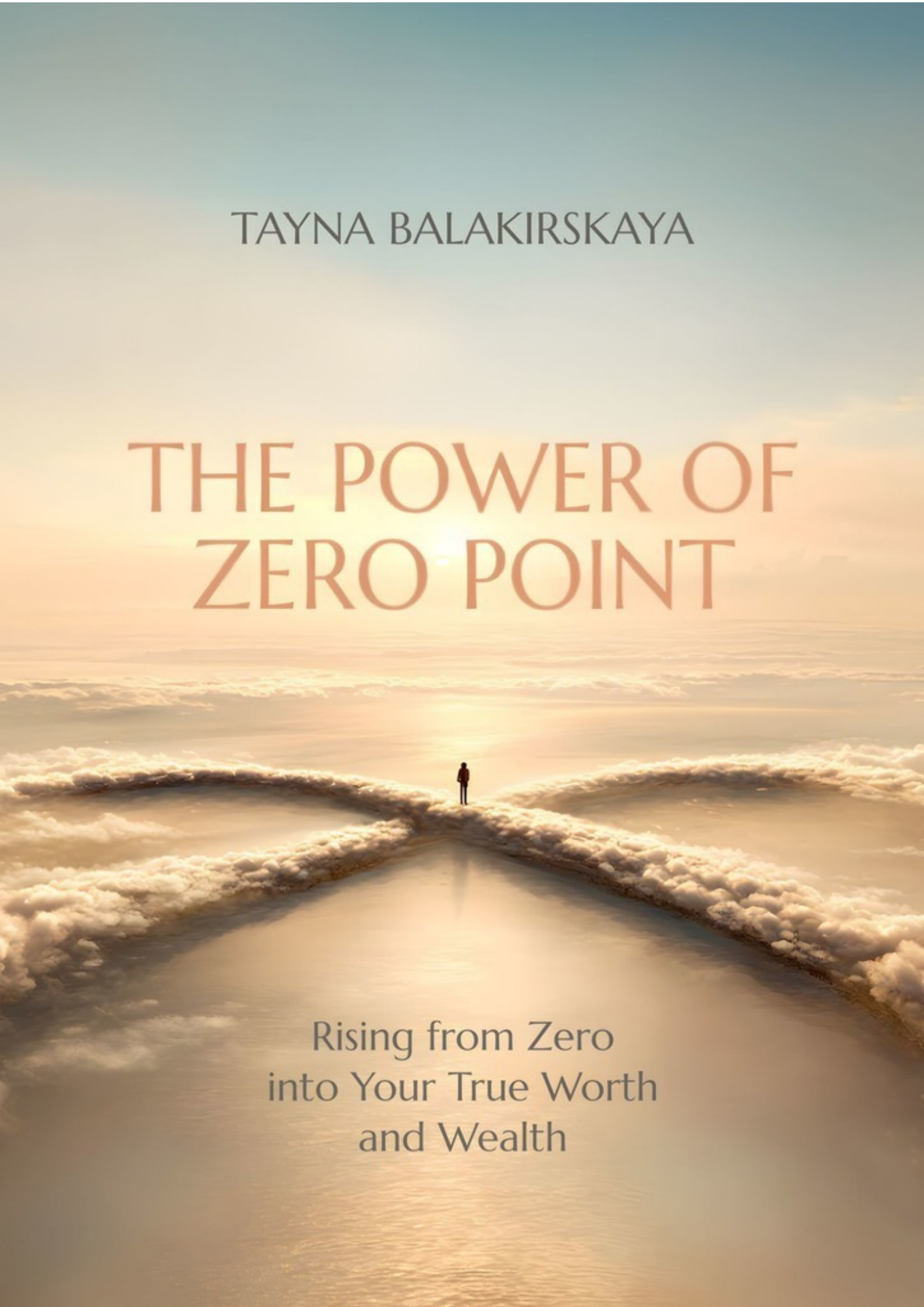
TAYNA BALAKIRSKAYA

THE POWER OF ZERO POINT



Rising from Zero
into Your True Worth
and Wealth

Tayna Balakirskaya

The power of zero point. Rising from zero into your true worth and wealth

«Издательские решения»

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What do you do when everything is collapsing?When you're at zero — financially, emotionally,spiritually — and don't know where to begin?This book is your guide through the zero point.Inside, you'll find not only words that lift and soothe, but clear steps to rebuild your self-worth and flow.You'll learn how to structure your days, shift your mindset, and open the doors to new prosperity.For those at zero. And for those ready to rise.

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The power of zero point Rising from zero into your true worth and wealth

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Welcome.

This book was written by a human being.

This book was written by me, a woman who has gone through the experience of hitting rock bottom more than once in her life —

after divorce, after breakups, after having to quit a job – but also after a sudden income leap that brought in over $100,000 within a few months.

And every time, I rose again.

When your resets and your falls happen at the very moments when it seems you've finally figured life out – when just a moment ago, everything felt good – you're asking, why does the crash return again?

And sometimes you feel that quiet disappointment, a deep tiredness.

Why is this happening to me?
I'm a good person. I'm a talented person.
Why is this happening to me?

And each time, the answer came.
Maybe so that today, right now, I can offer you these answers.
Answers that are many, that are full and alive – so that in any moment of your life, in any situation, they can serve you.

I believe everyone here will find a key meant for them.
And if you truly listen, if you receive this with faith and trust, you'll begin to see – very soon – a completely different picture of your life.

This message is for everyone who is currently experiencing a low point – whether it's zero balance, debt, loans, or any other situation that leaves you feeling exposed and vulnerable.

With this book, I want to say:
There is nothing to be ashamed of.

You have no reason to carry guilt.
You can rise from any zero point.

This guide is for those who need to understand why this reboot is happening and how to move through it.

For those who are ready to grow in money and abundance. We push off – and rise.

I want to help you do exactly that – through the words I've written here.
Blessings on your path.

Acceptance

Let's not waste time – let's get straight to what will help you rise from zero, starting right now.

The main thing you need to understand and integrate is this:

What multiplies is always what already *is*.

That's why our first task is to shift your current state —
to bring it into the frequency you want to multiply in the near future.

The first step to moving through the zero point: **Acceptance**.

To accept means to see it, acknowledge it, stop the panic, and stop shaming or belittling yourself for where you are.

And – as paradoxical as it may seem – to stop calling it a «problem.»

Because once it becomes a problem, you start fighting it.

Or worse – start thinking *you* are the problem.

And that inner fight creates a reality that demands even more struggle.

But this is not a problem.
This is a task. A moment.

A sacred opportunity to learn how to love yourself and your life – right here, in the middle of it all.

To fall in love with yourself – and with the situation itself – just as it is.

I am worthy of love even now.
I choose life, even now.
In all of this. God's got me.
My hands and feet are intact.
I keep dancing through this Universe.

It's very possible that this is the moment where you're meant to learn how to connect with people again, how to receive without earning, to feel what it's like to be given something simply because you exist.

So that later, from that same place – with no emotional charge, no judgment – you can give freely, too.

Maybe you're here so you stop judging others.
Maybe so you learn to trust God.
Maybe so you start valuing life itself.

Maybe to learn how to create with what you have, however much or little that may be.

The core truth: you are okay. You are not broken.

All your gifts are still with you – your heart, your kindness, your value – still here.

This moment is just a field you're walking through, on your way to somewhere else.

And most of all – relax.
Let go. Trust God.
What multiplies is always what already *is*.

Stop the energy leak

One of the most important steps in coming out of a reset is to understand what – or who – is draining your energy.

Until you do, everything else will have limited effect.

What – or who – keeps you in constant anxiety and a sense of not being enough?

These can be subtle things. But they're fundamental.

Like a decision you haven't made – even though deep down you know exactly what to do – because you're hoping «maybe it'll resolve itself.»

Or people you no longer resonate with. The ones you have to shrink around, edit yourself for, just to keep up the connection. The ones who only show up when they need something —

and you feel it draining you, you know it's eroding your energy,

but you keep showing up from your head, out of politeness, out of «being nice,» afraid to be seen as «bad.»

Energy gets sucked out when you're constantly trying to prove your worth to someone who just doesn't see it. And sometimes, it's someone close.

There may be little dismissive comments – and you let them slide, out of love, out of acceptance —

but drop by drop, they chip away at your dreams, your way of seeing the world, your inner sense of magic.

You may even start doubting: «What if I am wanting too much? What if I do think too highly of myself?»

But others see you only to the extent they're capable.

You – remember what God placed you here for.

Their limitations are not yours to carry.

The first and most essential love and acceptance must go to the one who lives inside you. Then – to the next circle. But losing yourself is not an option.

This reset shows you exactly where you've been betraying your true essence – out of politeness, out of wanting to be the good one —

instead of standing for who you really are.

At the same time, it's important to understand: «others» are not «bad.»

They are simply a reflection of what you allow, what you hold within yourself – a living mirror of your internal program.

And yet, in many cases, unless you break the cycle in the physical – with words, with actions, through the body – the program won't rewrite itself.

Sometimes, the same people will start acting differently after you shift your inner pattern.

But it has to be real. Honest. Not just a quick fix to rush your way out of the void.

The void is only here to help you see what lives inside.

Fall into peace to rise in power

How to calm down when you're gasping in panic?

How can you calm down and relax, when you have obligations that must be fulfilled urgently, when you're surrounded by problems and don't know which one to tackle first?

In a state of reset, you often come to the realization that you have nothing left to lose.

And when there's nothing left to lose – you finally gain the freedom to reboot.

And this reboot, ideally, needs to happen through the body and through physical, material things. Something you can touch and feel.

Because only when your body remembers how it feels to be at ease,
can your mind stop running in circles. Only when you soften on the inside, can something truly new begin.

Only from this space of stillness will your energy begin to lift, like a body floating upward through water. Exactly like that – gentle, weightless, effortless.

Here is what has reset me every single time I found myself stuck or at rock bottom.

Please take my words as a real guide to action – I truly mean it.
And this might just be the most important thing I have to tell you here, beyond all the life hacks and steps you'll find later in this book.
This is what will always be able to keep you afloat.

Start by turning inward.

1. Speak to the Creator who lives within you.

Not to the sky, not to the outer world, but to the quiet Knowing inside. Surrender to Life, to the Divine, to something greater than your fear.

Admit to yourself, with full honesty:
«*My mind doesn't know what to do next. I hand over the wheel to You. I give You full permission to arrange everything. I surrender and allow You to align it all in harmony. I trust You so deeply that I no longer need to worry about anything.*»

You don't need to pretend to be strong.
You can cry. You can break down.
You can let yourself fully collapse in trust.

Hand over the entire situation to God.

And just for today – especially if it feels unbearably heavy —
let go of trying to make it all work.

Turn off the mental loops.
Stop flailing. Stop trying to strategize your way out of the dark.
Give Life the chance to guide you.

Let the Creator act without your interference.
Let yourself finally rest – from the exhausting need to control everything, from the constant inner noise and overthinking.

Soften your breath.
Soften your gaze.
And try, even through the fog, to look around and see what's already here.

A body that is still breathing.
A roof above your head.
Even just a little food on the table.
Your voice. Your skills.
The gift of a phone.
Access to the internet.
A patch of sky – peaceful, open, forgiving.
The people who care.
Your audience, who still listens.

2. Take a walk.
Even 10,000 steps can shift your inner weather.
It clears the looping thoughts, regulates your system, and slowly starts lifting your energy from the ground up.

Move your body, not to fix yourself, but to let something move through you. Stretch. Breathe. Shake. Swim. Let the body do what the mind cannot. Let it open the places that feel closed. Let it help you come alive again.

3. Clean your physical space – and your energetic one too.
Throw out what has become stale, lifeless, forgotten. Dust off the corners where you've been avoiding yourself. Let air and light return to the places you once called home. Let freshness in, even if it's just the tiniest bit.

4. Speak from your heart to someone who truly sees you.
Not someone who lectures, panics, or projects their own fear, but someone who loves you quietly and without condition.

Let your words be unpolished. Let yourself be fully seen – even in your mess.

5. Ask for help.
There is no shame in that. Many resets stretch longer than necessary because of unspoken pride, because of the invisible wall of «I have to do this alone.»

Dismantle the wall.
Let love reach you.

Let yourself feel what it's like to be loved simply for existing – not for achieving, not for succeeding, but just for being here.

That alone can shift everything.

No overexplaining

A very important moment.

You begin to lose energy – and slip from your aligned state – when you feel the need to explain yourself to others. When you start choosing your words carefully, justifying your life choices.

It could be colleagues, relatives, people you like and spend time with.

But if, when you're alone with yourself, you feel calm and clear, you feel a sense of confidence in your path, a gentle warmth in your chest and belly, and then around certain people, something shifts – choose yourself.

If:
You feel like you have to explain why you live the way you do.
You start second-guessing yourself – wondering if maybe you're wrong, or not smart enough, or not doing life «right.»

This kind of dynamic drains your energy.
And yes – it inevitably affects your flow of money.

What can you do?

– If the connection isn't nourishing or meaningful, allow yourself to step away from it. Let some people simply drift out of your field.

– If you enjoy the person but feel tension around certain topics, just don't go there. Talk about what feels easy, light, aligned – what reminds you of your joy.

– Make a quiet but strong decision: that your way of living, your rhythm and choices – are valid.
You don't need to fit the matrix. You don't need to live like everyone else.

You get to live, think, and create in the way *you* choose, in this one beautiful lifetime.
Hold your perspective above the noise. Zoom out.
Only you know what makes you feel alive.

And from that deep self-trust and quiet inner delight – the best version of your life begins to unfold.

Your peace, your sense of being cool in your own skin, your curious and playful approach to life – *this* is the key to money flow.

Clear the channel. Make room for that energy.

No shame

Why you shouldn't be ashamed of a reset.

You need to understand that the phase you're going through right now is necessary, valuable, nothing to be ashamed of – and, in many cases, inevitable.

It's inevitable because, first of all, life is cyclical. We live in rhythms. And in order to move into the next spiral of growth, we often go through periods like this.

Can they be avoided?
Sometimes.

Sometimes they come more gently. Sometimes we're able to design a kind of adventure for ourselves and take a bold step – before Life has to throw us into that step instead.

But when we resist change, when we ignore the signs from God, the Universe, the field – the ones that clearly say «you can't go on like this anymore» – then the reset comes to carry us through it anyway.

It can also be avoided when we consciously learn the lesson ahead of time.

But what I really want to say is:
There is no need to fear a reset.

You just need to know that it's something to move through – just like you'd drive through a tunnel, walk across a field, or swim across a river.

It's just a phase to be lived through.
Nothing bad will happen to you.

This phase is simply here so that you can receive the lesson that's waiting for you.
It's a lesson your soul signed up to learn – this year, in this timeline, in this version of your path.

And from the way it's all unfolding, it seems I'm being sent some of these lessons in advance – so I can walk through them first, and then pass the insights on to others.

Detachment from the ego

The core lesson that a reset brings is about our attachment to the ego.

And by «ego,» I mean this: the habit of comparing yourself, of forgetting that you are Spirit, Soul, Consciousness.

When we forget that we are here temporarily.
When we forget that we are deeply interconnected – not just giving to others, but also receiving from them – we disconnect from our truth.
And that's important.

Because many people know how to give, but they don't know how to receive at all.
And when we drift into ego – into separation, into comparison – Life begins to remind us:

Hello, did you forget you're a soul? You're a body. You're a part of something whole. So remember who you are.

But instead, we often slip into «If I don't have bread, at least I'll eat cake» mode – trying to appear impressive, feeding pride and vanity with more, more, more.
On this high point of the ego wave, fear sneaks in —

Fear of falling.
Fear of losing money.
Fear of no longer being seen as «successful» or «cool.»
Fear that if your living situation worsens or something slips, people will see the truth, that maybe you're not that special after all.

And because fear is energy, it starts to manifest.
What spins inside us becomes real.

What multiplies is always what already *is*.

So a reset can happen even if you have a big number in your bank account.

It's happened to me, more than once.

Because I would think, – what if I never earn again?
What if this was the peak and it all goes downhill from here?

When we cling to the number, the title, the image —
and forget that the real purpose is to connect, to create, to live full – the current begins to pull us downward. But a reset can also come when you hit the opposite end of the wave – when you fall into I'm nothing, I'm worthless, I can't keep up, no one values me.
That, too, is a false program.

Something stuck to you – not who you really are.

Whether it's «I'm better than everyone» or «I'm worse than everyone» – both are distortions. And Life will pull you back to center.

That's what a reset does:
it strips away everything that's not you.
It brings you back to the question:
Who are you?
Why are you really here?

And there's nothing truly scary about that.

You just have to breathe.
Relax your body.
Surrender.
Let go of what no longer works.
And remember who you are.

You're not here to cling to others.
Not here to live for their opinions or judgments.
Not here to prove you're worthy.
Stop comparing.

We'll talk more about this – why it happens and how to release it.
But know this: you are being reset so you can remember your real purpose.

You're here to enjoy life.
To create.
To dream – in your own way, not by copying someone else's.
To build, to love, to imagine anything: travels, projects, beauty.

And if you lose yourself in looking at others too much – yes, that too can trigger a reset.
Because you forgot who you are.

But in the silence of that reset, something sacred happens:
You reconnect.
With God.
With Spirit.
With the Creator within you.

And until we truly realize that there's nothing left to lose – absolutely nothing – we won't understand how free we actually are.

When you finally see that there's nothing to cling to, you can begin to rejoice in what is. You start to remember why you're even here.

And since there's nothing holding you back anymore, you're free to be anyone. To do anything. To walk wherever you're called.

Because really – there's nothing left to lose. Always.

And when you finally relax, when you trust God, when you remember who you truly are – that there's no point in comparing yourself to others in any direction – you begin to feel a new kind of freedom.

And that's when you start to rise again – gently, steadily – back to the surface.

Do you see now?
Why there's no shame in this.
Why it's not scary.
Why this moment isn't wrong or broken or bad.

You're okay.
Breathe.
You just need to remember what you came here for.
What gifts have been with you from the very beginning —
Because every child is born already someone.

Every soul arrives here with certain things that light them up, that move them, that make them gasp in awe.
You just need to remember.
What you're really doing here.
What you truly want – underneath all the noise.

But let this message sink in:
Sometimes, Life brings us right back to center – to zero – when we've wandered too far off course. When we've forgotten the original dream – and veered too far, one way or the other.

Daily steps

What to do to start rising – no matter the reason behind your «reset.»

THE «UPWARD» PRACTICE

This is what you now write down and do every day.
Soon, it will become your second nature. And you'll find yourself rising sooner than you expected.

In the morning:
1. What mood and inner state do I want to live this day in?
This day is my only real life.
2. What will I do today to bring myself real joy —
something I can afford or that's completely free?
3. Which of my gifts can I apply and express today?

In the evening:

1. What moments am I grateful for today?
2. What fascinated me about other people today?
3. What did I do well today?

Bit by bit, your state will stabilize and rise —
and as it rises, your financial reality will begin to restore itself too.
This is a fully tested, deeply effective practice.
Just do it daily.

The main thing you need to understand:
DON'T BE AFRAID.
You **will** rise. Absolutely.

A reset often happens when:
1. You **lose interest** in life itself – when your personal excitement, uplifted state, and desire to live this life disappear.
2. You **lose your own sense of worth** – the reasons for this may vary.
Often, these two arrive together. And that's when the Upward Practice I shared above works like magic.

What should be in your day in order for you to start rising back up. Exactly the same thing we do in water to float:

10—15 minutes of doing nothing, thinking nothing, and full-body relaxation.

Variations:
• Lie on your back on the floor. Let your belly, jaw, and shoulders relax. Just lie there without thinking – don't spin your mind trying to «find a solution.» Feel your body melt into the surface. Feel how good it is to simply breathe and be alive.

• You can also stretch out on the floor in a bow. You can say: «God, I surrender. Lead me. Today, I give myself to you. I trust you. Today, I don't want to think. I just want to trust.»

Sometimes, an idea or a next step may come after this. If it does – follow it.

• Or you can just lie on your bed in any position. Talk to God, just like that. Pour your heart out – everything you feel. But be honest. There's a good chance that your «reset» happened for this very moment. Listen carefully to what comes in response.

This really works. It's been tested.

A reset happens in 90% of cases when, for some reason, you stop:

1. Understanding why you're actually good at what you do
2. Understanding why what you offer matters to people
3. Enjoying what used to bring you joy – but you're afraid to step into something new, because… see points 1 and 2.

That's why it's so important to remind yourself of your strengths – what people have thanked you for, what moments of connection in your life felt beautiful and real.

It's a blessing if there's someone around who knows your gifts and can reflect them back to you.

But if not – here's a self-reflection questionnaire to help you write out who you are and what you can offer to others. You'll find it on the final pages of the book.

The Reset does not define your worth.

God is the same yesterday, today, and forever.

And so are you – through all ages: the spark and Spirit of God lives in you, whether you're at +$100.000 or in the minus.

Money, in the grand scheme, is a local invention – it doesn't even exist in other densities. It's just part of the game here. So your value is always with you, regardless of the numbers on a screen.

Those numbers start to grow when you begin to remember just how magnificent you are – and when you actually feel like doing something from that place.

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