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MIANIE M.Yu.
POTYOMKINA A.G.



HAPPINESS



**Mianie M.Yu.
Potyomkina A.G.
Happiness**

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Аннотация

Most people know practically nothing about Happiness, its laws, or the ways to achieve it. They believe that Happiness is somewhere outside and does not depend on a person. This is the greatest misconception. Happiness is the state of our soul, what we feel. And the state of the soul is determined by our beliefs, values, actions, and their consequences.

This book is exactly about this: what is Happiness and how to achieve it. From the series «Esoterics for Beginners». For a wide audience.

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Happiness

**Mianie M.Yu.
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Translator DeepL online translator

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ABOUT THE BOOK

“Happiness” — the first book in the series “Esotericism for Beginners” and the most popular at the moment. It was created on the basis of the course of lectures “Happiness” by the founding president, scientific director of the System and the Center “Development of Human” (CDH), Academician M. Y. Mianie (Grand Ph. D., Ph. D., Doctor of Philosophy, Professor).

The purpose of this work: 1. To form a holistic view of the state of Happiness, the laws of its formation, preservation and destruction. 2. To learn to feel oneself as an immortal Soul, born just for Happiness, to distinguish positive and negative internal reactions and external influences. 3. In the end — to learn to reorganize one’s inner world and one’s life to achieve higher and higher states of Happiness and enjoyment of life.

The book presents the informational part of the course and small trial assignments and trainings. The practical part, which involves intense psychological trainings and work with energy (self-injury, meditations), is conducted only at the Center’s classes under the guidance of experienced facilitators.

The book will be of interest to everyone who has ever thought about what is HAPPINESS and strived for it. And if a person has

already realized that the root cause of success and failure lies in himself, and wants to change himself, to build himself a strong man, able to set and achieve goals, to become a Person — this book can be a guide to action.

The book “Happiness” is a part (section) of the curriculum “Personal Development”, which received the vulture “Recommended by the Ministry of Education and Science of Ukraine as a textbook for students of higher educational institutions” (No. 1,4/18-5-134,1 from 09.01.2009).

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ABOUT THE AUTHORS AND THE SYSTEM



MIANIE
Mikhail Yurievich

Founding President, scientific director (since 1993) of the Author's Scientific and Educational Center (Ukraine, Kharkov) / "Academy of Personality Development" (Estonia, Tallinn) of the Academician M. Yu. Mianie System.

MAIN ACTIVITIES

- **Research** (Human Consciousness; personal growth, spiritual world, spiritual development; Knowledge, Man and

Society of the Future, etc.).

- **Development** of educational programs, public and other projects.

- **Teaching.**

- **Community activities.**

- **Creativity.**

- the **SW¹ work.**

Experience in this field — since 1989.

ACADEMIC DEGREES AND TITLES

- **Academician** of the RANS², EANS³, IDA⁴, AISES⁵, IPA⁶

- **Ph. D.** (philosophy, psychology), **Grand Ph. D.**, **Prof.**

- **“Honored Scientist”**.

AWARDS. RECOGNITION

He has received a number of awards from the EU, Ukraine, and the Russian Federation:

- **European Order of Honor** (EANS, Hanover, Germany)

- **Italian Prize** (AISES, Rome, Italy)

¹ The SW — the Subtle World

² RANS — Russian Academy of Natural Sciences

³ EANS — European Academy of Natural Sciences

⁴ IDA — International Diplomatic Academy

⁵ AISES — International Academy of Economic and Social Development

⁶ IPA — International Personnel Academy

- **International Millennium Award** (Ukraine, Great Britain, Belgium)
- **Order of the Scientist's Star** (MANEB⁷, St. Petersburg, Russia)
- **Order of Merit in Science** (MANEB, St. Petersburg, Russia)
- **The Highest Russian Public Award** — the Order of St. Alexander Nevsky “For Labor and the Fatherland,” 1st Class (Moscow, Russia)
- **Silver Cross “For Diligence”** (Union of Descendants of Russian Nobility)
- Other awards.
- **Senator** of the International Knightly Union (ICU), **Knight** of the ICU and the Order of St. George the Victorious.

VATICAN:

- His Holiness **Pope Benedict XVI** recognized the work of Academician M. Yu. Mianie with a **Gratitude-Blessing**.
- Awarded the title of Laureate of the **Pope John Paul II Prize “For Justice and Peace”** with a medal and diploma.

⁷ MANEB — International Academy of Ecology and Life Protection Sciences (IAELPS)

KEY RESULTS

- **Scientific activity:** Dozens of fundamentally new theories have been developed, and a new Teaching has been created.
- 20 monographs and brochures, over 50 manuscripts, and hundreds of reports and articles have been **prepared and published**.
- Four major long-term educational programs on personal growth and spiritual development have been **developed, prepared**, and are being prepared for distribution (over 15 annual courses, over 7,500 academic hours). *Accreditation: All programs are accredited by the International Union of Psychologists (IUFÉ⁸) and the Oxford Educational Network. Spiritual Healing programs are accredited by EUROTAS (European Transpersonal Association).*
- **Educational processes** have been ongoing since 1993. Over 2,000 people have completed the training.
- **Social activities:** Over 10 international projects have been developed and are being prepared for implementation.
- **Also ongoing:**
 - individual sessions are held (coaching, Spiritual Healing/Transpersonal psychotherapy),

⁸ IUFÉ — International University of Fundamental Education

- internal scientific and practical conferences and cultural events are regularly held (clubs, balls, salons, etc., about 30 events per year),
- creative studios are open (theater, vocals, dance, KVN⁹),
- charity events are organized and held.

BIOGRAPHICAL SUMMARY

Born February 1, 1964, in the Luhansk region (Ukraine). He graduated from the Kharkiv Institute of Radio Electronics and completed his postgraduate studies. He served in the army. He studied and taught at the Yoga School and Academy (later serving as its vice-rector).

Since 1992, he has been working on the creation of his own System: the Kharkov Regional Public Organization Center “Development of Human”, other organizations, his own school, a knowledge system, and related projects.

Academician M. Yu. Mianie is one of the few contemporary researchers of spirituality and its influence on the development of individuals, organizations, and societies working in the CIS. He is the creator of a scientific and practical System, the completeness and scope of which claims to be a new Teaching.

APPROACH

⁹ KVN — Humor and Creativity Club

His approach is based on the following. Every person would like to be Strong, Perfect, Happy, Successful, and would like to live in a great and beautiful country. This requires the formation of a significantly more perfect person and a more perfect society.

The formation of a more perfect person and a more perfect society, in turn, presupposes the creation of a clear Standard, a clear understanding of who a perfect person is and what a perfect society is. It presupposes that Spirituality, worthy goals, and higher values (Honor, Nobility, Justice, and much more) must be integrated into all spheres of society at a qualitatively new, higher level.

In the modern world, these standards and values can only be introduced into society through science, as the guarantor of truth at the present time. Only the infusion of spiritual knowledge through science will allow this knowledge to directly enter the education system and ensure that it is not only education, but, above all, a system of upbringing, a system for the formation of a Worthy Person, the formation of a Personality. So that, ultimately, in high school they teach, above all, what is worth living for and what is worth believing in, how to set and achieve goals, how to shape oneself as an individual, to fully realize one's potential, to achieve Strength, Happiness, and Perfection.

For society to change for the better and become more perfect,

new traditions must emerge in culture and lifestyle that elevate and ennoble individuals, awakening feelings and the best qualities of the soul. A code of honor must emerge in politics and government, one in which service to society and one's country is manifested in the highest sense, and in which the people will be proud of their elite and trust them.

To achieve these extremely important, large-scale, and complex goals, fundamentally new knowledge, new methods, and technologies for spiritual research are required. The Author and the organizations of the System are working to realize these goals and ideas.

COMMUNITY ACTIVITIES

Community activities (services) — more than 10 international projects have been developed and are being implemented. Each project addresses its own set of issues necessary for the formation of a more perfect society. The main ones are:

- *“Education of the Future”* — introducing Personal Development programs into the secondary and higher education system, ultimately leading to its complete reform;
- *“International Standard of Personnel Management” (ISRM)* — introducing standards for the development of a Worthy

Person, Worthy Relationships, and Worthy Traditions into as many organizations and enterprises as possible.

Our System also places special emphasis on: the targeted development of ***relationships*** (based on the highest ethics, mutual assistance, understanding, and feelings) and a ***way of life*** (classes on personal and spiritual growth; traditions — regular events; spending time together; sports; community activities) for ***Worthy People***.

More information:

- Organization website: msyst.org
- Author's website/scientist's website: mianie.com

CO-FOUNDER OF THE SYSTEM



POTYOMKINA
Anna Grigoriyevna

- **Co-founder** of the System and a leader of numerous divisions within the Center and the System founded by Academician M. Yu. Mianie. She is also a co-founder of the System's publishing activities.
- **Academician** of the EANS, IAELPS, IPA. Honorary Professor of the IPA and Professor of the EANS.
- **Senator of the International Knightly Union (IKU)** and **Knight** of the IKU.

AWARDS AND HONORS:

- The highest distinction of the EANS and the IKU — the Senator's Star;
- The Order of Honor (EANS);
- The Order for the Advancement of Science and Education (IPA);
- The M. V. Lomonosov Order (IAELPS).

ACTIVITIES OF A. G. POTYOMKINA

- **Long-standing assistant** and aide to the Founder-President and Scientific Director of the Human Development Center and the Human Development System, Academician M. Yu. Mianie.
- **Coordinator** of the Center “Development of Human”. At various times, she supervised numerous areas of the Center’s activities, including the Culture, Control, and Administration divisions, the Information Agency, and others.
- **The only assistant directly** involved in supporting the author of the System in the development of training programs and professional personnel development programs.
- **Author** of several educational and development programs, including Leader, Working with Information, Image and Personal Presentation, and others.
- **Co-author** of the books “Happiness” and “Spiritual Laws”; originator of the concept, chief editor, and compiler of the publications “Esotericism in Practice” and “The Human Development Center: History 1993—2000”; compiler and editor of the booklet “Fundamentals of Dress Code” and the journal “Esotericism. Science. Society”.
- **Inspirational force behind** the System’s corporate culture and organizer of its major events. On a high spiritual level, she

laid the foundations for many of the System's key traditions.

- **Originator of the concept and creator** of the System's first films, including "The Royal Ball", "The Great Mystery", and others.

Author's Scientific and Educational Center / “Academy of Personality Development” the Acad. M. Yu. Mianie System

APPROACH

Existing theories, schools, and systems have failed to fully make humans Strong, Perfect, and Happy due to persistent contradictions and unresolved issues. Therefore, it is necessary to create a new system of Knowledge (Teaching) capable of:

1. Uniting the main systems of spiritual knowledge into a Coherent Whole.
2. Developing new, missing theories and more effective development techniques.
3. Adapting to modern living conditions (achieving results equal to those in a monastery/ashram, or even higher, without leaving society, but rather fully realizing oneself within it).

“THE SYSTEM OF ACADEMICIAN M. Yu. MIANIE”

1. Knowledge. *Teaching* (theory — philosophy, theory of consciousness, personality development, transpersonal psychology, traditions and creativity, political science, etc., practice).

2. *Patrons* (forces of Light, hierarchy of Karma, 6th and 7th races, etc.).

3. *Teacher* (research, work in the Subtle World, conducting and recording classes, organizing processes).

4. *The Center “Development of Human” (CDH)* — the basic organization of the System: key events, developments, testing, modeling of most of all processes, and training of the first personnel.

5. Other *organizations* — implementation of all other tasks:

- research, publishing,
- organization and delivery of classes,
- online school operations,
- consultations (coaching, Spiritual Healing/Transpersonal Psychotherapy),
- organization and delivery of internal conferences,
- organization and delivery of cultural and creative events

(balls, salons, creative competitions, clubs, etc.),

- charitable and social activities.

THE TEACHINGS OF M. Yu. MIANIE

1. *Systematization of existing knowledge*: Buddhism, Taoism, classical yoga, the spiritual values of the major religions, and others — approximately 1/3 of all information in our System.

2. *Further development of existing knowledge* — more than 2/3 of all information is the author's own and unique, and is not found anywhere else in a systematic form.

3. *Advantages*: high efficiency, systematicity, comprehensiveness of goals and values, adaptation to modern living conditions, public recognition and scientific protection, and others.

MAIN ADVANTAGES OF THE AUTHOR'S TEACHINGS AND WORKS

1. Here you will not find confusing explanations, endless theories, the “unknowable,” etc. — everything is crystal *clear*, and only the most *important*: basic concepts, laws, and examples.

2. Most of the presented provisions have not been described in such detail anywhere else: the structure of Energy, God and the Cosmos, the energetic structure of a person, his chakras, systems, capsule and spirit, the hierarchy of spiritual laws and working with them, which allows for the *introduction* of highly effective development *techniques* and the implementation of previously inaccessible *ideas*.

MAIN GOALS

1. In their development, a *person* can and must achieve *Power, Happiness, Perfection, and control over themselves and their Destiny*. *Development* is growth:

- in terms of development levels — without limitation (until the training program on Earth is exhausted and incarnations cease),
- in terms of positivity — to the maximum possible, to crystal purity.

2. *Society must achieve its ideal — the Golden Age*. Its main conditions and characteristics:

•*A new level of Knowledge* (primarily about the Spiritual World, beginning with an understanding of what Energy is and how the Human Soul and the Subtle Worlds are structured at the level of energy systems, ending with Spiritual Laws and the most effective technologies for working with Consciousness and the Subtle Worlds).

•*The formation of a new elite* — highly spiritual and highly effective people, capable of combining many talents and becoming a new moral authority for society.

•*Servants* (the best of the best, representatives of the new elite) in power are capable of solving the majority of all existing social, economic, and many other problems.

- *The development of the Personality from childhood* (based on clearly defined Standards of a Worthy Human Being, approximately half the curriculum of primary and secondary education) is capable of solving the majority of all existing spiritual and moral problems of society.

- *Bringing all social laws into line with Spiritual Laws*, completely eliminating Evil from Earth.

- Ultimately — *One World, One Law, One Authority*.

MAIN OBJECTIVES

1. *Research* — developing all theories necessary to achieve the stated goals.
2. *Developing, recording, and distributing the educational programs* necessary for Human Development: improving each individual, training personnel (Spiritual Healers, Teachers, etc.) and the new elite.
3. *Developing and implementing social and other projects* necessary to create the conditions for society's transition to a Golden Age.

STAGES OF THE PATH

The System as a Teaching began its development with the preparation of the Author's first fundamental work, "The Laws of the Maker" (prepared in 1992—1993 through direct interaction with the Subtle World). Further research is the logical development of the ideas and theories presented therein.

The System as an organization began its formation with the establishment of the Center "Development of Human" in 1993. During this time, our System has gone through all the necessary stages of its formation and development.

Key results to date:

- All major research is nearly complete. The next task is to formalize it and achieve recognition at the required level.
- All core curricula have been developed, videotaped, and are being prepared for distribution; some are already available for training. The goal is to reach those who need them, those who seek this knowledge.
- All major public and other Projects have been developed in their basic form. The next task is their detailed development

and implementation (after achieving the required curricular indicators).

Additionally, all key processes have been tested and modeled, yielding positive results; highly qualified personnel have been trained; sufficient scientific and public recognition has been achieved; and a number of other necessary issues and tasks have been resolved.

Excerpts from Letters of Recommendation Supporting the Nomination of Academician M. Yu. Mianie for the Nobel Peace Prize (2008, 2012)

“As President of the European Academy of Natural Sciences, I am well acquainted with the work of Mikhail Yuryevich Mianie in the field of positive transformation of the individual and society. I fully support the initiative of the Kharkiv Regional Public Organization Center “Development of Human”, to nominate Full Member of the European Academy of Natural Sciences, M. Yu. Mianie, for consideration for the Nobel Peace Prize in recognition of his contribution to the progress of humanity.

The essence of Mikhail Yuryevich Mianie’s work lies in the scientific study of spirituality with the goal of creating an ideal toward which every person should strive, as well as developing social and political projects and bringing them into practical implementation.”

Prof. V. Tyminsky
President of the EANS

“The Kharkiv Provincial Assembly of the Nobility is a member

of the Union of Descendants of the Russian Nobility, one of whose principal objectives is the revival of noble traditions, aristocratic culture, and the highest human virtues — Honor, Dignity, Faith, and Loyalty to Duty.

Our first meeting with Mr. Mikhail Yuryevich Mianie more than three years ago strengthened our conviction that society has a promising future, one that is already being shaped by the most worthy individuals of our time. The nobility fully supports the lofty goals and activities of the Center “Development of Human”, founded and led by Mr. Mianie for over fifteen years.

We are particularly appreciative of Mr. Mianie’s efforts to revive the noble spirit of true aristocratic culture, to foster individuals devoted to serving their homeland, and to preserve and develop the finest traditions found throughout the history of the Russian and European nobility. His objective is to cultivate what may be called an “aristocracy of spirit” not over many generations, but within a few decades of dedicated education and personal development. This undertaking deserves the highest respect and recognition.

Academician M. Yu. Mianie has achieved international scientific recognition, confirmed by numerous titles, diplomas, distinctions, and awards. He has also been honored by the Assembly of the Nobility with the Silver Cross “For Diligence,” No. 9. Mikhail Yuryevich Mianie is a person of global vision,

capable of strategic planning on behalf of society's future development. Evidence of this is his International Project, The Spiritual Renaissance of Humanity and Society.

I am convinced that the implementation of his Spiritual Renaissance initiatives, personality development programs, and other projects will inevitably lead to profound and positive transformations of both the individual and society on a global scale.

Mikhail Yuryevich Mianie is a person of great heart, unwavering faith in a better future, and complete dedication to his life's work. I believe that his efforts to promote universal human values and the highest spiritual ideals within modern society are of exceptional significance."

Prince A. K. Golitsyn

Marshal of the Russian Nobility

Count V. F. Chernay

Kharkiv Pr. Marshal of the Nobility

"The educational programs developed by Academician M. Yu. Mianie are aimed at cultivating personality, leadership, high-level interpersonal relationships, and communities founded upon principles of dignity and responsibility. The integration of these programs into existing educational institutions, business organizations, and other social structures has the potential to significantly enhance both individual effectiveness and collective performance.

Based on our expert evaluations and numerous rating studies, we confirm the originality of the author's theories, educational programs, and socio-political projects, as well as their high level of public recognition and practical effectiveness.

Academician M. Yu. Mianie and the Center "Development of Human" have repeatedly been recognized among the best in their respective fields, receiving international awards and being featured in various biographical publications dedicated to prominent leaders and members of the intellectual and social elite of Ukraine and Russia. Our many years of personal acquaintance and professional cooperation confirm not only the candidate's outstanding personal qualities but also the impeccable reputation of his colleagues and associates.

We further believe that the issues explored and implemented by Academician Mianie and the organizations of his System — namely the promotion of universal human values and higher spiritual principles across all major spheres of society — will become among the most significant priorities for science, education, politics, and society as a whole in the years ahead. Considering both the scope of the challenges already addressed and the results achieved, we see no comparable alternative to this candidate."

A. I. Savvov, Ph. D. Director General, ABC¹⁰ of

¹⁰ Assembly of Business Circles

Ukraine

“Academician Mikhail Yuryevich Mianie is the author of numerous scientific publications and monographs in the fields of philosophy, psychology, and human and social development. For more than fifteen years, uniquely comprehensive and integrated development programs have been successfully implemented through the Center “Development of Human”.

The scientific works and activities of Academician Mianie enjoy considerable respect and interest within academic circles and among public figures. His achievements have been recognized through prestigious international awards and distinctions.

We are personally pleased to cooperate with a distinguished individual of impeccable professional reputation. We are also convinced that the theories, programs, and projects developed and implemented by Academician M. Yu. Mianie are unique, viable, and highly relevant to the future development of humanity.”

**L. P. Kupreichik, Ph. D., Grand Ph. D., Full Prof.,
Academician**

President of WUDSES

“Academician M. Yu. Mianie is the author of numerous scientific books and monographs that address, in a rigorous scholarly manner, such complex and unconventional subjects as Energy, God, the Soul, Human Consciousness, and related phenomena. In our view, Academician Mianie is among the most

distinguished researchers working in this field today.

The scientific investigations conducted within his System deserve the highest level of support, encouragement, and recognition.”

P. Jayasekara Shanti, Prof., Academician
Rector, IUFS, Chairman of the ISC

INTRODUCTION

Everyone strives for happiness. And those who are afraid to admit it to themselves, and even those who are running away from happiness at a breakneck pace.

We are used to wishing happiness on holidays and birthdays. It is clear that it is different for everyone, but usually it means — everything and a lot. But what about the details? What is behind this word, the very sound of which is so enticing?

What do you say to your growing child when he asks: “What is happiness?” Someone will start listing the standard ones (career, family, a roof over their head), someone will remember their unrealized dreams (how they would like it to be realized in their children!). But, growing up, a child may ask: “How, is this all I was born for?” Not everyone will find something to answer.

Can you formulate for yourself what happiness is in general, and what your personal happiness is. When you begin to realize that it is not just an abstract philosophical category, you begin to think about what you need to do today, tomorrow, a year from now to become a happy person.

Some people think of happiness as something distant and

unfulfilled. But it is so desirable to be happy even for a day, even for a moment. Because this happy moment sometimes turns your whole life upside down, and can be even more precious than life. You want to feel yourself on the crest of your wave and not to break away, enjoying the flight. Otherwise, what is the justification of your life?

Editor

Recommendations for working with the book

To make sure that this book does not remain in your memory just a pleasant pastime, but helps you to change something in your life, in your destiny, it is worth taking the material seriously. To what extent it is necessary for your own development, it is up to you, of course. The following are general recommendations, and according to what you have started reading this book for, you can fulfill them fully or partially.

Option 1 — building a general understanding. You simply read the book, and each time you read it again after a certain period of time, you will discover something new.

Option 2 — you read the book, trying to highlight (for example, with a marker) the most important thoughts for you at the moment. After reading the book, you will need to return to these fragments and try to analyze your own life, draw conclusions, make necessary decisions and start to change something (make concrete steps).

When you study the book next time — you will highlight other thoughts that will be relevant to you at the next stage. This can

be repeated more than once, if a person does not stand still, but constantly works on himself.

But here there is **one condition** — until you have not received the result (even minimal), have not realized your solutions (fully or partially), the next reading of the book will be a waste of time. There must be a mandatory goal — to change something in your life for the better. But just to set a goal and start talking about it is not enough, you also need to start doing something.

Option 3 — more serious work with information is expected. At first, you can just read the book to form a general impression, but it is better to start working with each block at once.

Basic Requirements

1. Start a personal diary in which you will write down your own thoughts, impressions, conclusions, decisions; it is better to perform all written tasks here, briefly record answers to questions. It is very important to visually see and evaluate your internal changes, the change in the attitude of people around you. Without such constant self-analysis, it will be very difficult to move on.

2. Fulfillment of all tasks after the sections. If there are difficulties with specific tasks (for example, your consciousness starts to rebel, resist, you are lazy or do not consider it necessary), it is better to postpone the fulfillment of this task for the moment and return to it later. You yourself will feel the need to complete the previous task before taking on the next one.

Some of the game tasks are done in pairs. In extreme cases (if there is no one to talk to), they can be replaced by reflection, but of course, ideally, you should talk to close people whom you trust. You will definitely learn a lot of new things for yourself from such communication, and it will be easier for you to move on, gaining confidence in your abilities.

3. After completing the tasks, make notes in your personal

diary: how the task was completed, what difficulties you encountered. **Give yourself a grade.**

4. Tracking the results. If you have made conclusions, made decisions, then set yourself **specific terms** for their fulfillment (for example: to stop getting irritated at such and such manifestations of home, to stop getting nervous over nothing, to start saying compliments, to give flowers to your beloved, to talk on heart-to-heart and so on). **Put yourself a second assessment.** For the adequacy of their own assessment, the most courageous can ask for its confirmation from loved ones (from the outside is more visible, especially if it is directly related to them).

And do not be discouraged if it does not work out easily and quickly everything conceived. Working on yourself is a difficult process. After all, to what you are now (internal attitudes, personal qualities), you have been walking spontaneously for years, and now it is time to transform yourself as a Personality quite consciously. You should not only immediately take on the most difficult tasks, the most pressing issues, global problems. Calculate your strength. There is a reasonable logic in the process of development.

Go ahead, your happiness is only in your hands!

Editor

Part I. UNDERSTANDING HAPPINESS

Chapter 1. The State of Happiness

The essence of the state

Happiness is a huge topic, in many cases complex and contradictory due to the experience that a person acquires in his life. Therefore, one should form an understanding of happiness calmly, patiently and in all details: what it is, what it consists of, what rules work here; achieving happiness — what should be done to make this beautiful goal yours, so that a person can get the state of happiness.

Teaching a person to be happy is one of the main goals of spiritual and esoteric schools, but each system understands it in its own way.

Most often it is simple answers, i.e. happiness is seen in one thing. Starting from the beautiful — serving God (wonderful, but it is not everything), ending with the primitive (to eat well) and

sensual pleasures. This is a big misconception.

The concept of happiness is much more encompassing: *definition* — what it is, *characteristics* — what is the fullness of feeling happy, *criteria* — what are the levels of happiness, *ways to achieve it* — what you need to be able to do and what you need to do in life to make happiness enter and grow. These are the key points.

First of all, we need to define what happiness is not.

First. *Happiness is not a thing* (bread, water, money, a roof over your head), it is not something that a person holds in his hands. If he dreams: “I will buy a car, a house and I will be happy”, then most often it is a delusion, for which we have to pay later. After all, even with material prosperity, a person suffers no less than all other people (“the rich also cry”). The world of big money is cruel, and few people stay in it, going through various bad situations, often hurting others, even those who are very close to them.

Second. *Happiness is not information*, not knowledge that a person receives. One can know a lot, but it does not mean that it will work for a person. There are intelligent people, well-read, who know a lot, but who says that this guarantees them success in life? Knowledge creates opportunities. And if a person manages

to put this knowledge into practice, it will help him to become happy.

Dignities (honesty, nobility), abilities (open third eye, etc.) — these are not happiness in their purest form either.

Happiness is a state that a person experiences here and now. It is what you feel, what is born in the depths of your Soul. It is the energy that awakens to life and manifests itself in the form of corresponding sensations. Pain is also energy. But it is important to understand that happiness is a certain state, energy that lives inside you, and for this energy to give the state of happiness, it must be like this (light, powerful, pure).

Sources of joy, pleasure — this is all the best that is inside a person, that he can manifest in himself. This should be as much as possible (the more, the better). The bad — suffering, insecurity, fears, shame, humiliation, anger, insults, the pain of loss, etc.. — these must be absent on both the spiritual and physical levels. If a lot of good inside is awakened to life and the bad is resting, it gives you a pleasant state, you are closer to a state of happiness.

If we draw a picture of the states that a person can experience, then on the lowest rung are various negative states (from mild depression to severe hysteria, on the verge of insanity). This is

the very bottom where a person can be, very unpleasant states. People spend most of their time here, in these states of varying degrees. Next come neutral states, zero states, closer to them are “nothing” states. “How are you living?” — “Ah, nothing,” — no state. Next came states with a “plus” sign — these are positive states, good states, something to look for. The strongest high states of all the states available for a human being are the states of happiness. They have many levels.

Movement along the Path of Development implies that a person creates this picture in his consciousness. He gets an opportunity to evaluate that the states in which people live are different.

Somewhere there is a bottom — unbearable mental sufferings (not necessarily physical), somewhere there is nothing — one lives like a robot (no feelings, no impulses, no sufferings), closer to zero — one lives, one does not live, one sleeps, one listens to the radio.

Then came the states of light — when a person’s light inside does not go out, it is pleasant for him to live. And further on the states become stronger and stronger, the higher a person rises, the higher the states, the stronger and stronger his sensations become. When a person crosses this boundary — he enters the state of happiness, the state of enjoyment of life. Our task is to

explore, to understand where we are, and step by step to rise upwards.

What we experience is energy. Each energy has its own sources, certain values. For example, if you appreciate beauty, you can admire it; if you don't appreciate it, you can say, "So what if it's beautiful, I don't see anything. If a person appreciates music, he can enjoy it. If he understands the subtleties of relationships, loves people — he can enjoy socializing. If he does not have this value and does not have the abilities that will allow him to realize this value, he will not enjoy communication.

What a person values in this life are sources, opportunities that can be activated, and when they work (activated values), a person experiences positive emotions, sensations. When these sensations are many, he gets a state of happiness.

Happiness is a state in which many sources of joy, pleasure, good emotions are awakened in life. And the more of them are awakened, the better, the more powerful states you experience. Sources of suffering, worries, fears, all those that come with a minus sign, are absent or very few, and they do not spoil the state on the general background. If someone has stepped on your favorite corns and thoroughly screws you, it is hard to feel joy, even if you got a "5" on the exam. Pain should be absent.

Happiness is activated sources of energy, so obtaining the state of happiness implies two directions: that which gives joy, pleasure — to seek, to form in oneself, to awaken; that which gives suffering — to find and destroy. There are two main types of these sources — internal and external. It is necessary to identify them and understand the relationship between them.

From internal sources. First, **for a person to be happy, he must strive for happiness.** If he does not have such a need, if he does not direct the power of his Soul there, he will not get happiness. Most people do not think about it. **A person should want happiness.**

Secondly, he must have grounds for happiness — these are values. The more of these values a person has within him, the more opportunities he has to experience happiness. The sources of happiness give one or another possibility, and when a person can himself, by his own will, awaken the sources of joy and pleasure within himself, he is able to receive the state of happiness.

When you are alone with yourself and nothing happens, nothing needs to be done, you can either suffer or enjoy the fact that you are, you are alive and it means that your mission on Earth is not over, that God is with you, that you are an immortal Soul, you respect yourself, you know what you live for, you know that

you act correctly, etc. Alone with yourself, can you be a happy person?

Internal sources are determinative. If a person has no aspiration for happiness and believes that he is doomed to suffer, then he will suffer alone, and he will perceive the surrounding life hostilely, as a reason for causing himself suffering.

The inner sources are primary. Whether a person respects himself, whether he loves himself, whether he wishes himself happiness, whether he believes that he has the right to enjoy this life, whether he believes that life is a unique opportunity, including to be happy, or whether he believes the opposite. The inner sources should give one a state of happiness. **One must learn to experience a state of happiness alone with oneself.**

Surrounding life (rest, communication with friends, music, going to a museum, theater, etc.) are opportunities, and if a person is trained, he is able to take advantage of them. If he is not trained, he will not use it, he will be bored and suffer. The relationship is simple.

Ideally, a person should find a state when he or she enjoys his or her sensations, his or her place in this life, interaction with the world around him or her, with things that should bring joy and enhance the state he or she has. In the bad version, left to

himself, he is bored or worried, and contact with the life around him is even worse. In most cases, the person is not aligned. He doesn't really think that when he interacts with life, he rejoices or suffers depending on what he believes.

The task is to answer the question: What are sources of joy and pleasure for you and why?

Fullness of feeling

So, happiness is not a thing, and in a number of spiritual schools, because of the fact that materialism brings a lot of troubles, they refuse material goods at all. Happiness is what one experiences here and now ("There is only a moment, hold on to it"). It is what you experience at every single moment — joy sings in your Soul, energies play inside you, your eyes shine, or wariness and suspicion.

What is inside you here and now will tell you whether you are living in a state of happiness or sitting and looking at it

What does it depend on to obtain a state of happiness? Do you have sources (something to be happy about), do you have something good to awaken to life, do you have the ability to awaken it?

The more sources of joy and pleasure a person has (the more values he has discovered in himself, the more abilities he has formed), the more possibilities he has. The more values he has within himself, and the greater his ability to awaken these values to life, the more powerful a state he is capable of experiencing.

What determines the strength of the state of happiness? The more sources of joy you can awaken at the same time, the stronger the state of happiness you are able to experience.

Suppose a person has faith — good, love for people — good, it fills his heart with joy. But if another person, besides faith and love for people, has a feeling of inner dignity, enjoyment from the fact that he can do something in life, if he is calm, balanced, confident, has something to live for, then the more he has these sources of joy, the stronger state of happiness he is able to get. One should strive to understand these sources that give a person joy and pleasure from life, even when nothing happens. It is within him.

There is a man with his thoughts about himself and about this world. The ideal is when a person sets a goal and learns what is the most important thing in this life, what is able to ignite joy in the heart, to give the strongest, highest, most pleasant states. And if everything is done correctly, then every interaction of a person with the surrounding life gives him joy and pleasure.

This requires answers to many questions. For example, in a conflict situation one can be upset: “I am deeply wrong, fate is unfair.” Or one can look at it with a smile, like a lesson, and say, “Wonderful situation, we can practice (silence is gold; he is shouting and I am inside singing songs).”

One person may be mad about being looked at obliquely; another person has an interest, “I want to learn how to be invulnerable.” And if a person has answers to different questions, then in every situation he has something good to strive for, then joy and happiness never leave him.

A man becomes a master when every situation gives him pleasure, whether it is a battle, whether it is a small conflict, whether it is creativity. He is able to take advantage of it. **A man becomes happy to the fullest extent when he experiences pleasure from every contact with life, from every movement of the Soul, when he is alone with himself.**

When a person's heart is filled with unquenchable joy, it means that he has made a very big step in his spiritual development. In the beginning there will be hesitation — enemies are not dormant, old problems do not let go. The problems escalate when you decide to say goodbye to them. The problem rears its head and shows itself to a greater extent when

you set out to destroy it. It tries to protect itself.

Principle 1. The more sources of joy you are able to awaken to life at the same time, the more powerful state you experience. The ingredients for happiness are two. They are equal — internal and external. There should not be a bias in one direction only, as in different schools with a lot of fixations — whether it is meditation from morning till evening, or concentration only on material well-being. In many ways the sign of intelligence, of wisdom, is measure and success. In life it depends on whether a person sees their components and whether these components are in perfect proportion, whether they give an ideal picture. Therefore, when walking along the Path of finding happiness, it is necessary to set accents correctly. It is not possible to get happiness by plunging headlong into meditation or self-realization only.

Internal sources. There is, for example, an inspired dream: “I want to achieve happiness in all its manifestations, in its entirety”. But for the state of happiness to visit a person, it is necessary to learn to manage oneself, to set goals and form aspirations for them, to awaken inner sources of energy.

External Sources. For a person to fully find happiness on Earth, he must become a master. If he rests — he fully enjoys, if he works — he creates, if he communicates — he communicates

on the level of feelings, high ethics.

Wherever we come in contact with life, there are opportunities for happiness. Even when the situation is not the best — conflictual. To achieve a certain degree of wisdom is to know how to act and experience joy. In a conflict situation, you can go into a state of hysteria (a threat to your business), or you can turn it into a positive gain. The challenge is to learn how to minimize losses, how to save face.

Principle 2. Here are the sources of happiness as such, and the more they are, the more opportunities for happiness a person has. But in each particular situation there is a different answer — a different measure. Suppose that you are communicating with a person — for one a gentler treatment is suitable, and from the other it is necessary to demand more harshly, otherwise it will not work.

One of our tasks is to learn how to act in such a way that we do not lose the state, no matter what happens. For example, you need to fire a person or punish him. You do not like to do it, you know that he will take offense, lurk or get angry. You need to learn to do everything, even unpleasant for yourself, remaining calm, with fire in your heart, keeping joy, and at the same time so that it leads to the best result.

If a person needs to be told off, you tell him off, not because you don't like him, but because you know it is the right thing to do (he deserves it) and it will bear fruit.

For example, your child has done something nasty — he has broken a bird's head. You can pretend that you didn't notice out of love for him, or you can punish him in such a way that he will remember for the rest of his life — you can't hurt animals or people. When you punish him, it doesn't mean you hate him. You love him and think how to make sure that this bad deed does not turn into a habit, that it does not affect his future fate. Therefore, keeping your love for the person, you do the best thing that will lead to the desired goal — punish. For life he will remember and will never offend anyone again. By punishing, you do not lose the fire in your heart.

It is the same in communicating with different people. The challenge is to learn, even when saying something unpleasant, to keep the fire inside, and to show on the outside what will give the maximum return. It's not easy. Most people don't know how to manage their state of mind: "I want to" — and light a fire inside, feelings, or purposefully change roles. Most people, if something good happens — not always, but rejoice, bad — get upset.

You have to learn to understand the different shades in the manifestations of the relationship. If you realize that this "good"

is flattery, and the goal is the same — for you to reveal yourself, then you already know what will happen next.

You can, while remaining inwardly calm, outwardly take any role you like. If it's a conflict, you are calm inside, and outwardly, as you see fit. There are specific answers for each situation. And the various sources of joy and pleasure should awaken the dignities and abilities of a person in a variety of variations and proportions. It is when you realize what needs to be awakened in each situation that you get the opportunity to be adequate. Ignoring something leads to one or another kind of trouble and punishment.

Levels of happiness

There are many levels of happiness, and when a person thinks that he has experienced everything and the best cannot happen in his life, he is mistaken. There are many levels of happiness, and as long as a person follows the Path of Development and becomes stronger, smarter, more perfect, happiness is constantly growing for him. Happiness is what you experience inside.

Strength — you are able to set a goal and get what you want in internal transformations of yourself or in your life (go and do). External manifestation of strength — to lead, to create a collective, a party, etc.

Perfection is conformity to an ideal. The closer you come to understanding what the gods want to see from a human being, the greater the payoff from your striving for the ideal.

The higher a person rises, the more he knows, knows how to do, appreciates, the more sources of fire, joy, pleasure he has. The higher a person rises in his development, the more powerful is his state of happiness. For an energetically weak person, all his manifestations will be weak. Love is a little bit, an impulse is a little bit. If there is no more energy, and there is only 12 volts in the batteries, then any manifestation cannot be more powerful. If it is a nuclear station, it is its potential, and if there is a possibility to press a button to make everything play, it can play.

The state of happiness has many levels. The higher the level of development, the more opportunities for happiness. But the level of development itself does not guarantee happiness. The level of development is determined by what you want (your aspirations). If you want bread and entertainment, this is the *1st level*, you cannot get higher. If a person wants power, and in the material sphere to achieve perfection, sophistication, pleasure, this is the *2nd level*.

If a person values personal qualities, he is not looking for people who are useful only from the economic point of view,

but for worthy people, so that it would be pleasant to be near them, one could respect oneself, etc. Personal qualities in the inner world are the *3rd level*. That is, what a person wants — this is the first; the second — who he is (qualities, abilities, realization in society), his level.

If a person reaches a certain level of development, it does not guarantee that he will be happy. It gives an opportunity to get so much happiness at this level, and then the situation is like this — each level has its own problems.

For example, if a person does not have a large firm, neither the prosecutor's office will come to him, nor racketeers will come to him, he has smaller problems. If a person does not aspire to become an Olympic champion, whether he takes the first place or the second, this issue does not bother him much. And if he wants to become an Olympic champion, he may perceive second place as a defeat, although many people are afraid to even dream about it.

The relationship between level and state of happiness is simple. The opened level is the opportunity for happiness and pleasure that a person can get. And the feeling of happiness itself speaks about how much a person was able to realize these opportunities.

A person can be intelligent, even brilliant, but there are a mass of composers, artists, poets who suffered much more than they enjoyed. There are high abilities, but there are also a lot of unanswered questions on personal life, on faith, on attitude to oneself. If a person is stupid, it does not touch him at all, but if he has a heightened perception, the deeper he is deluded, the more painful he feels it all.

Each level has its own problems. And if a person has managed to cope with these problems, then at his level he has solved the necessary tasks. The state of happiness shows that he passes this level correctly. **Happiness is a reward for a person who has answered correctly to the questions that fate, Higher Powers put before him:** “You need to be here”. And a person has managed to realize all this.

There are many levels of happiness. The level itself (abilities, aspirations, goals) is an opportunity, and the state of happiness indicates whether you have managed to use this opportunity. A person can be happy at any level, no matter where he or she is. That is, the **state of happiness does not depend on what stage of development a person is on, it depends on whether he/she answers the questions of his/her stage of development correctly.** Therefore, one of the requirements for a person to be happy is to understand where he/she is, what values he/she needs to form inside himself/herself, what problems he/she needs to get

rid of. Understand your potential and strive to form these values.

If you (no matter whether spiritually or at the level of external goals) want something that exceeds your real possibilities for the near future, you will not achieve them — you will suffer or work hard, but you will not achieve them anyway. If you try to build something below your level (there is a proverb of the first level: “For happiness you need to raise a child, build a house, plant a tree”), you have done both, and something is missing. And it will not be enough if your Soul demands much more.

For happiness, one must understand where one is. What is lower — he will be bored, what is higher — he will be bored, but still it will not be realized.

Our goal is to form a picture for ourselves by levels of happiness, to see: here people suffer or rejoice for some reason (what are the reasons), to see your place where you are. And when a person has understood: “I am here”, it is necessary to realize the issues of one’s level.

If a person says goodbye to most of the problems (let’s say, according to our program — by the end of the 4th stage of training), then further the state of happiness does not leave him, it is constantly growing. Then only calmness and relaxation are needed to pass into the state of happiness, pleasure. This means

that you get power over your inner problems, by an effort of will you can turn them off. And when the state of calmness and relaxation becomes powerful, it is no longer possible to simply turn on the problem. On too big background of light energies small problems cannot be turned on. If the state is borderline, then any minor problem can switch a person off.

The first steps are calmness, deep relaxation. Next, a person should have a lot of energy, for this purpose the corresponding techniques are designed (basic state — Flow, fireball, cross). There is almost never a lot of energy. The more energy, the more opportunities for feelings, for abilities.

One must learn to ignite this energy — it is power. The basic state (to learn how to light fire) is what makes a person strong, brings him closer to God.

There are many components that keep a person in the flow of Light on the spiritual level: unquenchable fire, contentment. Whatever happens to you, you know: you are the Soul, God is with you, faith, love that gives joy in the heart. These are the things that constantly connect man with God and allow him to live in the streams of Light. Calmness and relaxation, practiced in meditation, we further learn to translate into life.

At a certain stage a person stops twitching, suffering,

experiencing depressive and hysterical states. He becomes radiant. Every person has many good things, many good things happen to him. For example, joy. There is joy that needs a reason, it holds as long as that reason is there — for example, to talk to a new person. And there is joy that is held by itself. The goal is for joy to be held by itself. So that no matter what is going on (you are walking through town with friends or on a deserted road alone) you can see — there is a radiant person walking along. You don't have to be smiling ear to ear, but you can see that radiance coming from you. You are not uptight, you have an easy smile in your eyes, you don't even have to say anything. Some people are tense all the time, they are held back by fears, their emotions don't turn off. Tension in the muscles — these are also subconsciously present emotions that are not turned off. They need to be turned off.

Chapter 2. The Path to Happiness

The right attitude

What is the right attitude? Finding happiness within yourself and in the world around you. Where does the search for happiness begin? First of all, it is necessary to determine what is the role of knowledge in its pure form for a person to get the state of happiness. In many sources (the classic is Patanjali's Yoga Sutra, other 150—160 books) the most commonly quoted is: "Ignorance, ignorance, misunderstanding are the source of all suffering."

Right knowledge is the source of all wealth, happiness, enjoyment. *Knowledge* — you know something, and *discernment* is the ability to apply that knowledge, to see in what situation what knowledge works. **Distinction is the ability to see: good or evil**

Knowledge is not a book on the shelf that you buy and put on the shelf, it does not work by itself.

What works is the knowledge that is embedded at the level of beliefs, at the level of a person's faith. "I know this is so, and I

have 10 reasons, arguments why it is right.” What will work is what a person has already put into practice, he has formed the confidence that it is right.

The first thing to understand and accept is that **knowledge is primary**. Why is it primary? They form everything that is in a person. They determine decisions, decisions are followed by actions, actions are followed by everything you get in this life. **Knowledge forms understanding, aspirations, goals, decisions in this or that situation.** What is written in a person’s consciousness predetermines his choice (about 80%), his decision. There is also intuition — he does not know yet, but he already feels that the right thing to do will be like this. If he is attuned to what his spiritual heart says, he follows it. If he is not attuned, he does not follow it.

You make decisions — you need to get rid of something, to invest in something. These decisions are shaped by your knowledge. The results you get depend most of all on what you know, what you believe. That’s why the Bible says, “To each according to his faith.” It goes like this: what a person believes, that’s what he gets in this life, provided his faith is right. In the end, the indicator of whether your knowledge is correct or not is the end result, the practice. Whether you are a shining person, walking through life easily, freely, joyfully, or walking with a low head and a running gaze.

It depends on your choices, on your knowledge. What you achieve in life (successful career or only problems) depends on what you believe in, what beliefs, values you realize.

Attunement is what is embedded in your mind and how it works. The first is perception. When we look at this world, we perceive it either as a unique opportunity (something to look at and rejoice in) or as a threat. Something happens and the person makes a decision for themselves (whether to suffer, good or bad) or the subconscious mind makes the decision for them. Either way, the decision is made.

If you have made the decision, “I want to gain power over myself,” you need to say the right words to yourself to do so. As in a firm, the manager either leads or watches him get ruined. If he is quick to make decisions, he is active: he is a provocateur — fire him, a good person — reward him justly. Similarly within yourself — are you commanding or acting as an outsider.

You need to be a commander within yourself. Your thoughts and efforts are directed to the realization of your decisions — whether to suffer or you have made a final decision: “I want to go to happiness”. You have made a responsible decision, and it means that everything that is against you must be removed: “I don’t want to leave room in my Soul for suffering,

claims, resentments and self-justifications”.

Suffering has arisen: “I am wrong”, go, breathe in and out, hands in namaste, stand, calm down and think why it happened to me, what I need to change to stop twitching. Someone’s words offended me — it means that I was not ready to hear nasty things, I should write it down in my consciousness: next time you can expect trouble from this person, especially when he is angry. And next time we behave differently.

The right attitude is formed by taking into account all details — in relation to yourself, to your Soul, to the world around you. Life is a unique opportunity. Thinking works, thoughts spin. Where you direct them, there they spin. If there are no clear goals, then they are running around like idlers. No boss, no assignments, where will the subordinates run to? Some to smoke, some to sunbathe, some to read magazines.

The right mindset: the world is an opportunity. “I want to set such and such goals and achieve them”. Goals, outcome, what I want to achieve. Understand where these opportunities are hiding; everything that leads to the goal — find, try, fits or not, what prevents them from being realized — remove, but do not miss opportunities. That which leads to the goal: “I must find, take”. And the next thing is: “How to do it right?” — non-violent techniques. Your state of happiness says that you are right here

and now. If there is no joy in your heart, if you are not enjoying what is happening, then something is wrong here.

For example, the firm: whether people work with joy, with enthusiasm, or at gunpoint. Of course, it is better than lying on a bench, but it is even better to create with joy and enthusiasm. And if you have such a state, you are approaching mastery, if not, you are far away from correct understanding.

If you tune your heart correctly — to live here and now, to enjoy what is happening, to thank God, to say good words to yourself and to people — the Soul begins to sing. Actually, to get these states, not much is needed — about a thousand correct answers to the most important questions for a human being. They are different in complexity. For example, self-esteem — it is not easy to build it to close all the key points in the consciousness. Thought structures are like little people — they bring joy or threat to your safety. And it is necessary to program each “little man”, to say “do this” so that they know how to do it and do it correctly. Otherwise, they will act in a habitual way.

Example. A child is beaten, punished, he thinks: “When he grows up, I will not touch my child with my finger”. And then what happens: when he grows up and the same conflict situation arises, he does what he knows and knows how to do. And if there is no other recipe but to yell or beat, there is nowhere to go.

They tried a word and it doesn't work, the person is not trained in another way. He is forced to do what he knows, and he does it, but it still doesn't work.

Finding happiness in yourself

Happiness is worth every effort to achieve it. It doesn't lie on the road, you have to achieve it by your own labor. This bad thing is looking for a place to stick.

There are two sources of happiness — in the outside world and within the individual. The first is that which concerns you personally. **A human being is an immortal Soul,** indestructible, indestructible, light and pure in its nature. In the Soul of every human being there is a huge potential. **What one can do, everyone can do, it is inherent in every human being.**

Someone has risen higher on the Path of his Development (the Soul lives longer), someone has only recently started his Path, so as a child he can hardly stand on his feet and does a lot of foolish things in life. A human being is not a body that will die in so many years (otherwise there is no reason to try at all, you need to grab more here and now, and after us there will be a flood).

A human being is, first of all, a Soul, and there is a huge potential in it. Many people do not do anything in their life

because they do not believe that they are capable of it. Everyone has these abilities. Only the ways to achieve them and the obstacles are different, the time is different. But everyone has tremendous potential. And all the abilities you have heard about, you have them, only someone reveals them earlier, and someone later.

But if a person does not believe in it and does not follow this path, he has no chance. It is his choice and his decision. The first decision to make is, “I want to learn to believe in this so that it fills my heart with joy”.

Attitude towards the other person. If you look at him as a body, then what can be done with that body — the answer is natural. If, however, it is a Soul, then what can be beautiful with that Soul? A huge number of possibilities — the Soul believes in something, strives for something.

Most people use their enormous potential to a few percent, nothing more: they do not follow their physical development and psycho-emotional state, they do not seriously work on their goals, they go with the flow, just like their parents. In order to change this situation, you need to set a goal — to change your life, to understand everything that is inherent in you, and to reveal it all: “I want to believe in this. I want to make it come true”.

The inner world is half of all the sources of joy, happiness, pleasure, and power that exist for man at all. The Path of Development and getting happiness are approximately the same thing. If you follow the Path of Development correctly, you get the state of happiness. In fact, it is an indicator of correct decision-making, and if your heart creaks (wrong decision!), but you have made it for some reason, it means that you believe in the wrong thing or there are unopened questions.

You have a choice — you want to be happy or you don't want to be happy. Are you ready to decide, “I want my inner world to become perfect, strong, happy. This is my duty.” There is a Soul that feels something, suffers something, enjoys something. What do you want and can do for your Soul? This is your duty, your responsibility before yourself, before your destiny, before God.

You have received a body, you have been given an opportunity to be born in this life, you have been given a Soul, which is created element by element for 50 thousand years in the Subtle World. You have been given chakras, in which the memory of all lives is stored.

Billions of years — frame by frame they are stored in your vishudha, all the sounds you have heard — in your anahata (you can enter the chakra and listen, look), everything you have tasted

on your tongue — in your muladhara, etc. So the task is to take responsibility: “I will overcome everything, I can do everything. It is worth any effort. I want to.”

For the state and feeling of happiness to be powerful and invulnerable, you need to build your inner world, to bring it to the ideal. Even if some evil or stupid person says something that can hurt you, shake your faith — you are invulnerable. When you have proper strength — you laugh if a person tries to hurt you. He thinks he is so strong and smart, and you do not even have an inner predisposition to take offense, to tremble with fear.

To make your inner world invulnerable (“I am building my temple, and it must be protected”, “Any revolution is worth something if it knows how to defend itself”), build yourself up inside — faith, love, etc.). This should be independent of the outside world.

What can give a person inside himself this feeling of strength and happiness? The first is everything you think about yourself, your attitude to yourself, whether you love yourself or not, whether you respect yourself or not, what you want in this life, what you think you are worthy of.

If a person thinks he is a loser, then all gates are closed for him (even if someone comes to him, chews him up and puts

it in his mouth, he will spit it out because he doesn't believe it is possible). If a person is self-confident, he breaks away from people, remains alone and falls very quickly, no matter what peak he climbed to. The attitude towards oneself should be a huge faith ("I will overcome everything, I can do anything") and a realistic view of everything: to know clearly one's strength, weaknesses, what results are possible and necessary for one's own system to be completed.

The first attitude is what is in a person: respect, dignity, love, all that is good. The second is self-management, which is the ability to use what one has. It happens that a person is beautiful, but does not know how to manage himself, keep calm, etc. The third is the elimination of all suffering or purification of one's consciousness.

Searching for happiness outwardly

The main thing is knowledge, beliefs, what a person believes in. Everything that people believe in can be categorized: this makes a person rejoice, this makes a person suffer, and then there are details, various logical errors. It is necessary to learn to feel it, to create vivid images in pictures.

Life is a unique opportunity for development, self-realization, for a mass of everything interesting that is for a human being. But

here we need to understand why it is possible. For many people there is no way out. For them, life is a cage, and they have a lot of reasons that explain why they are “in a cage”.

Why do people suffer? They think that the world is bad, unfair, imperfect. In some ways we can agree — it is not perfect yet, but the world is developing anyway, and only 100 years ago there was no electricity, there was not much of what you see now. And a few thousand years ago there were no clothes, we slept in caves. The world develops and lives according to its own laws.

When a person approaches the world with his ruler: “I want chickens to roast and money to grow on trees,” it does not grow. For a person to enjoy this life, to achieve something, he must stop approaching everything with his ruler.

One should set a goal — to understand how everything in this world happens (whether he likes it or not), and in this case the world can become a unique opportunity.

To achieve happiness, the task of each person is to understand this world, its laws, and to take his place in the world for each of the basic purposes.

The world around us is half of all sources of joy, pleasure, happiness. The world does good things for a person, it can give a

person something if a person is ready, looks for it, appreciates it, invests effort, if he is determined not to miss the right moment. In that case, he has the opportunity to receive the prize. When a person is ready, he gets it; when he is not ready, he does not get it.

This world never gives man more than he deserves. A man can get less, because resources are limited, but he cannot get more. He has already received quite a lot — he got the right to be born, he has a body, he has Patrons, etc. Huge abilities are inherent in him, and it depends on the person whether he will use them or not.

The first is attitude. You can look at this world and shudder, or you can love it, and thank God every day for life, for the opportunity to communicate with people who are close to you, for the fact that the new day has taught you so many lessons.

If you learn from life, there are millions of opportunities to thank God, and such gratitude is not a lot. Or you can swear from morning till night that everything is not satisfactory. **You have to love this world with all your heart — God created it.**

There are Forces of the Subtle World — they are responsible for something, and if you do not respect something in this world, it is a public insult in the Subtle World of the corresponding Forces. They will not insult you, they will just put a stamp on

you and you will be hurt. If you respect everything that is in the world, do not scold it — you are right.

What cannot be cured must be endured. In order to cure our country, it is necessary for society to change — people must change, the worldview, the spiritual must take precedence over the material. Representatives of the forces of Light must learn to negotiate, to find a common language, the basis for unification — common values, ideas. Until the light Forces unite, the society will be like this. If you want to contribute to the development of society, you should first try to build some model, a cell in your collective, to establish relationships, to remove tension, to achieve harmony, unity, respect. Love towards yourself personally — it is important to feel good inside. It is important for society to have organizations where a person feels like a human being, where he or she is loved and respected, and has the same sincere desire.

The second is right behavior and right effort. Life is an opportunity, so you have to take advantage of it, you have to do something. And you have to do it right. Doing it right means you get prizes (everything you need to achieve your goals), doing it wrong means you don't. It is much more difficult to manage your own destiny than a firm. It's something you have to learn. One of the challenges of life is to increase your status, to learn how to manage the process (to evaluate people, to unite).

The third direction is solving problems and freeing the person from everything that limits him in this life.

Chapter 3. Attitude

Self-belief

To be happy, besides knowledge, you need to be able to do a lot of things. The point is simple. Most people speak in the same way, they have a familiar emotional state: disbelief, stuckness, someone is happier or sadder, slower or faster. There are so many states. And you have to look for the most different states for yourself.

One of the components is to be able to speak properly. What does it mean to speak properly? There must be evaluation criteria, some way of giving feedback. What will mean that you are doing it right? The indicator will be different feelings. You need to speak correctly to get the strongest states (to feel joy and happiness), so that the words correspond to the attitude they deserve. In what will the attitude be manifested? In the emotions, in the intonations, in the energy that is born within you. Consciousness is a multitude of chakras, each chakra is responsible for its own issues. And each word corresponds to one or more chakras. If you pronounce something correctly, it means that energy is born in that chakra.

We begin to explore the inner sources, and the first is the attitude toward ourselves. The attitude towards oneself is initially manifested in thoughts — what you think about yourself (“I am a jackal” or “I am an immortal, indestructible Soul”). Based on what you believe, what you think about, what words you utter, words, being filled with energy, turn into emotions (automatic reactions) or into efforts of will, when you consciously put efforts to fill words with effective meaning (“I make fire”, “I say goodbye to suffering”).

You say what you want to say, and that sets off the mechanisms within you. If you believe in something, it lives in your subconsciousness and consciousness and works constantly. For example, fear — a person is afraid of a dog, and in the subconsciousness there is tension and fear. The more fears a person has accumulated, the more tense he is. He gets scared, looks around, trembles.

What is an attitude? There is a controlling part of your consciousness, it makes certain decisions, determines where you are going to go, what you are building inside yourself, what you are eliminating. Your controlling part evaluates, makes decisions and as a result triggers energies, affecting all other parts of your consciousness (chakras, subtle bodies, physical body). Depending on what you are tuning yourself to (even if nothing is happening, you are not thinking about anything, but you already

have certain thoughts in your mind), your Soul will sing or suffer deeply.

Principle of Action. If you believe in good, and your consciousness directs good and light energies to yourself, your Soul awakens and sings. It awakens its inner forces, dormant abilities, qualities. If you direct bad, dark thoughts, dark energy at yourself (“nothing will come out of me, life is unfair, there is no way out”, “everyone is bad, but I am good, white and fluffy”), then your Soul suffers.

You need to define your attitude to yourself. What it consists of, what is most important, what you need to search for and cultivate in yourself in order to make a decision: “I want to believe in this, I want to realize it. And for the future — to absorb everything that corresponds to this. Determine the light — what we are looking for, and the dark — what we need to get rid of.

Three categories can be distinguished with respect to self-belief. *The first is self-belief.* Its main purpose is whether you have the right to happiness. Belief in yourself contains many points, and in the end the conclusion is whether you have the right to happiness (if you have the philosophical and theoretical basis for it), or whether you are destined to be unhappy (like Dad and Mom or the slaves of South Africa).

If you have the right to happiness, your future is fine, if not, it gets worse and worse every day. In childhood it was good, mom took care of everything, but the older a person gets, the more problems appear. How does a person feel about it? Belief in oneself determines the connection with the future.

A person's self-esteem is important, but it is a consequence. If you don't believe you are worthy of good things for various reasons, your self-esteem will be low anyway. **Belief in yourself determines whether you can change something in yourself and your life, whether you can come to any goal.**

Belief in yourself defines your potential and future — the good you have, the good you can build on, the good you can unlock. Faith assumes that the future is better than what you have now (otherwise, why would you have faith?).

A Christian believes that if he lives rightly, he will go to heaven. A person following the esoteric Path of Development realizes: "My destiny is in my hands". "If I do everything right in this life, here and now, then every next year will take me higher, I will go upwards. And if I make it in time, I will have the opportunity to choose my next destiny while still in this life".

By accomplishing some karmic tasks, one can get the right to communicate with the gods, to get the next destiny in this

life. Some yogis know (after they die) where and when, in which country they will be born. The potential is within you.

What gives faith? If a person believes that he can, it is the power to go forward, to overcome obstacles, to achieve goals — fire in the heart, the eyes shine.

A person without faith — eyes dimmed, faith he has lost. If a person does not believe, he will not even take a step, or he will, but only to break down at the first obstacle and say: “I knew I would never succeed”. He acts depending on how his thought structures, his behavior, his subconscious mechanisms are arranged to confirm: “You were right, it won’t work out”. Believing in the good means seeking it, and everything that is against it is removed. **Believing in yourself makes it possible to go to your goals, awakening maximum energy**

The second is methods. For example, a company works: the boss can yell at people, but can appreciate, respect, motivate, and bring out all the good things. These are the methods of management. In the inner world, the basis for management is attitude, belief. These are the basis for setting goals that are available to you — whether you can achieve power, happiness, perfection, whether you can catch the firebird or not.

Attitude is how you go about your life, whether you love

yourself, whether you respect yourself. Methods — how you treat yourself: whether you allow swearing in your address, what you call yourself, whether you take care of yourself, whether you are attentive to your Soul. And the rest is the result.

There is faith, a goal (what I can achieve), a method (how I go to that goal), and a sense of self (what to look for, what to build, what to cultivate in myself to make happiness grow).

If there is no faith, everything else falls apart. If there is faith, but the method of achieving the goal is violence, high and bright states will remain an illusion. If faith and goal are light, and the attitude is positive, corresponding to light methods, then opportunities and results will follow. If the first or the second is removed, the rest is unattainable. These three components are necessary, they are all logically interconnected.

The third is your Soul. If you do not believe in yourself, if you think that there is nothing good in you, if you stigmatize yourself as a loser, a bad person, what happens to your Soul? It curls up into a tube. You beat it with your thoughts, emotions, you throw away the opportunities that every person has. And it hurts. She cannot help you, she will suffer. When you say, “I believe I have this”, you have potential. Imagine a green bud, you turn a ray of light to it, “I need you, I believe in you, wake up”, and it wakes up. And if you say, “I don’t believe that I have abilities, feelings,

strength”, you are putting a black, fat cross on yourself.

The task is to form a huge faith in yourself: “I will overcome everything, I will be able to do everything. I will reach the goal. I am an immortal Soul”. To have faith like a flame in your heart. To make it invulnerable, you need answers to a lot of questions — how to protect your faith. Can you become smarter, happier or not? If there is no faith, it is impossible to achieve the goal.

What do you want to believe in? Whether you are a body to be eaten by worms, whether you are an immortal, indestructible, joyful, light in nature Soul, you are a son or daughter of God. Or have you not yet decided what you want to believe? Do you want to believe that you are just an ordinary human being or you are an immortal Soul? Belief in your Divine nature implies that you are capable of, and by and large, must reveal your full potential to yourself.

Changes within yourself and changes in your life are possible. He who walks the road will walk the road. To get something, a person must believe in it. When he believes, he does not consider everything that is against it, he does not waste time on foolishness, on going back many times, doubting, digesting these thoughts. He has made up his mind and he goes. And the faster he goes, the more interesting things happen in his life. While he doubts — he stands. The task is to form such ideas

that allow us to make decisions quickly, so that life is rich and interesting.

Reflection assignment:

Imagine that you are alone in the temple. God sees and hears everything. You have realized that you have a Soul and that it is incredibly valuable to you. You turn to it, tell it why you need it and what you want to get rid of so that your Soul sings. Do you have enough words for 1 minute, or do you run out of words after 10 seconds? The challenge is to learn to say what you feel, trusting your heart so that feelings give you thoughts.

Writing Assignment:

Topic 1: Did you realize, happiness is what?

Topic 2: You realized that you were chasing ghosts instead of going to happiness. Remorse.

Training (for 2 roles):

1. One man suffers, says he is missing, why he is missing. You are playing a role — the Savior of Souls. Every person sometimes finds himself in a situation when he feels that he is losing something important, considers himself unhappy. There is always a way out. What can you tell him? For example, not to

jump from the fifth floor?

2. One is the aggressor, attacking (“there is no happiness”). You — make arguments to defend what you believe in and value. For example: “Either you respect my spiritual values or you and I are saying goodbye.”

Chapter 4. Managing Yourself

Self-control

On the one hand, happiness is simple. If a person has a lot of good things inside (love, faith, lofty aspirations), it all lives and intensifies, and problems do not interfere, then he gets a state of joy (if the source is not very strong) or happiness (if these sources are large). And the task is to identify those sources that give a person happiness and joy and to understand what, how and why we do it.

Half of the sources are internal, half are external. The internal ones we have considered are the attitude to oneself, whether a person believes in himself, what he thinks about himself (he is an immortal Soul or a mistake of nature). **Thoughts determine how a man feels.** They either depress him or, on the contrary, reveal him, ignite him. These thoughts can be categorized: belief in yourself, attitude towards yourself and attitude towards what you are building.

The first thing is whether a person has fire in his heart (good or bad attitude towards himself). Even when nothing happens, if a person believes that he is unworthy, has a bad attitude towards

himself, he sends dark thoughts, dark energies, destroys himself.

If he believes that he is an immortal Soul, that God has put a huge potential in him, his task is to reveal this potential: “Everything that I do not have time for in this life, I will continue in the next one”.

Then the Soul of a person begins to open up, to revive, because it was told: “I need everything that you have in you. I believe in you. I want to reveal you.” And when you say, “I’m not worthy of anything. Nothing will come out of me,” she begins to curl up and the further she goes, the more she suffers.

Attitude is that good thing which gives the moral right to move forward, toward a beautiful goal, if one believes, “I am an immortal Soul. I can improve myself.” Methods — with love or by using violence. Love, respect, joy — give a person a positive attitude, a good perspective.

What follows is governance. The state in which a person lives should be determined by his choice, his will. If this is not the case, then a person’s state is determined by a mass of accidents (if you look at him obliquely, he gets angry; if you give him a compliment, he blossoms).

If a person does not set the goal of learning to manage himself,

he gives the reins of power (what will happen in his inner world) to the outside world, to people who in many cases do not care about him, or to those who want to do something bad to him, to use him in any way.

Taking care of your inner world is your personal task, not the people around you. No one will spend many hours a week trying to do something with your Soul. This is the task of the person himself.

A person can only set a goal himself — to come to perfection, to purify his consciousness, to reveal everything that is in him, to get rid of all problems, to manifest all the best. Nobody is able to solve this task for him. He will not want and will not be able to solve it, because everything depends on the person himself, on his will. The control is inside him. The first thing is whether the fire is lit inside or not. The second is how we build ourselves, what logical steps we go through.

What is self-management? Every person has something good and something bad inside: there are spiritual values (faith, love, respect to some extent), there are also shortcomings (resentments, weaknesses, disappointments), there are some sources of energy, very different. Self-management implies that you set a goal: “I want this state,” and you know how to turn on everything you need.

You awaken to life such qualities in the spiritual plane, in the energetic plane — such sources of energy. Self-management is the subjugation of your inner world, the ability to influence your inner world in such a way that everything happens there exactly as you need it to happen, not as it happens by itself.

In order to be able to control yourself, there are many conditions, and the first one is that you need to know what you have inside. If you don't know what you have inside (it seems to be there, but it doesn't work), it is the same as a car standing in the garage, and you don't know that you can drive it, so it just stands there, rusting.

You need to know, perceive, feel what you have (if chakra — where this chakra is located). You need to learn how to turn on and off all these sources both spiritually and energetically. And eventually, to put them into a certain mode, to customize them: how much of this quality you need, how much of that quality you need, everything that you don't need — to turn off, everything that you need — to awaken to life.

There are many methods, and step by step we will familiarize ourselves with them.

In general, three big basic stages a person goes through in

his development to arrive at the strongest states of strength, happiness, and pleasure. They may overlap a little, but in general the logic looks like this.

Step 1: Self-mastery. Its essence is that everything that brings a person suffering, at this stage he learns to turn off (negative emotions, bad desires, unnecessary tension, clamping) everything that complexes a person, knocks him out of the state, brings suffering and pain. Ideally, to the point of invulnerability.

It does not matter what happens to you, even if you are told hurtful words (this is a completely different topic — how to respond). It is necessary for a person to keep peace, self-control, to subdue his inner problems. This creates opportunities for all the good things inside to grow. If a person has done something good, for example, planted a tree, and does not know how to keep it — it is trampled. Until a person learns self-control, it is very hard for him to nurture the light, pleasant things inside him. Step 1 is self-control, problems are turned off.

Step 2: Forming the basis, the strength to be able to go to any goal. Strength is needed so that by uncovering in yourself priceless treasures, they can be preserved. For example, money. If a person is weak and he gets a lot of money, he is hunted, but he is weak and loses it, jeopardizing his life among other things. Before one can get maximum opportunities (happiness,

pleasure), one must gain strength. First of all, to turn off problems — self-control, then to get the initial strength, to gather oneself in pieces — to become whole, strong (whether it is a Warrior of Light, or another state, universal enough, whole).

The next step is already a variety, a multitude of different highest states and roles in this life.

Self-mastery is the first step to gaining power over yourself, the ability to remove anything that doesn't suit you by an effort of your will.

The point is this. You realize what you want, you put your will: “I am calm, relaxed. I am invulnerable,” or “Fear goes away. I burn fear,” etc. When a situation happens, a person doesn't let their problems tell them what to do. Doesn't allow them to feel impunity. A man does not wait for problems to enjoy a feast, fray his nerves, and go to rest. If he has self-control, he does not allow them to feel at ease within him.

One of the general rules: **when a person is attentive to himself, he fixes the problem at an early stage, while it is small.** Only the knees begin to tremble — stop, it is fear — remove it; only when resentment begins to wake up — it is resentment, remove it. Irritation, anger, everything that does not suit a person, he turns it off by efforts of will. The main thing in

terms of self-management is to be able to stop oneself. You want to shout — keep silent, you want to be offended — hold back, you want to turn around and leave — stay where you are. Or vice versa: if you want to say everything you think — turn around and walk away. **A person subdues his inner world when he changes something in himself, when he shows his will.**

How does self-control manifest itself outwardly? A person does not fuss, he does not have goggle eyes, haste, irritation, anger, he is calm, relaxed. It is not necessary that immediately inside him there was a sea of joy and happiness (this is a separate topic), but at least he managed to turn off the dark part of his self.

What does a person get in the end? Who does not know how to stop in time, gets into a state of stress, destroys himself. Half of the causes of diseases on the physical level are fears and stress. A person destroys himself, loses a lot of energy.

You can track yourself: when you get into a situation in which you are very nervous, how long does it take you to start feeling good? Some people take five minutes, some people take two days, some people take two weeks. It all depends on who you fought with, what it was about, and what kind of character you have in general. Some people switch quickly, for others it is painful and long. Therefore, the *first* thing that **self-control** gives you is **that you stop flying into stressful states, stop losing**

energy.

Second. When a person ceases to control his emotions, it means that emotions take over here and now. There is an expression: “Offended people should be feared”, they cannot be trusted. They have a grudge, and their only program is to punish the offender. The person ceases to be adequate. When a person is afraid, offended or angry, it is impossible to talk to him.

A person can only think with his head if he is calm. When a person is agitated, he thinks not with his head, but with that chakra, where this offense sits. As a rule, it is muladhara or svadhisthana — most of the problems are concentrated there. So the second thing that gives **self-control is the ability to think with the head**, not with what is below the belt. To think with your head, to find solutions, to act effectively.

The third thing that **self-mastery provides is the opportunity for all the good within you to be able to persist and grow**. This is either energy or some spiritual values. Suppose you start to build something good in your family, but you can't go through conflicts painlessly, you are always breaking down into one or another bad emotion. Built — destroyed, built — destroyed. In order to be able to build further, a person must learn not to destroy. Silence is gold, and in this case, it directly relates to self-control. Every word spoken in a fever is usually a

word that will be regretted.

The first step is self-control. The goal, ideally, is to get to the point where you are completely invulnerable. There is an expression: “In a soul free from passions and emotions, not even a tiger can find a place to sink its claws in. When a person is calm, he is invulnerable. The task is to achieve such invulnerability, when there is no longer a force in this world that can psychologically harm you. If a person is wrong, you need to punish, take revenge, you think with your head and stop being guided by emotions.

At the initial stages of development, a person is just learning — he has no goals yet, no volitional control, no calculation. But he has to move somehow. At the emotional level, the initial reactions are laid down, because he has to talk to his fellow man somehow. This state persists until a person takes control of his inner world into his own hands. For the majority of people this moment never comes at all, they remain weak and stupid. When a person becomes on the Path of Development, sooner or later he takes power over his emotions into his own hands.

Example. There is such a bas-relief “The Descent of the Ganges River to the Earth”. In fact, the stages of development are shown. In the beginning, at the very bottom, there are animals. Then a man without a head, so he doesn’t really think yet. He

starts to think when he has goals, when he has an understanding of who I am and what I want in this life, until this is not there — it is enough for him to use two lower chakras (to move his hands, to chew, to sleep, to say something in response).

The head begins to be connected when a person starts to calculate his steps: “I have a goal, and what I am doing is leading me to the goal or not”. The next person is the head under the arm — he is already starting to think. Next the head appears on the shoulders — the man is thinking, cognizing himself. Then he enters the Subtle World, where he is met by various beings — a spiritual man, cognition of the laws of this world.

Chapter 5. Elimination of Suffering

The right question is half the answer. Everyone has tension in their subconscious mind, anything at all. When you can articulate what you feel, it means that you have half solved the problem. And if it accumulates there, if a person is not in the habit of looking inside himself and asking why I am worried, what I lack — problems accumulate. A person does not ask himself these questions, and sooner or later he is carried away in an unknown direction.

Happiness is one of the most valuable prizes a person can get in life. And valuable prizes do not lie on the road, only mud sticks to itself. The more valuable the prize, the more a person has to try.

Some people are intimidated by problems: “There are enough of them already, we don’t need to dig any deeper. Most people have problems in many aspects of life, and in order to have a happy future, their attitude to the problem must change radically. How do people react to problems in the initial stages? “Crikey, nightmare, disaster!”

One of the next steps is: “Yes, problems are part of life, they need to be dealt with as soon as they get in my way.” This is the

attitude towards problems that is needed. The person becomes a hunter, “Where’s another problem I haven’t fished out? Where’s another problem I haven’t learned how to solve?”

In the end, it is necessary to form such an attitude to the problem, when a person has a fighting passion. Like, for example, a special forces fighter chasing bandits — a person enjoys doing something where he can show his strength, feel the shoulder of a friend. And not for fun, but in the most serious way. The most desirable option when a person feels himself a wizard. The wizard sees — there is such and such a problem, he touches the magic wand, and the problem turns into candy. To turn fear into fearlessness — isn’t that magic? Magic. Or, if a person who felt himself through life a slave, humiliated and insulted — felt inner dignity. Isn’t that magic? Magic. And the task is to form such an attitude. You have to learn to rejoice in problems.

So, problems are not scary, they are part of life. Because we address them, they won’t get any bigger. But when you start working with them professionally, they become smaller and smaller every day. There are some problems that are mature, you may have to weed them out for several months, and there are some that snap right off. It depends on your skill.

Happiness is a great prize. To get it, you have to master all the arts, all the techniques. *One of the directions is the inner sources*

of joy.

The principle is as follows: if a person is organized correctly inside, he feels comfortable enough in any situation (for example, even a slave in ancient Rome bore all sufferings with dignity). And if a person is organized incorrectly, then even though he has everything in this life (work, family, friends, opportunity to go somewhere to rest), but he suffers deeply, because he has lost the meaning of life, lost the opportunity to rejoice in the manifestations of this life.

The next direction is that there should be no cause for suffering. What is the ratio? Why is it always easier to learn than to retrain? A person's consciousness is pure. He is told something, and he accepts it, he is happy, he does it, he succeeds — good.

If this place is occupied (let's imagine that human consciousness is chakras, and each chakra has cells), where can specific information go? This or that question comes in, and the place is occupied, there is already a problem there. It will not work just to shed light, first you have to neutralize the mine, neutralize the problem, only then something good can sprout on this place. That is, one is the formation of merits, the other is the purification of one's own consciousness.

The total sources of suffering are two main directions (internal

and external). What is the difference between them? First we are interested in the person inside — whether or not he or she is twitching (what he or she will say and do, we will consider this further). Internal sources do not depend on specific situations, you are alone with yourself, and yet you can feel great or very bad. What does your state of mind depend on? Nothing happens, but you feel very good or very bad.

Internal sources determine your dominant state — good or bad. This is also the answer to the question: “What do you live for?” If there is no purpose in life — it is very bad, if there is — a person is delighted with life, the Way of Development, cognition of oneself, God. He is interested in life, not a single minute is wasted. For example, the inner screen is working, we close our eyes in the subway: we watch cartoons, ask questions, get answers. A person always finds something to do. Internal sources do not depend on the situation, they determine the dominant state.

External sources depend on the situation, what is happening here and now. A hurtful word is said — you are hurt, an umbrella is lost — a nightmare. “God must have punished me” or something else, different thoughts arise. It depends on the situation and how quickly the state shifts to the other side. In the end, **what happens to a person and how he feels is the result of what he believes.**

A person believes in something, gives himself answers to what to live for, how to behave, then he acts on the basis of it and gets the corresponding fruits. The root cause is what a person believes in — his knowledge and beliefs. And the solution of life tasks, **elimination of problems is the Way of Development.**

On the one hand, development is the formation of virtues, i.e. a person learns to find a way out in this or that situation, to make decisions (to look with a sad look with a twisted face or better when there is light on the face and a light smile), to make a choice. When a person has learned one, second, third thing, he prevents his future problems, and he does it correctly.

On the other hand, *development is a cleansing when there are already accumulated problems.* Problems typically accumulate over many lifetimes, and development takes time. The illusion that one sacred mantra will save you will remain an illusion. However, over a period of years, it is entirely possible to eliminate many problems and achieve a state of peace, joy, and happiness.

According to internal sources: one is what arises here and now (this or that negativity, thoughts, desires, emotions, any reactions), the second is the consequences of the past, karmic influences. Something was long ago forgotten, but Karma left

its trace, and therefore the unclosed issue is constantly present, reminds of itself, presses and hurts.

On negativity: there is pure negativity — desire for evil, anger, hatred; and not pure negativity — stupidity, inadequacy, wanted the best, but it turned out as always (“the road to hell is paved with good intentions”). The most different variants. It is necessary to understand what negative components are present in a particular case and how they affect a person.

First of all, these are thoughts, desires and emotions. Dark thoughts come to mind: “I have no reason to live”, “I will not succeed”, “I am not worthy”. Bad thoughts? Bad. What do these thoughts do? They provoke negative emotions — guilt, worry, suffering. If negative emotions are born, the logical extension is to switch the whole state in that direction (dark and suffering). Then comes longing. It has come, we have longed together. Sadness and longing visited and left, and you grabbed on to it, suffered, gave your energy.

The method of eliminating thoughts that lead to suffering is to think the opposite. Realized that you do not love yourself, a goal should be set — “I want to learn to love myself.” “Where on my bookshelf is a tome about loving yourself, your Soul?” Take it, read it, calm down. Instead of suffering — to think about the opposite.

One way to deal with problems is to form a habit: when you detect a dark thought, start thinking the opposite. In this way, you form a positive state of mind. By maintaining dark thoughts, you get bogged down.

They can trigger other negative thoughts, themselves triggered by the emotions and desires that are roaming around inside you.

When a person learns to guide himself, to keep the state of peace, he turns off dark sources, and it is very difficult for dark thoughts to be born in this state, in the stream of Light. As long as the state is gray — dark thoughts shoot out, it is impossible to escape from them. When the state is light, powerful, dark thoughts need an armor-piercing shell to knock a person out of this state.

Wishes. There are different kinds of desires — good and terrible. Bad desires can drive a person up to the state of madness, and one should be able to say goodbye to such desires. They are also based on what a person believes in. To eliminate them, you need to learn to pull out of your subconscious programs: “Why do I want this?” And to change these programs.

Negative emotions are destructive in any case. Anger and hatred are bound to manifest themselves on the physical level

towards another person, and for the person himself it is suffering, pain, destruction. Any negative emotions are destructive.

Positive emotions are wealth. The more there is that a person appreciates and is able to respond in a variety of ways to the manifestations in this life, the richer he is, the more positive emotions he has.

On a keyboard, can you see only two keys, black and white (good and bad), or are there very many keys? The more keys, the more sounds a person's Soul makes.

Karmic influences are punishments. Once long ago a person did something, and until now this thread is still running. It is important to understand why.

Punishments have different reasons, half of them are for what a person has done, the other half is connected with what happens inside a person (his wrong decisions, prejudices, emotions, even not manifested outwardly). Half of all trouble has to do with what a person believes, the other half has to do with what a person directs at the outside world (his words, actions).

Of course, if a person destroyed churches — he needs to build them in the next life or at least do something adequate. Otherwise, there will be no happiness. These strings are pulled

after a person in many different ways. Their positive orientation is very simple. If we assume that a person commits a crime and gets nothing for it, it is a wrong world.

What role do karmic punishments play? They spoil something for a person. They give feelings of pain, anxiety, dissatisfaction, etc., remind him — look, you have something to work on. And when a person pays attention to it and starts to work on it, he gets a prize.

The meaning of karmic punishments is that when a person goes through them, he begins to take seriously the Spiritual Laws and his Soul, he begins to feel these troubles and, solving the problem, he gets a prize. Punishments can be very diverse: from deprivation of abilities, feelings, feeling of pain, discomfort, up to the curse of the family (at the proper level of skill such an impact is removed in a few hours). A person can be saved by understanding how and what is happening.

Is there any good in suffering? Christianity has a special attitude toward suffering. What is its meaning? One of the reasons is that if a person has gone through something, knows the suffering and pain, then he will understand what others experience when he commits similar actions towards them. Therefore, suffering, as a person's experience, allows him to understand other people and not to commit evil towards them.

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