too high of a price for it. A privilege to choose what and whom to let into your life reserved to you alone.

## **2) Determine How Much of a Threat to You the Energy Vampire Is**

Out of the ten octaves that make up the human instrument, you should be able to compass perhaps two the most vital ones: what kind of threat is in front of you and how much of it you can take. Never let yourself be involved in a series of the most phantasmagorical amorous intrigues that energy vampires try their utmost to build around their prey. Your mind and soul should be proof against all the consolations of energy drainers. If you still feel that your head aches, your dry sleepless eyes feel as though they were bruised from behind, and the blood is beating within your ears – the intercourse with some person was too much and you need to either remove the danger or learn to place a safety barrier to protect your inner tranquility.

## **3) Vampire Identification**

Energy vampires have no sense of proportion when it comes to mood



swings. It doesn't quite come home to them that the whole world does not revolve around them. They seem somewhat afraid of responsibility and are in constant search for victims to put the weight of every possible blame on. By way of healing the breach they try to look agreeable and well-intentioned, while bringing awkward stories to light behind your back. They roast you alive with their complaints and disputes. One very great disadvantage of their personalities is a pessimistic approach to life. It is uppermost in their minds and it poisons their existence.

#### **4) Decision to Make**

Has it flashed upon your vision that we attract in our lives what we haven't improved in ourselves? Once you embrace with strong arms the issues in yourself, address them, work through – you will feel the fragrance of freedom when away from the vampires' influence. Every 'Dracula', deprived of the opportunity to prey on you, will leave you in peace searching for a more drainable victim.

#### **Conclusion**

Your mind is the most formidable instrument and the music it produces should be a source of spiritual aid for you and for others around you. Do not be a loose thinker, recognize when you're being drained by an energy vampire, do not let yourself be filled with anxiety. Take control of your nervous organization, follow your breathing, visualize a shielding barrier, buffer zone, where none of the negative influence can penetrate. Let the roaring, rushing, impetuous torrent of influence go away without distressing you, stay neutral, getting defensive will only charge everyone with negativity. Shake hands only with positive emotions, it will rejuvenate you and attract more light and love into your life.

### **15. Monopolize Success by Competing Against Yourself: 3 Strongest Arms to Fight the Deadliest Inner Enemies**

Self-Competition is a Gambit in a Self-Development Game.

## Introduction

Rustling, quickly-moving, clear-voiced, V. was extravagant and a little disquieting. Large, square face and little grayish eyes – there was nothing soft or gracious about her. Up to everything and down on herself, V. was a splendid actress but didn't quite believe in it herself. She formed the habit of sticking pins into her dignity and this venerable instrument of her nature was suffering immensely. I always felt an impulse to pull out the pins, they did inflict so much damage on V's vulnerable personality, and I believed she could make a better use of her sharpness.

Her conversation was of a sort that gave a large license to originality and wittiness. But she accused herself of not being like some other beautiful and successful actress (who AGAIN got a part in a movie she was auditioned for) – and that competition she was constantly in with others heated me so that it almost scorched.

Some **Interior (self) and Exterior (with others) Competition** is like a bad and a good joke – one is amusing to everybody you care about and whose opinion matters to you, and the other is funny only to outsiders, people of the world in which you have no place of your own. An infinity of malicious amusement lurks in those who compare themselves to others instead of finding enough will to meet the metrics and values that suit them. Because to win in Exterior Competition is possible but the reward, whatever it is, won't do one any good.

Imagine fighting in a war for a foreign government – you end up on a winning side, the country is rejoicing, dividing treasures, lands, slaves and you ... you go home with empty hands in ill-fitted uniform and no one cares about your heroic deeds in your homeland. And why would they? You didn't fight for theirs (you got it – YOURS) freedom.

The noble war against your rivals (negative behavior, harmful habits, pessimistic thinking, procrastination, etc.) is never ending and always self-satisfactory. You win one battle and right away plan another strategic military attack on your own chosen enemies, transforming them into your comrades on a way to a better-future-you. Every victory is

adding more confidence and vitality, indolent grace and ease, charm and charisma, and with every year you look far more experienced and at the same time far more youthfully alive.

## **Turn on the Niagara of the Infinite Change.**

### **Determine 'What' to Confront**

Goodness only knew how far from the truth V.'s self-understanding was. She looked down at the world through sharply evaluating everything eyes. She was somehow always out of spirits and her life was punctuated by little and big disappointments. She lived in a constant state of competition-stupidity with others and the only salvation I could see was to recharge her self-esteem, and to redirect her competitive spirit on herself.

We are not straight lines, those meet only at infinity. We live and learn, experience pain and pleasure, establish relationships and break up bridges – **we change**. Having made this pronouncement I want to emphasize that the modification 'to the better' or 'to the worse' lies entirely with us. Like a ship you can choose to move along a sleek and oily swell that leads nowhere or a bumpy troubled sea that will get you to a wonderful shore with a marvelous view.

The process is most likely arduous and exhilarating but the result is always pyrotechnical – and when one colorful transformation takes place you cannot help waiting, open-eyed and alert, for the next one. Change to the better-future-you is fascinating, and it demands to be continued once started.

## **1) Procrastination**

The winter of 2017 was the toughest in V.'s life. She lost her father (her mom died two years prior) and being the only child, she was now left alone. My voice was hoarse and weary with preaching the weekend I spent with her. I came to console and pull her out of that misery she thrashed herself into, willingly and almost gladly, taking that as an excuse to her apathy and lack of desire to fight her way in life.

**The battle with procrastination** is simply a development of magic. You stop the baa-baa business of excuses and make an action. Deeds not words are the man's first and most grandiose invention. With directed activity, you can create a whole new universe of your own. Charge yourself with envy to a Tomorrow-You, endow yourself with passions and faculties of your inner stronger personality that was waiting for the privilege to come up front and pronounce the sentence of power and will. A lizard person should rapidly shoot up into a lion person – that power resides in every one of us.

## 2) Negligence

I kicked all the clothes off the bed and chairs, made V. get up and look in the mirror. Her ears didn't play her false – I was not very picky with words when like a policeman arresting the flow of traffic I held my hand to keep her silent and listen to the voice of reason. She popped back in self-care immeasurably during the weeks spent in her deserted family dwelling. And she had clapped the door shut behind self-love and respect long before that happened. Being almost oracular in painting symbolical pictures of TRUE success through TRUE completion I made the atmosphere palpitate, and at the end of my tirade her smile was irradiation and the best reward I could ever ask for.

You should **write yourself in bigger letters** in your own system of values. Organize, content, administer – work your will, believe in yourself, justify yourself. Give an extension to the term of self-love and you won't ever reproach yourself for self-negligence. Wrap up yourself in care and attention, love and respect. Let your imagination take a flight when you are thinking about the ways to make yourself feel better. Make sure to buttonhole the tricks that help to call up the memories of your better days: listen to uplifting music, watch inspirational movies, talk to motivated people. Do not let yourself to fall into despair and misery abyss where only negligence rains.

## 3) Negative Behavior

V. had a habit of talking to herself in a mocking and resentful key. And I made a goal to change it during the week we spent together in a Turkish

all-inclusive hotel by the sea. This trip, that I almost forced her to agree to accompany me to, was a transformation therapy that I prescribed to my friend. My voice sounded and sounded in her ears with the insistence of mechanical noise when I went on and on in continuous expressions of love and beauty, serenity and benevolence, exquisiteness and originality of her personality.

I call people wise when they are able to **meet the requirements of their better selves**. One should have a great deal of will to struggle against his own harmful habits. Never saying anything underhand about yourself, you still should be well acquainted with your faults. Correct anything you want to better in yourself in sips, one by one, making sure the habit you got rid of would not come back. Calculate right and substitute the bad by the good if possible, this way the transformation will go smoothly and much easier. If you think that you drink way too much coffee, get a decaf one next time. You do not like going to the gym but like dancing – subscribe to a regular active dance class and enjoy your way to a slimmer-you. You tend to talk to yourself in a disrespectful key – start by adding 'love' or 'honey' to whatever you're saying. It may sound comical at the beginning, but the ability to be funny, to humor yourself in a well-intentioned way is a huge step towards the art of self-improving.

## **'How' to Be Busily Engaged in Self-Competition and Enjoy It**

I made my best to instill in V. envy to her better-future-self, substituting the raving and displeasing desire to be somebody else. Only when she took herself and the choices she made in an axiomatic loving and respecting manner was she able to call her life her own. And starting from this turning point any defects, that she had in her own eyes, became goals – a way to flawless crystal image of her future self.

**Winning in a true competition** makes you feel the most blessed and favored of mortals. Because it means that you are achieving the goals you're setting for yourself every day. It matters little small or big, you may start small and get to a major change step by step – the winning

spirit will be awakened within you and will start pushing you farther. What rewards can equal the feeling of satisfaction? You prove yourself strong-willed and devotedly loving, caring and supportive when you devote yourself to a self-purification combat.

## **1) Be Guided by Self-Love**

It was worth the trouble of looking at and admiring my renewed friend. When V. stopped her bleating, bellowing, and neighing her features started to express intense intelligence which brought her self-respect back to her eyes and self-love back to her heart. Now the atmosphere about her sent a cheerful warmth and a suggestion of comfort and ease. Her loving heart spoke to her and to others. Every intercourse was amiable because positive expectation was in the air.

**Deep affection and eagerness** should not turn you blind but make you ever so mindful of your weak points. When a filial devotion towards 'future-you' is stronger than affection towards 'you-now', it seems almost criminal to refuse being guided by this feeling. Your whole self will be following this lead and a radiant happiness will befall you when you reach your goal. And you will set another one, falling in love ones more with tomorrow, craving for this feeling of satisfaction.

## **2) Be Led by a True Idol**

V. was wrongly choosing idols from a famous Hollywood crowd, and that was a definite failure and a pointless race that painfully oppressed her heart. This false competition like an ill-made overcoat made her look ill-fitted to life. People liked her description by others better than they liked her because no one could hear her own conversation, those were only words expected, gestures already made by someone else, and expressions approved by the mirror.

When the wind of self-respect and self-love started to blow in her sails V. became a capital person to be around and to listen to. Every human being has his shell, and her shell was her vocabulary and the whole envelope of her sharp mind. Now she was brave to be different, courageous to disagree, bold to self-express, and daring to call her-future-self the best person in the world.

**Do not write your life in a variety of strange hands** rather than using your own. You do this when you get into external competition. It squeezes you into insignificance when you try to be someone else instead of finding your own way, style, and amplitude. The only hero you should be obsessed with is 'you-tomorrow'. There is an inspiration in this strive, you grasp at pleasure and fail to get a complete hold of it as it always gets bigger and a little farther from your reach. It remains possible and impossible at the same time. And this game is never ending which makes life a fascinating experience.

### **3) Be Directed by Positive Criticism and Honest Praise**

V. was able to unite the intrinsic (love to herself) and extrinsic (praise and criticism) advantages and became an extraordinary personality, the one that you can drink like a healthy cocktail and never have enough of the precious taste and benefits. She found the best acting teacher in a stand-up women's comedy show. People praised her, and she rejoiced, friends criticized sometimes, and she was grateful. She started as an out-of-stage minor character and won her way to a leading actress participating in every show in her best disguise – never rudely present, always profitably clever and wisely funny. Everything she did or said was up to the most intelligent unoffensively critical and humorous way. Ingenious people loved her, and slightly shallow minds didn't understand and avoided her – and that was just the price for being true – likable and not so much, lovable and not so much, respected and always so.

Praise is a high-grade fuel, but **a positive, well-intentioned, and wisely worded criticism** is an engine that drives the self-improvement process. That kind of criticism will leave you light in your heart and bright in your visions. It will strengthen the deep affection you feel and broaden your self-understanding.

### **Conclusion**

Woe to those who dream of what others have and fail to see the potential in themselves. Competition with others runs you into a blind alley. It takes the truth and love to present to you an internal

competition anew. To be guided by things meaningful for you is like an invocation to a sacred beauty that awaits you on this way. The world is made small if you busy yourself with the faults of other people. When you overcome your fears and strive to be better than you were yesterday – the world enlarges by your presence. Living in this state you are never in repose but forever in flight. You arrest yourself for a moment when you reach one goal and continue an endless way to a better-you. Every move you make is a smile not a sigh. The vision of 'you-tomorrow' should be intoxicating and reviving.

## **16. Kyrgyzstan – No Worries Destination Where Reigns a Policy of Intoxicating Delight**

### **Conquest of the Country**

I credit myself with the conquest of this land. It is almost impossible to bring me to forsake this welcoming place for any other destination. Kyrgyzstan greeted me warmly and secured my affectionate love forever. And when you devote your heart to some place, you obtain a fortune of a vast land because now that place belongs to you.

The most fastidious and picky of our tribe will get their satisfaction here. Kyrgyzstan knows how to grasp your imagination with a pleasure tight grip. Dwell with me for a little sweet moment and I will tell you the story of my victory.

### **Secured Love**

When you take a course of a sincere interest in people you bring their affection to yourself. Kyrgyz heart is capacious, it holds an abundance of generosity and love. Coming here with a clear mind and an open heart you become a recipient of those grand feelings.

Unblinded eyes will see the beauty of simple life. Rural areas of



Kyrgyzstan are charming, full of daring and chivalrous people, who have much to say and plenty to give.

## **Golden Chains of Hospitality**

The most modest household will take every pain to make you feel like a monarch of a friendly nation. They may run into debt but will throw a feast in your honor. You will never have even a slight hunch about those troubles because these people take it as their personal high privilege to serve you and make you as contented as possible.

Kyrgyz people are known to be kind and honest. You will feel genuine care and friendliness that no money can buy. They will gift you to the ears and won't take a refusal for an answer. You will go when you please (even if you came for an hour, agreed to stay for a day, and left in a week) with your hands full and your heart happy.

## **Gastronomic Luxury**

A sense of culinary exhilaration will be your daily companion. Any place you visit in Kyrgyzstan, be it a café, a restaurant, or a friend's dining room, it is going to enchant you with its delicious food. Every meal here is a trip to a loving home: you sense the flavor of thoughtful attention in every dish.

Manty and oromo, plov and dymdama, samsy and lagman, shashlyk and beshbarmak; kumis, kompot, black tea with milk and honey, etc. – the list is long and will take a book to cover – but the essence is simple: they are all cooked with love as the main ingredient.

## **Thrilling Glance at the Past**

History of this land is fascinating. It can be traced back to the ancient times (1st century BCE) and relates about rather proud but good-natured and just people. The wisdom of the past experiences is impossible to ignore. All sorts of information can be found but do not be lost in a multitude of old manuscripts. There is a solution in verse.

When you read Kyrgyz traditional epic poem Manas a strange spell as if exerted over you. What a magical and often sad work it is the reading about old times... The feelings seem so strong, as if people who expressed themselves so could never pass away. You feel a vivid and intense sense of present time in every person depicted and every event described. And you wish those warm and loving hearts could never die.

## **The Empire of Symbolic and Significant**

I was in a fit of passion when I saw the ornamented jewelry, rugs (or shyrdaks), embroidered handmade clothes, and all kinds of felt little articles to beautify your home. You will come to my way of thinking after seeing my purchases. There was no way to not yield to the cunning temptation.

Kyrgyz art is irresistible. Every symbol is culturally important. You can tell stories from the history of this wonderful place by simply looking at a little imitation of a boz-ui or a drawing of a Kyrgyz brave man on a horse with a sword in his hand. Kyrgyz patterns remind me of a beautiful music, a succession of shapes create a magic rhythm on every item. The motif is soothing and melodious.

## **Glimmer of the Language**

I take it as a habit to learn basic language expressions whenever I travel to a faraway foreign destination. Believe me, neither mountains nor rivers would be able to resist your allure. It is so sweet to see the faces with their smiles stretched from ear to ear at a simple earshot of a greeting on their beloved language.

I could go on and on with those few words I knew, gesticulating furiously and creating an unforgettable first impression. Love was secured, they adored me because I tasted every word with the true eagerness of a gourmand. Kyrgyz language is the one you cannot have enough of and want to take it 'to go'.

## **Splendor of Nature**

The whole mystery of this place is rushing through my mind when I recollect the splendor of its landscapes. I know the reason why the blood is tingling through my veins from adoration. These mountains now have my heart in their sole possession and the sound of rushing river re-echoes in my soul.

The nature of this country serves as a passport, introduction to a newcomer. It is the main reason foreigners want to visit this place and enjoy its breathtaking gorgeousness.

## **Driven to Come Back**

I often find myself with a bunch of pictures in my hand, and a bunch of happy memories in my head. The freedom you feel in this country, the love you give and receive leave an unforgettable impression and your whole essence strives to come back and see beautiful Kyrgyzstan again. True friendship excels in its meaning when you recollect hospitality of Kyrgyz people. Your friends will wait for you whenever you decide to come back.

## **17. Shocking Behavior Online & Responsibility That Comes Along with It: 10 Things That Can Ruin Your Social Media Presence**

If you are exposed to attention of millions – they are exposed to your influence.

## **Introduction**

His ability to write and voice what he thought was as well-kept as his perfect mustache. He was a true modern incarnation of my beloved Poirot and had the same initials. By the butterfly's wing of his white necktie, P. could charm any woman and make every man jealous of his

looks and manner.

I stopped talking and, putting on an observant air, pricked my ears in evident delight. The lecture began with an opening statement on our honored guest's background: a short summary of his accomplishments and a brief enumeration of his published works.

P. lived for years in depressive intoxication: he was dismissed from work, lost his house, his wife left him, and he ended up living in the streets for three consecutive years after that. With superhuman effort he evoked himself from this slumber: found a job, a room to live, a phone to call old friends and family. P. carried the burden of his misery and cruel memories wisely. He portrayed his journey of recovery in his social media accounts and speeches that he gave throughout the country.

The support P. received gave him courage enough to write his first book: "FROM A BEGGAR TO AN INFLUENCER." He skillfully depicted the sincerity of his renewed self-belief, -worth, and -respect.

P. pronounced the word of truth, the word of gratification and excuse in his most honored books. He had sadness and shadow in his life and managed to transform it into joy and light and, which is fascinating, to inspire others to do the same.

I turned on the recording function on my phone, entrusting to it to capture not only meaning but also the vibration of P.'s charismatic baritone and the elevating vibe of his emotions.

## **1) An Invocation to the Sacred Collective Intelligence**

"A few years ago, I was a little worse than nobody and only the wealth of feeling and imagination kept me going. I did my best to put as many external-change-miles between myself and that past self that resembled a lizard person: fat, distressed, and overall unhappy street beggar."

"When the visible transformation that I depicted in my social media

accounts afforded a strong confirmatory evidence of my will power I noticed a considerable follower increase that continued to be so till the dark day in July of 2017.”

Social media is like an invocation to the sacred collective intelligence of the audience. The effort you are making to draw attention, to Go Viral, Create Memes (a discovery that is shared so widely that it becomes a part of internet culture) becomes a luminous point in the coming days of your life.

The magic in social media comes with excited, placid, deep, and limpid emotions shared, spread across social media realms. It is a superhuman vision that media evokes. It is heightened by valued people, trendsetters and their ability to network. They spread messages and those are never in repose after that but forever in flight and their course is insatiable.

The success in this internet universe is determined by the ability to penetrate the silence of the eyes, the voices in the heads, and the vibrations in the hearts of humanity in your niche. If you are able to see into the inside of your people: the misery they suffer, the happiness they crave, the thoughts that grow out of their experiences, the infinite emotions that lay hidden in their hearts – then the glory of having created the solution, redeeming the suffering, showing the new world of ideas and distractions will put you in a sort of ecstasy.

The feeling of affectionate attention that social media can give is the opium of modern world that can either stop the tempest of doubt and dread, of jealousy and rage that people feel or increase the intensity of those harmful feelings to the unbearable degree.

## **2) An Electric Current that Goes Through the Hearts and Minds of People**

“The flow of traffic accompanied by the feeling of power and monetary satisfaction was an engine that propelled my activity and at the same time throttled my ability to reflect and empathize. People started to ask my expert opinion and I was delighted at the opportunity to dominate,

preach and teach.”

“Those in distress found it motivating and uplifting to follow my story. I managed to create a balance and unity of thoughts and feelings through my speeches on the stage and in my videos. I painstakingly pieced my life in a few hours and elated people by my example.”

“A few followers sent me pleading for help letters. They needed more attention and encouragement. I became too arrogantly busy to spend enough time to do so. By a remarkable coincidence, those few incidents of my negligence skipped calling publicity (no one complained). So, the ruin of my social media career was not due to my silence but on the contrary – thanks to the too-loud-opinions that I’d expressed.”

Social media is an electric current that goes through the hearts and minds of people. The perfect sculpture of this system of sharing contains words, ideas, pictures, videos, and audios.

Face to face, emotion to emotion, wound to wound – this world has a childish soul and a limited mind behind the vastness of information. Without wise guidance life within it is saddened and future is black. Making first steps in social media world, make sure you have a mentor to help you navigate your way. It will save you a lot of time and energy.

Sheltered from harmful influence, protected for a time against the fearful spells of over dense information one can mature and add great knowledge and exclusiveness to his life with the help of social media. Now you can find what you need in seconds without spending hours in the library turning pages after pages. The resources available are numerous and categorized for you by reviews of many people.

It is a fine modern privilege to be able to skillfully direct the route in social media realms. And without knowing how to do it any life in there is short-lived and weak.

### **3) A Fearful Spell of Judgments**

“The social air grew colder as my vanity expressed itself louder. And

when the mist of my unfavorable twitts rolled along the world like a dense cloud of smoke, the decline of my reputation was not possible to stop.”

“I was busily engaged in judging and criticizing the ways of life that considerably differed from the one I was living at the moment. I forgot that only a few years prior I was a complete contradictory person to what I represented at the time. With much ceremony and stateliness, I voiced verdicts like: **‘I do not understand how one can live like that’, ‘I cannot respect a person acting in this way’, ‘how one can live in such a body’**... and many more of a similar kind.”

“Finally, the tragedy was entered into my life with the full force and distractive power. The strength of public protest crashed the respect that I earned in the eyes of the outer world and my own self-worth suffered immensely. For the second time in my life, I was ruined mentally, morally, and physically. And if the first time circumstances and out-of-my-control factors were to blame, this time I was the only one responsible.”

When you express yourself online you are not protected against a fearful spell of judgments of others. That is the reason to be thoughtful in your actions and words. Internet is selfish and to keep it serving for good one needs to be wise in using its powerful tools of spreading the information.

Successful people, influencers, use admirable art of words and gestures, contagious images and piquant, unique ideas, ingenious salutations – and all of it to invest in their future. The more engaging content they put out to the world of social media the more they get back in terms of attention and affiliate advertising opportunities.

#### **4) A Positive Distraction or a Depressing Factor**

“I seated myself opposite the people I was trying to help. My first intention was forgotten in the confusion of attention and praise that I was luxuriously thrusting myself into. Anger and annoyance at what I expressed publicly was a just confirmation of my moral decline.”

“I used to be close to these people when I was one of them: working hard, feeling tired and depressed sometimes but with an effort lifting my head and doing what was right. I was able to break the chain of negative behavior, emotions, and feelings. I prided myself with this accomplishment. People were empowered by my example and generosity of my statements.”

The influence of positive message that is spread out through social networks can succeed in producing irresistible effect on our life. It may motivate one to improve his life overall or to better some aspects of it that require more effort and attention.

At the same time, there are a lot of damaging oddities that may attract the audience and create a collective desire for negative behavior. That mostly touches kids and teenagers, but some insecure grown-up people are a target as well. To prevent it, parents need to create their own system of censorship. Guidance when making the first steps in learning how to use the world of information is required in school with books and in life with internet.

A life we live every day is diverse and enveloped in good and bad, jolly and sad, interesting and boring. Often the latter prevails, but what we see online is not the reality we usually live offline. The idealized picture may serve as a distraction that betters our life or as a depressing factor. And the feedback our emotions receive depends on the self-esteem we feel. Fear and lack of self-worth create pessimistic interaction between our life and the lives that other people expose to our attention online.

## **5) Unlimited and Unrestrained Debates**

“When I forgot my past self, I took the transformation that I’d managed to make as purely my own doing. I easily threw away the encouragement that I’d received on the way to my new body and mind, forgetting the impact my followers made. They rightly broke off the ties and left not only reproachful comments but, what is more painful, a memory of love turned into hate, respect transformed into contempt, and admiration altered by disgust.”



Debates online are fueled by unlimited attention and participation. People engage in discussions and say a lot to the purpose and absolutely out of it, which makes it unrestrained. Some people act under a firm conviction that their opinion is always right. Criticism is uncontrolled and any tenderness to the feelings is often nonexistent. If you decide to share part of your life online, consider that and be warned and armed to address it in the right way.

## **6) A Way to Maintain a Stronger Connection**

To build connection is a tenacious and time-consuming work. To maintain it is just as hard. But to ruin everything you do not need to make any effort at all. One publicly shared unfavorable statement of yours can crash years of tough movement to the desired."

"I felt support and love gushing from the hearts of people that liked what I was doing. I felt the lack of it the more painful for it. Who has lived in the light of attention cannot feel contented in the uncrowded space of lonely life without it."

"I hastened to repair my life by self-reflecting and writing all my feelings and thoughts down. When I published my second book "BUILD CONNECTION WITH RESPECT IN SOCIAL MEDIA WORLD" I didn't anticipate the impact that this work would do."

"One of the main things that defer humankind from any other creature on this Earth is the ability to forgive. My book helped me to be forgiven because I was sincerely sorry for what I've said and the way I acted."

With social media it is easier to be loved and courted by distant relations. But if you say and show too much, you may appear somewhat self-opinionated – people do not like it. If one touches upon the lives of others over any limit, it shows that he or she is a narrow-minded, tattling old gossip – people hate it.

The greatest installment to the debt of sincere affection is truth and genuineness. When you share your happiness, you connect with other people on a level of positive vibes, and by doing this, you multiply the

bliss in your life.

The impact you have on your social network should serve to solace spirits and soothe tempers. If your company is pleasing and online conversation is genuine people come back to your platform and bring friends along.

Becoming a soul of authentic order online is very important for keeping a true and strong connection with people. Fresh news or old scandal, trivial questions or oft-repeated observations – when online it is spread across the minds with the speed that beats the light one. Be careful of what you share and remember that when you are radiant with dignity and depth of soul your charm is keenly spiritual and has an ineffable power to attract and subjugate the hearts.

## **7) An Advertising Dreamland**

“Covering my face with my hands I sank into a new life of renewed self-awareness. I was suffused with a crimson flush. It was not from the shame but from the pleasant feeling of regained self-esteem. This mistake taught me my duty and served as an advertisement for my work. The sad remembrance of my failure helped me to be more sincere and open to the people who addressed me online and off-line.”

“This experience of sinking lower and lower cast over my writing those brilliant hints and expressions that touched the hearts of people. MY heart was set on a right track to impress and uplift, to inspire and motivate.”

Advertising glows with redoubled fires kindled by social networking, microblogging, photo sharing, and video sharing. One can take a wiser part of using Facebook, Instagram, Twitter, Pinterest, and LinkedIn to market everything from an idea that you cannot touch to a product that you can hold.

Slowly, using content marketing or more quickly through influencer marketing one can achieve results with persistent and constant effort. To set up an advertising campaign nowadays you do not need to hire a

whole bunch of experts. One smart person can be enough, or you can do it even by yourself.

When people grow fond of your content, you realize with some unaccountable satisfaction that they will buy what you have to offer. It does not free you of responsibility to maintain your reputation valued by always offering quality products. If your blog is loved, make your book shine with more excessive excellence of information. If you look so lovely that people cannot help admiring your charming outfits, make sure the clothing and accessories you recommend worth the price people are ready to pay for them.

## **8) A Limited Personality Perception**

“The third book I published “THINGS YOU DO NOT KNOW” was about friends and kindred, close and distant connections, valuable and reserved network, people of the world and out of it – and how to use the things you do not know to build relationships.”

“The ‘secret’ I shared was a universal axiom, known to everybody and neglected by many – to live by ‘not-judging’ because of ‘not-knowing’. It became a sensation overnight. The quotes from it were flying through the media with the speed of light: **“If you do not understand that I am a man like every other man, you take me for what you are afraid in yourself... You do not need to know me if you are not going to judge me... If you intend to rank me in your system of values, take pains to perceive me thoroughly...”**

“And let me tell you that to get to **‘perceive thoroughly’** anybody is a rare skill not everybody has. We seldom know **‘good enough’** ourselves to claim to be experts in forming opinions about other people.”

Knowledge is illuminating. To establish contact with anybody the presence of it is essential. For meaningful conversation, one needs to listen and ask questions and the other to take the verbal part of colloquy. We receive information, form opinion. The more information we have, the better we can understand each other.

In the internet society we often miss the expression of the face and the attitude of the body – an essential part of the information needed for making a clear picture of any person. Our perception is a tenuous membrane that is too rudely buffeted by the stressors from outside and emotions from inside. Everything happens too quickly, and we learn to run with time and information. Often, we mechanically put labels on things around

us: **'useful'** and **'unimportant'**, **'true'** and **'false'**, **'positive'** and **'negative'**. This mode of action helps us to keep our minds sane in the whirling world we live in. But no one can be justly proud of using the same method with people.

Personality is not an easy book to read overnight and write a short review in two hours in the morrow. Every person is a universe in itself, complicated, with undiscovered phenomena on every corner. Family, close relations, distant connections, society, things around, climate outside, and numerous other factors play their role in personality formation. Without a thorough knowledge of all these criteria how one can justly say **'I know you'** or **'if I were you I would do this or that'**?

How can you solve a mathematical problem with limited information given? The answer won't be right. And to my mind, it is better to restrain from being in the obvious wrong by judging too rashly. When it comes to people and relationships one needs to pause and contemplate before acting in any way.

When it comes to social media behavior I would say: express yourself as freely as you feel comfortable doing and detain your conclusions about other people as long as you can. The world is small when it comes to emotions. To cause pain is as easy these days as to type one or two sentences in your **'compose new Tweet'** box.

## **9) A Dangerous Ground for Conflict**

"In my fourth book "WHEN MY GRANDIOUR SLIPPED AWAY" I was eager and ashamed to tell the story of my failure in light of my obtained vastness of understanding myself. I slightly kicked upon the prostrated

form of my past-self with responsibility in my mind and empathy in my heart.”

“People trusted me, asked questions and conferred their fears and mistakes on me. And due to my arrogance, I failed to respect their confessions. I was down on my luck, but I continued at all costs to regain respect I lost by taking responsibility for the words and behavior I expressed when self-esteem deserted me.”

The first false note in any message when sensed by people is severely punished by a loss in the number of followers and online reproachful debates. A tendency to indiscriminate minorities (ways of life, religion, and views) is the most dangerous ground for any disputes. Any attempt to express an unfavorable opinion on those topics is a good deal taxed.

If at some point any influencer adopts a manner to look down on other people, they will despise this person in return. Social media has a smell of the sensational air and it may knock some people down by way of spreading negativity. We wish it to be territorial and stay where it was born, but the reality proves it to be much speedier than any positive, harmless piece of news.

A certain instinct, not a virtuous one, makes people talk about bad things times more than about good ones. But no one stops you to have a system and an orbit of your own thinking and acting. Spreading positive, non-judgmental content is a noble life-improving mission. And I wish we had as many people following this creed as possible.

## **10) A Positive Channel of Valuable Information**

“The direction of positive influence was swiftly borne through the damp and gloomy atmosphere of failure. We are composed of little foibles and weaknesses of our kind. And to take control over them is our obligation.”

“My experiences strengthened my ability to reflect. Now there are no troubles that can efface love and respect that I feel, vigor and positivity that I share.”

The words of love are uttered with a breath of beautiful life that is like the embrace of strong and tender arms. With social media one can share this uplifting feeling with an unlimited number of people. This activity leaves the imagination eager and full of life.

Make an effort to follow the motto of spreading love in a way that the knees of people who receive it knock in delight. Let your life take a flight and prove to the world that the indestructible leading mind can enjoy the pleasure of creating peace and abundance of beauty.

Try to be incapable of stupidity and hurtful blunders. Self-express in the most comfortable, profitable, and amenable way. The infinite good nature lives in everyone and is always of to-day.

## **Conclusion**

To never lose actuality online is to listen to the feedback of your followers. Negative feedback requires a good deal of wisdom and patience to be responded in the right way. Do not be too involved when addressing it. When you look at the things in a detached way you see the picture more clearly and form an understanding in a much better way.

People who can fail and redeem themselves in the eyes of others, who accused them – these people have a note of rarity. Well-intentionally disguising offense means to be able to wait wisely and act rightly. Steadiness is needed to keep the temper in peace when people refuse to accept your train of thoughts. Sometimes the best way out of it is to offer some budgets of fresh news to divert the attention. Let the things cool down and then ask forgiveness if you happen to offend someone.

Remember – a spirit of candor and frankness never fails. Peoples' hearts are sensitive plants, they open for a moment to sincere attention but curl up and shrink into themselves at the slightest touch of false feeling or rude injurious intention.

## **18. Gratitude Makes Us Absolutely and Fearlessly Alive: 6 Admirable Ways to Be Joyously Tranquil**

"I was armed at all points. It was a pleasure to be so completely equipped for the life battle with my gratitude weapons being polished steel."

### **Introduction**

T. was a generous spirit. He had all the illumination of wisdom and yet he was distressfully dying. There seemed to be a happy symmetry in this unhappy depiction of his life. I was touched with wonder at the depths of perception of which this person was capable. His unselfish belief in the idea that gratitude is a way to make the most of life was something I could set up, and bow down before, and offer a sacrifice to...

T. had a taint of death, a flavor of mortality in him – which is exactly what I needed to shake my world to the bottom and have a chance to find myself in the thrashed around pieces of it. I hung on every syllable he uttered in his diary, and received, as oracles, all he wrote.

With gratitude your mind is never cold. It enjoys the pleasure of sincere appreciation of what you have. The positivity behind this feeling is always present. It gives food for pleasurable emotions and brakes the monotony of life. You become intolerable to negative thoughts, odious to your soul, they are smashed by every supreme moment of complete kindness and compassion.

In a grateful state you live as thirsty men drink – sleep with spirit, eat with joy, communicate with virtue, and, to crown the whole, your health becomes void of all those sicknesses that originate from harmful emotions. They have no power over you, your cheerful temper and uplifted spirit keep your bodily health unstained.

### **1) Gratitude Is a Way to a Far-Reaching and**

## **Infinite Happiness**

“Of parents extremely poor and extremely honest it was next to impossible that I could paint my life other than in grateful colors. Our family seemed to be possessed with a kind of intellectual gaiety at the times of the most troublesome hardships. We were able to starve any thoughts of misery and lack of appreciation entirely away by just a mere force of heartfelt love to each other and to the life itself.”

“I often was bruised and felt scant of breath but never ungrateful. Every misfortune walked me away from despair and gave me the key to patience. I was a sick-nurse to my father (my mother died when I was 28 and my father and I never fully recovered after that loss). I was seriously out of health. I caught a violent cold right after the saddest day of our life, which fixed itself on my lungs and threw them into dire confusion.”

No day can go without a speck of some misfortune. However, if you spend at least a moment a day recollecting it with humor and praise with gratitude the opportunity to learn from it – it becomes impossible to let uneasy thoughts hunt you for long.

Be ready to undertake 5 minutes each morning portraying yourself reading a poem about a coming day, composing a piece of wonderful music that will accompany you throughout it, or drawing a beautiful picture that will depict a culminating point of it. While doing it, keep in mind that the principal business of life is to enjoy it.

Every now and then put your thin forefinger on your lips and remind yourself of many blessings in your life that you are sincerely thankful for. Kiss it with a smile on your lips and imagine embracing yourself tenderly. This mode of actions will set every nerve in your body quivering with happy vibes.

## **2) Gratitude Makes You Light and Incapable of Stupidity**

“I had good winters and poor winters. I basked in the sun and went to



bed when it rained. And I never forgot to spend a few moments a day reflecting the things in my life I was blessed with.”

“I was always so odd a mixture of quick parts, sarcastic humor, reserve, and caprice that the experience of knowing me for a short while had been insufficient to satisfy my acquaintances, and those people lingered about me longer to build friendly ties with me stronger. This way I had a daily meeting with someone to be thankful for, an old friend reminding of himself to be grateful for, and a promise of a future pleasant contact to be longing for...”

There is more in the bond with other people in your life that you can put a name to. The real fact is that the knowledge of being respected and loved raises a presumption against unhealthy relationships. It is as if you put a protecting charm on the arm you use to stretch to shake hands with other people.

If you train yourself to care only for truth and kindness, and believing that two intelligent and friendly people ought to look for healthy relationships together, you will feel great desire to be social, to share your grateful spirit with others.

### **3) Gratitude Drains the Cup of Health to Your Benefit**

“I was determined to live longer although the doctors professed the limit till just two-and-thirty. Imputing it to nothing but grateful feelings, which for ought I knew, prolonged my life extremely, I was able to make it to these days, waaay past forty.”

“When I was in pain I more often smiled than scowled. That was the foundation of my beauty despite of my many limitations. I had love enough but not too much, I had loss a lot but not unbearable. Had I lived my life again in every detail of desire, temptation, pain and surrender I would have chosen the exact life I lived to the very aspect of sickness and every element of loss.”

You are armed at all points if you equip yourself with grateful thoughts. Gratitude makes you remarkably fresh from good night's sleep, more agile from desire to exercise your increased energy, and overall much healthier.

Every day is a blank page, a pure white surface and you are the only one able to paint it successfully in bright colors. Use art and guile, talent and temper recognizing friendship, avoiding a mistake and taking care of the state of your body and mind.

Do not let yourself to be easily crushed by negativity. Evoke a multitude of grateful pictures in your mind and thirstily drain the cup of a happy and healthy life.

#### **4) Gratitude Brakes the Monotony of Your Daily Life and Boosts Your Career**

"My business affairs never were a dull round of searching a way to follow money, but a charming mode of meeting my expectations. I had a right mixture of the detached and the involved when doing a job, which made every day in the office a splendid harmony of classic, calculated activity of the mind, and graceful, whining movement of the body."

"Gratitude gave me that easy confidence of manner. Always quite up to everything, I was a sort of person you could depend on, and that made me splendidly respectable by my partners and coworkers."

It is a useless and sacrilegious thing to be bored when alive. A wretched time is over as soon as you surround yourself with grateful thoughts. To be under the sway of appreciation means to be in rapport with yourself and the people around you. This blissful state of mind opens opportunities for favorable business relationships and you should be not slow to embrace it.

To build a successful career is to cut clean out of your life scorching pessimistic thinking. Do not let anyone or anything to throw you off an equilibrium which gratitude creates. Networking is gaining in strength by

the contented approach. Above all, decision making, improves more from good-humor than from gloomy concentration.

Gratitude, when truly genuine, makes you eager to listen, and this skill is essential for managing people and organizations.

## **5) Gratitude Feeds You by a Spring of Inexhaustible Positive Emotions**

"I took no notice of negative people and very little of pessimistic acquaintances. The wealth of positive emotion awakened pleasure and added loveliness and virtue to my life. My heart being overcharged with grateful feelings, made me exposed to the goodness of the world around me. I was able to describe delight, peace of mind, and soft tranquility on paper, voice it to my friends, charge with it my family, and radiate it to the objects, and atmosphere around."

You will know how to employ your good feelings to become more relaxed, resilient and overall happier if you make a habit to answer a question: "What am I thankful for?"

Wrap yourself in happy memories, grateful emotions, and generous hopes. An open-hearted life is a possible perfection and must be treated with passion and love. Clear, bright, radiant emotional state certainly depends on what you feel toward yourself and others. The actual amount of pleasure you receive from life is exactly proportional to the expanse of compassion and gratitude in the air you are breathing in.

## **6) Gratitude Resides in Glad and Flourishing Personalities**

"The fervency of my personality trembled from sunlight and fragrance. Gratitude created a barrier that was guarding me against cold and cheerless. Like any freezing temperature those kinds of feelings could preserve but never let life to be developed. Any progress was stopped when in an atmosphere of a pessimistic refrigerator."

"I looked on nature and my fellow-men and didn't see the dark and

gloomy. The cheerful colors prevailed and those were reflections from my own grateful eyes. A clear vision was developed in the balmy atmosphere of positive vibrations. My mind rambled at its pleasure and every valuable information was deeply curved in it. My personality flourished with every grateful feeling and every glad emotion.”

Gratitude is not merely a part of personality, that appears in the background. It stands at the front of a line. Increased self-esteem and dignity are the proceeds of this transformation process that gratitude sets in motion.

Gratitude is the first warm ray of sunshine that, as the story tells us, makes the traveler throw the cloak from his shoulders, when the storm, blows as it will, cannot tear it from him. You do not cringe away from the winds of life. Being ready to show appreciation to every obstacle on your way, you supplement them by profitable lessons that make you even stronger.

It does you a good turn when you appear less materialistic, self-centered and more optimistic, and spiritual. Gratitude makes this change possible. It compels you to achieve your goals without any anguish of uncertainty because success does not matter as much as the opportunity to test yourself.

## **Conclusion**

T. died at forty-eight. When I saw him last, he evidently found great difficulty speaking. He waited long to collect himself, and then he murmured simply: “Take this,” and he handed me his diary. That book had a voice that dropped deep into my soul.

The last page contained a message: “Pain passes, but love remains. We suffer so much sometimes. I’m very old when I think about it, but I grow young again when I believe in generous mistakes that hurt, happy tears that burn, and deep adoration that squeezes the heart till every drop of love is revealed. And the only way to see the beauty in life is to be able to open your eyes every morning with extraordinary grateful gladness. Only this feeling will make you beyond the reach of pain.”

Take a fancy to writing exclamations of gratitude in a journal. Grab after every opportunity to express your thankfulness and try to make the moment of appreciation fresh. Your fortune of life blessings is enormous, and you spend it entirely in doing good if you remind yourself about it and keep noticing new things to acknowledge and new people to respect.

Let gratitude to excel every other quality. It would be a relief to cherish people over material things. If you recognize the need to build a habit of practicing appreciation it will have an exhilarating effect on your nervous system. You will feel calmness and composure in difficult situations when dealing with people, philosophic equanimity facing cataclysms of nature far beyond all human power, and happy in your own quiet way when giving love and returning kindness.

## **19. Intensely Luxurious Feeling of Self-Compassion: 6 Reasons to Practice Kindness Toward Yourself**

“Take the misery of negative self-judgment in a luxuriously calm refuge-island of self-compassion...”

### **Introduction**

It is difficult to assign any precise age to V. because he is so full of the ignorance and illusions of youth. His eye alight with certain native intelligence making him a fair example of the erudite class. His mission in life is to draw little audible links, chaining together great inaudible feelings of self-compassion and self-esteem. V's Ph.D. dissertation on this subject is but the vague shadow of the volumes he has to say. This mental activity was instigated by an economic crisis in his life and a complete change of life views and values that followed it. When V. falls into a train of observations on this topic, I feel how it absorbs my fancy.

**Self-compassion makes you move forward through stormy seas of negative self-judgment.** Like a ship, it wallows along to the island

of tranquil and comfortable repose. Being kind to yourself means to stop the arduous and exhilarating process of idle and erratic life-cycle. To learn the art of positive self-evaluation is essential.

Become a fair judge of your own weaknesses and a virtuoso in the art of self-admiration. To feel unique and special you need to be resourceful in finding inner instruments to make yourself believe in it. Call your faults your own and keep it private, insistently sound in your ears your inner and outer graces, make them an emblem, your trademark – known and accepted by others.

Self-compassion is an irradiation personified, which lights up your entire being with positive emotions. It represents all the vast conscious world of contentment because it soothes the troubled spirits.

## **1) Scientists Map the Advantages of Self-Compassion**

When V. was in his last year in the human development doctoral program at the University of California he was going through a very difficult time. He used to be a person of dazzling interest and attraction when he possessed the means to wish and fancy, to obtain and secure everything he desired.

A climax of his life was pending. His father lost every dollar they had in a risky market deal. Now his passions went ringing home unsatisfied and he could not find any sympathetic response in his surroundings.

Prejudice and discrimination were the downsides of his high self-esteem and harsh self-criticism. Feeling the drag of a lean and narrow life of anxiety and depression that followed that financial devastation, V. suffered from fits of narcissistic, self-absorbing anger.

**The first note of compassion washes away anxiety.** It was suggested by the science that self-compassion slows down the heart rate and the oxytocin (the bonding hormone) is secreted, it lights up regions of the brain linked to empathy, pleasure, and caregiving. Self-compassion serves as spiritual aid that floors depression and raises a person's self-

esteem a good deal higher.

## **2) Self-Kindness Punctuates Life with Self-Understanding**

V. was an excellent student of a great educational establishment and a bad pupil of the school of life. He considered his youthful energies mis-spent and all priceless treasures lavished. V. was poorly equipped to live frugally and happily, rather he was prone to make up in negative judgmental feelings what he lacked in dollar bills.

V. used to be a typical 'mazor' (a kid of wealthy parents). He snapped his fingers and had everything he wished. When his family's money vanished, he entered the narcotic state of self-denial. V. simply lost his place in the world, thinking that material positions were the only means determining it.

Three months in a rehabilitation clinic draw a straight line between his past and his present. V. learned all over again to establish contact with people, their engaging characters and charismas, when prior, he labeled any new acquaintance either as a 'valuable' or 'useless' connection.

**Self-compassion eludes good intentions and satisfies those by self-kindness and sympathy to others.** It murmurs to your essence that virtually you have a system of values and you respect yourself for it. It tells you that you are not a loose thinker and you can evaluate people and situations from the point of understanding and justification. It tells you to resist the temptation to harshly criticize and judge yourself and others.

## **3) Self-Compassion Is Marked by Benefits of Self-Esteem Without Its Drawbacks**

V. plunged into the healing process by accepting the notion that self-criticism made dread and awe creep upon him. V. started by being cheap enough in regrets, doubts, and self-bitterness and added to his life the rich touch of self-understanding, -acceptance, and -praise.

Self-acceptance gave him power enough to open his heart to the ability to dream gloriously over future and he spared neither effort nor determination to make himself a better person not by beating himself up all the time but by being kind to himself, and ... to others.

**The neat calligraphy of self-compassion lacks mistakes that quick-fingered self-criticism,** a product of high self-esteem, **always makes.** We all have misprints, but comparing ourselves to others rarely does any good. Embrace yourself for the things you have to share rather than for the things you have to keep and the mess up game will be sensibly diminished if not wholly lapsed.

Remember that self-compassion may still carry in its pocket some of the small change of failure, but it holds to it just to make you accountable and toned, ready to get up again and move, once knocked out by some challenge.

#### **4) Self-Compassion Prevents Criticism from Holding Back Your Personal Growth**

V.'s state was one of the loneliness and forsakenness which struck a deep chord in his soul. He was determined not to let his few supports float away from him. Those load-bearing walls were empathy, caregiving, and feeling of self-compassion.

He needed to add more happiness, optimism, and positive emotions to his life to be able to find new friends, ready to accept him with the whole fabric of his timid personality and teach him to understand the keener pleasures of life without an abundance of money.

**Self-compassion grants you with the ability to follow the text of life and read between the lines.** The full potential in life is reached when you are alive with thoughts and feelings concerning others that are freed from judgment and negative connotation of any sort. There is no basis for growth in putting others down so that you can feel good in comparison.



Let your imagination take a flight and instead of labeling yourself and others 'good' or 'bad' simply accept things as they are, because being not perfect means to be unique. Because when you open your heart and show kindness and care towards yourself and others you start a chain reaction of good intentions and positive vibrations. This is contagious and there is no better epidemic to set alight and contaminate others with.

## **5) Self-Compassion Kindles a Sense of Belonging and Connectedness**

V. realized that feeling himself a part of the human creation offered peace of heart and mind. Only when he openly sought refuge from a cold, calculating, and an unpoetic monetary-based world of exceeding self-esteem in a quiet harbor of open communication and sincere attachment was he able to accept himself with all his retrospective shame at the memory and prospective delight of the present.

Being rich in empathy and compassion, gifted with an ability to appreciate the beauty and richness of life, even in hard times – that colored a world for him in charming gratified desires and nurturing flourishing feelings.

**Self-compassion drains the cup of common experience.** Knowledge, that comes only when communicated; understanding, that is accepted only when discussed; emotions, that felt only when shared – self-compassion makes all of it possible.

Humanity tells about nature and freedom, highest power and engaging connectedness to the world. We need to learn to listen to that valuable information. Attachment to humanity is the only way to diminish suffering.

Isolation lacks not only in social quality, but in self-worth itself. To live means to feel what others feel, to see what others show, and express what you have to share.

## **6) Self-Compassion Helps to Achieve Balanced**

## Awareness

Now V. claimed to have the poetry enough in him to seek out an open heart in himself and straighten his life in a balanced heartfelt and mindful way. He was not ignoring his past but he was no longer exaggerating his own misconduct.

**Self-compassion teaches you to accept the pain and explain the reasons for it.** You may not get the answer right away but it will teach you to wait patiently and admit the fact that life is painful sometimes.

Being mindful is to be flexible, but not too useful, ripe, but not too final. The process of growth and improvement should never stop and cultivating yourself is a life-defining principle. Intuitive good nature that is in everyone flourishes under the sun of self-compassion.

## Conclusion

V. is imperfect yet magnificent as every one of us is. When he stopped an endless comparison game and embraced what he could share with others rather than what he had for himself his self-esteem gave him joy, and his self-worth became much less easily shaken.

**Self-compassion helps to achieve emotional well-being which strengthens the daring to life of any person.** It holds your peace and helps to feel the beauty of life even in hard times. It shuts out negative perception and opens up individuality in a person, makes one being present at the moment regardless of the degree of involvement of others around. You seem to radiate an atmosphere of power and productiveness even facing unpleasant feedback about yourself.

There is nothing in this world more delightful than that state when you mentally balance between self-worth and acceptance of imperfections in yourself and in the world around. Being compassionate toward yourself means to be an apt student of fortune's ways – of luck in life, because positive emotions attract uplifting feelings, delightful people, and magic metamorphoses in life and love.

## **20. An Ineffable Benefit of Nature-Based Healing: 5 Tremendously Powerful Techniques of Ecotherapy**

“Receive life with much philosophy and nature...”

### **Introduction**

G. shuffled through life most of the time being far gone indeed. His mood being as dark as the grave, his face being as weary as the days of his past, and his voice as harsh as the hollow moaning of the damp unwholesome wind.

He was not yet past 36 and the earth and life itself seemed not his element anymore. The expression in his eyes was scarcely of his age or of the world. So many shadows from the past played about his face that G's smile, above all, was the worst evidence of artless pain and misery.

The horrors of the war left no trace of the memory of happier existence, long gone by and forgotten, vanished in the scenes of fighting and killing. These marks of cruelty and anger buried every trace of love and affection he had ever known. It seemed that nothing in this world would be able to recall any positive emotion in his soul. Darkness and nightmares watched G. as he slept and was awake.

**The sinking of soul and spirit is alleviated by emergent field of ecopsychology.** It awakens the remembrance of our connectedness to the web of life. We need to be careful about how we deal with nature as we are an inseparable part of it.

Blithesome environmental music and freedom in the landscape carry thoughts of recreation and peace to the hearts of people. Remorse may seem unavailing, but it creeps away when met with brightness and mirth in the scenes of brilliant sky, vast fields, and high mountains.

Our relationship with nature should be explored and nowadays mental health practitioners pay more and more attention to the aspects of ecotherapy. The inner impulses of every person's soul long to be connected to the environment.

## **1) Connectedness to Earth as the Core of Ecotherapy**

G. was a true personage of an uncouth man with sharp eyes and rough hands. The fervent prayers, gushing from the hearts of his many relatives, overcharged with wild nature and simple close to deprivation and far from cruelty life, were his daily companions in his youth.

Exposure to the wet morning grass, cold fresh mountain air, and many animal-friends brought on belief in good, frank, and honest which hung over him till the first days on a battlefield, those reduced G. and his faith sadly. An effort to come back to his native place was the only way to recover his life force back again.

**The earth does as much for us as could be expected in an age when the population cannot afford to stay connected to it for nothing.** Relationship among humanity is built on the principle of giving and taking and the same motto we tend to express toward everyone and everything. Nature, though, is worn with use, disheartened with selfishness, and tired of human contact.

We should attribute exceptional importance to the process of creation, the natural forces that govern life. Harmonizing with these systems, we may experience spiritual illumination, improved mental and physical health. Respect in every aspect of life is vital. To cherish nature as we cherish close loving people is just as important. Love given to the human being revives life forces in that person, and the same emotion granted to the surrounding environment awakens its blooming essence.

Personal well-being is lost amid a host of every-day troubles, filled with artificial noises that stifle and destroy, it becomes empty and arid. To not let it slip away completely we need to stay connected to planetary well-

being. This feeling of union with a greater system of interaction makes a sense of weakness and captivity vanish. Only when seeing ourselves as a part of the world we can recover our balance and will-power.

## **2) Nature as a Tender Healer of Mental Fatigue**

Only coming back home to his old and shabby house, senile forgetful mother, simplehearted coarse childhood friends, and his ancient failing horse, he began, at length, by degrees, to get better. How deeply G. felt the goodness of his surrounding in his native mountain village, and how strongly regretted he that the ill-advised desire to escape in a search of a better life led him to the war.

Whirred, monotonous and tiresome as a clock life, words thrown out, conversations started, then the concert of mentally fatiguing angry emotions – this existence makes a wall against which one dashes in vain. **To stop that deafening and blinding cycle we need to walk in a nature preserve.** No voices for lying, no faces to hide themselves behind – only the vastness of fragrances, nature sounds, and beautiful inspiring scenes.

The atmosphere of inhaled, tasted, touched, heard and seen satisfaction reduces the symptoms of depression, we feel less anger and more positive emotions. All senses participate in the recovering process. Engulfed in the brightness of green spaces we have a greater capacity for paying attention, delaying gratification, and even less need in pain medications.

Simply calling flowers and plants into view positively affects creativity, productivity, and problem-solving skills. Over-wrought nerves, aggression, and agitation are waved away as if with the help of magic wand in the presence of animals and under the exposure to the sounds of nature.

## **3) Activities that Add Variety to Life and Bring Back Glorification**

Who can describe beauty and tranquility of a mountain river and snow

covered tops and hollows? Is it possible to imagine life without the pureness of that balmy air full of grass' and flowers' fragrance? The green hills and rich animal life, only touched by hunting in necessity degree and never in pleasure seeking unwise killing.

Life as it should be, love as it was created, and friendship as it was intended – healing emotions, and curing energies of nature didn't wash away crowded, pent-up memories of the war, but life of toil and peace in the atmosphere of pure, almost untouched plant and animal life made those memories Past, and not Every-Day-Haunting Nightmares of the present anymore.

**Nature can talk the language of healing** and we can understand it with some guidance of a therapist or even without it. We all have a natural aptitude to comprehend it.

**1. Fresh sensations revealed during meditation.**

Even when it seems that the world had been turned upside down, a tranquil moment of abstractedness can put it right-side up again. We are able to come over to the positive way of thinking after reflection on the connectedness of all alive and breathing.

**2. Horticultural therapy reveals to us the ability of the earth to give a sensation of maternal protection to our senses.**

Garden-related activities of digging soil, planting seedlings, weeding garden beds, trimming leaves help to alleviate the symptoms of stress and burnout.

**3. Animal-assisted therapy is at the service of reducing aggression and agitation.**

Animals are able to pure out more of the treasures of our souls than we could even imagine. Often after the time spent in the company of wild or domestic animals we feel intoxicated with delight and happy sensations.

**4. Physical exercise in a natural setting brings us closer to the feeling of satisfaction with our mind and body.**

We become more independent, more inspired and even more In Spirit – inspiration visits us while we are walking, jogging, cycling or doing yoga

outside.

### **5. Increased awareness is reached when we are involved in restoring activities.**

A sense of purpose and hopefulness, belonging and connectedness is born during the process of generous improvement done To and For the benefit of nature.

## **Conclusion**

G. started a chain reaction of a nature healing process, in which his own rejuvenated personality was the first link, by contacting his battle comrades and inviting them to visit his poor farm. G. could not even imagine the outcome of his good intention. Now the place is the most blessed, homely ecotherapy healing work-camp known so far.

People in mental struggle come from all over the world to find contentment and peace again. Working together, improving their life, cultivating earth and personalities, they share memories and feelings. Here again, they can feel themselves the most blessed and favored of mortals and have a touch of unmingled happiness.

True felicity of pure and most amiable generosity of people around; the warmest, soul-felt gratitude creates an attachment to the place and mental state of peace itself. The earth in her mantle of brightest green is glad to accept wounded hearts and treat them with cheerful serenity that gives vent to the tears which now a person is unable to repress. And when the eyes are full of water, the remedial river is covering the troubles of today and the worries of the past.

**The influence of flora and fauna changes the condition of our thoughts and feelings considerably to the better.** Scouring the country revives the feeling of freshness and newness in life. Troubles seem not to hang as heavy on one's hands when those applied with redoubled assiduity to the work of planting, trimming, weeding and watering – beautifying surrounding and purifying souls.

The sorrow and calamity of the world half closes, becomes more distant

when you feel that you belong to the bright sphere of nature. There is no pursuit more worthy of the highest nature that resides in every one of us than encouraging the circulation of deep affection and gratitude toward nature. The sacred emotion of connectedness to the earth makes fears weak and selfish regrets feeble.

## **21. Spring Life Water – a Symbol of All That Is Harmonious and Good: 5 Almost Occult Facts About Natural Water**

“The voice of natural water sounds silver and life...”

### **Introduction**

Five friends, and five personifications of **extra**ordinary, **extreme** extravagance, and **exquisite** exclusiveness. And ‘Yes’ all five are the **Ex**-es of former husbands and wives. What in the Universe can they all have in common?

**Water!** To be more exact, \$900 that they pay for 8.4oz of pure water that exists in a very remote place in Venezuela.

It just tickles me to death to tell you the back- and fore-story of these very well-off people – very well-off indeed they are.

A – a **High**-class jeweler,

B – an owner of a **High**-end shopping center,

C – a president of a **High**-cost Healthy Food Corporation,

D – a head of a **High**-net-worth investment firm,

And E – a CEO and founder of a **High**-quality cosmetic company.



And now, you're being so darned plucky, know the names of my **high-**grade protagonists. Everything in their lives is top, elite, and upscale.

**No thing about water is an illusion.** Nothing in the world is softer and more yielding than water. Being of incomparable docility, not anything can concur it. We do not realize how close and almost identical we are. Water wears down the hard and strong, and none can overcome it. When our strength husbanded, we are capable of glorious things just the like.

Is it possible to live by that truth? Do we dare to accept that the yielding concurs the strong, and the soft overcomes the hard? Maybe we should not take any precaution, that prudence could suggest, and let ourselves be lost in wondering and half-terrified admiration at the spectacle of life. Let us be free, giving ourselves no concern on the opinion of others, and brave enough to be true selves.

## **1) Secrets About Water That Were Put to the Proof**

"What the dickens, do you drink this water for?" said A. deprecatingly, when his dog fired ahead to the water that was spilled on the floor. The bottle it came from was a gift that A. didn't appreciate enough. He considered it a wired birthday present. His dog was a much better expert in a healthy way of life, eating only food in green packages with the logo "organic" on it. And he never before ate anything from the floor, preferring his silver plate to any other vessel.

A. felt that he had to learn more about **this** water and happened to discover that he, being an educated two- and forty-years old guy, didn't know anything AT ALL about this substance. Magnetism and energy locked in this bottle transformed his life. The honored lady that presented the fortunate flask became an open-hearted salutation in his life. Her kind soul wrapped in a beautiful body revealed the hidden secret of life: happiness, when shared with a loving person, ultimately compels you to experience satori or instant awakening. You go from enchantment to enchantment, scenting compassion in the air, and this feeling of

admiration gives a new turn to your thoughts.

Water is the only substance on the planet that can exist in three states: liquid, solid, and gas. A human being combines all three of them at the same time. Depending on age, we are made of 70 to 80 percent water. Yet our body, like a precious vessel, holds this treasured liquid by the forth of a life-giving spirit.

I'm so much taken up with the power and diversity of water. It has the highest surface tension than all other liquids. It proves to me the fact that a person with pure 'inner waters' can overcome any outside pressure.

Water is the most powerful solvent on Earth. Isn't it about our ability to sympathize and be compassionate? Life on any planet is not possible without each and every property that water has. That means that stepping into another person's shoes and feeling his sorrow, pain, or happiness is essential for the life itself.

Water is able to rise through the trunks of gigantic trees against tens of atmospheres of pressure. What is more surprising, though, is the faculty of a human being to rise over hatred and aggression in the world, indifference and treachery towards himself and still be loving and empathetic.

The natural water from a spring is loaded with energies in the utmost degree. When compared with the artificially purified one, it turns out that they still have the same composition H<sub>2</sub>O, but their structure differs drastically. Most likely, a person won't see any difference, but any animal will always choose the natural water over the tap one. Our animal friends are more sensitive and prone to distinguish false from the truth in the world that surrounds them.

Can we learn all over again to feel life as it is, pure, refreshing, full of love and gratification? Is it possible to sense good-natured people, take to them, and cringe away from the blows of cruelty in time to escape the shock? And are we able to accept the identical composition of each and

every person, recognize their unique individual structure, and if not love everybody, but at the very least respect?

## **2) The Imminent Danger of Water's Memory and Its Unbreakable Vehemence**

B. was a successful woman that seemed to have everything but for the memory of her early childhood and youth. That was strange. She possessed the necessary knowledge and education to be adequate and navigate her way in the world, but she could not remember the words said by her mother, and the school games went with her father.

That happened after the car crash that left her, a single child of a happy middle-aged couple, an orphan. Doctors said it was a post-stress reaction of her brain. The neatly structured organ in her head tried to protect her against her own will. She longed to remember, but not any conventional or alternative medicine could help her to do that.

One day, about 5 years ago, her close friend came back from her long journey to the far away countries. She brought exclamations of praise and deep respect for the elderly healer she met there. B. didn't really believe it could work and agreed to go only for the sake of adventure.

The ceremony of their encounter reminded a scene from a mystery movie. B. and a small wrinkly guy in a dress-like white shirt were staring at one another blankly without words. Then he showed her to his chamber. The cave was dark and cold and full of small and big glass jars with water. He filled her little cup from almost every container. And at the point of over dense tension in the easy to guess area in her belly, something extraordinary happened. She suddenly remembered. Spring water from a distant mountain village in Kazakhstan brought relieve to her tired from searching brain.

It happened so, that her father was born in that village. Her parents, being almost desperate to conceive, went there and spent almost a year in that remote place. They came back to the States to give birth to their beloved daughter and get the benefit of traditional high quality medical

care. The water from that village remembered B., or, rather, her body remembered that water. Some impulse, the live force coming from this water, triggered the processes in her brain, making the memory of her past a charming reality, that she could take into her present.

Scientists made a great step forward admitting, that they know almost nothing about water. We can do just as much, agreeing that the process of self-discovery should never end. This realization is followed by the desire to explore more, to dive into the research, self-digging, and self-developing.

### **Nowhere in the world is water the same.**

Experiments in many countries around the world have shown that water remembers everything that occurs in the space that surrounds it. As it records information, water acquires new properties, yet its chemical composition remains unchanged. The structure of water means how its molecules are organized. They form clusters of various forms, and each combination is vulnerable to any external influence.

The water structure of each person's body is identical to the water structure of the place where he was born. Our internal connection to our homeland is depicted in the water of that place.

The same happens with people. We come to contact with each other and leave a trace in our souls of emotions felt and events underwent. Every encounter becomes imprinted in our 'inner waters'. To our eyes the change is not noticeable. The same face looks at you from the mirror. But the conversation with an angry person left an undertaste of failure and depression in your soul. The looks are important, but our inner structure is a much more valuable instrument. The inner state of our soul is composed of our emotions and feelings joined together. Our inner water-based computer records the whole history of our relationship with the world around us.

Modern instruments have made it possible to see how water, being structured like a nervous system, reacts to any irritation. Being subjected

to a swiftly freezing process in a cryogenic chamber, water tells us its story. The spectacle of frozen crystals reveals to us the admiration of water when someone said 'I love you' to it.

Classical music gives water an occasion for displaying splendor of symmetric beauty. As if choosing music that uplifts and rejuvenates us, we should be spellbound listening to a loving person, and determined to run away from a twisted and vengeful one.

### **3) Human Power Both Whitens and Darkens Water and Souls**

C. was spending time in a company of people always grabbing after money. Everything 'healthy' was in trend and he was getting incredibly rich by the day. Surprisingly, C. was the most negligent person when it came to the choice of food. His ex-wife took very good care of his diet, but being a cold-hearted person, she made C. detest anything good-looking, tasty, and healthy. He developed a belief that things like that, being eatable or not, are pretty in the outside and empty in the inside. After the divorce, C. became a regular visitor to fast food places, which made him look 10 years older and 30 pounds heavier.

C. thought bad about the food he ate and drinks he swallowed. All those substances made him feel even more depressed until the day he met J. She was incredibly plump and extremely cheerful. She became a friend and companion such as few possessed. Her spirit was contented and grateful. It seemed that nothing could spoil her positive attitude to life, even C.'s negative connotation of every aspect of it. They ate at the same bad-quality-food places, but he felt his body not as heavy and his mood not as gloomy anymore. Somehow, J.'s uplifting spirit charged every object with her life-giving energy.

When they started to live together and J. became a master of the kitchen space, life became almost an unbearably sweet experience. Both C. and J. started to fall in love with their family business, discovering new aspects of a vigorous and healthy life. By degrees and due to the plenitude of means, they started to spend quite ridiculous money on

food, and water was a number one investment in their list of the most important things. Their company invented a whole different culture. A life of luxurious energy in an 8.4oz bottle. Having ones tried it, anyone could ill bear to part with this sensation of 'alive' and 'pure'.

Nowadays it became clear that positive and negative human emotions are the strongest elements of influence on water. Scientists conducted many experiments on this fact. The water, experiencing fear, aggression, hatred, projected on it, is suffering. Those feelings deform its structure and reduce its energy. Love, on the contrary, increases water's energy and stabilizes its structure.

The power of tenderness and compassion is yet unexplained but accepted by almost everyone's intellect. We should let this knowledge penetrate our skin and reach straight to our heart to be fully implemented in life. Our soul can mingle dignity and gratitude under the influence of delightful emotions and sublime energy.

#### **4) The Defeated State of Water – Ready to Drain and Disrupt**

New York is a place of contrasts. You can be wealthy and still live in a place with bad water from the tap. Filters made it bearably pure but far from being deliciously tasty. D. knew the flavor of pure water. It was his bug-bear fault. He was in search of the right taste for many years. The one that could charge you with energy and make you feel full of desire to change the world.

D. was born in West Virginia, an eastern state with tree-covered Appalachian Mountains and the purest water on Earth, as he thought. He missed it enormously. His wearisome search ended when he tried water in a \$900 8.4oz bottle. It was love from the first drop. The sensation was unforgettable, as if all his cares and sorrows went away, leaving a feeling of being light and kind, sociable and agreeable.

Water makes a long and difficult journey through multiple angle turns before arriving in our homes. In nature rivers and streams always flow along a smoothly curving course. In our piped system the natural

structure of water breaks down more and more with each turn. The crystals of such water are deformed, no symmetry or beauty can be seen. Aggressive chemical purification, powerful filters, the violence of it all is accumulated, and forever remembered by water.

Spiritual pollution we subject ourselves to is even more harmful. The water on our table adapts all of the hatred and the stress and by the time it enters our body we make it dead.

In a language of an Indian tribe in Venezuela 'Roraima' is translated as the mother of all water. Scientists considered that it has never been in direct contact with human beings. It exists in a very remote place. The journey through the savanna and the jungles, and then up an 800-meter wall, in order to reach the water in its unique and virgin state, requires significant enthusiasm.

In a laboratory the scientists could see the energy light that shines from this water. They compared it with an ordinary one and discovered that Venezuela's water is 40 thousand times more active. Can you imagine what power is locked in every mouthful of it? It activates the body, grants life in its purity to every cell of it.

The same effect on our 'inner waters', the state of our health and mood, is made by the outside violence. Anything made to us against our will is detestable to our nature. Our nervous system is prone to become restless and let the negative take possession of it. If there is no way to escape the harmful influence, we should find our own filters. To deal with it without any chemicals but with the help of recharging, rejuvenating meditation, preferably in natural surroundings, is the best purification process that was discovered so far. A state when you reunite with your inner pure child is blissful and can be reached with some training and effort. The only remembrance of that glorious feeling can transform our inner water clusters into beautiful stars, with symmetry of butterflies and crystal transparency of spring water.

## **5) Water Combats Behavior and Life Itself**

E. was successful and beautiful. She never imagined herself being a head

of a cosmetic company, but her parents left her no choice. She dreamed to be a pianist. Her parents' opposition was a blow that shook her tremendously. To make amends they gifted her with the most expensive piece of music art – one million dollars piano. This masterpiece was a remarkable, adorned piano that exhibited about 100,000 jewels. This musical bond to the family business now was unbreakable.

The magnificent instrument in her living room was her best friend. Every day after work she hurried home to her soulmate and discussed Mozart, Bach, and Beethoven with him. The decanter full of water was on the nearby table and she had a habit to take it to her dinner table and later to her bed. This water seemed to be full of notes of love and care, beauty and affection.

She took good care of her water and filled the vessel with the best of the best. Played music to it and made every note enter into her body and her soul. She drank it with satisfaction and felt refreshed, delighted, invigorated. She was forgetting her cares, feeling as if she had wings to her feet.

**It was established that the behavior can be changed using only water.**

In addition to ordinary water heavy water exists in nature. Deuterium<sup>20</sup>. The splitting of deuterium was the bases for creation of the most destructive bomb. We all know what radioactive radiation can do. It turns out, though, that rather more horrific is the change in the structure of water. It made no difference where the test was carried out, in the atmosphere, in the ground or underground – the water's memory changed.

Waves die out fairly quickly in the ground, but the water continues to fluctuate for another 30 days. The brain is made of water about 85% and the conflict between the water structure occurs in it. It disrupts the brain's bioplasm and the person is deprived even such extremely important incentive as the drive to live. The pathological changes in the water increase the number of suicides.



The same way one person can have a radius of his influence much bigger than the universally accepted personal distance. We are connected with each other. Any emotion radiates energy, and every movement carries meaning in it. And this energy travels through time and space with horrific speed.

Water gives life. Its original vitality we can use either in a positive way or we can charge it with entirely different emotions. The way we approach water determines our whole life. Good intentions improve the quality of water and it has a positively boosting effect on a person. Radioactive relationship, on the contrary, can force a human being to spend his enormous inner capabilities entirely in doing bad to himself... and others.

Energy of every person can be radioactive at times. In this case, one should keep himself to himself and away from everybody. And it is a great privilege to spread love when it overflows your being. There is nothing like a cheerful mind to relieve our spirit from torturing feelings and make us hug ourselves and the world around with love and affection.

## **Conclusion**

**Every living thing is essentially a container of water.** Life has a chance to happen only in the presence of it. When we attempt to discover life on other planets the first thing we look for is water. Being the most common substance on Earth, water drives us to our wits' end by acting as a 'leader' of our lives. It is a unique concept that is connected in a special way with the very idea of life. We are not even beginning to traverse its special qualities.

## **22. [Calm Your Expectations to a Rejuvenating Self-Acceptance: 4 Strategies to Make Sport a Manifestation of Self-Love](#)**

“There is no place for guilt in the pursuit of perfection...”

## **Introduction**

P. is a gifted being. She's a clever girl – with a strong will and a high temper. She is better worth looking at than most works of art.

P. is a middle-aged woman of many fitness theories. Her imagination in that respect is remarkably active. She has a fixed determination to regard sport as a place of brightness, of free expansion, of irresistible action. Now P. knows that it is detestable to be afraid or ashamed of her body. This life-changing understanding came with physical pain and spiritual tension.

Every moment of life is a little eternity. Guilt and a sense of worthlessness are needless matters and have to be eliminated. Negative self-talk puts you on the dark side of life. The feeling that you 'need' to work out should not bring an evident distress. Sport, when putting you in the full vigor of your personality, does not diminish you spiritually. I know so many women who keep their weight at a certain point of personal satisfaction, not giving any consideration to the opinion of others. And I know so many women, who lost pounds of 'extra weight' and whose inner glow had faded with it.

Whatever else is gone, you have to keep the fire of life. There is no need to work yourself up to such a pitch that you endanger your health in the pursuit of some body ideal shape that was not even intended for you. To work your body and spirit to the breaking point day in and day out is a path to quarrels, battles, challenges, wounds, woosings, agonies, and all sorts of impossible nonsense.

The whole fabric of inventions and conventions in the sports industry should be true to you, be of your world and your history. Then, and only then, it will become your reality. There is just the right thing for YOU. It is not the same for everybody and there's nothing wrong with that. You may need some push and self-assertiveness, in the short term, to get ahead in your healthy life routine. But, in the long term, it is your body

and your health and your choice. Let exercise help you to control appetite, boost mood, and improve sleep for you. And be the one for whom the faculty of becoming healthier is much bigger than the desire to shape yourself to the taste of the crowd.

## **1) Being Hard and Uncompromising on Yourself Can Lead to Injuries**

At the beginning of P.'s career as a fitness trainer, her enthusiasm had led her into a thousand of ridiculous zigzags. Her desire to look very well and to be even better, her determination to see, to try, to know as much as it was possible in the industry of healthy diet and physical exercise caused a disastrous injury to her back.

P.'s combination of the delicate, enthusiastic, flame-like spirit and the eager desire to get well again made her reevaluate her life experience. She decided to never again be an easy victim of negative self-criticism. Her reputation of a spotless fitness queen hung about her like the cloudy envelope of a dense chokedamp fog. She was in constant need to keep her attitude at a high temperature, motivate people around, be a role model for them. The weight of this responsibility made the poor woman hate the label 'perfect' and still be chained to it by expectations. To her true self the term had always suggested something grotesque and even sinister, and people using it – offensive or alarming.

The experience of having an injury can be a delicate torment and you may end up working different muscle groups for some days or stick with as little resistance as possible. Other injuries, though, can force you to allow yourself a time off. To listen to your body and recognize when you need a break is normal. This major inconvenience may serve as a learning process, an opportunity to express self-respect.

Your muscles are your wonderful friends that are true to you if you give them time to repair, strengthen, and grow. The gym room is invaded by beautiful women and dashing men, you are one of them. Some experience problems learning what to do with one's hands and workout tools. Some are pleasantly familiar with the surroundings and seem to be

just in the right place.

People around, whose feelings you cannot penetrate, can look IN shape and in the reality be OUT of hearts. They keep lifting heavy weights and wrung their heart. The muscles of our souls are so thin and far-away at times, so clap-trap and yet so heart-breaking. Overtraining your body muscles you risk to inflict a serious injury and complications later down the road. More significant damage, though, can be from the clouded, obscure, elliptical picture of your inner state.

You need to learn to take some rest when your body is asking for it. To do that once or twice a week is not only a good thing, but a necessary one. Our body isn't designed to be pushed without limit. Personal growth happens outside of the classroom and, likewise, you gain muscle outside of the gym. You can express vividness of self-value by listening to your body and taking easy at times.

## **2) 'Ideal Weight' Is the Weight That You Slip Quietly into and Feel at Home In**

That experience of professional injury struck P. as food for deep reflection. She appeared to enjoy that time of real excuse from the strenuous rhythm of exercises. That feeling was unfamiliar, as if she was not accustomed indeed, to keep her spirit free of bolts. She eventually became thankful to make use of that time alone. P. could see without judging the depth of her nature. She realized that sport was taking a lot of her life, but not all of it. She was more than that. Her flexible beautiful figure could turn itself easily this way and that, but her alert mind could do more, could invent her own way of doing all that she did in her professional life.

P. became aware of a step forward in her self-awareness. Her gratitude was growing with her understanding of herself. She came to the point when no criticism could break the sunshine of her life. She accepted imperfection as a gift, some degree of weakness and free pass as a sign of self-love and not a failure. She stopped feeling herself in bitter waters of competitive environment, where she needed to be on top of her niche

and fight for every client. She felt at ease. That new state of emotions told her to seek for her personal unique way to be successful and still involved in her beloved sport with love and self-acceptance hand in hand.

'Ideal Weight' – this term can be applied to so many different aspects of well-being. It is the state when your body is appreciative to what you do and gives a favorable interpretation to all physical activity you WANT to perform. It is a feeling of energetic enthusiasm, and a desire to put in new steps and slides into your daily routine. In YOUR perfect body you are able to dance against and around the hard-and-fast beat of life. If you are breathing hard – you may have some extra couple pounds to work on, but if you are a cheerful and lovely plump beautiful lady that is not out of breath – so be it! – You Are in Your Perfect Shape!

### **3) In the Undergrowth of Sport Is a Body-Positive Attitude**

Needless to add, but P. saw a happy face in the mirror more often now with her spine still in pain every now and then and her movements restricted. The weight she lifted was too heavy and almost made her an invalid, but it also freed her spirit. She was full of volcanic energy and desire to tell her story of personal mental transformation. P. improved spiritually and physically under strain that would have killed a weaker nature.

What followed is enough to uplift any person. P. was quite 'blowing the trumpet' for the people who went to the gym to preserve the shape that they had learned to love and respect, accepting that some things were better the way they were and to inflict any drastic change in some cases meant to endanger the health. Nature does not make mistakes. There are times when extra pounds for one person are an undesired thing and a complete necessity for another.

Self-worth teaches you to live in the atmosphere of endeavor, of expectancy and bright hopefulness about the way your body looks like. It is a state of mental awakening, when you are able to introduce yourself

to a more rounded concept of fitness. Every individual taste, every natural aptitude is different. You should not live under a tyranny of gym if you do not feel like it is your cup. Ecstatic dance, immersive Morning Gloryville, or hula-hoop hip-swinging and waist-twisting fun – one of these alternative fitness programs may have a peculiarly engaging quality for you.

If you focus on lifestyle and attitude and not as much on aesthetics, you will go to the gym because you feel great and you want to prolong this feeling as long as you can. You will exercise because you feel as if every inch of you is charged with energy that makes itself felt for a long time afterward. You should not be negative or perfunctory about your body. Your self-acceptance, a body-positive attitude, will guide you on a way of healthy eating and working not as much on the shape of the body, but, rather, on feeling good.

#### **4) Ability to See Beauty in the Body-Context**

The whole new life for P. was now an unutterable mixture of healthy lifestyle and healthy attitude toward herself. She went through the recovery process with patience and meditation. She was saying things to herself that touched her heart to the quick. All her behavior changed and was indicative of thought and power. She felt blessed in her life. P. reasoned well, and her wit was bold.

She started afresh and her imagination was getting on fire. P. was driving at a new understanding of fitness culture. There was a method in everything she was doing. The rudimentary idea in her mind was about the strong nature of every person and the need to get to know it. Without this essential aspect any work was inwardly against a person's health.

The cultural conversation around the body is like a revolution. Now every woman on the images we see are often telling their own story and it sounds like a festival of truth and self-love. These women acquired celebrity by sharing those stories and awakening awareness of what they've experienced. We are not tossed down blindfold on any pretty cover anymore. Now we can see beauty in the body-context.

When you don't want to be someone else and are entirely happy and complete in your body, you feel the exultation of victory over unattainable beauty and weight ideas. It is a great transfiguration, embracing diversity in shapes, skin types and physical conditions. People in fashion are not able to dictate one particular model of fashionability anymore. Social media influencers throughout different channels rouse the old ideas of perfection from the torpor in which it seemed to live.

Every step that modeling agencies like Zebedee Management are taking toward relieving the world from obligations, added to it in order to restrict expansion and individuality, is bringing fashion industry up to date. We are no longer content to 'feed upon opinion' of a small select group of people. More and more models are spreading the message of embracing what you have and telling the true story. Our own narratives, their unique connotation through the impressions of other people, invite us to see beauty in strange and turbulent, fantastic and plaintive.

## **Conclusion**

An absolutely open mind, an iron self-belief, a temper of the cheerful and uplifting kind, self-understanding, and toleration of imperfections, regarding them as blessings, and the kindest and truest attitude – these form of equipment for the workout P. encourages every person to get. Her all-embracing sympathy is working for her good and the good of every client in her private gym.

Her teaching began to manifest its potency. People are holding P.'s services dear. She is helping many of them to bear up, to get through tough times. Those who came to hate their body for the lack of response to the strenuous training, finally saw their victory in self-acceptance and their mastery in love and respect to the body that was now a true friend and a beloved companion.

P. is admitting everybody, down-facing nobody. If one cannot fully agree with her new way of thinking, she accepts the fact that there are things in life that you cannot out-argue. In time, people get tired from a sick feeling of suspense, expectance of a failure, a day when you are not able to say 'I have to do that'. In time, their heart becomes attuned to their

inner nature.

Fashion has a big scheme on hand. It wants to talk more about diversity, about enjoying the feel of movement and dance and less about sweating and counting calories. Now we are focused on nurturing body-respect and self-worth, becoming more familiar with it for our own comfort and peace of mind.

We should have a strong will to roar above the level plain of tradition and prejudice. When you become familiar and confidential with your looks, with your body, that makes sport no labor at all. And it is a sad spectacle to see some people bruised and injured when in a state of obsession, ever pressing themselves upon the image of 'perfect beauty'.

Your cheerfulness is unbounded when it is matched by your love to yourself, acceptance of your looks, and self-awareness. Lend yourself to a sport of your choice with no regret for the brake if you need one. Your soulful and poignant longing for a better you is wonderful. And even more delightful is the state of happiness from being alive and breathing, from the feeling of union with the sunlight, the color, the odors, and the luxuriant warmth of the day. This state is possible only when you embrace your personal context and feel no shame if people are able to read it.

## **23. Model Diversity and Body Positive** **Image: 4 Fashion Secrets That Will Make** **Your Ensemble Drop-Dead Stunning**

"It was wholly unlike the 'Permitted Style', and she could see the people's awe and distant wonder..."

### **Introduction**

S. had a large, square, middle-aged face, with a massive projecting nose and long-lashed, pale blue eyes. When she was smiling to herself, her



face shone pink and childish. She was like one of those extinct birds, the Alagoas foliage-gleaner, once found in northeast Brazil, because she wore that elaborate hairstyle of a curiously improbable shade of orange.

S. used to dress as if she had no sense of proportion, but that was not her fault. The colors were always pyrotechnical, and that was not her fault either. She was undeniably slender, and ponderably light, and ... proveably short. When people had wished to distinguish her from the others, they had always called her the miniature one.

You may be waved coldly away or permitted to the circle of chosen ones. Which way you'll go depends on the vibes of your feelings toward yourself and the creases on your clothes. If you wear your garments with handsome, proud, and shifting to the necessity of the situation style – the feeling of respect will be breaking the farthest walls of ignorance and negligence.

The magic of presentation, which will get you far in career and love, is in exhibited strength of self-worth and in a most exuberant and elegant cover. The luxuriant combination of body-positive image and fashion in the right size will dissolve the world of prejudice. Set your teeth with determination to be in the mood and in style. No one will dare to grudge you if you set your social barometer at 'positively sunny' and 'upliftingly uncloudy'.

## **1) Regardless of Their Size, Every Woman Is an Apotheosis of Fashionable Nobility and Strives to Be in Style**

S. had a sneaking mania for a fashionable style, particularly when she saw a slender tall body wearing it. But the reality was the indispensable psychological crisis – she couldn't find the same garments to fit her petite form.

She went over her situation multiple times: her eye always seeing the beauty and elegance, and her mind always seeing her expectations to fit her romantically proportioned body ruined. The good Fashion Icons were

doubtless acquainted with the explanation for this dilemma, but they for sure kept it to themselves. There was no way to find a perfect fit in the stores for grown-ups, and S. was empty-hearted when heading to the kids' section all over again.

Women used to be almost swept away by the continually unsuccessful shopping experience. We all desire to parade among our acquaintances in the outfits tailored handsomely and becoming. But we used to be constantly pained by the sight of the fashionable dresses and blouses with shoulders too wide and waists too low.

That wretched mental stupor, the fashion industry used to be in, finally seemed to lighten. Inclusive sizing becomes a good business strategy even for many haute couture houses. Women of different shapes want to be true to the trend and be part of a modern fashionable movement.

Inclusive sizing is more than just the first subtle outcropping in the fashion industry, it is a re-creating mountain that is going to influence many things in the world. Finally, 00, petite, and plus-sizes are not treated as problems to be solved, but as realities respected and rightfully enlisted in life and business.

## **2) Social Media Is a Majestic Influencer and Manifests the True Body Image**

One-day S. turned everything in her wardrobe topsy-turvy and inside out. The whole place was utterly destroyed as if by an earthquake, but it was only her frustration burning. With half-shut eyes she was laying on the floor in the middle of that devastation in a perfect unrelaxation. S. decided to make a try for Paradise, whatever might be the result, and create her own line of "Fashion for Petite".

She decided to be happy even if it would cost her all honesty and money. S. shouldered her way in social media and added a rousing intellectual kick to the whole industry, driving change and building her own followings.

Social media has a sneaking mania to kick start trends in fashion, particularly when used to illustrate diversity and body-accepting concepts. Nowadays everything is ridiculously exhilarated, beautifully abnormal, and deliciously insane. Gradually our vision is gaining in focus, and we wear confident faces and elegant outfits.

We comprehend a whole world of advice and insider knowledge available with renewed vigor. Scrolling with the thumb, we become thankful for the positive impact on our sense of worth. Consumers, those who buy, drink the cup of influence and shape the trends.

### **3) Clothes Have About Them Something Irretrievably Thought-Provoking for People Around**

S. was certain there was more behind the image of a model than what we had seen and heard. Close to evil curiosity mingled well with cynical determination and the remnants of her personal story made her walk about with gathered truth and all the abandonment of courage on a podium on a Fashion Week in LA. The organization was dedicated to raising the profile of fashion with focus on the emergence of the new growing community of artists and designers that were proclaiming self-expression and celebrating body difference.

S. produced unique and immersive fashion, showcasing her newest collections for women of all shapes. She was dedicated to support apparel of elegance and style for short and tall, slim and plump, embracing self-acceptance.

One can be much muddled about the whole thing of fashion and style. But there is no way to deny the communication that our fashion choices create. Intentionally or unconsciously we arrest the mind with meaning and the eyes with color. Our clothes become an investment into a favorable or unfavorable impression. Everyone wants to cuddle the minds of others by pleasant confidence and friendly acceptance. Every detail about our demeanor and outer wrapping speaks volumes about us.

## **4) Your Thoughts Become Invested with Certain Clothes' Method**

S. regained her good spirits. She was in sympathy with her beautiful improved self, and inclined to joy and merry-making. The mystic cords of affection were stirred by smart and elegant dressing habit she adopted and promoted. Her style sent messages to her mind and the minds of others about self-respect and professional balance.

S. was the admired and the sought-for. The independence of success now made its first faint showing in making her thoughts positive, her creativity flourishing, and her decision making excellent. All was ripe for the message she shared. There was no need for fishing for customers, she was respected and distinguished.

There is something in the ensemble we wear that at once sends messages to our mind and the minds of others. We are alive with thoughts and feelings concerning our looks. New research shows that our confidence and sense of self-empowerment are impacted by the choice of our dress.

Professional outfit increases decision-making skills and overall presentation. It creates social distance and broadens our perspective, allowing us to see the problem in a new detached way.

Our thoughts take the color of our clothing. One can look simple and charming, and that will strengthen the desire to connect with other people. And being very much aware that you look stunning can bring closer the desire to bestow a little attention to a beloved person.

## **Conclusion**

In the fashion industry the whole intensity of the diversity and nature was distilling itself. S. felt herself an indispensable part of the new movement. She felt that she would promise anything, everything to disentangle women and men from the beliefs in the conventional visual landscape of the beautiful person.

S. was anxious to turn the talk to broadening the very narrow rules existent for what was considered 'beautiful'. And her passion had gotten to that stage now where it was no longer inner calling but a contagious, great, and brilliant movement.

The fashion industry should find sympathetic response in our lives – treat everyone with dignity and respect. It must not suppress self-expression and creativity. If we choose our personal presentation with care, we are able to radiate an atmosphere which we desire to create.

Things can straighten out with the help of clothes, accessories, hairstyle, fragrance, posture, body language, tone of voice, and the energy released. Allow yourself to enjoy the pleasure of mentally stepping into a picture of fastidious comfort and confidence. Dress accordingly and feel attractive.

## **24. The Heat of Beneficial Book Science Is Melting the Wax of All Our Troubles: 5 Mental Advantages of Growing Hunger to Reading**

"He was a creature whom 'Smart' does not even slightly describe..."

### **Introduction**

There are some specimens of humanity in whose presence one instantly and instinctively feels a profound admiration, an admiration which – perhaps because it is profound – cannot be ignored. And C., moving in the society of rich and intelligent, is the one to arrest attention with his decidedly interesting appearance and tremendously keen-eyed expression.

C. is extraordinarily unhandsome if not positively ugly. This lion-looking personage with his big rather hard face, that trembles within itself when under emotion (and this state is very common with C.) makes one

constantly think that he will throw a fit at one's feet. But the cult of Sun never worshipped a kinder and more luxurious smile. His perfect teeth, when he smiles, remind you of a courageous animal. His immensely broad shoulders compel respect.

When C. is lighting a cigarette in an unhurried manner as he does everything, you forget about the rush of time and speed of life. Slowly, as if in all universe nothing whatever save this person exists – you listen to his particularly contented voice.

Reading something approximating a great book will leave you with something approximating a great experience. Very true, a story will lend you a life of a different person. An alert kind of mind will observe and penetrate and know – a bit there, somehow here, and chiefly everywhere. You may even feel a bit exhausted at the end, as if your body went through the exercise along with your mind.

Reading makes our brain omnipotent. By processing written material, we encourage our brain to work harder and better. Many life lessons hide between the pages and, what is so wonderful, you have the control over a unique pause button for comprehension and enjoyment. You can press pause and reread the extract you've enjoyed so much. You put the chosen book down and feel the benefits of reading for some time even after that. Almost like after a visit to a gym, when our muscles still remember the strenuous stretch and weight, our brain expresses a shadow activity at a specific region that was stimulated.

## **1) Dumbbells That are Lifted by Our Brain**

C. has an ability to individually intoxicate every person with his great bright voice, hoarse and rich, sudden and intensely accurate. Saying things enlightening and captivating, he can describe any event from his life and the life of the world around fully and without hyperbole and still catch unmitigated attention of everybody around.

My notebooks, one in particular, are covered with expressions of his wisdom. I'm the witness of his ineffable teaching – **How to Eliminate Our Troubles** (which are common property to all of us) **by Growing**

## **Hunger to Reading.**

Dumbbells are lifted by our brain each time we devote a moment to a good book. Reading is not just fun, it is beneficial for our mental health. Our life is a series of real and imagined tribulations of our mind and body. And the ones we invent in our brain are just as important for our well-being because they keep our minds in shape. I daresay that reading stimulates our analytical abilities, heighten our focus and concentration, and overall sharpen our brain.

With a quality read as your daily companion you would never be at a loss, in whatever circumstances you might find yourself, a suitable word, expression, sentence, point of view will present itself on time.

A man is capable of extricating himself from the confusion of life with the help of a book. Reading decreases stress. You transport yourself into a different situation and positively affect your daily life with uplifting literature.

## **2) Crossing the Threshold of a New Book and Energizing the Brain**

C's disagreeably big eyes are absorbing various literary works on peculiarly inspiring topics, subjects on physical activity (different sports-related books), matters of personal development (biographies of great people and scientific works on self-improvement), discussions about value of music and arts in our lives, and world-known masterpieces in the genre of novels.

Anybody can find him worthy of helping to carry forward the banner of brain development and overall enlightenment. C's research on relationship between reading and stimulation of particular regions of the brain creates a base for the emerging field of literary neuroscience.

Many years prior to the days of our acquaintance, though, C. was considered a dyslexic child. He had trouble matching the letters, struggled to read fluently and spell words correctly. He had the

intelligence to be the best reader in his age group but, paradoxically, was the slowest in his class. That condition was purely medieval torture for C.

When crossing the threshold of a new book you should think what benefit you are expecting to obtain from it. A brilliant conversation in a high-quality language will leave you in a state of complete wonderment at the richness of words and expressions. This experience will lend you conversational idioms to use, sentences to impress, and even jokes to amuse.

You may discover a new way to support a dialog on the classical symphony of some composer that you haven't even heard but read about. Because at the moment of reading you've been stimulating the regions of the brain responsible for the musical associations. The same happens with every literary choice you make. Pleasure reading or close reading – making a choice in a library, you pick, quite literally, a kind of cognitive brain training, a way to use new brain regions, and it is in your power to make a decision where to put your focus at.

### **3) Diminishing Tremendous Confusion by Remedial Reading**

Being a creative thinker with strong reasoning abilities C. put a certain dangerous effort into mastering the art of reading. He was long past the school-age when he finally could claim a label 'normal' for himself. His book on remedial reading was a bestseller for many consecutive years. The journey to that day of success and overall acceptance was tremendously laborious.

C. was hard, immeasurably hard on research, finding the best ways to rewire his brain. He tried all kinds of remedial reading programs that could help him to become a better reader. Every single day C. was working on changing the way how his brain was processing information. He was able to design a program and prove scientifically that it worked. C. made Dyslexia ("word blindness" – how it is called sometimes) not an insurmountable obstacle in a process of education, but a problem to be solved – an opportunity to express personal motivation – a trigger to



combat an enemy and win the battle on the arena of education.

Remedial reading not only helps to diminish a tremendous commotion outside but also the feeling of it inside. Even a dyslexic reader can fix his problem with the right approach to a book.

Dyslexic people are visual and multi-dimensional thinkers. They excel in hands-on learning and are highly creative. And although every person with this condition is different there is a way to entertain everyone with an individual approach.

Behind our eyes lives a world of undiscovered. And to start a journey of self-digging and improvement is never late. There are special techniques, new emerging programs, even specifically created fonts to help us become better readers.

Reading every day not only makes our feet travel in countries not easily imagined, but also explore the grounds of our personal abilities.

#### **4) The Value of Close Reading Produced by Good Writers and Thinkers**

Today C. is considered absolutely and fearlessly the best in the art of brain improvement by means of developing strategic reading habits. He lectures throughout the country on thematic reading. He loves to suddenly dash upon the audience with breakthrough information, discovering new ways to improve memory, reduce stress, decrease depression, enhance imagination, improve sleep and many more – all with the help of books, chosen smartly and intentionally.

You can improve your memory, strengthen your writing abilities, develop imagination and even boost your sleep with the help of a good book. But can you accept all literary works without distinction? The stupid, the wily, the vain, the cautious, the desperate, the hopeless – a wrong choice can put you at an angle of insanity.

You should be very clever when placing a book at your bedside. The value of studying literature produced by good writers and thinkers is

fascinating. When working with great workout tools our body responds more quickly and easily to the exercise, the same happens with our brain when we chose a quality book to read.

## **5) Methods of Keeping Our Brain Active**

C., upon being sentenced by narrow-minded people to never master his own language, learned to speak French to a 'T' and Spanish to a 'Z'. And although any foreign tongue has a coarse richness in his interpretation, exactly this fact makes every word memorable and every sentence quoted.

C. considers dyslexia not a coarse but a blessing in his life. It makes him work two-three times harder, invent new brain-sharpening exercises almost every day. This effort is fruitful, beneficial to many people throughout the world. His books on memory exercises are translated into more than twenty languages and help children to alter their brains, teach them not only to read but, which is more important, to live fully and happily despite their condition.

You feel your mind cuddled by pleasant reading and a bit tired by a close intellectual exercise with a humanities-oriented text. But the methods of keeping our brain active can make a big difference to our memory.

By challenging our brain we keep ourselves upright together with our cognitive abilities. There are many benefits in the ensemble of mind improving reading exercises. It even can ward off dementia.

Scientists work extensively developing new ways to train our brain. There are numerous books on simple math problems and short brain-training sessions with puzzles. By challenging ourselves we strengthen the connections between brain cells. Devoting our time to learning something new and complex like a foreign language can protect our brain from aging.

## **Conclusion**

Intensely intelligent, certainly sensitive, C. delivers a series of sure ways

of life improvement. His message penetrates the fabric of prejudice. One after another he is dealing with doubts and fears of people who struggle to be 'normal', to be accepted and respected.

C. teaches us to develop a positive self-image, expand our minds, improve imagination, and many other things – and all with the help of reading. Because this activity, above all things, makes life worth leaving, worth exploring and worth sharing. We can gift the knowledge we possess in many ways to the ones we love, writing it down, though, was and is the best way to preserve and transfer it.

In concluding my story about C's great investment in the web of education and self-developing reading, I must in justice to my subject, mention the main ideas that all his works reveal in one way or the other. C. proclaims three major virtues in his works: they are (1) beauty, as regards people and their histories in a skillfully depicted story; (2) wisdom, as regards knowledge shared on a printed page; and (3) work, as regards a never-ending self-improvement process with the help of intentionally chosen books.

I am confronted by perfect literary works. And I like this feeling of puzzlement and apotheosis. To be a victim of a great book is an honor and I wish to get into such captivity often and do so at my leisure. Anybody can enjoy that pleasure almost any time (when freed from other everyday obligations).

My mania for the world of reading is my salvation. I love the state of focus and concentration it gifts me with. I drink the book with ever-renewed vigor, thanking heavens for the benefit to my memory and self-discipline, improved self-esteem, and overall mental health.

There is about the whole process of reading something irretrievably and positively self-imaginary. It punctuates our lives with new ideas and educates us on new areas of life. By mastering a new field of study we heighten our opinion of ourselves and our capabilities. Reading manifests refinement to our brain and enjoyment to our emotions.

## **25. Don't Be Constantly Pained by Destructive Hatred: 7 Reasons to Practice Hate-Diminishing Techniques**

"He was beside us, wrapped around us, melting in his anger..."

### **Introduction**

With a huge perpendicular wink, which told tomes about his feelings, D. delivered his story with unspeakable ease, asking me in a few well-chosen silences to share this knowledge with others. This story turned my understanding of Hate and Hatred bottomsides up. I became almost abnormally fond of D.

His extreme modesty and incomparable shyness always brought little dimples into his pink cheeks. For the most of D's life those dimples were suppressed. The best he could do at that time was to look poignantly sad.

Gentlemen and ladies, I am inexorably grateful for the gift of this friendship. I'm voicing his story now, and I know you will appreciate my so doing.

Hate is the most uncomfortable, impoverished, and disagreeable feeling to live with. It unites the long-living and actively ongoing qualities and requires enormous emotional energy. And it sucks this energy from a human being like a hungry vampire from an unfortunate victim.

People tend to feed hate with strong inner impulses and keep their attention on the subject of their hate with admirable fixedness. Those who are in an advanced stage of hatred to someone had better remember about chronic psychological effects that they inflict on themselves. Emotional exhaustion, sadness, rage, depression, anxiety just to name a few.

Shockingly, some researchers believe all people are capable to feel hate. Others suggest that this ill-natured feeling is a learned emotion, uncommon and abnormal for a compassionate person. I myself think that hatred is as rusty as a key that has no lock to fit in an empathetic human being.

Hate is inhaled together with humiliation, mistreatment, feeling of impotence. As an artificially grown black rose, that you may buy to go to the funeral, this feeling cannot becomingly complete a bouquet of beautiful and kind emotions. It spoils the whole picture, sticking out and disgustingly protruding.

Hate tends to invert itself – transforming the whole system of human emotions into diabolical self-hatred. It warns and threatens other positive feelings, poisoning the inner and outer atmosphere of a person. It makes life an impalpable greyness with nothing underfoot, with nothing around to rejoice at.

Forgiveness and compassion can help to avail this sickly atmosphere. These positive emotions are gloriously strong and make one believe in his own right and less in the right of people to harm him and still less in the right of hatred to ruin his life.

## **1) Keep in Close Touch with Your Motives**

D. meditated his hate, crying quietly, shouting inwardly. He was utterly desperate in his desire to inflict the same suffering upon a person, who was responsible for that devastating emotional pain, soul-torture, heartbreaking outcry of his whole being.

His wife was the only means of complete and ineffable happiness. She was the very essence, which D. had defined as Life. Her heart stopped beating and the Hatred to the person (who drove the car in a state of alcohol intoxication, killed his wife and remained almost unharmed)

began to control his existence with innate and unlearnable satisfaction.

To figure out why hatred invaded your being, why this particular person

represents poison to your emotions is a form of ultimate life-defining wisdom. To master hate-diminishing practices means to obtain a mature capacity for fidelity, for belief in humankind, and for love itself. Every person should preserve positive emotions and be determined to not let hate become a first-hand feeling in the system of human inner structure.

One could not deny that hatred is a hellish feeling. And everyone needs to walk away from it. Understanding of the triggers of this emotion is a path that one can take to get as far from it as it is possible.

## **2) Try to Accord with the Disturbing Person**

The ghost of an idea to get to know that person better (and if not to forgive, but at least to make an effort to free his spirit from a tormenting feeling of anger, that didn't let D. breath fully, function satisfactory, and live bearably) invaded his thoughts.

He visited M. in prison eighteen months and four days after the car crash. The expression on her face told him wordlessly that he should (if he would be so kind) spend a moment in her presence, make an effort to not shout from inner pain, listen if she had anything to say, have a look into her eyes for just a fraction of a second... and just be quiet.

An apocalyptic face, whiter than Death's itself, seemed incapable of even a glimpse of smile anymore. D. felt his hatred if not slipping away but for sure diminishing. In front of him there was a woman that made a fatal mistake, a mother that could not be beside her kids, a wife that lost her husband's trust and love. D., for one, had her to blame. M. had gone on for every night without consolation of exoneration.

Perhaps nearly every human being, given sufficiently miserable circumstances, will (from time to time) ridicule, proceed to heap insults upon a weaker or already more mutilated personality. Hatred is a symbol of all that is evil and it comes from evil deeds done to that person, that now is deliberately hurting others.

Most of the time people inflict pain to others out of fear, insecurity, or personal agony. To feel empathy to this person in your head and in your

belly at the same instant, sincerely and openly is possible only when you know the history of that ill-behaving personality.

It may strike you as intensely difficult to get along with the person that made you suffer. In the case of a certain type of human behavior, you may find it easier to transform hate into 'not liking' someone when you understand that the more cruel are the miseries inflicted upon anyone the more cruel does he become toward others.

### **3) Become a Man Absolutely Above Reproach of Negativity**

After the meeting with the person who killed his wife, D. was unhurriedly and calmly propelling himself in the direction of recognition of his loss and acceptance of his fate. He did not forgive M., he still felt the pangs of hate very often. That was a huge step forward to a new life, where moments without this suffocating feeling were visiting him more and more often.

D. had never in his life so perfectly understood (even to the most exquisite nuances) that state of hatred he lived in for so long. But prior to that meeting he had not even one-third the command over it. His ability to distract his thoughts and recover some balance in his feelings ranked better with each new day.

When confronted by a feeling of hate you become a humiliated victim of an utterly destructive weapon. There is about this feeling something irretrievably harmful, as if a personal corruption is shaking hands with you. And the more you think about the object of your hate the weaker you become.

To say 'No' to distractive thoughts means to see better days. There are many methods of cuddling your mind by pleasanter and warmer ideas, plans for the future, memories from the past. You can start a journal of positive recollections and put yourself in a contented state every time you read it.

Watch your large smile in the mirror, and the dark morning will get brighter. Renewed vigor can bring an uplifting book by a pen of your favorite author or a magazine with inspiring articles and beautiful photos of happy people. One or two positive tricks weaved in your daily life – and hate is not pressing your heart anymore and you feel happy once again.

#### **4) Thrust Hateful Shock Upon a Paper**

Although D.'s loss was the unspeakable and the unwritable history of agonizing anger and bitterness, he started to create by some occult process of self-mastery a diary of perfectly cruel time in his life. He wrote about the perpetrated deed of self-distraction committed by hatred.

He started to write down his feelings partly because he wanted to get rid of that hate, and partly because he wanted to have an evidence in the form of a written word of that time, to justify his desire to live when his wife was not among the living, to show her that he loved her and suffered tremendously from that loss.

Ponderously seeking relief in composition of your thoughts most of the time means imprisoning your anger, dislike, and pain in words. Oddly unreadable, sad, and depressing those letters can be. The knuckles of your hands may whiten from the transmitted into a pen and then onto paper dislike.

Even painting symbolical pictures of revenge can help. The technical and verbal part of literature or any other self-expressing art that might be used simply does not matter. Your hands move in sharp, sometimes quick, often slow and precise gestures describing what that person has done to you. And when the paper is burning – with its ashes you let go of your hate.

The expression of your thoughts is private and you should keep it so. Terrible things you may write, and more terrible still would be to let it be seen by someone else. All your inner piercing peculiarities are recorded and even exaggerated when you depict your fears and weak sides of your inner nature. Things you write may be appalling and rereading



those is inflicting even more pain. Tearing up or burning, though, on the contrary, is releasing yourself, freeing your spirit – making it flexible, prone to change.

## **5) Value Trustworthy Spectators and Listeners**

This pain could not be pushed off or away, but D. started to talk about it with people who cared to listen. By doing so, D. rose from the domain of the inner prison cell he used to live in one on one with this feeling of hatred. He appeared on the surface where friendship and love of close people and consolation saturating from every encounter could help him to recover and drift peacefully along with the current of life.

Close loving people represent all the vast conscious world of consolation, empathy and emotional and physical support that one can find outside himself. These people symbolize something that in your **studious solitariness** you cannot get. Become apt to believe in help that is coming from a friend.

The attitude of the body and limbs, of loving dignity, and emotional support are invaluable. The person possessing these qualities are able to settle and soothe the troubled spirits. If you have a person like that and you feel that you trust him – open your heart, talk to him, get a fresh understanding of the situation.

If you are too rudely buffeted by the troubling emotions, you require a rest – and finding yourself quite clad in care and attention of a person you are proud of having in your life is the best remedy. Relax in a company of a friend, the one you can talk a long time to, who will be attentive and intense, who will drink it all in and will help you to release your pain, anger, and misery.

## **6) Breath a Tepid Skepticism and Sickly Dislike out**

From all the indescribables D. had known, definitely the most completely indescribable was the feeling of overwhelming loss, pain, and hatred mixed together. This cocktail made him sick to his stomach and dizzy in

his head.

D. learned a special breathing technique to help him manage this dreadful inner hullabaloo tornado of disruptive feelings. It helped him to diminish that absolute and incurable hysteria of emotions and, with time, to extract it from his life almost completely.

A person who is rapidly shooting up into angry thoughts and negative emotions should master the art of calming and relaxing breathing. The first note of peace will strike when you inhale in slow fives, hold for another 5, and then let it go with the final 5.

Keep washing away negativity with tenderly chosen words of self-compassion that you inwardly voice with each count. Your imagination needs rest. You tax it a great deal when you ruminate on the person you actively dislike. Treat yourself to a luxury of positive visualization. Feel your detestation passing away with each breath.

You break a negative thought pattern when from top to toe you feel at the very commencement of your own cleared atmosphere. Every technique should be made personal, considered and changed to fit you the best. With your own experimental geniality, suggest healing words and images that will be close to your mind and soul. A certain instinct lives in every one of us and murmurs to us that virtually we all are emotionally engaged with good and uplifting. Hate is the negative disengaging tool that breaks our peace and we need to make every effort possible to go back to our own orbit, a system of love and self-care.

## **7) Ease Your Pain in the Certitude of Positive and Healing Isolation**

D. visited M., the unfortunate driver who killed his wife, only once. He could not force himself to go to the prison, that she was locked in, again. In one more year after their encounter, M. was released. When that news was announced in an official letter, D. felt bitterly disappointed. Were thirty months in prison enough to pay for the taking of someone

else's life? D. was in spite of himself with grief. The feeling of hate overwhelmed all his entire being all over again.

Their second encounter was forced on him by the authorities. D. needed to be present at the release meeting, where M. was going to declare her remorse, ask to believe in her renewed self, and plead to be forgiven. What a hellish thing it was to sit through it. D. could not lift his eyes to see her talking. When most of the time elapsed the door opened and two pairs of huge black buttonlike eyes entered the room.

A three-year-old boy and a 6-year-old girl, M.'s husband divorced her while she was in prison, but being a good father brought his kids to see their mother on the day of her release. The spectacle was refreshing for D.'s feelings. Now he stared all eyed in the scene of devoted love of a mother and unconditional love of her children.

You are right if you think that interaction with a particular person should be limited. If you disapprove of someone, and you have your finger on the reason – you act respectfully toward yourself by spending as little time as possible with the person that disappoints you.

Being territorial about your private space is a correct emotional politics. There is no more usual basis for inner peace than an intentional refrain from negative emotional intruders. Unite the intrinsic and the extrinsic advantages of self-control and keep strong impulses of hate in ever diminishing order, till the point you've completely freed your mind of it.

## **Conclusion**

D. leaped to his feet and made for the door to shut it and never see these people again, to close that chapter of his life, and be partially contented with the idea that he could not hate this loving mother anymore and hopefully would not ever see these people again.

M. and her family moved to a different state, away from the memories and people who can judge her and bully her kids in school. Away, to start a new life.

If you like to organize, to contend and administer your thoughts and you work laboriously improving your methods, you can make your imagination work your will. Believe in your power to control your inner and outer state. Justify your belief by mastering techniques of willful thought-control. Train your imagination to stay absolutely cold in the face of a detestable person.

Hate, when endured even for a short time, can make you shockingly chipped and cracked. Cultivate self-protecting skills: bind yourself with a good book, relax in the company of a friend, open your heart to a diary. Do not let hate make you old and stale and faded. Have an actuality of positive attitude, of fresh impressions, new acquaintances – distract your thoughts with to-day ideas. This way you will be of more interest to yourself and will follow the train of your own inner self-improving reflections rather than fixing on hateful recollections.

You escape the clutches of negative thinking (and hate is the worst of all) when you develop self-compassion. In a state of self-love, you won't let yourself to be locked in the torture chamber of sly and harmful thinking.

Time spent on hope, faith, and charity without losing in the least on aggressive emotions is increasing, rejuvenating, endless and gratifying. Fill the fragments of your life neatly and softly with forgiveness and kindness.

## **26. Your Guide to Completely Elegant Style: 4 Fashion Secrets from a Classy Woman**

To be a WOMAN in the most beautiful sense of this word.

### **Introduction**

L. was in her fifth edition, and that outfit looked just as good as four others she'd tried. We've been going through her wardrobe for a good

half hour now and each succeeding combination was even more bold and brave than the previous one.

“It will be rather a lark if you wear this one to work,” I said succinctly. “I’m just in my yarn when I put things like that on,” said L. covering her bare shoulders with a gorgeous handmade shawl in pastel purple, beige, and blue flowers.

L. is my closest friend. The one I see only once in a few years, do not talk for months, and always feel closely attached to. L. never follows any trends in style and looks stunning in her very few outfits, bought years ago or presented by dear people. She is a minimalist when it comes to wardrobe computation. But each article of clothing is most adored and cherished by her.

Magnetism seems to radiate from L. She is not beautiful in a way we used to consider facial attractiveness. Just a shade below average height, she nevertheless conveys herself with an expression of assurance far beyond the ordinary. The faintest curve of humor never deserts her lips making her face – sweet in expression, but somewhat irregular in features – charming.

## **Interview**

I pulled out a leather pocket-book: which, like myself, was very petite, and got ready to listen... Every idea L. shared with me could have been compiled to a separate book.

A WOMAN that is in love with herself makes everything that she does beautiful. Every move she makes, every, even the most trifling thing, becomes enveloped in meaning. Her life: family, kids, career – for sure is interesting, every aspect of it. Why?”

### **1) Pay Attention to Yourself First**

“Because she cares about her own feelings – that attention towards herself in her ‘to do’ list is primary. She gifts herself first and then she has more to share.”

“I love my kids and I want them to have a healthy, energetic, beautiful

mother. That is the reason I go to my yoga class, meet my girlfriends at least twice a week, and do my exercises once a day.”

“I often need that time with just me for a company. So, I take a short, usually one-week trip every winter to whatever destination I chose.”

## **2) Work on Your Inner and Outer Self**

“I want to be interesting that is why I am interested in many things. I read on various topics. Fashion is just one of the many. I know my colors and how to play with them. It is easy when you give yourself time to research and experiment.”

“I meet new people constantly and find new activities. I used to go to a drawing class, enjoyed it for a while, got acquainted with a couple of great people and then transferred my attention to private music lessons. Now I can play the guitar, not very well (I need to practice more) but I consider it my personal achievement.”

## **3) Find Your Own Style**

“I do not like shopping. But I am attentive to what is pleasing to the eye. I try my outfits, various combinations at my leisure time to get to know them better. I consider my shawls, skirts, and jackets – my friends, that is why I have only a few and love them dearly.”

“At any rate, things change so much. I don’t want to always rush to be in time, in style, in anything. I take my moment as I feel it. I collected a few good quality articles and a couple imposing accessories – and a great variety of charming smiles to my closet.”

## **4) Listen to Your Beautiful Self**

“Everyone’s got intuition. The inner voice that never deceives. Some just forgot how to distinguish it in the multitude of whirling thoughts. Women are more sensitive. That time I spend alone helps me to find good grounds with that precious girl in me. She knows what is better for me. I do not want to be one of the crowd, I am to all appearances different, unique – and I love it.”

"I keep a close watch on how I feel in my clothes, bearing philosophically the judgment of others. When freed from the demands and expectations you live in harmony with yourself. We, by no means, need not lose ourselves in chasing trends."

## **Conclusion**

A woman dressed in confidence and love is always elegant. You triumph over any fashion when enough time is given to renew your inner tranquility. Labor tenderly in enriching your sense of beauty. Meet with intelligent people, go to interesting gatherings, fascinate your mind with thought-provoking books... and feel good in garments you wear. Let your inner organization be your guide in choosing a dress as a friend that is going to be fond of your body and a companion to your soul.

## **27. Moving Forward with a Good Book: 4 Healing Properties of a Quality Read**

Revelation of an Elderly Wizard

### **Reading Life Straight Through**

When a large enough supply of tears was forced into my eyes by some hydraulic process my parents finally agreed to let me go to an evening afterschool class for little tricksters. Many elders considered it a waste of time. And W. (being a lean, long-backed, stiff-necked, with great quantity of snow-white hair everywhere old weirdo, who had forsaken his daily respectable employment for a dubious occupation as a magic teacher) didn't excite a qualified approval from majority of our villagers.

He was a man that turned over the leaf of his life to bring about a new happy page. He left his work after the death of his wife because he decided to fulfill his childhood greatest dream. I was tended with his kindness and solicitude when those suspicious but respectable circumstances brought me to his care. He became an old wizard and I was his little assistant.

Our conversations always took a very improving turn. We talked about my cares for the present, anxieties for the future, and his troubles from the past. His life, although realized to the full contentment of it only at a dusk of his age, was an expression of gentle and quiet happiness, organized in an orderly and neatly manner.

## **1) Waive the Magic Literary Wand**

W. had a heart large enough for any three old folks as himself and no kids of his own to bestow his devotion and love on. When his wife died even his boots started to creak in a very sad and lonely manner. His countenance underwent a great variety of gloomy contortions. He needed to replenish the empty space. Reading books became his salvation. Now, retiring himself from work, he had enough time to spend on things he loved and never prior to these days had an opportunity to devote himself to.

A life can be revolutionized by a good book. After some reflection everyone would agree that it is never late to replace feeble narrow-mindedness with eagerness of perception. And that enthusiastic approach to life can be achieved by simply turning the pages of a RIGHT book.

Reading about self-development (for example some volume by the pen of Dr. Wayne Dyer) will lend fresh vigor to someone's life. This kind of literature calls into view all the blessings we have and reminds us to be grateful.

A murmur of admiration is running through your essence when you read the outpouring revelations of a beautiful soul.

## **2) Enchant Your Mood**

W. had a strong appetite for science fiction, fantasy, and mystery books. And no one could dare to talk about magic without due respect. He would put an injured look right away – this topic being his favorite. W. decided to heighten his cognitive abilities as well as train his brain to the craft of diverting his attention from depressing thoughts. He started his



literary journey of recovery with a few books about tricks and magic by his bedside.

It is so natural to triumph over life difficulties by burying yourself in the pages of a book that always makes you feel good. Any time you feel like the world has been turned upside down, grab that read of yours – put the world right-side up and calm your over-wrought nerves.

A person who rocks his monotonous existence to and fro can banter himself with the pages about lives and trials of great adventurers like those that Jules Verne depicted. A daily renewed appetite for fresh sensation will most likely be satisfied by a detective story that Arthur Conan Doyle or Agatha Christie wrote. Anne and Charlotte Bronte as well as Jane Austen will put you in a fit of loving enthusiasm and excitement that will cure your wearied heart and brain.

There is a book for every temperament and mood that with half-paternal attention will be guarding your inner peace and wellbeing.

### **3) Be Charmed by a Variety**

W. claimed to be out-and-out an expert in the art of multi-reading. He had a mood-uplifting book when thoughts about his poor wife came around. Another cheerful read saved him from getting too bored on a lonely evening. And when he felt eager to learn something new he grasped at a great masterpiece of authorship (as he considered this book), which was "A Tutorial for Young Wizards" by an anonymous author.

Try your utmost to master the great art of modifying the vibrations of your mood. Nowadays it is easier to be done than ever before. Although, our patience is getting tried more often by the speed of life. So, all the better we need to become experts in self-help techniques.

Download on your phone the best uplifting, funny, brain-developing, and piece-creating specimens in the literary world and control the level of positivity by reading a little of each book at the right moment. Waiting in a doctor's office, a bit nervous – humorous dialog on a page is a great prescription in this case. Feeling tension after a meeting with your boss –

some meditative message will for sure open your heart for lighter feelings. Bored and lonely at home – time to learn something new to be able to converse on interesting topics and consequently find new friends to brighten your melancholy dusk hours.

There is a solution for every problem that is already written by some wise man. Find a book that renews your vehemence and let your mood to be of incomparable docility when you read it.

#### **4) Stay Delighted When in Motion**

The intricacies of wizards' lives were always throwing W.'s thoughts into condition close to delirium. One day, driving in his truck and listening to an audiobook about traveling circus, an idea corrupted his mind. At that moment he realized how he can grasp at happiness. His childhood dream appeared less and less chimerical.

You never know beforehand when the great 'Aha' moment will visit you. So be ready to grasp at a notion of a life-changing idea even when in motion. Plug in an audiobook when in a car, in a gym, or biking outside – this way you may be able to learn a foreign language and get a promotion at work, or you may get better at understanding the motives that drive people to do what they do and that will improve your existing relationship. You may find contentment in life and feel peaceful acceptance of yourself by simply doing your household chores and listening to a valuable read on tape.

#### **Conclusion**

When a child W. used to always talk about being a Magician one day. His parents grew heated with angry desperation to bring him to a sober mind and his desire grew softer till completely killed by opposition. He started to ruminate on his old dream while listening to that audio. A glimmer of a solution came to his mind when he visited our village school performance on some occasion or other. W., holding his dream fast by the hand, talked with his old friend who happened to be the director of our school at that time, and started an evening 'Young Magicians' club. Up went W.'s life when out and about went his little trickster-pupils...I

was one of them.

We have to become high-class experts in self-learning and development. Let us look facts in the face, nowadays our employments are too numerous, our leisure hours – too precious, and that is the reason why we need to do our utmost to preserve ourselves from wasting our time on anything that tires and distresses us.

Grabbing after great improving read is an elevating self-therapy. Any life, be it a drab-color or overdense-color one, can be cured with a good book. It may seem a fatiguing mission to the one who didn't flip through many pages. But once you've found your own Scheherazade, life stops running helter-skelter and gets in a peaceful order.

## **28. Wave Negativity Away and Welcome a Happy Family Spirit into Your Life: 4 Trusty Guides to the Successful Union**

“When you create a family – you become one organism, living and breathing through one source, looking and moving in one direction.”

### **Introduction**

Everything about Z. is a bit stupefying. He has a large, square face, with a massive projecting nose and narrow greenish Asian cut eyes. Black hair brushed back from a broad but low forehead opens two distinct parallel straight lines, that meet only at infinity. Grave and weighty in his manner and body he does everything slowly and massively. As a locomotive he melancholy moves through life.

There is nothing soft about Z. He is disconcertingly unhurried in every word and movement. He punctuates his deep, firm, and rich speech with flashing and luminous colors. Within its setting I feel indolent and silenced.

You can depend on me for evidence. I formed the habit of sticking my attention into the venerable instrument of human character. Z. can talk forever, till the end of time, establishing contact with me and hiding slightly malicious amusement in his eyes under the narrowed lids. I feel the impulse to pull out his story of my head and heart because I know you can make a better use of it.

The rich human diversity is wedged in a family train and rides into the now. We are all enveloped in and on and under our histories. There seems to be a lot of shared on that common road to the natural union. Family takes the middle state, or what might be called the upper station in life. Success of it is found by long experience.

Tolerance as an ethical virtue requires mature wisdom and respect. Family happiness is not too far above you, or too far below you if you stay in the essential middle – the heart of forbearance and trust. We may judge of the happiness of this state by four major things, principles that guide us out of the miserable consequences of being too extreme in our opinions and beliefs.

A wise person will give his testimony to true felicity of that peaceful union, where temperance and moderation, quietness and spiritual health, all agreeable diversions and all desirable pleasures are the blessings attending it for life.

## **1) Form a Brilliant Scheme to Focus on Shared Pricks**

Z's family seemed to have no sense of proportion. And the only idea of it was beautiful. His father was born and raised in Mexico in a Muslim family, while his mother was a daughter of a Methodist minister. They adopted Z. when he was 4 years old. He identified himself closely with both cultures and religious beliefs, never feeling pressure coming from either side. They lived throughout the world with his father in the military. Most of his childhood was spent at a military base in Texas.

Z's family was a unique example of the 'cafeteria culture' and the social setting of the military was out of the ordinary as well. The reception of

their family varied, depending on the area, but the inner climate was always mild and comfortable. It mattered little where they lived, was it California or Michigan – they loved each other and accentuated their family values on common grounds, minimizing the importance of the differences.

To go happily and smoothly through the world hand in hand with your chosen partner you need not to rob your soul of peace, and your body of rest. Both these states are impossible if you feel enraged with the passion of envy, or secret burning lust of ambition for great things. The first is a poison to any relationship; and the second, when unshared, not voiced and supported by your partner, is also going to be ruinous to the union.

To make life easy you need to slide gently through every circumstance, accentuating your common patterns and minimizing the importance of your differences. Close personal ties with each other are the sweets of life. And the focus on critical dissimilarities gives the bitter taste that disagrees with any family union.

## **2) Rejoice at the Contrasting Blessings of Your Personalities**

When they lived in southern Kentucky, Z. was 13 at that time, they felt even more connected into one universal family union, built on love and trust. His mother and father gathered their wisdom and parental strength to support their Afro-Asian child in his teenage search of personal identity. Z. sought relief in composition. He wrote beautiful and painful poems, imprisoning his troubles in words.

Strong connection in his family helped him to live through those years with no close friendship ties outside of their small union. Moving throughout the country a lot made it close to impossible to build relationships with his peers. Z's parents gifted all the treasures of their diverse heritage to make him feel rich and individually complete. This dual focus gave comfort to a lonely child, helping him to identify and recognize his unique origin, love and respect his story in a context of

honor and nobility of soul.

Respect has a lot of hand in building a successful family union. We all go through many tempests at life sea, and troubles on our inner soul shore. Some things, that a husband and a wife are different from each other, may bring ill fate and push the family out of peaceful balance. The loud calls from our reason and more composed judgment should have power enough to distinguish between cultural, historical, and religious differences that are important and those which are not.

The goal is to be respectful and understanding. These dissimilarities should not be the instruments of destruction, but become the triggers that move our curiosity forward. Do not let your thoughts retire, be open to new ideas and flexible to changing circumstances. Learn to comfort your beloved person's soul by accepting the cultural identity of each other and recognizing differences without accentuating them too much.

### **3) Bear the Distress and Danger with Good-Will and Devotion**

When Z. was 20 his girlfriend, being 10 years older, became pregnant with tweens. She already had a boy from her previous marriage. Her husband died not being able to even hold his son. E. thought she would never be able to move restlessly and freely through life anymore. Her loss made her spirit drop into curves of lazy indifference. This state of life apathy continued till the day she saw Z.

They met in Texas, where Z., following his father's steps, was sent for service. E. lived in a housing area for military wives at that time. They got married for love and forever, family values prevailing in Z's perception of the world. His cultural and religious sentiments were softly echoed by E's acceptance and loving understanding.

Some things in life may make you feel loose and misguided. A faithful partner will take delight in supporting you at those tough times. To pursue a happy family union both parties in it should help each other out of the deepest gulfs of human miseries. The loving hand will always

overtake you when a violent tornado on your job or hurricane over your health will shake you quite out of your knowledge.

In the sequel of life family union is the only harbor that can give us the taste of happiness and peaceful harmony. It will solace your mind and will spirit you for what is before and needs to be done. The best motivation in life is the desire to make a beloved person happy.

When you call to council with your partner and talk about the most important things that hold your union together, make sure to discuss your absolute devotion. Promise to never abandon each other and be thankful for the life you've decided to live together.

#### **4) Artlessly Admit Extended Family Connections**

Z's interracial, interreligious family experience made him flexible and adaptable to the changing world around. His wife was a woman of a native American origin with deep cultural ties and beliefs, which she used to press close to her heart and hide from her first husband. Z. helped her to open her heritage book and they were reading it together with respectful attention.

Her family loved this young-looking man with old wisdom lurking in his Asian eyes. Z's family accepted his choice with loving humor and serious understanding. The colors of their faces were diverse, the shades of their philosophies were controversial in many aspects – but they had a common universal understanding of the family values.

Two people unite the best blessings of existence when they raise a child. Life may be struggled through or lived happily depending on the peace between both sides. If a husband and a wife care a great deal for each other, they are open to connect with members of their extended families and are eager to introduce their offspring to the variety of family relationships.

The chances are that the child must be a gainer if loved by many relatives and experienced in various cultural situations. Life with little and sometimes bigger difficulties and privations is not damaging but

strengthening if you can look at your family and see the rock that will always hold you firmly on the ground. Close loving people have sense, energy, and spirits that will bear you well through life. It is the universal good-will and contented mission of this union to be far from pushing, but on the contrary, close to celebrating the differences.

## **Conclusion**

Z. is three and forty now. Retired from his military service, he and his wife live in Austin, Texas. They have a family brunch once a month, to which all relatives bring their specialties. They celebrate their diversity and continue to remain faithful to their history.

It happens so that all Z's kids are geographically very far, but spiritually they are always connected through ties of love and with the help of the internet.

A family union is enriching, rewarding, and beneficial for inner and outer health of a person. Respect makes a new clear path in the woods of life for the two people. Almost any discomposure of mind can be cured by loving energy. I would say that happiness in this union is attained by a mutual desire to learn about each other.

It is pleasant to have something to talk about. Together you can monopolize your differences and celebrate them with respect in your mind and love in your heart. Because the family union is like a union between two countries – with different history and traditions, views and life principles. To maintain peace may be a laborious process but it for sure is rewarding.

A family gives us a sense of power and beauty. It makes darkness light before us, and make crooked ways straight. If you follow the dominant spirit of the family built on love, trust, and respect it will guide you most hospitably to happiness.



