

[How to Learn Life's Lessons and Become Life's Favorite](#)

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Introduction

What is this book about? It tells us that we all live in a world of abundance. In our world, there is plenty of food, money, housing, cars, men and women, children, health, love, fame, places for rest and recreation, and more. God created everything in plentitude.

Then why is it that some people have some things in excess, while others in deficiency? Although, if you have a lot of something—for example, money—at the same time, you may not have enough of love or health.

Conversely, if you have lots of love and are healthy, you may be in desperate need of money, etc. Only few people in the

world have really everything that they need or want.

We call them lucky, and sometimes we even believe that such people have not fully deserved their success and happiness and that all their success is just a fluke in the eyes of God. These lucky individuals sometimes think so, too, and they do not give much thought that they created their joy and good fortune themselves.

Can any of us become one of the happy people? Yes, if we behave in the same way as successful people.

Everything Depends Only on You!

We will not discover anything new by saying that, in order to achieve success, you should behave as successful people do. This idea is described in detail in numerous books. I will not repeat it again because the authors of those recommendations described *the external behavior of successful people*—the way they work, plan their activities, speak, etc.

To some extent, these recommendations are effective, but *only insofar as the inner world of a reader conforms to the inner world and beliefs in the system of a successful person*. As you understand, there may be a significant discrepancy between these worlds. You may endlessly pursue goals, plan achievements, or work eighteen hours a day. Yet, if deep inside, you consider your boss a fool who takes the wrong place, then you will achieve negative results, i.e., you may be demoted to a lower position or even fired. On the one hand, it seems that you did all a successful person would do; on the other hand, why is there such a failure?

The reason is that, besides the aspects of external behavior, *there exist several other very important rules that we should observe when interacting with people*. These rules are quite simple. If we break them (millions of people do it all the time), life will give us a lesson. Such lessons are not as minor as getting a bad grade for not doing our homework in

school. If we do not understand these lessons, Life will block much of our efforts toward achieving our goals. No matter how energetic you are and how hard you try to achieve your goals, you will not accomplish the desired results. You will not become one of Life's favorites, as you will fall far behind, becoming a failure.

On the other hand, if you understand Life's simple lessons and do not violate a few important requirements, you will become a Life's favorite child. As you can imagine, it is very pleasant to be loved by Life. Most of your goals will be achieved without much effort. You will live in inner harmony and joy. You will not be afraid of the future anymore because Life would not harm its favorites.

This might sound like a miracle to you, but it is a reality, and it can always be with you. It only depends on you whether you can easily become one of the most fortunate people.

Someone in the invisible world helps people to observe those easy rules of living in our world. We call this invisible and protecting guardian God, Angels, Heavenly Powers—you name it. Our method is not religious, so we will simply use the notion of "Life," which you can attach to any notion that corresponds to your beliefs.

Some Information about the Author

Readers are usually curious about the author of the book they read, so I will tell you a little about myself. I was born in Russia in an ordinary family. I graduated from high school, got some work experience, and earned two university degrees.

I did not experience any significant failures or great accomplishments in my life, like the ones you may read about in some books. For example, I did not get my body lethally sick, only to recover later after an immense effort.

I have never been to jail or gone bankrupt, I have never been

on the verge of suicide, and the authorities have never been after me. I certainly had problems at work— conflicts with authority figures, which sometimes led to me being fired. I had serious difficulties with my family life that eventually led to divorce. Now I am married again and married happily. So, my life goes on, the way it does for many other people.

The only thing that distinguished me from others was my tremendous curiosity. I always tried to understand why everything happens as it does. Why do people face so many problems, why are they always separated by religious, ideological or some other struggle? Finally their lives are often full with suffering and dissatisfaction instead of joy and harmony. Is it actually the right state of things?

Not finding an answer in the books I appealed to the mysticism and ancient esoteric practices. At that time the communism ideology crashed down in our country and we got the opportunity to travel all over the world. I started spending time in India and Nepal, trying to find answers in the old practices. Answers appeared as an insight into the understanding of inner mechanisms which rule human behavior.

I continue with the practices of getting information from Heavenly Force up to date. I raise a question and during meditation I get crucial answers. After this I transform this knowledge into the books which are comprehensible to most people who want to change their lives.

I spend a lot of time in Nepal, this is my favorite country, where at foothills of Himalayas I get the brightest insights.

Everything I got during such contacts I test on myself and then share with people through my books, lectures and training.

As a result, today I am the head and owner of several enterprises, including the Center of Positive Psychology “Sensible Path” in Moscow, Russia and the American Academy of

success THE SENSIBLE WAY, INC., Boston, Massachusetts. I am the author of ten books the printing of which totals in over eight million copies and they are translated into several languages. I have a PhD degree, I'm an active member of the Discovery Academy, and author of several inventions. I have a wonderful house in Moscow region with several posh cars including a Porsche and a Rolls-Royce at my garage.

I build my Ritrit-centre in foothills of the Himalayas. I have a wonderful wife and I travel around the world to give lectures and provide training. In short, I created the life that I had wished for myself.

You Can Achieve Everything!

No one but yourself can keep you from achieving the success that you desire. Many people in the world have already used the recommendations offered here, changing their lives miraculously. To illustrate it, let me quote letters that I received from some of my readers.

For several years I have been reading and trying to apply literature on psychology. But your book How to Understand Life's Lessons and Gain Its Favor has struck me by its grace, accuracy, and scope of information. It replaces dozens of other manuals. (Leonid Rotstein, Jerusalem, Israel)

I realized with great joy that the book fully reflects my ideas and, even more, my outlook. It is a real pleasure to communicate with people like you. Please accept my deepest gratitude for your books. (Natalia Fligg, North Carolina, USA)

After reading two of your books, I wanted to continue getting to know life and myself. "In the East, simple presentation is considered the best achievement, as simplicity indicates clear understanding." I think that this statement reflects your principles of presentation, and I am very happy about it! I want to thank you and hope you will go on with your work! (Natalia

1. Vasilyeva, Tula, Russia)

Please accept my enormous gratitude for your simple, clear, and understandable books. It is an excellent and clear "Guide to Action" for virtually everybody. (Eugenia V. Romaniuk, Moscow, Russia)

Your book changed my life! Deep from my heart, I would like to thank you, Alexander, and God for sending you to Earth!

Thanks to your wonderful book, I gained a deeper knowledge of Life's laws. You explained why we should act in one way and not in another, and what happens if we act otherwise.

(Alexander Barinov, Tver, Russia)

Please accept my sincere words of gratitude for your books! They transformed my life. I feel so peaceful and quiet now! Thanks to you, I realized how strong my Angel is and I want to thank him in writing. Thank you! But it is only the beginning, as I have a strong desire to get to know more about myself and the world, and to correctly achieve my desired goals.

(Leonia E. Mellum, Saint-Petersburg, Russia)

With great pleasure, I read your books, which I found unexpectedly, and understood that they are what I need and have been looking for. These books explained in a simple and comprehensible way many of the reasons for my problems that I did not even think of. Several of my friends and acquaintances liked those books, too. They even thought that if they had been published earlier, they could have avoided many mistakes in life.

Thank you for your books! (Pavel Bernatsky, Tambov, Russia)

We could show hundreds more similar quotations from readers' letters, but I think the ones quoted above are self-explanatory.

“Nuts and Bolts” of the Method

In principle, most requirements of human behavior in our world have been well known for a long time. They are the basis of almost all religions. The matter is that in religious texts; the concepts very often are explained in a complicated and not always coherent language, and they never seem to be based on logic that we can easily understand.

Perhaps, it was enough for people living in the past. Yet, today, the principle “trust and do as told” does not work because people want to understand what happens around us and how, finding the reasons why we should observe these exact rules and not some others.

That is why it would be good to translate the requirements of Life into a simple and explainable modern language. I tried to do this in my book.

Our studies show that we have the right and ability to have any of Life’s gifts, and we may set any goals and achieve them. Many authors write about it. Unfortunately, these recommendations do not always work, and we found the reason why!

It turns out that, before realizing our desires, we should *start harmoniously interacting with the surrounding world and accept this world as it is*. This means that we should stop condemning what, in our opinions, are the world’s certain flaws. If we do not do it, we break Life’s requirements for our behavior, and our failure provokes the consequences, i.e., troubles, illnesses, accidents, and inabilities. But as soon as we stop violating these requirements, all our troubles miraculously come to an end.

Life starts to bring us joy and anything we want. In this book, we will explain in detail how you can learn to live without grievance and other suffering in our world, which is imperfect in our opinion; you will also learn how to make Life

bring you only happiness.

Let's Expand the Borders of Knowledge!

In our view, we cannot exclusively use the notions that we learned at school or in college because the knowledge offered there is always based on science. Science is materialistic—that is, it only considers real things that can be measured, touched, divided into particles, etc. There exist, however, different phenomena in our life that modern science is unable to explain. In the future, science most likely will significantly expand the scope of data about the surrounding world and explain everything it currently denies or considers a miracle. Yet, we are not going to wait for that to happen and will use religious and esoteric (i.e. hidden) knowledge in our reasoning.

Using the information given in this book, any person—even in the most difficult circumstances—can drastically change his or her life to the better (if he or she wants to do so, of course). It is a right. Our book is merely a resource that clarifies why difficult problems arise in our lives and how we create them. We provide you with information, and you arrive at the conclusions on your own. Using this system, many people reconsidered their attitude toward Life.

Consequently, their love life improves, they find money or a job they desire, their business becomes successful, and the illnesses disappear. So we offer you help, and you decide whether you want to use it or not.

If you decide to use my system, you will learn how to fight problems that the ancient people believed were provoked by some “vicious spirits.” Yet, we believe that they are provoked by our incorrect attitude to this world.

This Book Is Not Materialistic.

As already mentioned, in our method, we proceed from the fact

that besides the visible world—that is, the one that we can touch, measure or, physically see—there also exists an invisible or “unseen” world. The “unseen” world includes everything that we still do not yet know about the environment. In the future, science will probably reveal all the mysteries, but it will not happen soon. We believe that there is another invisible version of our world, and we think we can interact with it to our advantage.

In this book, we will often use the notion of “Life” (i.e., Heavenly Powers, God, the Creator), which merely implies available, invisible powers that influence our reality. There exist many religious, philosophical, and esoteric models of the unseen world. Any of them suits us. Our method does not contain prayers or religious rituals; in this respect, it appears more like a materialistic psychological theory. We also consider, however, practical ways of interacting with the unseen realm, and in this regard, our method is not materialistic at all. That is why both believers and non-believers can use it.

In general, our method is compatible with any religious concept because it stands beyond religion. You can perform the rituals of your faith, using, at the same time, this method because they do not contradict each other.

Field of Use

The information provided in this book explains no more than 80% of the negative events that happen in the world.

The remaining 20% involve people who can be considered “special,” and these cases need to be researched and explained.

“Special” people have lives that are different from those of the majority. They are overwhelmingly rich people, famous public figures, show business superstars, serial killers or maniacs, the insane, and those who have been disabled from

birth, among others. Their lives and problems are very different from those of most of us. That is why we do not consider these people as much here, and we will be talking more about "us," ordinary people.

We will consider possible reasons behind *typical negative situations* that occur in most people's lives. They include illnesses, failures, family troubles, and other life problems. Our experience indicates that the approach offered in the book can help us to quickly remove these problems forever. This book shows you how to do it without

waiting for anybody's help. When all your troubles go away, you will be left with joy only, living your happy and successful life.

No Special Requirements

One of the advantages of the suggested method is that it is perfectly tailored to the pace of our modern life. To use it, you do not need to have any special abilities, extra time, or extra space. You can use it at any moment of your free time. You can use our exercises while driving a car, riding a bus, or standing in line. It is very convenient because you do not have to change the usual pace of your life.

"Using the Pronoun Us"

Later in this book, I will use the pronoun "us" instead of "I." The reason is that here I speak not only from myself but as a champion of Above which want to give the people information about how to use opportunities which were given the day they were born.

This Is a Short Version of the Complete "Sensible Life" Method.

This book is the third edition of a manuscript written in 1998. It has been a while since then, but people who have not

read the book still do not have the lives that they would want. They are not the favorites of Life; they are its stepchildren. They have a real possibility of making their lives more harmonious and successful, and they merely need to reconsider some of their beliefs and rules. That is why many people still need this book.

This book contains the main ideas of what we call the "Sensible Life" method. Over the past few years, it has gained a lot of support in many countries. We provided many recommendations and examples of using this approach in different areas—in love and family life, in business and at work, and when dealing with health problems. All of this information is summarized under the main title, "Method of the Sensible Life," and in the full volume, it is covered in Books 1–6. It is also on the Web at www.sviyash.com.

Many people in several countries around the world already use this method, and their lives have changed dramatically for the better. Previously unattainable goals have become real for them.

If you enjoy what you read in this book, then later you will be able to familiarize yourself with the rest of our Sensible Life method and use it to reach your essential goals. The American Academy of success THE SENSIBLE WAY will help you on this path through its trainings and private consulting provided by specialists.

I am inviting you to make your life more conscious and happy, and I wish you success on your way!

Sincerely,

Alexander Sviyash

www.sviyash.org

The author

1996, 2004

1. How to Learn Life's Lessons

In the first part of this book, we will learn to understand what Life wants from us, what lessons it teaches us, and how we can become Life's favorite children. In the chapters to follow, we will tell you what conclusions to draw from these lessons and how to properly use the advantage of being a favorite child of Life.

Different Strategies for Achieving a Goal

How can Life influence our behavior? Very simply—it either helps us or creates obstacles on the way toward our goals.

Everyone has desires and goals in life—to get an education or a gratifying job, earn a lot of money, create a family, raise children, achieve success in a certain matter, etc. We all move toward our goals, and sooner or later, most of us achieve them; however, some people succeed quickly and easily, while for others it takes time and effort.

Let us consider why it happens this way. In theory, two different strategies of achieving any desired goal are possible.

The first strategy is a path of strength, struggle, and overcoming difficulties. In the animal world, the best analogue is the behavior of a bison or a boar, which are not afraid of anything and tear down all the obstacles on the way toward their goal. Some people act like this in real life, overcoming numerous obstacles with persistence and fervor. It seems that their whole life is devoted to struggle.

They even like obstacles because they allow them to live life to its fullest, as long as these people have good health, of course.

It is clear that, to achieve our goals on this path, we need a great deal of courage, confidence in victory, a lot of energy, and the inborn qualities of a leader. But not very many of us possess these qualities.

The second strategy is a path of calm and confidence in achieving a goal, one that virtually excludes taking part in conflicts, struggle, or overcoming large obstacles. It is a path of a wise man who does not waste his strength struggling against people who do not know what they do.

In the animal world, a wild horse, for example, behaves in this manner. It is strong, but it prefers to listen and look around in case of a threat. This strategy allows the horse to avoid fighting without necessity.

The second path works best for the vast majority of people, who do not possess outstanding inborn leadership qualities. We are going to consider this very path. It means that we will learn to move toward a desired goal, listening to the signals that Life constantly sends us.

Life interacts with us all the time, but we are not accustomed to listening to its hints and giving it the right command. Nobody taught us how to do these things, so we have to make a lot of mistakes, which are the reasons why our desires do not come true.

What Stands in the Way

The main conclusion of our research of the failure when trying to achieve set goals is the following: The primary reason that we do not fulfill all of our desires is the fact that we are in conflict with the surrounding world or with ourselves. But one of the primary conditions for getting practical help from Life is an ability to accept the surrounding world as it is, despite its obvious, from our point of view, imperfection.

It is necessary to note that it is very difficult to accept

this position in our world, which is constantly being divided into the rich and poor, believers and non-believers, honest and dishonest people, etc. But it is the necessary condition. For you to more easily accept it, let us consider why we come into this world.

1.1 Why Do We Come into This World?

In virtually all religions, we see an indication that a human being should not care about his or her existence and should place this concern with God or other Heavenly Powers. In the Christian New Testament, we find the following precept: "Do not lay up for yourselves treasures on earth, where moth and rust consumes and where thieves break and steal..." Buddhism directly tells us that our world is *maya*, illusion, and there is no necessity to make efforts to achieve success in it; otherwise, we will waste our time and energy chasing a mirage. Similar statements may be found in any other religion.

It is absolutely clear, however, that these statements completely contradict all our convictions and life experiences.

We all know very well that, if we do not do anything at all, one day we will face a serious trouble, e.g., lose our home, job, relatives, or health. Who can be satisfied with this? Maybe the ancient gave their recommendations concerning some special human beings—for example, monks? It turns out to be untrue. This knowledge relates to everybody. But to realize this, it is necessary to understand why we are born into this world.

To better understand the course of further reasoning, we will accept an assumption that will not influence the following recommendations in any way, but will help better understand their origins.

We will proceed by accepting the existing belief that a human

soul can be repeatedly born into different bodies. In oriental religious doctrines, this phenomenon is called *reincarnation*, and it means that some part of us, i.e., our immortal soul, can move into a different body after death.

It happens many times, as many as the soul needs or desires. Let us examine the reasons for this in more detail.

In principle, we imagine that our heavenly substance, the immortal soul, does not need to come to Earth. We could stay for as long as we want in the world that we call "invisible" (in hell or in paradise, according to Christianity). But many of us prefer to travel to Earth and lead an uneasy life.

The Hidden World Has Many Levels.

We know from many sources, including the religious ones, that the hidden world (hereinafter, the "Subtle World") has many levels. It has so many levels because most souls live in very uncomfortable conditions. The lower levels resemble the living places of the poorest people in Africa and Asia. In Christianity, the lowest floors of the Subtle World are called "hell."

At the same time, life on the uppermost floors of the Subtle World is like the life of a very wealthy person living in a private villa on his own island. No doubt, each soul would like to secure a place at a higher level; however, the floor number depends on the amount of "sins" a human soul has committed by the time it leaves the body (i.e., at death). This idea is directly connected to the notion of "karma," which is spread widely throughout the East.

Ancient Eastern Doctrines

The term *karma* is very ancient. In Sanskrit, it means "action." It indicates that, even in the distant past, people understood that their own actions determine their past, present, and future.

Many authors have written about karma, from theosophists and mystics of the past to countless modern writers, and their approach is very different. For the most part, however, they consider karma to be *the burden of problems and illnesses that a human soul inherits in this world.*

In esotericism, they call it “mature” or “family” karma. As a result, readers of those books might feel that their life is predetermined and hopeless. Fortunately, it is not nearly as bad as it seems.

Our experience indicates that most problems in our life result from the mistakes *we make as conscious adults.* We break some of the simple rules that we should observe in this life, and as a result, we face many troubles, illnesses, and even premature death. Not all these difficulties are an outcome of events that happened in our past lives. We ourselves create our problems and illnesses when adopting an incorrect attitude toward our world, and when we pay too much attention to some aspects of our life, completely ignoring the others.

Life is full of diversity, but we rarely accept it. We have ideals, and we are disappointed when our high expectations are not met. In our method, these excessively significant ideas are called “idealizations.”

Notion of Idealization

To idealize means to attach excessive significance to an aspect of life that is important to you. This excess manifests itself *in long periods of negative anxiety and stress* that occur when real life does not satisfy your expectations.

For example, you have an idealization when you imagine a certain *behavioral pattern* for your spouse, child, acquaintance, authority figures, or others. You *know* how they should behave, but they act a little (or a lot) differently—that is, *they do not fit the ideals that you imagine,* and their behavior does not match your expectations. As a result,

you become aggressive, trying to make them act as you deem appropriate. If they do not behave as you imagine they should, you become depressed or desperate.

In either case, *you do not accept this person* (or the rest of the world), *as he does not conform to the ideal that exists in your mind.*

We also idealize circumstances and events in the world, as well as people. For example, the government acts incorrectly and leads the country into deadlock. Politicians think only about themselves and do not care about others. Religious extremists go crazy and sacrifice human lives fighting for absurd ideas. Life is unfair, and many innocent people suffer in wars and catastrophes, etc.

You yourself can become an object of idealization if for a long time you are unhappy about your appearance, abilities, habits, etc.

There are a lot of these idealizations blemishing our lives.

Open and Latent Idealizations

Before we begin, we suggest that you distinguish between two types of idealizations: open and latent.

We call an *idealization open* when *something in our life annoys us for a long time* (or perhaps provokes some negative feelings). It can be anything: your work, your apartment, a television program, the government, your boss, a co-worker, your mother-in-law, your wife or husband, your child, a significant other, a car, or even yourself. If something annoys you for along time, it means you idealize the object/event and attach excessive importance to it/them because it behaves differently from your point of view, making you unhappy.

It does not matter if you openly show your distress or conceal

it charily from other people. It is more important to note that deep inside you have been struggling for a long time, and you feel like you are failing to change the existing order of things.

The second form of *idealization is latent*. It takes place when you are not always aware of being unhappy about something. Sometimes you do not even realize that a certain idea about yourself or other people is very important for you.

If something extraordinary happens with this idea or person, then deep inside you will be displeased, become aggressive, or feel that your life makes no sense anymore. For example, you may realize that you cannot live without your great job or family after losing it. Earlier, when you had it all, you did not even think about how important this value was for you, but after losing it, you become conscious of how precious it was. It turns out that deep inside you had idealized that aspect of your life or a person, without noticing it.

To determine your latent idealization, *you might want to try to imagine how you remove different values from your life, one by one.* If the lack of a certain value will not make you suffer emotionally, it means that you do not idealize it and are not obsessed with it; however, if you cannot imagine your life without this value (e.g., job, money, honor, family, children, sex, power, etc.), then you know— you attach an excessive value to it.

You may not even guess that you had a latent idealization until you get in a situation when something unusual happens to whatever it is that is important to you (e.g., you are a very tidy person, and suddenly you find yourself in a dirty and untidy surrounding, which annoys you for a long time).

You Do Not Allow the World to Be Different.

The term *excessively* means that *you value your model of the world too highly*, meaning you believe that everyone should

(according to *your* standards) be honest, children should take care of their parents, people should not insult each other, etc., thus not believing that Life can exist in any other variety or form. You think that you know how the world should be arranged, and you are not willing to exercise an idea that it can be different.

From a religious point of view, negative emotions are a result of condemning something in the world and can be considered a sin. Consequently, by attaching excessive importance to our expectations and values, we prepare the ground for collecting sins.

Eventually, *this value is to be eliminated or taken away from you* so that you do not forget that only God can bestow and take away things. He will eventually “confiscate” what you value because you are unhappy about particular order of things in this world, which has been created by God.

So if you are unhappy with the world, i.e., you commit a sin, *He shows you your mistake*. He does not punish people like slaves, servants, or misbehaving children.

Instead, He gives us advice, teaches us, and talks to us as reasonable beings who do not yet understand the obvious truth. As soon as you understand His instructions, He stops defying you.

Life Teaches Us Not to Condemn.

If we idealize something, we will receive a kind of spiritual “mentoring”. This mentoring occurs through the *forceful destruction of the value that we idealize*. In this way, Life tells us, “Look, your ideal does not exist anymore, but nothing terrible happened! You are the same and life around you is the same, yet nothing changed! So is it worth it to waste your nerves fighting for your illusions?”

For example, if you are too deeply in love and idealize your

partner, then most likely he or she will soon leave you (or fall in love with someone else). Will life end after this happens? Only for you, and only for as long as it takes you to get rid of your suffering. Almost everyone has lived through this experience, and usually more than once.

If you idealize some aspects of family life, it is very likely that your husband, wife, children, or parents will not share precisely the same ideal of it. The same thing will happen in every other matter in life.

To better explain why things happen in this way, we suggest considering the following model.

Stress Accumulator (SA)

Let us imagine *all of the negative emotions* that we feel when life does not satisfy our expectations as a *certain liquid gathering in a container that we will further refer to as Stress Accumulator (SA)*.

This liquid flows through an upper pipe into the SA, where it gathers and the level of this liquid shows *the amount of our dissatisfaction with life* in the form of negative emotions. At the same time, the liquid is released through a pipe at the bottom proportional to our good deeds from Life's point of view.

When this reservoir is filled to a particular level (when a certain amount of "sins" has been accumulated), we start to see forced spiritual mentoring—that is, Life proves to us in one way or another that we should not have attached excessive importance to our particular ideals.

There are as many as five ways for Life to show us that our excessive expectations are wrong.

Our World as Purgatory

As we already mentioned, the human soul can just stay in the

Subtle World forever and does not need to occupy a human body. Of course, every soul wants to move to a higher level. As we said before, each soul occupies a level according to the amount of liquid in our SA at the moment of the physical death of the body.

It is probably possible for a soul to lower the amount of the liquid in SA while it is in the Subtle World, but doing so would require a lot of time. The probability of the soul doing something good in the Subtle World in order to lower the level of liquid in the

collector is very low. It can be accomplished much faster when occupying a human body.

Our planet is a place where we may *lower the level of liquid in our SA over time*. In other words, our planet is a certain purgatory where we can rid ourselves of previous sins. That is why the inhabitants of the Subtle World's *lower levels* very often want to come back to our world to avoid the consequences of their mistakes. Their choices are limited, however, and because of their previous mistakes, they go to countries and families with a lot of poverty, illness, war, violence, and other serious troubles.

This kind of environment makes it terribly difficult to remain serene and forgiving, so it is quite hard for a soul to realize its intention of getting out of the "chronic sinners" circle. If we manage to live under these conditions without bitterness and resentment, however, then the level in our SA will lower radically.

For pure souls inhabiting the *upper levels* of the Subtle World, our planet is a place where they can come to experience real sensations and worldly life, as well as help others to apprehend their mistakes. That is why many peaceful souls return to Earth even when not required.

They choose a body for a new incarnation and come back to

Earth with the best intentions. Many of them very likely assume obligations to *bring goodness and serenity, to enlighten and heal people, and to help others achieve the right attitude about life.*

Some inhabitants of the higher levels may ask to come to our world on a tour to feel sensations of the real world and physical body: love, sex, food, interpersonal relations, material wealth, art, and so on. They are most likely born into very rich families, which allows them to enjoy material wealth—that is, of course, if they do not break the required rules, complying with the travelers' code.

Unfortunately, not all of us remember our promises or good intentions when we arrive to our “purgatory.” Earthly temptations seize us and we forget *that we had come to this world for a short excursion*—“short” because seventy to ninety years of an average human life is a very brief moment compared to our soul's immortal existence.

Our Life as a Tour

When souls go to Earth for the next incarnation, they are being instructed: “Do not forget that you are going sightseeing, like visiting a museum. Behave appropriately.”

That is *why our life is a tour*. It is not a trip to an ordinary history museum where all of the exhibits are put inside glass displays and you can only look at them without touching. Rather, it is a contemporary museum that resembles high-tech museums, where visitors can touch and interact with virtually any exhibit. These exhibits demonstrate different physical effects: echo, interference, diffraction, magnetism, laser radiation, and so on. Visitors can touch the handles and levers, press buttons, and operate any of the exhibits.

By paying the entrance fee to such a museum, we gain the right to employ any of the exhibits within the working hours. We cannot, however, take these exhibits home because they do not

belong to us. We come to this museum, play with the gadgets, and leave.

The same thing happens with the human soul. Before it goes to Earth, the soul is told, "We give you a possibility of becoming a human being. Go, look around, and endeavor *everything they have over there*. If possible, get rid of your sins. Please, never forget that you are allowed to stay there for only a limited time. Use everything they

have there, but do not break the visitors' regulations and be grateful to the one who let you in."

Those are the rules, and everyone is to observe them.

Unfortunately, our soul usually forgets these instructions. Arriving in the real world, we start considering it *the only one*. Atheism and our education systems teach this idea to us. At the same time, any religion reminds us that this world belongs to God. Only a few of us perceive this important reminder.

For some reason, we do not believe what we are told, and we become engrossed in this world. We fall passionately in love, thinking that the other person is our property and we cannot live without him or her. Or we become obsessed with money or power. As soon as we become too attached, we forget who created this world and who rules it. We are not even required to love God very much, but rather remember that everything in this world belongs to God and keep this in mind throughout your life.

Take something, experience it, and put it back in its place.

The same principle concerns any excessive attachments, i.e. material goods, spiritual qualities, talents, and creative work. In reality, these rules are sometimes broken. For example, if we have an inborn talent for painting, we may become arrogant and think, "I am outstanding. I am a creator.

I am the best!" It is a common and erroneous conviction, and instead of getting rid of old sins, we begin to add new ones. We start attaching excessive importance to our talent and, as a result, experience a lot of distress. An upper valve opens in our SA, and it starts to fill. We come to Earth to lower the level inside the SA, and instead, we increase it.

It is clear that if we gladly use our abilities and do not experience stress, no matter what happens, then we will have no particular problems because we do not need to be "mentored." Sadly enough, this happens very rarely. One way or another, almost all people break the rules of living in our world, and Life has to point them to their errors.

We Are Controlled by a Guardian.

The Creator is most likely too busy and does not have enough time to keep track of all of our thoughts, emotions, and actions. That is why Nature in its wisdom created a certain tool *in our very souls*. This tool *constantly monitors our thoughts and actions* and, on the basis of its observations, regulates the liquid level in our Stress Accumulator.

Later, we will talk about how this tool functions, as well as about the "controller" of our sins. For now, let us call him our Guardian. He monitors our activities, calculates the liquid level in our SA, and decides what to do with each person and how to teach him a particular lesson.

What Happens When SA Gets Filled Up

When our Stress Accumulator *is more than half-empty*, our Guardian does not have any significant complaints about us. We live comfortably, life brings us joy, and our wishes easily come true. It is called a *luck level* and, at this point, Life gladly helps us and makes our wishes come true.

As soon as we start idealizing something and, as a result, feel stressed for a long time, the SA begins to collect the

stress liquid. When the accumulator is *two-thirds full*, the Guardian takes measures and teaches us a lesson. He starts sending us reminders,

e.g., "You forget that you are just a visitor in this world. Don't think it is all yours, even though you have a ticket. Put things in their places." We begin to receive *strong signals*, and if we do not understand them, the situation becomes much worse.

Actually, subtle didactic signals have been previously sent to us already, but now they are becoming stronger and more consistent. Minor accidents may even happen, depending on the type of idealization—for instance, problems at work, family troubles, financial credit problems, private conflicts, money or property theft, and others.

If we continue to ignore these signals, believing that they are just coincidental, and carry on with our misbehaving, then we will be given a more stringent warning.

Pure accidents do not exist in our world; they are strictly predetermined.

All of the unpleasant things that happen to you are intended by your guardian and are meant to remind you that you have the wrong attitude toward the world around you.

Certainly, you may reject this reasoning and continue thinking that these troubles are mere accidents, yet by doing so, you will be left behind and not experience progress in your life.

If something bad happens—for example, a robbery— you should realize that your Guardian agreed with the thief's Guardian about stealing your money or your car.

This way, you are reminded of your misconduct and are being penalized for breaking the rules.

Usually, we do not recognize our Guardian's suggestion and

continue our usual way of life. The insurance pays for the stolen car, and you go and buy a new vehicle.

Later, your Guardian pushes you in yet another accident with your new car. It seems like this is the right time to start reconsidering your life, yet it is easier for you to believe that everything was just an accident or the other person's fault; this is because we are stubborn and have only practical reasons for everything. So, Life has to teach us harsher lessons.

When more than 80% of our SA is full, the Guardian starts to send us very strong signals. As we already mentioned, accidents happen, family life is ruined, and serious problems develop at work. First, we lose things *that we are excessively attached to in this world*. A businessman may lose clients, get sued, and go bankrupt, and nothing will seem to work to help improve the situation.

A housewife may face a family crisis, have problems with children or other relatives, and so on.

If we do not understand why these signals are sent, serious illnesses appear. As a result of erroneous ways of thinking, many of us get sick all the time, and it is almost impossible to find absolutely healthy people nowadays.

That is also why illnesses are often accompanied by accidents. In our modern society, medicine rather efficiently fights physical illnesses, and as a result, it is often difficult for the Guardian to make someone sick (especially if you play sports and watch your health). The guardian has, however, plenty of other opportunities to send a warning.

If an illness does not happen, then we face life problems—that is, troubles in many other areas. For example, sometimes very successful athletes attach excessive importance to their fame. They start treating others with arrogance. As you probably guessed, it is an obvious *violation of the rules of*

tourists' behavior.

Consequently, an upper valve opens in SA, it begins to fill, and the successful athlete faces troubles in life. He is no longer successful, no one hires him, and people do not talk about him. He thinks his life is over. In reality, he goes through a process when humiliation is cleansing his soul.

Now he is in the same situation as those people whom he recently despised. If he can realize it and asks for forgiveness from Higher Powers, then his situation will soon change to the better.

Usually, we do not fully comprehend the lessons we are taught. We do not understand that it was Life who let us participate in the game and win. It is also Life who changes our lives for the worse to make us understand that we are the same visitors here as the people we despise.

When a soul comes to Earth, *it has permission to play any human games*. It can experience business, love, war, power, politics, spirituality, art, etc. Yet, the soul should not forget that it came to Earth as to a museum or even a *national park*.

Our Life as a Trip to a National Park

We all know that, by paying the ticket, we receive the right to enter a national park, put out a tent there, and if it is permitted, sometimes even hunt. Do not forget, however, that *we are under constant supervision*. As soon as you break the rules of the national park, a park ranger arrives and makes you pay the fine. If you do something really outrageous, you might be thrown out of the park or even sent to jail.

This example illustrates *how we should treat this world*. We might dislike something about it, but it should not cause us to become aggressive or get offended. For example, in nature you might dislike that a giraffe's neck is too long or a

lion's roar is too loud. You might also detest watching a lion kill an antelope. You might really hate these things, but you understand well enough that *nothing can be changed*. Even against your will, you must *accept this park the way it is*. It is silly to be offended by a giraffe or a lion; however, in reality, we often become annoyed or take offense with politicians, businessmen, relatives, acquaintances, and others. You cannot change the situation; you can only add some sins to your SA by having an incorrect attitude toward things that were not created by you, thus not depending whatsoever on your attitude or your actions.

That is why the best attitude in our life is the attitude of a traveler who came to this world for just some time to enjoy the surrounding, instead of taking critical notes. *Again, the world is not created by us, so we have to accept it as is*. We are constantly being supervised in case we break the rules determined by this park's owners; however, having come to this life, we do not know, or we forget that there is a guardian who always keeps his eye on us.

This model explains why it helps us to turn to Higher Powers in critical situations. *What is a critical situation?*

For example, perhaps you were breaking the park's regulations for a long time, so the ranger caught you and wants to send you to jail. Who can save you in this situation? The ranger can hardly help you because he is doing his duty. You can only count on the park's owner, i.e., God. The best way to attract his attention to your misfortune is to tell him about your sincere feelings. God is merciful, so he will probably believe you and forgive you. *Of course, he realizes certain insincerity in your Love* because you probably rarely thought about God until this critical situation occurred. Just try not to forget the promises you are giving him right now.

God is compassionate, but he does not always have time to forgive your sins. Your Guardian always supervises you,

however. He knows very well how shifty you are, so next time he will put you through such a hardship that you will not even have time to ask for mercy.

That is why re-thinking your values and praying to God is quite efficient in critical situations in general.

What Happens When Your Stress Accumulator Is Full?

Let us continue discussing the Guardian's penalties. When our SA is *almost full* (90–95%), we face fatal illnesses or major problems (e.g., going to jail). If we still do not understand that we are breaking the rules for visitors and place too much hope in doctors, healers, or judges, then extreme measures will be applied.

At this stage, the SA *overflows*, and our Guardian loses His patience. If we manage to recognize our mistakes and drastically change our way of thinking and behavior, then the upper valve will close, and the liquid level in the SA will subside. In this case, the illness will go away (we have all heard of cases of inexplicable recovery from AIDS or cancer.) If our views and behavior do not change, our life is taken away from us, resulting in physical death.

When we die, our SA is full, so *the soul gets stuck on the lower levels of the Subtle World*, almost in hell. No doubt, the soul suffers a lot there. If we idealized something in this life and our life was taken from us as a result, it is at this level that we find themselves among similar souls. If in this life we despised people, then other souls at this level in the Subtle World will despise us as well. Imagine life in the world where everybody despises each other. If we attached excessive importance to sex, then now we share space with sexually addicted people and are being constantly humiliated.

After passing away, we all go to a level of the Subtle World that corresponds to the level of the accumulated liquid in our SA at the moment of death. We create our own hell or paradise

by our own decisions. To lower the liquid level in SA, some older people are put in conditions where they lose the ability to have sex, feel the taste of food, and experience other carnal pleasures. This way, by the time we become old, we no longer have so much attachment to the world, and our SA empties a little, even if we do not realize it.

Here we considered a situation of a person who *does not realize that he is only a temporary visitor on this planet.*

Now let us examine what happens when we do realize that we are only guests on this planet and are allowed here for an excursion.

Conscious Trip to Earth

First, we should buy a ticket. The price is probably *a promise to enlighten people and help them.* This way, we get an opportunity to empty out our SA if it still contains some stress liquid. Of course, a soul coming from a higher level of the Subtle World has many options concerning the form of its next terrestrial incarnation. To avoid excessive suffering or struggle for survival from an early age, these souls are usually born into prosperous families. You may notice this fact by reading the biographies of many spiritual leaders.

This soul often is given a talent—for example, in sports, arts, science, healing, finance management, trade, etc. These abilities are meant to ease up the existence in

this world because, by using them, we become more successful than people without such talents. On the other hand, possessing a talent is also a *big test because by being talented, we are more tempted to idealize our abilities, fame, material wealth, etc.* If we manage to appreciate our natural abilities, not becoming arrogant and scornful, then we are able to considerably clean out our SA and guarantee ourselves a higher level of placement after our return to the Subtle World.

Unfortunately, the biographies of many renowned painters, poets, writers, scientists, and other famous people show that most of them lead lives full of wrong passions and emotional attachment. As a result, after death, they most likely move two to three levels lower than they were before.

We Have Access to Everything on Earth.

We do not intend any of the above-mentioned discussion to scare you. We can assure you: *We come to Earth to use everything offered here. That is why each of us has a chance to try business, politics, love, sex, art, becoming wealthy, etc.* We may do any of these things with passion and pleasure. It is very important, however, to remember that your life is just a game, and you should never despise and hate anyone or take offense. These are mistakes that will lead to the Guardian teaching you a lesson.

How can we determine when we are breaking Life's rules and deserve a reprimand? We believe that everyone should feel it on his own, although we have some recommendations for you. For example, you are fishing and suddenly lose a big fish from the hook. Most likely, you will become very emotional about this failure. Later, *you will accept this situation* and forgive yourself, the fish, and the rest of the world. You should treat all other failures in the same manner, regardless of whether they concern your family life, work, creative endeavors, etc. It already happened, and we cannot do anything about it. Keep this idea in mind, and you will lead a happy life in which your plans will be worked out quickly and easily.

First Conclusions

Our model of the world and our discussion of the purpose for our coming to Earth explain the reasons for most (not all, of course) illnesses, troubles, and accidents.

Our model supports the idea of other religions that everything

in this world belongs to God. That is why we should try not to grieve for a long time if something or someone does not meet our expectations. On the other hand, if we understand how we should behave in this world and accept it as is, we have the right to ask Life to give us everything that we need. We will make our wishes come true because our planet has everything in abundance if we simply allow ourselves these good things to come into our life.

Summary

- 1. We come to this world and may do whatever we want here (of course, without causing harm to others). At the same time, we should not consider anything our own and idealize any terrestrial values. We are just visiting this world briefly and should consider our successes and failures as a part of the game.*
- 2. If we start attaching excessive importance to some material or spiritual values, i.e., idealizing them, our Stress Accumulator (SA) will overflow, and Life will give us*

spiritual lessons, which will destroy the values that we are excessively attached to and prove that our convictions are illusory.

- 3. If we do not understand these signals and continue breaking the rules of this world, we face an early death.*
- 4. If we reconsider our attitude toward life and people and stop attaching excessive importance to our expectations and ideas, then Life does not need to give us its lessons anymore because we have already learned them. As a result, we may get rid of serious illnesses, troubles, accidents, and other things that hinder our life.*

1.2 Stress Accumulator

Let us remind you that we consider the SA a *reservoir that collects human stress—“sins.”* We can imagine that our SA collects them in the form of a stress liquid. A model of SA is shown in Figure 1. As you see, each valve corresponds to a different idealization. If we possess an idealization, a corresponding valve opens in the upper pipe, allowing the stress liquid to flow into the SA.

It is important to say that by “sins,” we do not mean thoughts and actions that are considered sinful by usual moral and religious norms. We consider a “sin” dissatisfaction with life expressed as prolonged negative stress, which is primarily responsible for causing different problems in our lives. This discontent with life causes the stress liquid to enter our SA.

Remember that *an idealization* of some material or spiritual aspect begins when we *attach excessive importance to it*, regardless of whether we actually own something

already or only dream about having it. When something in the world does not meet our expectations, *we experience prolonged stress.*

Idealizing Earthly and Spiritual Values

The SA pipe collects our sins (*i.e., earthly and spiritual idealizations*).

These sins often take the form of excessive attachments to the following aspects of our life:

1. **Money and material values.** Most of us do not have enough money or material goods, and this situation is normal because our desire to have money motivates us to strive toward our various goals. The idealization takes place only when your income causes you to continually experience stress and you believe that it is not enough for a decent existence.
2. **Beauty and attractiveness.** This idealization exists if

you constantly worry about your appearance, whether you are beautiful enough, you have a nice figure, you are well dressed, your hair is well done, etc.

3. **Work.** Many people are “workaholics” and cannot imagine life without their beloved profession. As a result, Life periodically teaches such people lessons in the form of workplace troubles or even job loss.
4. **Family and children.** This idealization occurs when you are convinced that you are supposed to have a family and children but have none. It also happens when you have a clear idea about how your spouse should behave or about family relations and duties, your children’s education, and so on. When someone close to us has a different opinion on those issues and does not want to meet our expectations, we become depressed for a long time.
5. **Sex.** In your dreams, you can have sex with many women (or men), but in reality, you do not experience intimacy because of shyness, distrust, etc. You constantly wonder if you are a good lover, and you attach excessive importance to sex. Or on the other hand, you consider sex a big sacrifice or even a humiliation.
6. **Power.** Many of us love power, but not all of us have an opportunity to exercise it. Men mostly try to become powerful in their home environment or at work, while women pursue power mostly in family life. Power is a good thing; it helps to rule people. Idealizing power takes place when we crave it and enjoy using it to humiliate or to totally control others.
7. **Faith and trust.** Many people have sacrificed their lives trying to build upon the ideas of others (democracy, monarchy, communism, etc.). At present, many people believe in these ideas and become annoyed when reality turns out to be different. *Excessive trust in others* also falls into this category. People will try to destroy your ideal and will not justify your excessive trust in them.
8. **Moral norms.** This kind of idealization is most common

among older people who were raised according to the older times standards. As a result, they become annoyed with what seems, from their point of view, the immoral behavior of young people—the weakening of moral values and many other changes in life.

9. **Relations.** This idealization takes place when we have a distinct idea about the way people should behave in general. It means they should be honest, fulfill their obligations, be kind to other people, never lose temper, etc. When we find ourselves in an environment where people do not behave according to our ideal, we get angry or aggressive, at the same time trying to impose our moral model on people around us.

10. **Development, education, and intellect.** The idealization of these qualities is typical of scientists, artists, and academic people. It makes them despise uneducated people or those who can be perceived as “underdeveloped.”

11. **Common sense.** We idealize common sense when we are annoyed by the inane or unreasonable behavior of others. We think that all people are sensible and that it is always possible to come to an agreement and explain everything to them. Yet, for some reason, they use weird and incomprehensible logic and do crazy things. The more stubborn they seem about their delusions, the more we suffer from their behavior.

12. **Self-imperfection.** This idealization occurs when we constantly judge ourselves for lacking important qualities (determination, purposefulness, good ancestry, connections, education, etc.). The other symptom of this idealization is having a phobia of making a wrong decision. As a result, it takes ages for us to decide anything.

13. **Our success.** This idealization makes us exaggerate our achievements, overly praise our success or professionalism, and be reluctant to listen to anyone’s advice. When people with such idealization are not successful, they blame their

problems on other people and circumstances. They take offense easily and react aggressively to any critical remark when other people doubt the correctness of their actions.

14.**Goal**. This idealization exists when we are determined to achieve something, and in the process, we get annoyed by any obstacles or delays. It really does not even matter whether we may become nervous or blame ourselves or other people—we just cannot tolerate that our goal has not been achieved.

15.**Arrogance**. Some of us believe that we are the center of the universe. Whatever happens in the world, it works either against us or for us. As a result, we only value our own opinions, needs, and interests, and we despise other people.

16.**Control over the surrounding world**. This attitude toward the world is typical of corporate executives. As part of their job, they develop major planning, and they become annoyed when their business strategies do not work out. Therefore, they do not trust anyone and try to do everything themselves. In family life, this idealization takes place in the form of one spouse's authoritarian behavior (trying to impose his or her will on others). People sometimes referred to as "control freaks" may constantly worry about their family members or be afraid of the future.

Other idealizations exist in addition to those previously mentioned, and even include being excessively religious. Of course, there is nothing wrong with having an excessive faith in God, except some believers judge and despise non-believers or people belonging to other religions.

Some of them even take offense with God for not paying enough attention to them. You can find more detailed description of idealizations in Book 5.

Let us return to our SA model. Each of the previously considered idealizations has its *own valve* connecting to the pipe, and as soon as we experience long-term suffering as a

result of our failed ideas, the valve opens and the stress liquid starts to flow through the pipe into the SA.

As long as we idealize even one earthly value, the appropriate valve stays open and allows liquid to pour through the pipe further into the SA. As soon as we realize that we have the wrong attitude toward this value, the valve closes and the stress liquid stops entering the SA. If all of the other valves are also closed (i.e., if the person does not have any other idealizations), the liquid level starts leaving through the lower pipe,

Life stops giving this person spiritual “penalties”, and his situation starts improving quickly.

Cleaning the SA

There are several pipes at the bottom of the SA. These pipes remove the liquid from the SA, thus cleaning it. The SA is cleaned when we repent our sins through our thoughts and actions.

The pipes at the bottom are always half open allowing the stress liquid to drip slowly out. This conclusion is drawn from the following observation: As soon as the liquid stops coming in, the SA starts to gradually empty because the number of accumulated “sins” goes down.

The SA empties through the following four pipes:

Deliberate Good Actions

One of the lower pipes deals with *deliberate good actions*. We may idealize some earthly values, but by performing good actions and by having a good attitude toward other people, we can open the valve on this pipe and allow the liquid to escape, or keep it from reaching a critical level in the SA.

Deliberate good actions include compassion, mercy, unselfish work toward noble goals, charity, self-sacrifice, and similar

examples meant for the good of other people.

For example, if you give this book to a friend who is experiencing difficulties, it will count as a deliberate good action.

Personal Positive Traits

The second lower pipe deals with *positive personal traits of character*, such as kindness, good nature, cheerfulness, optimism, etc. We can be very attached to something, i.e., have many idealizations, but thanks to having a good character and optimistic attitude, our SA never becomes full. Many good-natured people fall into this category.

The Influence of Others

The third pipe at the bottom of the SA concerns the *influence of other people*. For example, anyone may go to a good healer if, by performing certain manipulations, they can remove some liquid from the SA. *The results most likely will be short term* because without closing the pipes at the top, the SA will become full again quite soon (in a week, a month, or a year). That is why some healers use their influence to remind patients to take their medications for their existing illnesses. Medicines only help while we take them, but as soon as we stop, our problems return.

The same principle applies to religious purification rituals. For example, Christians use fasting and confession. The priests understand this principle very well and ask people to confess every week. These methods are effective for believers, and they should be performed consistently.

Fulfilling Our Mission

Another pipe at the bottom of the SA concerns *recognizing and fulfilling the mission that brought us to this world*.

We all have several tasks to perform in each of our

incarnations (e.g., to create a family, give birth to a child, become a warrior or scientist, invent something new, or gain new knowledge). It seems that we *have to try everything in this life*—love, family, power, politics, teaching, sports, war, intellectual pursuits, and so on. *Some people fulfill several missions in the course of one life.* A clear indication of this fact is a *sudden change in our field of activity.*

For example, we work as a cook or teacher, and we are good at it and achieve great success. Suddenly, without any obvious reason, we quit and begin pursuing something absolutely different—for instance, we become a farmer or an artist. Having reached success and satisfaction in one field, we want to succeed in something new. Today, there are many people like this.

For its next incarnation, our soul can choose any task that it was unable to fulfill in this life. For example, its mission may be to create a new work of art or increase scientific knowledge, to create a perfect family, or to organize people's work into a new enterprise. As a result, the soul gains new experience and takes another step toward its spiritual growth.

Unfortunately, we do not usually remember what kind of task it is that our soul had wanted to pursue; however, the situation is not so bad. We are often attracted by a *certain type of activity* (e.g., social or political affairs, business, teaching, medicine, technology, or the arts). If we are satisfied with our work, we *succeed and are happy with our destiny*, deriving pleasures from our life. This happy feeling indicates that we are on the correct path toward fulfilling our soul's mission.

If we fulfill our mission in life and enjoy what we do, the valve on the lower pipe opens, and the liquid slowly seeps out from the SA.

Empty SA

At some point, the SA of a certain person may become *empty*. An empty SA indicates that this person has no stress liquid or "sins." He is not attached to anything on Earth (in the wrong way) because no event or circumstances can cause him stress or provoke his negative emotions. He accepts this world as is. He usually has correct convictions and helps people by healing, giving sermons, and living his life. No one sends him negative energy, and even if someone does, it has no power or influence over him.

Nothing holds this person on our planet; *he stays only for as long as he wishes and can leave at any moment*. Whenever they wish, these individuals can travel to the Subtle World and return to the human body. There are not many humans of this kind in our world, e.g., yoga adepts of high initiation or highly spiritual people. When they conscientiously realize that they have fulfilled their mission, they leave our world, regardless of their age.

One way to achieve this state is through a conscious renunciation of earthly values, called asceticism; however, this way is hardly acceptable for people living an ordinary life because the reality provokes us to care about our relatives, to earn money for paying our bills, and so on. It is extremely difficult to abstain from negative stress when we do our usual business, which is why most of our SA never empties out fully.

Here is the way most of us can clean our SA: Each of us *should figure out which of the valves is open* and if we had any events in our life that could be considered

lessons that we were taught as a result of having an incorrect conviction or idealization. Most likely, each of us can find more than one event of this kind in our life.

We suggest [that you] analyze willfully your life, determine what ideals you have concerning this world, and calculate the

stress liquid level in your SA. We will help you to do this kind of evaluation in the next paragraph.

Summary

1. *The SA is filled with your idealization of earthly and spiritual values. The pipes at the top of your SA give the liquid that characterizes your incorrect attitudes toward this world.*
2. *The liquid can be released out of the SA through four pipes at the bottom that are called “deliberate good actions,” “positive How to Learn Life’s Lessons and Become Its Favorite personality traits,” “the influence of others,” and “fulfilling our mission.”*
3. *By knowing the principles of filling and emptying our SA, we can consciously regulate the level of the stress liquid, thus controlling our destiny and health.*

1.3 Self-Diagnosing the Negative Liquid Level in Your SA

In this section, we will explain how you can determine the level to which your SA is filled and how you should behave and deal with your life in the future.

The First Stage of Self-Diagnosis

The first step of self-diagnosis is to evaluate the *burden of sins you brought into this world*. In other words, you need to determine which level of the Subtle World your soul occupied (how full your SA was at the moment of your birth). Most people come to Earth with at least some liquid inside their SA.

Theosophy calls the burden brought from the past “mature karma.” Mature karma determines our future birth conditions, character traits, habits, etc. The more positive we were in our past life, the less liquid we had in our SA at the moment of death and the more opportunities we will have when we

return to Earth.

To make it easier, let us *divide the Subtle World into ten levels*. At each level, souls live in different conditions. Let us call the first floor Hell and the tenth floor Paradise, even if this model sounds too simplified.

At the first stage of your self-diagnosis, you need to determine approximately *how full your SA was at the moment of birth*.

It is convenient to measure the liquid level in some *quantitative index*—for example, by the percent to which the SA is full. Let us assume that a full SA equals 100% (the SA of a sinner who seriously violated the rules of living in this world for a long time.) On the other hand, an empty SA is 0% full, and it is an SA of a saint who came to this world with his own mission and did not judge the world where he lived. We call such a person blessed.

At the moment of birth, our SA is about 3–25% full. You can approximate the level according to the following indications:

1. Country of birth. If you were born in a country with a stable economy and political system (e.g., Western Europe or the United States), it means that your soul had a wide choice that only souls living at the higher levels of the Subtle World have.
2. Family. Some of us are born into extremely rich families, while others have illiterate, poor, alcoholic, or drug-addicted parents. So, some people live a happy life, while others suffer. The better your soul behaved in the past, the more opportunities exist for your soul to choose a good family in this life.
3. Cultural and educational level of your parents.

The souls living on the higher levels of the Subtle World are most likely to choose parents with the highest level of education and who work in the fields of administration,

science, or art.

4. Your health after birth. If you were born healthy, it means that your SA was not full when you died in your past life. If you suffer from some inborn illnesses, however, your soul came from the lower levels of the Subtle World.
5. Destructive personality traits. No doubt, we all possess a wide variety of character traits. Some people are quiet and balanced, while others are highly emotional, touchy, cruel, soft, or depressed. We brought all these personal traits with us from our previous lives, and they show that in the past we were seized by many passions,

especially if these traits correspond correctly to our signs of Zodiac and astrological forecasts. The presence of these traits is directly connected to the level of the stress liquid in our SA.

All of this shows us something about our past lives. By using these indicators, you can approximate how full your SA was at the moment of your birth.

Approximating the Liquid Level in Your SA at Birth. A healthy and talented child born in a rich and happy family has a low starting liquid level in his SA (approximately 5–6%).

A healthy baby who is born in a country with a strong economy, and who has educated parents and good living accommodations and an average family income, has a higher liquid level (10–12%).

A child born into a poor family with uneducated parents with no stable job has an estimated liquid level of 15–18%.

If a baby has a serious inborn disease, his SA is 20–25% full at the moment of birth.

Based on these figures, you can approximate the level of liquid in your SA for yourself.

While evaluating the liquid level in your SA at the moment of birth, do not exaggerate its importance at older age. As you grow older, the situation changes according to your thinking and way of life.

Higher Standards for the "Saints"

The conditions that we have considered so far apply only to the "starting conditions" of your existence in this world. *The lesser the burden that you bring with you from your past lives, the more difficult life will be for you.*

It seems that a person who came to Earth with his SA that is almost full is already in the worst possible situation and cannot do much about it.

If we come to Earth from the higher levels of the Subtle World, we should be careful because it is much easier for us to fall down than to move up. People coming from the higher levels have *better starting conditions in life*, and they can achieve prosperity and success easier on Earth if they do not break the "visitor's code." *Much higher standards are applied to them*, however, and if they start idealizing something, their SA fills much faster than those of other people. This explains to some extent why talented people who lead bright and emotional lives (musicians, actors, and poets) very often die young. On the other hand, people who live a monotonous unemotional life can physically survive much longer in our world.

So far, we have evaluated our starting conditions in life. Now we should determine *how our SA looks now*. We can do this ourselves without any help of fortunetellers or clairvoyants.

The Second Stage of Self-Diagnosis

We have now reached the *second stage* in our reasoning, and it is time for us to determine how full our SA is at present. One of the ways to accomplish this task has already been provided in our earlier consideration of the structure of the SA. As the stress liquid (your "sins") is collected through the valves (i.e., idealizations) into your SA,

you should think about each of them separately. This way, you can determine what idealizations you have at present. It is quite easy to use this method.

How to Determine if You Have Idealizations

If you remember, having an idealization means suffering from a long-term stress about something (e.g., a husband who is not successful enough, a wife who is not very sexy, a child who misbehaves, or someone who is sick or has passed away). Try to remember what problems and situations make you suffer the most and determine if the reason for your stress is an idealization of some earthly value. If yes, then one of the valves of your SA is open, and the stress liquid is pouring through it.

If you have not grieved about anything in a long time, consider whether you have any latent idealizations. You need to imagine your life without some components: love, family, money, health, your job, mutual understanding, fame, etc. These are the things to which we can attach excessive importance. If you can imagine living without each one, or without several of them, and if their absence will not make your life seem empty or purposeless, then you do not have any idealizations. You are a saint and you have nothing to do in this world.

Life Is a Game.

Most people will discover one or more values that they cannot live without (e.g., family, children, love, work, money etc.). If you are one of these people, the valves that correspond to these values are open, and the negative stress flows into your

SA. These idealizations bring you illnesses, troubles, and conflicts.

We do not ask you to completely deny these values because life without them may lose sense for you. We merely suggest that you *reconsider these values*. Try to consider them in the context of achieving *victory in the game called "Life."* If something does not turn out as you hoped or if a problem appears, think of it as a temporary loss and not as the end of life. Continue to play the game and try to win. We will describe this attitude in more detail in the third chapter of this book.

Indirect "Lessons"

We cannot literally look into our SA and see how full it is.

We can, however, make this determination by paying attention to some *indirect signs*. Remember that our Guardian *takes measures according to the level of our discontent with Life*. Unlike doctors and clairvoyants, our Guardian never makes mistakes. We know from our life what lessons our Guardian is giving us, so by considering them, we can evaluate how discontented we are with our life and even understand which valves in our SA are open.

Our Guardian can educate us by sending troubles our way, destroying our plans, giving us professional or family problems, keeping us from enjoying a love life, or making us ill.

There is no particular order for these measures. They are chosen individually according to our idealizations or misconceptions. (Small problems and illnesses happen to all of us, however.)

Approximating the Current Liquid Level in Your Stress Accumulator

We suggest that you take a look at the recent negative events of your life, and based on their significance, evaluate the liquid level in your SA. Let us consider several possibilities, beginning with the most serious:

1. If you are suffering from a fatal disease (e.g., cancer or AIDS) or if you are in jail for a serious crime, your SA is 92–96% full.
2. If you have an illness that is serious but not lethal, the level of stress liquid in your SA is a little lower (up to 90%).
3. If you are involved in a serious car accident, fire, robbery, or a lengthy trial, or if all of your plans fail and you continually face problems, your SA is 80–90% full. These signs are among Life's last warnings about the absolute necessity of changing your attitude.
4. If you face financial problems, you have bitter family relations or sexual troubles, or important business is moving forward too slowly and it takes all your time and energy (in a negative way), your SA is 60–75% full. These difficulties do not lead to death, but they keep spoiling your life.
5. If everything works out just fine for you, but could be even better, then your SA is 60% full. This result is positive, but try not to make it worse.
6. If your life brings you joy and all your dreams come true the way you want, the liquid level in your SA does not exceed 50%.
7. People with 15–30% in their SA are the ones involved in spiritual, educational, or charitable activities.

This is the way you should act if you want to evaluate your life from the point of view of the Sensible Life Method or according to the rules that we should observe to live happily in this world.

Ask Your Subconscious

We have considered the way to logically evaluate the stress liquid level in our SA. It is a comprehensive method and works well. Also there is another way of doing it: We can get information directly from the subconscious without taking any rational or critical approach.

Everyone is able to use the subconscious method. The last chapter of this book provides you with several exercises and drills that allow you to gain knowledge from your subconscious by what is known as "auto-writing."

We have noticed during different discussions that everyone who takes this method seriously was able to gain information about his *self* directly from his subconscious.

Intuition helps us on this path a great deal.

Summary

- 1. Each of us is able to determine how many "sins" we brought with us from our past life to calculate the current level of the stress liquid in our SA.*
- 2. The following indicators help us determine the level of the stress liquid in our SA: country and place of birth, family, state of health at the moment of birth, and inborn character traits.*
- 3. The present level of the stress liquid in our SA can be evaluated according to signs given us by the Higher Powers that we are able to feel.*

1.4 Typical "Educational" Measures

This discussion is intended to help people who want to try to determine on their own what life errors they make, what they idealize, and how Life corrects their mistakes.

This task is difficult because it is hard for us to evaluate ourselves and accept that some of our views are wrong, especially if we have held these beliefs for many years.

Without accepting our errors, we will be unable to calculate correctly the level of the stress liquid in our SA, and we will not be ready to learn the lessons that our Guardian prepared for us to correct our mistaken views.

As you understand this already, these measures can be quite painful.

Keep it in mind that the idealization of earthly and spiritual values can be corrected by situations that destroy these values. We can be certain that our Guardian *correctly "diagnoses" our mistakes and provides us with the correct "medication."* Consequently, if we analyze the educational measures that we face in our life, we can determine their reasons.

There is only a certain number of educational measures, so we can define the most common ones and classify them according to the different aspects of our lives.

The *primary "educational" categories* are family, children, and work. Let us examine each of these categories.

1.5 Typical Lessons for the Family

Remember that our SA is not empty when we come to this world. Instead, it is filled with erroneous views that we bring with us from our previous life. Normally, we do not change our views while we are in the Subtle World because it provides us with only limited opportunities for purifying our soul. For this purpose, we come to this world; however, we bring our wrong viewpoints with us to this world, and Life is aware of it.

To improve the growth of our soul, Life in advance plans particular situations of our arrival to this world—the situations that will help us to destroy our erroneous notions. One of the common situations when this occurs is our family

life. Let us take a look at the *family relations* between a husband and wife. As you observe it yourself, many families lack mutual understanding to some extent or another, which often results in offense, arguments, scandals, and finally divorce. Why does it happen?

The answer is that *Life pairs people in such a way that each spouse destroys the values to which the other spouse pays excessive attention*. It means that the excessively important values of one spouse are destroyed because the other one denies them. This explains most of the conflicts between spouses and the lack of understanding in many people's family life.

Of course, not all of us have idealizations that can be destroyed in the context of family life. As a result, some families have happy lives without many arguments or much mutual discontent. Yet, these families represent the minority.

Most people idealize such *family values* as fidelity, good housekeeping, order and tidiness, life without stress, and so on. As you might guess, these qualities are most common in women because they are more apt to pay excessive attention to these values.

When women idealize these values, men have nothing else to do except to destroy them. Men are forced to drink, go fishing, have affairs spending a great deal of money on mistresses, spend excessive time at work or with friends, and so on. To fulfill their educational family mission, men have to do things that public opinion deems immoral. As we already noted, however, there are sometimes discrepancies between moral norms and the necessities of spiritual learning.

Women are not the only ones who idealize family values. Most men idealize these values, too. A man's *family idealizations* are often manifested in jealousy, in trying to control the behavior of the wife and children, and in attempts to plan the

family budget on his own. These values must be destroyed, and women are the instruments to fulfill this task. As a result, women look for love affairs, spend too much money on shopping, neglect their household chores, etc. This way the *spouses give each other all kinds of spiritual lessons*. When one side does not understand these lessons, the other side takes offense, and they may get divorced.

Let us see how Life is able to pair people who will destroy each other's values. We are reasonable creatures; therefore, before getting married, we can see that our future partner has different views on life, and we have a choice not to marry him/her. Yet, in reality, things rarely turn out this way.

Love

To pair people with opposing values, Life invents a method for depriving us of what seems to make sense to us. It is called love. *Love may be considered a way of diminishing our intelligence for enough time for us to marry our spiritual "teacher."*

To make us feel better, love is supposed to be very pleasant, and we can fall in love more than once in our lifetime. That is *why marriages based on passion are usually marriages between people who need to destroy each other's excessive values*, i.e., between people who idealize different values in life (e.g., a wife who adores tidiness and material wealth, and a husband who loves soccer and his own independence).

Ardent infatuation usually lasts from six months to two years. Then the magic disappears, and the husband starts to notice that his wife does not behave the way that she should, according to his point of view. As a result, they are both discontented, take offense, become hostile, and argue with the intention of making each other better, but in reality, hurting each other. This is when the mechanism of spiritual education starts to work.

Life is very good at coupling people, so by knowing one of the spouses, it is easy to predict the character traits of his partner.

If a husband is very prudent and logical, he is most likely going to choose an emotional and hot-tempered wife.

If a wife loves money and believes that her husband should have a high salary, her husband will most likely be broke or pay no attention to money at all.

If a husband values sex a great deal, his wife will not care much about it.

If a wife is very well mannered and is critical of rude people, she is very likely to fall in love with one.

If a husband has strict ideas about raising a child, his wife will have the opposite ideas.

If a wife likes one type of food, her husband will prefer a different

If a husband enjoys one kind of entertainment, his wife will like another sort cuisine.

If one partner really loves his/her relatives, the other one will not care much about keeping good relationship with them.

People have noticed this pattern and invented the proverb, "Opposites attract;" however, no one explains why relationships have to happen this way. We stubbornly insist that our ideals are the only ones, and as a result, we experience endless arguments, grievances, misunderstandings, and resentment. Yet, in this process, we destroy each other's idealizations and, in a way, help develop each other.

A wife does not realize that her husband is her "spiritual educator" who stops her from idealizing earthly values, and vice versa. To make this "treatment" last longer, a child is

born into this family. Children usually connect people and do not allow them to divorce too early. They also participate in "spiritual education" and often destroy the values of one or both of their parents.

Marriage Problems

Now let us talk more about love, particularly about the cases when people fall in love but do not get married. This situation arises *when a woman or a man is not able to find his or her "better half" to create a family.* Women in this situation are believed to suffer from what is called a "celibacy crown," and some healers try to help them to get rid of this "infirmity." What does this "crown" mean from the point of view of the Sensible Life method?

It is easy to understand that this problem is caused by *excessively idealizing family life.* A woman can idealize family life so much that Life cannot find for her a husband who would match her ideal, but on the other hand, could teach her the proper "lessons." Actually, it is not so difficult to find a proper man who could become an "instrument of her torture;" there are plenty of them around.

The reason is that it is difficult for Life to make the girl so foolish that she could fall in love with such a guy and marry him. The prospective partner is so different from her ideal of a husband that her emotions cannot win over her common sense and make her do such a "crazy" thing.

Some women have too much common sense and do not listen to their emotions. In these situations, Life is unable to deliver her the right partner; however, she does not deserve a better one because he would be unable to give her the proper lessons. That is why she has to wait till the next incarnation to fall in love and have a family.

As you can see, Life cannot always use love as a "treatment."

If we excel at logical thinking, imagining exactly what we want from life and from our partner, then it is difficult for our Guardian to make us unreasonable enough to fall in love with the wrong person. Usually it happens with *more mature people*. People normally get married at a young age, when they are not wise enough and are mostly driven by their emotions.

If Life wanted, it could make us fall in love with a person who will cause the most destruction to our life.

The more idealizations that we have about love, the worse the person we will marry. Life is life. Many books tell us stories about these kinds of marriages.

Reasonable Choice of a Spouse

Now let us consider cases when *we do not marry a person who we love* or we divorce our “spiritual teacher” after the spell of love disappears, and as a result, we do not learn the lessons that Life intended to give us through that person.

These events indicate that our idealizations have not been destroyed and our SA still remains full.

In these cases, we usually look for a new partner using our common sense. As a result, it is difficult for our Guardian to find us a partner with a value system opposite to our own (what we spiritually need), and we choose a person with interests common to ours and whose character traits are compatible with ours. Does this mean that we will not receive more lessons from life? On the contrary, we will.

If we bring our erroneous beliefs into our adult life and find a partner who idealizes the same values, then Life will teach both of us. In this case, however, Life has fewer choices of educational measures. Here are the possible ways to destroy the idealizations of both spouses:

1. A child who ignores the values cherished by both parents

2. Loss of property (e.g., family bankruptcy)
3. Illnesses that require great effort from both spouses.

For example, the common idealization of material well-being may be destroyed by removing money and other material values from your life in the form of money loss, minor car accidents, property theft, etc. If these lessons do not teach you anything, the situation will become more serious. Your house may get robbed, the car may be seriously damaged, the house may be ruined by fire and insurance companies may be indisposed to compensate the loss, etc. These events exemplify the most simple and common lessons. Actually, the Guardians of the couple might work together and do something much worse to the spouses to destroy their idealizations.

Life is life—let us repeat it once again. We have to observe its rules.

Scandals Are Good for You.

Let us talk about scandals that often accompany some people's family life. In-laws, the husband, or the wife are the most frequent participants in conflict. What are the reasons for conflicts and how should we behave when someone makes us angry?

Scandal Is a Way of Exchanging Energy.

There are several aspects to this issue. From a spiritual point of view, each scandal helps *transfer energy from one person* (the energy donor) *to another* (the energy vampire).

In most cases, scandals take place when one person lacks the energy usually received from food, air, and the environment. As a result of some inner disorder or ailment, this person's body lacks energy, but he or she does not want to be sick or die. Therefore, this person's body starts looking for another way of gaining energy. It is possible to acquire it *from other human beings*, especially from very emotional ones. It does not

matter if this energy is negative or positive. That is why some people (mostly the elderly) provoke others to anger. They use any means necessary (admonition, insults, criticism, tactless statements, etc.). Everything works to make you angry, thus making you lose your energy to feed the "vampire."

After screaming and exchanging insults, both parties would have to come down to a quiet state. The "donor" feels as if he has no more energy to continue with the argument. The "vampire" is content because he collected some energy that he can run on for a certain period of time. Try to remember some scandals in your family, and ask yourself if this scenario sounds familiar to you.

This notion explains how a scandal manifests itself *at the energy level* and also how it is explained by clairvoyants and healers who use energy for their work.

We need to realize *the reason why the "vampires" lack long-standing energy*. For now, we will try to set aside such reasons as illnesses, lack of sleep, or fatigue, which are only an outcome of those reasons. Most likely, the real reason is the effect of the *"lessons" taught to us for having the wrong attitude toward life*.

Older people, especially the ones who did not achieve much in life, often criticize others (the young, the wealthy, or the healthy); they get upset with life and impose their ethics and standards on others. Their Guardians have to teach them "lessons." As a result, those people do not receive sufficient energy, and they look for an alternative energy source, such as pulling it from other people.

Scandals Help Us Stand for Our Principles.

If you do not have any idealizations, it is virtually impossible to engage you in a scandal. Nothing will bother you because you are emotionally well balanced. If your opponent finds a way to make you lose your temper, you should be

grateful to him. He helps you *find a value to which you attached excessive importance*. He helps you to reveal your erroneous beliefs so that you can get rid of them. These beliefs can include your point of view about your children's education, politics, your appearance or intellect, or any other value. Each of us has our own set of principles that a "vampire" will use trying to push all available buttons to make us angry; in fact, *he is our "doctor" because he shows us what we excessively value*. On this account, scandals are useful for our own good because they become an excellent diagnostic tool to see all our idealizations and to offer us the right treatment. The "vampire" destroys our idealizations by his behavior, convictions, or actions against us, so let us be grateful to the person who drags us into a scandal.

Keeping this in mind, we can decide *our own role in the approaching conflict*. There are several options. We may *try to avoid the conflict*, i.e., remain silent, leave, or try to bring some levity by a joke. In this case, the "vampire" will not receive the necessary vital energy and will continue grating on our nerves, or if it fails, he will switch to a different person (a sensitive child, a nervous neighbor, an irritated housewife, etc.).

We can yield to *the "vampire"* and allow him to pull us into a conflict. If we are able to control our anger, it will not hurt us much, and it will totally satisfy him. A couple of days later, however, we will find ourselves in the same or similar situation again.

Besides actively participating in the conflict, we can use other tactics. For example, we *may show compassion to the person who provokes us*: mentally wishing him respect, appreciation, higher self-esteem, etc. By doing so, we will still feed him part of our energy, a different kind though—instead of the anger energy he expects, we will give him the energy of love and forgiveness.

Hopefully, the “vampire” will be able to absorb it—in which case, his reaction might be quite surprising to us.

He may apologize or even cry from remorse. If this energy is still not enough for him, he will attempt to further provoke our anger.

Actually, some “vampires” prefer this *energy of compassion and mercy*. To receive it, they often provoke you for a pep talk.

There are other solutions to the problem. If we want to *really stop conflicts*, it is necessary to restore the energy of the sick person (the “vampire”). It is only possible if he will change his attitude toward the world and will be able to comply with Life’s important requirements in order to stop judging the world and start accepting it as is.

Family Idealization

Now let us study *our family life* in light of the aforementioned explanations. Try to evoke what particularly *annoys you about your spouse*, what he or she does wrong according to you. It may concern the aspects of housekeeping, sex, money spending, specific character traits, or the like. You have to realize that *you idealize those exact qualities*, i.e., you attach excessive importance to them.

You are taught lessons for these idealizations because they cause your Stress Accumulator to fill up. The more you are discontent with some qualities of your partner, the faster your SA becomes full.

Now try to remember *which of your own traits or habits annoy your spouse the most*. He or she obviously idealizes *the opposite personality features or values*. The more your partner is unhappy with you, the more admonitions you receive from him, and the more stress liquid pours into his SA. You already know the consequences.

After you understand what kind of lessons you got from Life, you should make a decision. You may leave everything as it is—in which case your SA will continue filling. Or you may change your attitude to life, i.e., *stop idealizing things that are extremely precious* to you on the subconscious level. At the same time, consciously you are able to logically see that they do not have such a big importance to you. This approach can seem difficult, unless you stop idealizing.

Stop Idealizing

It is quite easy to do if we remember *the way of forgiveness*.

Forgive your spouse for what he or she does wrong, no matter how difficult it may be for you. You must realize that he only does things that you believe are mistaken to make you better, to teach you a lesson. Of course, he does it subconsciously because Life gave him this uneasy task.

As soon as you forgive your partner and accept him as he is, he will immediately change. He will have no need to teach you lessons anymore and will stop doing the things that bother you so much. Although he may still be doing something wrong, it will not bother you anymore because you will have already forgiven him.

At the same time, if your partner understands that you have a task to make him a better person, and he will forgive your spending too much time with friends, shopping, neglecting chores, drinking beer, or fishing, then you will no longer be obsessed with these activities.

You will still do them on occasion, yet without harming or offending your family.

Forgiveness alone is not enough, however; it is merely the *first stage* of correcting your destiny. We may forgive a person, but a day later we become offended or angry with him—again for the same reason. After you have comprehended

what you value excessively, you should first forgive Life itself, your relatives, yourself, your bad luck, etc., and then *change yourself so that you no longer idealize much of earthly values.*

We will examine this kind of attitude in the third chapter. If this problem is your priority now, we urge you to proceed to the third chapter right away.

1.6 Common Lessons We Receive from Children

Children can also give spiritual lessons to their parents by means of their character, habits, behavior, attitude toward life, etc.

It is especially difficult to deal on this account with the *first child* (when there are several children in the family).

Life may worry that the parents only intend to have one child, so its task is to have the first child teach them all of the necessary lessons. For this reason, the first-born child idealizes the opposite values of the parent who needs to be taught Life's lessons the most.

The first child destroys the values system of his parents. He usually possesses the following:

1. The qualities opposite to the ones idealized by his parents
2. The qualities that his parents despise in other people

These qualities will annoy his parents the most and will teach them the proper lessons.

Typical Ways to Destroy the Idealizations of the Parents Let us take a look at some of the common ways for children to destroy the idealizations of their parents:

1. A drug-addicted child may destroy his parents' love of

discipline and sense of order, their devotion to moral norms, and their care about public opinion.

2. A child who does poorly at school destroys such values as knowledge, intelligence, planning and managing life, and public opinion.
3. A child who lives an alternative lifestyle (e.g., becomes a punk, rapper, etc.) will not allow his parents to idealize public opinion, rules of social behavior, or moral norms.
4. Some children show interest to sex quite early. This way, they destroy their parents' puritan views about sex, as well as their condemnation of sex and restrictions regarding intimacy.
5. A very spiritual child will not permit his parents to exaggerate the importance of material values.
6. A child who lies and steals will destroy the excessive honesty of his parents.
7. A child who is too independent will fight against the parental control over his life and against too much protection or care.
8. Children who are too attached to material values will struggle against extremely spiritual parents who condemn wealthy people.

As you know, difficult relationships that occur between parents and their children have always existed. Parents are always critical of new ideas and are attached to old ones.

Young people have the opposite perspective. Parents and their children give each other Life's proper lessons. This cycle will continue until the moment we learn to forgive each other and accept the views of the other party.

This system allows us to easily predict a child's character traits (especially those of the first-born). To determine a child's personality, we simply need to know the main idealizations of one of his parents. The child will destroy these values.

Families with No Children

Now let us consider the situation when parents are unable to have children. What might be the reason?

The most possible explanation is that the parents idealize the idea of having a child and *cannot imagine life without children*. They live without a child for a long time and continuously experience stress and anxiety about not having children. They believe that their real life will only begin when they have a baby. This belief is mistaken. We live life right now, and we should learn to enjoy it the way it is given to us. That is why Life itself has to destroy the belief that a family cannot live without a child.

The situation may drastically change, however, if the parents reconsider their views and understand that their life is wonderful and full of happy events even without a child. Children simply make our lives fuller.

There may be another reason for an inability to have children. To correct the erroneous views of the parents, the child should possess a set of qualities that are in opposition to his parents' value system. The number of these qualities might be so big that a child would make his situation much worse in the process of making his parents better people. The child's SA would invariably become full. To avoid this result, the child's soul is not allowed into this world.

If the parents truly want to have a child, they should get rid of excessively important ideas about the world and their requirements and expectations regarding a future baby (its sex, talents, health, etc.). Instead, they should determine what exactly they idealize, reconsider their views, forgive each other, and accept our world as is. This way, *the mission of their future child will not be so complicated*, and he will be able to enter this world.

1.7 Common Lessons at Work

Most people spend half of their life at work (some of them even more). We call them “workaholics.”

Work means a lot to us. It brings us material wellbeing and allows us to pursue our plans and dreams and gain power or prestige. For these reasons, there are many possibilities to start taking to your heart too much. As you understand, creating idealizations at work can result in spiritual lessons your Guardian will send your way.

The workplace contains many of the same objects of idealization that might be found in other situations.

Idealizing Material Values

While working, it is very easy to begin idealizing *money, material goods and expensive things*. It is very easy to become envious of your more successful coworker who has a better house or a car, without seeing big opportunities of changing your own financial situation.

Some people take it easy, while others plunge into a long-term grief on this account. If these things cause us to suffer, we start judging ourselves harshly, become unhappy with ourselves, or even take offense with Life for not providing us with enough money or material goods. We can also grow to be envious of other people who earn more.

These results do not mean that we should stop trying to earn more money or achieve material wealth. Earn as much as you can. Yet, developing the right *attitude toward material wealth is more important*. If you idealize material things and you if you believe that life without them makes no sense to you (if you exaggerate their significance), then you can face tremendous obstacles when you try to increase your income. This way, Life teaches you a lesson about your wrong attitude toward important material values—particularly, *you are living*

an acceptable life without these things, even if you do not believe that you have a decent life.

This idealization takes different forms. Some of us hate wealthy people for being rich, and we believe that we are losers because we do not have as much money. Others passionately dream of buying a huge new house or a luxurious car, and they become depressed when these dreams do not come true. Yet, other people have the goal of earning a lot of money and become aggressive and hostile when they do not achieve the wealth that they idealize.

As you may have already guessed, it is absolutely normal to strive for a larger income, a better car, or a nicer house; however, we should not become offended or be annoyed with Life *for a long period of time* if things do not work out the way we want. We may turn upset and vent our frustration by swearing or hitting things to get rid of our negative emotions, but it is important that we do *not create prolonged negative emotions inside*. If these emotions start manifesting themselves, our Guardian will make an immediate effort *to make our life even worse*. Now, when it got worse, we understand that it was *really unwise to complain about our earlier material situation*. Life can always throw us down to the lower levels—to complete poverty, humiliation, or even death.

Idealizing Power

The other objects of idealization are *power, honor, worship, and excellence*. These values are usually idealized by individuals who own businesses, especially the ones who achieved tremendous success unpredictably fast. Let's say they were not very successful in the past and then suddenly jumped to being a head of a financial institution or a trade company, gaining almost unlimited resources and control over money, property, people, etc. For this reason, they *feel euphoria and they believe that they can do everything they want, becoming arrogant toward their less-fortunate colleagues*.

Life takes very strict measures against such arrogance.

Being eventually put under certain circumstances (fraud or bankruptcy), this conceited person becomes surrounded by people whom he previously despised. If it is impossible to undermine his material wealth, his Guardian works out a program for him when he gets sick, sued, or “exterminated” and is returned to the lower levels of the Subtle World. Such a person does not go to the upper levels, as you understand.

Idealizing Trust in Other People

Another typical belief is an *excessive faith in people, exaggerating their honesty, decency, or responsibility*. This idealization may manifest itself in *too much trust in a business partner*, when you do not ask for proofs of reliability when doing business.

People often borrow money from each other, and it is normal; however, if you idealize the person to whom you lend the money, he will destroy your idealization by not paying you back.

Almost all of us have faced situations when our good acquaintances do not keep their promises. If you trust them too much and do not take measures to protect your interests, and they betray your trust, then all that is left for you is to grieve and become upset with Life. You should not get upset, however. You need to realize that *these events were meant to make you stop idealizing others*, placing too much trust in them.

Idealizing Our Plans

Another erroneous belief concerns the efforts to control the whole world and to achieve our goals at any cost. We all make plans for our future in one way or another; however, not all of us become unreasonably upset if our plans do not work out. When we are at work, it is easy for our Guardian to determine

if we idealize our plans:

He simply destroys them. In these circumstances, the more we insist on sticking to our plan, the worse it will work out. If we cannot accept our failure as a loss in a game and we aggressively continue trying to achieve our goals at any cost, then we face even more counteraction from our Guardian.

We should not stop working toward our goals after a failure occurs. It is normal to make plans, pursue them, and apply our knowledge and energy toward achieving them. Yet, we should *not take offense if something does not happen the way we want. Do not hold a grudge against those* people who do not meet your requirements, who disagree with you, or who do something incorrectly according to your point of view. *Do not judge them.* On the outside you may be strict, demanding, and even cruel, but only within the norms of the game called "my business."

You can get emotional, write complaints, and sue somebody, but do it without anger—with forgiveness, understanding, and compassion toward others when they lose.

If you do not pass Life's tests, get annoyed, and start judging others or yourself, then your situation will grow increasingly worse until your plans are completely destroyed by negative circumstances. This way, you will come to understand that it is not the end of the world when your plans fail.

The other extreme of this idealization manifests itself in an *excessive anxiety and doubt*: "Did I do everything correctly? What if something unexpected happens? Maybe I forgot something?" These kinds of questions indicate a lack of trust in your surrounding world and show an *exaggeration of your inability to reach your goals*. This idealization will also be destroyed through unhappy events or illnesses brought to your life.

These principles apply to any kind of planning, whether it concerns a purchase, construction, education, or family planning.

Self-Diagnosis of the Spiritual Lessons While at Work

You can tell whether Life is trying to teach you any lessons when things stop working out for you.

If none of your plans are ever implemented and you consistently suffer misfortune, it means that Life is teaching you a serious lesson. Your SA is overflowing, and your problems might even worsen in the future. To help yourself, you must identify your idealizations and erroneous convictions, and ask Life to forgive you for *attaching too much importance* to your plans or other aspects of your life. You *exaggerate the importance of your goals*, but in reality, nothing frightening will happen to you if they never materialize. After all, you are alive and healthy, despite all your apprehensions and stress, and it seems that indulging yourself in suffering is the wrong thing to do.

Instead, you should deem *your problems as a loss of just one set in a game* and tune yourself to winning the next one; however, you should gear your anxiety to winning over yourself first of all, not over Life in general. *Life always wins*, no matter how things turn out.

To avoid having idealizations about work, it would be advantageous for you to *occasionally change jobs*. It will help you to detect early when you start to *attach excessive importance to your professional victories or defeats*. While keeping in mind that you will only have the same position at your present work for a limited number of years/months, you will not *attach excessive importance to your professional victories or defeats*. Thus, you will not be offended with Life, and it will be easier for you to become professionally successful.

It is not easy, however, for all of us to change our job or business. It is quite difficult for miners, railroad workers, pilots, farmers, etc. People of such professions should learn *not to take offense with their life*; otherwise, their idealizations will be destroyed severely. Sadly enough, our Guardians are not interested in our earthly problems. They want our souls to be perfect and are not concerned with how our bodies survive.

Of course, there are many other aspects of our earthly existence, such as business, private life, health, creative pursuits, hobbies, sex, and so on. We are constantly being taught lessons in each of these areas when Life uses the *same educational methods*: destroying our plans, wrecking our success, provoking spousal betrayal, etc. For example, let us see how our idealizations can result in a car accident.

1.8 Common Lessons for Drivers

Only a few drivers are lucky enough to avoid car accidents.

There are many different reasons for these accidents, regardless of whose fault it is.

At first sight, all accidents have their own nature, except for one common thing—all of them are unexpected, except perhaps the cases involving drunk drivers.

Driving under the influence is considered being reckless, and it illustrates that a person idealizes his or her driving abilities.

This approach does not allow us to predict the accidents with a tragic outcome. We offer you another approach for foreseeing accidents, if you remember that everything in this world happens for a reason.

As you understand, *an accident is a way of destroying a driver's mistaken beliefs.*

Idealizing Your Abilities

The first mistaken belief is the *idealization of one's abilities*.

We idealize our abilities if we prefer driving fast, passing other drivers by any means. This idealization manifests itself in *a feeling of superiority over other drivers and disdain for their driving*. Of course, we have similar attitude toward other people in other aspects of life, including work, but at the moment, we are considering only driving.

In reality, you have no reason for such judgment. No matter how fast and recklessly you drive, there is always someone who can be even more reckless.

You should not despise careful drivers either. You have no idea who drives other cars. It can be a priest, a college professor, or a world boxing champion who might have his own reasons to disdain you, and in case of a conflict, he will certainly be able to defend himself.

Your Guardian notices your false beliefs, and as soon as your SA becomes full, he starts teaching you lessons.

With the help of some adequate measures, he proves to you *that you do not drive so well after all*. At some point, he makes you absent-minded, and you become involved in an accident.

Life is merciful, so the lessons *gradually become stricter* according to the number of your negative thoughts and emotions you accumulate. Initially, fast drivers become involved in small accidents. If they do not learn the lesson, then harsher measures are applied. When the total number of negative convictions exceeds the norm, your physical life is taken away.

You may say, "So what? Does it mean I should not drive fast anymore?" Yes, you may drive fast! Yet, *you should not despise*

others for driving slower and more carefully than you do. Change your values. Sympathize with other drivers, who are less able according to you. Apologize to them in your thoughts for your impatience and for your need to pass them on the road.

It does not seem to be a big deal; however, this attitude may save you a lot of time and money that you might otherwise need to spend on repairs and medical treatment.

Idealizing Your Car

Another common mistake is to *idealize material goods*—in this case, a vehicle. For some people, having a prestigious car as a possession becomes their main goal in life; it is stereotypical evidence of prosperity and happiness. This idealization leads to two kinds of erroneous beliefs.

If you have a very nice car, you might start to *feel superiority and contempt toward others* who have a worse vehicle or no car at all, i.e., you exaggerate your invincibility and despise others, developing an arrogant attitude. You allow yourself to despise others simply because they do not have such an impressive gadget as you do.

To help you get rid of this misconception, your Guardian may take measures to humble your arrogance and disdain for others by the means of making it more difficult for you to repair your car after an accident. It does not matter whether you or another driver is at fault. Your Guardians had agreed to involve the two of you in this accident to teach you both a lesson.

If you just go and repair your car without changing your attitude, the very object of your idealization may be taken away from you. Your Guardian may work it out with the Guardian of a thief who is destined to steal your car to deprive you of the original reason of your idealization—your car. So, it turns out that this very accident had been subconsciously

provoked by your own attitude.

At the same time, you may experience difficulties acquiring a new automobile or when dealing with your insurance company, which may question the adequacy of your driving abilities. On the other hand, if you do not idealize your car, regardless of its splendor, nothing will happen to it. There is no reason for a future car thief to teach you any lessons.

The second idealization occurs when you have no car at all or if you are unhappy with the one you have and cannot afford to purchase a better one. You admire luxury cars and either secretly hate their owners or believe that you are unlucky in life. In his way, *you idealize wealth and material success* and condemn your present inadequate state.

To change your erroneous beliefs, your Guardian will take measures to worsen your financial situation, which compared to your previous one will seem quite a disaster.

Then you will understand that you should have appreciated your situation and should not have condemned Life.

It is a normal desire to have a luxurious car; *however, do not take offense with Life if something does not turn out the way you want* and if your financial situation is worse than that of other people, which does not allow you to buy a better vehicle. If you think about it, you will realize that you are responsible for your poverty, but if you continue being discontented about your financial state, Life will keep teaching you lessons until you become very poor, get sick, or even die. For your Guardian, the purity of your soul is much more important than your obsession with material wealth.

Idealizing Discipline

Some of us *idealize discipline, order, and all sorts of rules*. It is commendable that we try to observe—let's say—the rules on the road; however, we sometimes attach excessive importance

to these rules and aggressively condemn people who break them. We may expose our discontent by honking the horn, deliberately driving at a slow

speed, or forcing others to pass us on the wrong lane. Alternatively, we may simply become angry inside without showing it.

In any case, our Guardian discerns this idealization and takes the necessary measures—namely, trying to mend our disposition concerning discipline: He will make us encounter a lot of lousy drivers who will force us to break all possible rules or get into an accident and hold us responsible for it. Thus, he will continue teaching us until we stop being obsessed with order and discipline. This explanation does not mean that our Guardian dislikes discipline. He simply does not care much about the behavioral patterns established by people. Instead, our Guardian is concerned cleansing our soul and does not want us to become bitter or contemptuous.

Certainly, drivers are not the only ones with erroneous beliefs. Business people, politicians, scientists, artists, and other people have them, as well. We all belong to some professional environment and sometimes experience the peer pressure.

We showed you how to consider all of the events in our life from the following point of view: *If something happened, it means we received a lesson and must learn it.* We should determine what Life is teaching us and correct our mistakes.

Life is life, and we are not able to change it. We may only learn to understand its laws and try to follow them in our life.

Summary

1. *Life constantly monitors our thoughts and actions. We permanently receive instructions within the norms of*

behavior that Life establishes.

- 2. We may do whatever we want; however, we should not attach excessive importance to any idea, event, person, or feeling.*
- 3. Family life is one of the most effective areas where Life can destroy our idealizations. Couples who marry for love usually idealize different values. As a result, they teach each other lessons, and it becomes one of the primary reasons for family conflicts.*
- 4. Children usually idealize values that are opposed to the values of one of their parents. This way, parents and children teach each other lessons and eradicate each other's idealizations.*
- 5. Failures at work and an inability to fulfill our plans are good signs that we are being taught lessons by Life. In these situations, we need to change our attitude toward our goals and our other idealizations, and then these situations will improve.*

1.9 Spiritual Lessons

In this chapter, we will explain to you how Life itself (with the help of our Guardian) heals our souls.

As you remember, the importance of our misconceptions may be determined by the level of the stress liquid in our Stress Accumulator. We also mentioned that our Guardian uses different ways to prove to us that our beliefs are false. Here are five ways Life can teach us.

1. Direct Conflicts with Another Person Who Has an Opposing Value System

This situation usually arises in families where the spouses have opposing values and are consequently functioning as "spiritual teachers" for each other without even knowing about it. If the parents idealize their children, then they will

destroy their parents' convictions. Friends and business partners destroy each other's values systems, thus exchanging Life's lessons. Bosses teach subordinates, subordinates teach bosses, and so on.

2. A Situation That Destroys Our Very Important Ideals

There are situations when we cannot tell who exactly is teaching us a lesson. Most probably it is not only one, but several people subconsciously create circumstances that destroy our value system. For example, a person who idealizes money would lose it, and it is difficult to determine who provoked this result. He might work for a company that is going bankrupt, or his own business may collapse because of high taxes or unstable market. It is no one's fault.

So, why does Life take away money from the person who idealizes it? What is the purpose of such "healing"?

This way, we receive proof that we should *live in paradise every moment of our life* and that our discontent with Life results from our mistaken convictions. Let us see how Life proves it to us.

Let's assume that your income is \$20,000 per year, and you are unhappy about it. It is difficult to be content when others earn \$30,000 or more. Can you attain a bigger income?

Of course, you can. To achieve this goal, however, you should not take offense with your life and should instead seek real ways to increase your income. If you prefer to take offense and judge other people, Life will teach you a lesson, and your income will drop to only \$10,000.

This income will still allow you to support yourself, but the previous one will now seem like a very decent income. If you do not regard this new situation as a lesson and do not apologize to Life for your criticism and taking offense, then Life will teach you again. Your \$10,000 will be taken from

you, and you will go on welfare or get disabled; instead of making money, you will become a burden to your relatives. Confined to bed, you will remember how good your life was when you had your health, were making \$20,000, and had a strong opportunity to find a better-paying job. Compared to the present situation, it was almost a paradise. How could you be upset with life if you lived in paradise?

If, in your new and difficult situation, you recognize your misconceptions and apologize to Life, then Life will allow you to return to your life when you were healthy and making \$20,000. If you are grateful to Life, you will earn much more, as long as you stay away from generating new idealizations.

Therefore, we receive instructions concerning money idealization, i.e., we are taught lessons when we are unhappy about our perceived lack of income. It is quite painful and unfair to us, but it is fair from our Guardian's point of view. People who idealize power, career, talents, control, and the like are taught in a similar manner. Life destroys their idealizations through situations that prove to them that they have the wrong attitude.

3. Situations That Force Us to Do Things for Which We Criticize Others

These circumstances arise when we judge others for their lack of common sense or discipline, frivolity, breaking norms of morale, etc.

Try to remember if you were ever upset with someone for being late for an important meeting or if you criticized another person for his unacceptable outfit. Later, were you ever suddenly late for an important meeting or dressed improperly? It surely happened, but you never connected these events, especially because there may have been a certain gap in time between them. It may have seemed that these events happened due to a pure coincidence, but it is not true. These

circumstances were *created especially for you to put you in the same situation in which the person that you judged had found himself before you*. You provoked your own situation to happen without realizing it.

If you faced a situation in which you had to compromise your own principles or standards and now you feel bad about it, *try to understand what caused this situation*. Try to recall who you recently judged for a similar behavior. If you recall such an episode and ask for forgiveness in your thoughts, Life will not put you through the same test again. Yet, if you do fail to evoke the episodes that might have caused this situation, deem it as just a fluke, and continue to judge others, the situation might drag out for many years. You will always be late for important meetings and will become upset with yourself, or you will always dress improperly in important situations—or something similar will continue to cause you discomfort, providing you with reasons to judge yourself.

There is another and more unpleasant type of spiritual mentoring: *conflicts between parents and children*.

For example, your parents did not behave appropriately when you were young: They argued or fought with each other. It gave you a valid reason to be upset with them throughout your life. You assured yourself that such conflicts would *never happen in your family!* So when you grow older and create your own family, *Life will place you in the same situations as those of your parents* (because you judged them). You may suddenly become irritable and start scandals for no apparent reason. Even if you try to keep your promise about not having arguments and scandals in your own family, you will allow others to provoke you. Your spouse will argue with you, your children will throw a tantrum, and your parents or other relatives will annoy you and provoke your hostility. This situation will continue until you stop reproaching your parents' early behavior. Then your Guardian will no longer have motivation to inflict such an unpleasant penalty onto

your life.

4. Situations That Implement Our Erroneous Beliefs on the Subconscious Level

Imagine that you once borrowed money to invest it in your business, but your plan failed and you had a difficult time paying the money back. You finally met your financial obligations, but deep inside you are persuaded: "It is dangerous to start a private business" or "I am unable to be a successful businessperson." Regardless of what you want and believe on the conscious level, your subconscious beliefs do not allow your business intentions to be carried out. You may get indignant or take enormous effort to proceed with your business, but nothing will seem to help. Your mistaken subconscious beliefs will cause events that bring you extra trouble.

If you are familiar with systems of achieving business success, then you know that one of the most important conditions for success in business is having *the right thoughts* and attitude. You should feel like a successful businessperson and look forward to your future achievements. It is quite difficult to feel this way if you have some hidden fears and apprehensions.

Subconscious fears and negative agenda can be developed in our mind concerning practically any issue. For example, having a negative experience being in love with a blonde girl earlier in your life will make you reluctant to develop the relationship with other blonde women for no apparent reason.

A mixture of fears and negative emotional patterns can inhabit our subconscious even when the original situation that triggered our fears is long forgotten. *It is only possible to determine that we have erroneous subconscious beliefs when we experience an emerging problem that has no other reasonable explanation. We also can detect these beliefs when we analyze*

various complicated situations that occurred in our life and can define what conclusions or subconscious programs we encounter.

One of the sources of a negative subconscious programming is our own negative experience.

Parents Programming the Lives of Their Children

Another common source of negative programming is children's upbringing. Some parents are not afraid to be negative toward their kids, calling them "stupid," "clumsy," "lazy," etc. Parental opinion is very important to children, so these words go straight to a child's subconscious and influence his or her whole life. As a result, even the most energetic child may grow into a very clumsy, stupid, or lazy adult, or he or she may feel this way.

In fact, very often *children experience a psychological attack from their parents.*

Parents attack children at the mental level, so it is extremely difficult to remove this negative program or change it at an older age.

We have met many people whose life was blemished by such subconscious negative programs, which made them skeptical and withdrawn. These personality traits do not allow a person to prosper in life.

There are more ways to show us how our subconscious can be negatively programmed and how it creates problems in our life.

5. Situations That Take Us Out of the Usual Course of Events and Give Us Time to Reconsider Our Attitude Toward Life

In these situations, Life usually makes us physically very ill in order to destroy our false beliefs, or it sends us to jail.

Our Guardian uses this kind of spiritual treatment when he cannot use the methods previously discussed—for example, when we judge ourselves or when we refuse or are unable to stamp out our own false beliefs.

These illnesses are meant to teach us a lesson, and if we have idealizations, then the illness is accompanied *by intense grief*. For example, if we idealize control over our relatives, we always watch over them and worry when they are on their own. Suddenly, we undergo an illness that does not allow us to move around very much, thus thinning our ability to watch over our relatives. In this manner, Life shows us that our relatives can live just fine without our guidance; however, we may resist learning this lesson, which will make it difficult to treat our illness with medications, and Life will not allow us to recover until we learn this necessary lesson.

In general, all means of spiritual treatment can be narrowed down to a simple principle: *Life gives us what we do not want and does not give us what we cannot imagine life without.*

Correlation Between “Crime” and “Punishment”

The question remains: How soon will the Guardian give us penalty after we have formed our erroneous beliefs?

The answer to this question depends on the liquid level in our Stress Accumulator. If it is only 25–35% full, we will receive a lesson approximately 1–2 days after we start idealizing something.

If our SA is 70% or more full, we have been receiving instructions for a long time already and have simply not been paying attention. This situation indicates that Life may not teach us another lesson in the immediate future.

If we did not understand the previous lessons, we will not understand the next one either. We will eventually receive our “punishment,” but maybe a month, year, or even a decade later.

Just keep in mind that, sooner or later, we will face problems unless we reconsider our life. When these difficulties occur will depend on how well we learn Life's lessons.

Summary

1. *Life uses five ways to destroy our excessively important ideas and convictions.*
2. *Each of these ways is used according to the number of our mistaken beliefs and other negative circumstances.*
3. *The timing of Life's lessons depends on our ability to react to them, i.e., on the level of stress liquid in our Stress Accumulator.*

*The whole book by Alexander Sviyash **How to Learn Life's Lessons and Become Life's Favorite** in paperback and as an e-book you can purchase on www.sviyash.org*

2. Let's Get Rid of the Problems.

In this chapter, we will continue talking about Life's lessons and, more precisely, about the methods for getting rid of the –educational|| measures taken by the surrounding world against us.

Getting Rid of All Problems

What should we do in order not to be taught by Life? In general, *we should get rid of the negative stress that we already have and should not accumulate any new stress.* Yes, it is not that easy. We might have accumulated negative emotions for many years, so simply saying –I forgive everybody,|| even sincerely, will hardly help us to get rid of all the accumulated negative stress. Also, it is hard to stop stressing out right away only by figuring out what our idealizations are; we need more help here. That is why we are ready to offer you valuable recommendations to ease up the transition to your new life without stress.

In this book we are going to use an esoteric model of the man, which not only considers a human being as a material object (physical body), but also illustrates that a human being possesses a spiritual (subtle material) component called either aura or soul (in religion).

According to this model, a human being consists of a physical body and six subtle non-material bodies.

Therefore, we keep in mind that a human being presents a very complicated structure consisting of the physical body, as well as non-material ones such as energy, emotional (astral), mental, and several other subtle bodies.

Together, they form what is called the –immortal soul|| that moves from body to body in the process of reincarnation.

The materialists who do not believe in the existence of subtle bodies might instead think of the different psyche components, i.e., health (energy), emotions, and thoughts (mental body).

Our experience shows that all subtle bodies influence our life. Our immortal soul may also bring from the past some problems that we are unaware of. That is why we should look deeper into our soul.

So if you are going to become a –saint||–that is, clean your Stress Accumulator (SA) –we suggest you purify all your subtle bodies. Otherwise, the cleansing or treatment will not be efficient, or the results will only be temporary.

What Are We Going to Clean?

Is it a good idea to get rid of every single problem in our life? This question is not that simple to answer. It is easy to come to a conclusion that total cleansing may result in losing interest in life.

We already mentioned earlier that only saints have an empty SA, as *they have no desires in this world*. If we successfully

clean our SA, the same will happen to us.

Everything will be possible for us, but we will not want it.

Nothing will worry us, as we will calmly accept anything that Life brings.

Would you like to face such a future? We guess not.

More precisely, such a goal is virtually impossible to achieve. We all want to lead an active life, buy nice things, and feel *alive*, even if it involves having to pay bills or arguing with relatives or friends. Life does not allow us to be entirely tranquil and remote, and we can never avoid temptations. So what can we do?

We suggest you choose problems you want to get rid of i.e., you should select several valves of the SA that are the most important for you. Let some stress liquid in through these valves, i.e., you may still slightly idealize some aspects of life (love, family, money, art, etc.); however, try to keep the other valves closed by staying away from condemning, judging, or despising other people. Then you will be able to live your life joyfully, and your SA will only be 45–55% full. As we already mentioned, this percentage represents the best situation for allowing all of your earthly dreams to come true.

If this recommendation sounds good to you, let us tell you what methods and techniques will help you transform into this comfortable state. Even if you want to become a –saint|| and are not interested in earthly values, our method will help you. Using it is not enough to become a saint, however; for this, you need other, more complicated techniques. But that's a different story. Now let us talk about cleaning our SA.

2.1 Say Goodbye to Your Negative Emotions!

Everything in this world is ruled by emotions. So let us start

with learning some techniques that will help you to cleanse your subtle body. *This body stores all our offense, condemnation, memories of jealousy or anger, and other positive or negative emotions.* If the emotions were positive, then memories of them make our life more pleasant, and as a result, we will not fight them.

Negative emotions have a different effect. Almost all of us have been feeling such emotions from our childhood, and we probably feel them now. We already mentioned where these emotions come from. Our mind idealizes the world, but the real world is dramatically different from our model. Having noticed this difference, you may stop paying attention to it or may try to change the world according to your ideas, if it is possible. You may also do nothing and feel a great deal of negative stress, wondering why everything goes so wrong.

Emotions Are Stored as Thought-Forms.

Each stressful emotion is accompanied by a certain set of thoughts. As a result, each strong emotion forms a corresponding *thought-form* (bundle of energy and information) that is stored in our emotional body in the form of a dirty stain (in case of a negative emotion). In other words, all stress is recorded in the cell memory of our body. The stronger our offense or condemnation is, the larger and denser the corresponding thought-form is.

Thus, unfortunately, our stress does not disappear. It is *stored in the emotional body* and initiates the stress outbursts in our uncontrollable mind. So when we see a person looking even a little like our offender, our memory produces a corresponding thought-form, and we start thinking of all our offenses and go through them again. In this way, the existing thought-form becomes more dense and massive. As you understand right now, this is how our SA gets filled.

All Offenses Stay Inside Us.

By the moment we turn, say, forty, we might possess a lot of negative thought-forms. Each of them is connected with some person—your father, mother, children, husband or wife, boss, or any other people who cause us negative stress.

Sooner or later, the stress weakens, and it seems as if we do not take offense and do not condemn anymore. At least we believe so, as we have already forgotten the negative events and the accompanying stress. Sadly, the reality is different. We might have forgotten the negative stress that we experienced in our childhood, but this stress still stays in our emotional body and we need to activate certain procedures to get rid of it.

More precisely, the negative thought-forms do somehow melt away, but very slowly, especially if we accumulated them with years by taking offense with someone or condemning people. After so many years, the thought-forms became large and dense, and *we cannot eliminate them simply by forgetting about our offender*. Nor can we get rid of them by consciously forgiving the offenders.

It is true that forgiveness will block a corresponding valve of the SA, but the stress liquid level will hardly change.

As our offenses and condemnations are stored in our subtle bodies, our Guardian will have to use the third way of destroying our idealizations, i.e. he will *put us in the situation of the person whom we condemned*.

We already gave you an example of typical lessons for the family.

Let's say a child condemns his parents for the discord in their relationship. Therefore, a large thought-form concerning the condemnation of his parents gets stored in his emotional body. When the child grows older, he may consciously forgive his parents and change his attitude toward them (especially if one of them dies). The thought-form of offence or condemnation

does not go away, however; it is still with him. Our Guardian is aware of it, so he has to apply “educational” measures to this person i.e., to create the same situation that annoyed him concerning his parents.

Let Us Erase Negative Thought-Forms.

To avoid such –educational|| measures, we need to find a way to *erase these thought-forms in our emotional body*. Who is able to do it best? Ourselves, of course, because it is our own problem. We need a special tool for this cleansing, something that can interact with the subtle matter of our emotional body.

There exist many tools for this purpose—for instant, seeing your psychotherapist is not such a bad idea, as well.

Yet, such a specialist usually works with *one very strong emotion ruining your life* that made you ask for help (offense taken with a girlfriend who left you or a husband who dumped you for another woman, etc.). We need to deal with all of the thought-forms that are responsible for our stress, however, including the ones we forgot all about a long time ago.

Let Us Totally Clean the Emotional Body.

That is why we suggest you totally cleanse your emotional body and get rid of any negative thought-forms that appeared due to interaction with other people. During lifetime, you meet many people, so while cleaning your emotional body, you should take *them all* into account.

If you are a young person and have never been very tactful, then you might possess hundreds of negative thought-forms, depending on the number of people who caused you negative stress. Your emotional body is very dirty, and it will take an effort to clean it.

Remember All Your Acquaintances.

We recommend that you *make a list of all the people* you interacted with in your early childhood, at school, in college, at work, at home, etc. Try to remember details and put every person on this list.

The first entries of your list should represent people about whom you *felt the most negative emotions*. Then list all the others. You will have to clean your emotional body, *thinking separately about each of these people*. It is not easy and will take one to two months of work.

“Cleaning” Takes a Long Time.

If you try to forgive your enemies all at once and feel love toward them, you will still not stop receiving spiritual –lessons|| from your Guardian. Feeling love toward your enemies will just result *in closing the valves* through which negative emotions enter your the SA. It will mean that your SA stops filling, but the stress liquid level will remain the same for some time.

That is why changes for the better often do not happen immediately, even when you –start loving everybody.|| Things may even become worse. It is very sad, is it not? What can you do in this situation?

One of the lower pipes of the SA is called –Conscious Actions.|| To quickly clean your SA, you should use its capacity, i.e., *take conscious actions to clean your SA*. Being merciful and charitable will do, but it is a slow path. To have this pipe release your sins quickly, you need to do certain exercises.

One of the exercises we recommend is called Meditation of Forgiveness. It is a well-known exercise used in various spiritual schools in one form or another.

This exercise will also help you to *stop the train of negative thoughts*. It is based on the well-known principle of replacing

uncontrolled thoughts by positive ones.

You may do the exercise at any time. For example, when walking down the street, riding a bus, attending a meeting, waiting for someone, etc.

Meditation of Forgiveness Exercise

Choose a person you got offended by (or you feel a negative emotion toward). You need to erase your thought-form concerning this person. In our example, let it be a husband.

Start repeating this phrase for a long time: –With love and gratitude, I forgive my husband and accept him as he was created by God [or, as he is]. I ask my husband for forgiveness for my thoughts and emotions toward him.||

Repeat this phrase until you feel warmth in your heart.

This sensation indicates that the negative thought-form concerning this person is completely erased.

Some very emotional people reach this sensation within five minutes. Other people never feel this warmth, and that is fine, too. To achieve successful results, you need to spend a certain amount of time on this meditation.

If you had tense relationship with someone for many years, then you need to spend three to five hours on this meditation.

This time may consist of short meditations that you can do in your free time. If you did not have serious conflicts with this person, then you need to spend thirty to fifty minutes on the meditation.

After you get rid of the thought-form, start repeating the following phrase in your mind: –With love and gratitude my husband forgives me.|| In this way, you will erase a negative thought-form that was –given|| to you by your husband during your conflicts.

Repeat this phrase until you feel warmth in your chest again or you see your husband inside your mind. If his negative thought-form is successfully erased, then your husband may turn his face to you, smile, or even wave his hand (in your mind, of course). It means that your emotional body was cleansed of all offenses and other negative emotions.

Apply This Principle to Everyone You Know.

We only considered the meditation of forgiveness concerning a husband. Yet, it is only the first step toward cleaning your emotional body. Next, you need to do the same thing concerning your *father, mother, siblings, exhusbands, or wives*, if you had tense or conflicting relationship with them. Then meditate about *all your relatives (each one separately)* who interacted with you and caused you trouble. Do not forget *the acquaintances at work* or the people you practice your hobbies with, *unfair bosses or ungrateful subordinates, your loved ones with whom you parted, and last, but not least, yourself* if you get angry with yourself. The phrase to use here is almost the same: –I ask myself for forgiveness for my thoughts and emotions concerning myself. With love and gratitude, I forgive myself and accept myself as I am.||

People tend to judge themselves. (Why am I so unlucky, ugly, shy, or stupid?) They take offense with themselves and feel guilty all the time; however, *self-condemnation is a sin as serious as condemnation of other people.*

That is why it is necessary for us to forgive ourselves.

Next, you should pay attention to *Life in general*. Most likely, you sometimes took offense with Life for taking away your loved one or your relative, or for making your life too difficult. The phrase for this meditation is the following: –With love and gratitude, I forgive Life and accept it as it is. I ask Life for forgiveness for all negative thoughts and emotions toward it. With love and gratitude, Life forgives

me.||

The ultimate meditation time depends on how deeply you are upset with Life. The meditation concerning people with whom you had the most conflicting relationship will require *several hours of meditation*. For old acquaintances or relatives who you can hardly remember, you should work ten to thirty minutes (for each).

Try to determine yourself how much time you will need for this exercise. A person over forty years old will need at least a month of work to completely get rid of all offenses. The general meditation time should not be less than thirty hours.

While reading this chapter, you might think: Why should I repeat the forgiveness meditation for such a long time? It seems like you no longer remember the offense that you took with some people, forgave some, and already feel compassion toward other ones. Your mental level is clean. Then why do you keep –getting lessons|| from your Guardian?

Sins as Dirty Stains on Paper

To answer this question, let us use a simple comparison.

Imagine that your negative thought-form is a dirty stain on a sheet of paper. The larger and darker the thoughtform, the bigger the stain appears.

You need to clean the paper, but the eraser that you have is really small. Every move of the eraser cleans a small part of the dirty surface. To clean the entire sheet, we need to perform a lot of cleaning movements. The bigger the stain, the more moves we use.

That is why we suggest you repeat the forgiveness meditation in your mind many times. Each repetition erases only a small part of your thought-form. If you realize that your former beliefs were incorrect and forgive your enemies, you erase a

big part of your thought-form; however, you only erase a bit at a time.

Therefore, while forgiving and accepting the world, *do not forget about your former offenses and indignation*. Work with them separately, and your Guardian will not have to apply –educational|| measures to you anymore.

Summary

All the negative stress that we feel is stored in our emotional body as thought-forms (dark bundles of thoughts and emotions).

Negative thought-forms do not get erased immediately after we change our attitude toward the world and forgive our former enemies.

To quicken the process of cleansing the emotional body, we suggest practicing the Forgiveness Meditation, i.e., erasing a negative thought-form by repeating a certain phrase.

The Forgiveness Meditation should be applied to all people with whom we had tense relations, including relatives, acquaintances, Life, and ourselves.

2.2 “Pincushion” Theory: Let’s Play the Problems.

The forgiveness meditation allows us to get rid of our former stress and eliminate the consequences of new ones coming into your life. Yet, if we do not change anything about our thoughts, we will always have to forgive others.

We will always become involved in scandals and conflicts first, and then we’ll have to do the process of forgiving.

If we want to live more consciously, we should learn not to store new stress, i.e., block the valves (idealizations).

This will only happen when we stop attaching excessive

importance to our expectations, i.e., we get rid of our idealizations.

At the same time, we need to start working with our mental level because it stores all of our ideas, knowledge, and information about our experiences and the idealizations created by our mind. As you may remember, idealizations are the source of our discontent with life, filling the SA and causing us to receive –lessons.|| As a result, *we urgently need to get rid of our erroneous beliefs and idealizations stored at the mental level.*

You Live in Paradise!

There exists an idea that can help us in life every time we suffer stress. It seems very simple, although not all people understand and accept it easily. Here it is: *You should accept that you live every single moment of your life in Paradise!* It is true for every single moment, no matter how terrible it may seem to you!

It is difficult to assume such an attitude toward life.

Life teaches us –lessons|| all the time, and that is why we do not feel like we are in Paradise.

Could your life become even worse? You probably have never thought about it because all methods (including our Method of Forming Events) encourage you to think positively. You try hard to think positively, but life only gets worse.

It is clear why life continues to worsen. We are unhappy with it, our SA fills, and Life takes increasingly strict –educational|| measures. Yet, these measures are not a *punishment or revenge*; they just help changing our erroneous beliefs!

If we dream about a better life and keep being discontent about our present state, the *situation is likely to grow*

worse. That is why we suggest you do not dig your head in the sand like an ostrich in case of danger, but try to look at your *possible unhappy future from the point of view that it could be even worse.*

It is easy to just imagine how much worse Life may turn. It only *depends on what area of life you are unhappy with.* If you are upset with your family life, the situation in this area could always be worse. Yet, if your work situation is not very important for you, things in this field will still be okay, and you will be able to earn your living.

And vice versa.

What can we do to avoid worsening the situation after we have determined our idealizations? How do we get rid of them when we like them so much?

It is simple. We just need to understand that *right now we live in Paradise.* If we do not admit it now, one day we will find ourselves in Hell. Then life will grow much worse. Of course, Paradise and Hell are very conditional notions. It is difficult to accept that we live in Paradise when the money we earn is hardly enough to pay our bills and all attempts to change the situation lead to nothing.

It is not Hell either, but a lack of money stains our life as much as being homeless stains the life of a poor person who does not have a place to live.

If you are unhappy with your life for a long time, it means that you have explicit idealizations. As a result, Life just *has* to prove that you live in Paradise, not in Hell, as you think.

How can Life do it? We already mentioned that –educational|| measures are applied to the area of life you are unhappy with. Let's say, now you are upset about your financial situation, so Life will take money from you. It is hard to tell how it

will happen because Life has many opportunities for achieving its goals. For example, you will get a new boss who will dislike you for some reason and will try to demote you or even fire you, which will result in job loss and, possibly, poverty. Or there will be less demand for the products of your company, so the administration will lay off some personnel, including you. Or something else resulting in the loss of income will occur.

It will not make you more optimistic, and the new situation will seem like Hell to you.

Finding yourself in this new situation, you will interpret your life a year ago as being happy. Your income was not great, but at least stable. In this way, Life proves to you how wrong your views are. Your present life sounds like Paradise compared to a life of a jobless person, and you have to admit it.

Of course, compared to the life of a rich man, your life does not seem that happy. Yet, you have an opportunity to increase your income if *at any moment* you are ready to admit that you live in Paradise. Do not condemn Life, but ask it to give you a well-paying job or your own business.

There are plenty of possibilities in this world, so if you ask in a right way, you will surely receive what you want. Yet, if you do not get it, think which of your beliefs hinders you from achieving the goal that millions of other people have already achieved.

This approach (*admitting that any moment of your life you live in Paradise*) may help you close all SA valves and cleanse your mental body.

We probably need a *more practical approach*, such as particular breathing or some physical exercise. *These practical tools* are easy to grasp, but sadly, they will not help us much get rid of our mistaken beliefs. The reason is that our mental body

generated these beliefs, and we cannot change our mental body through physical efforts because it is not directly connected with our physical body.

Tools for Changing Our Erroneous Beliefs

Consequently, we need to find some tools to change our attitude toward life and our beliefs. Do these tools exist at all? Yes they do. One of them is self-programming (i.e., *using positive statements or affirmations*).

Affirmations

These techniques are meant to replace our erroneous beliefs by *positive thoughts*. It is a good technique, but *it requires a major effort to "reprogram" our mistaken convictions*.

For years, our troubled mind has been filling our mental level with idealizations and erroneous beliefs.

Therefore, to get rid of them as soon as possible, we need to *intensely fill ourselves with positive assertions*. The total amount of positive thoughts should be *at least equal to the number of negative ones*. We do not have many years to replace our beliefs, so *reprogramming should be really intense*.

This goal is easy to achieve at group classes with a good mentor who creates a high-energy environment and who allows people to feel euphoria and excitement. After two or three seminars, instead of condemnation, we will feel love toward others and ourselves.

Yet, if you try to use this method at home by using a book, achieving results will take longer. It is quite difficult to reach a state of euphoria when your mind is filled with problems and doubts. Some people manage to do it well, so affirmations work quickly and efficiently. People who want to think positively but cannot get rid of constant doubts, however, face a problem and can do very little about it. Those

people may use another, purely mental tool to fight their wrong convictions.

Don't Create Your Unhappy Future!

This method is very simple and originates from a simple idea: Let us not wait for Life to use all –educational|| measures against us. We should *get ahead and only* imagine *what measures may be applied to us*. It is easy to do while using a simple exercise called the Pincushion of Events.

Let us see how it works in case you are sure that things should be the way you want and you cannot imagine that life may take a different direction. For example, your father used to be a kind, tactful, and well-mannered person, and you cannot imagine him being different (i.e., you idealize relationship between people). Now, when he is older, he might demonstrate negative traits of his character (rudeness, irritability, etc). *The more you judge him for this behavior, the worse it will become (only toward you)*. His relationship with other people may be bad or good. Yet, his attitude toward you will grow increasingly worse until you change your attitude toward him.

Do you think your father is the worst father in the world? If you think about it, you will probably admit that it is not true. It is always possible to find a worse person.

So if you do not want your father to get worse, *imagine him becoming much worse already*. Then, troubles you have with him right now will seem to you just a small part of *what could have happened*. He could be even worse, but he is not. Look how good he is! Why did you judge him at all? Yet, he might change for the worse if you do not change your attitude toward him, i.e., now he makes you think you live in Paradise, but Life might show you Hell soon.

This principle will make it easier for you to live through every situation, no matter how bad it might seem at first

sight.

The exercise that we offer you is based on this principle.

Pincushion of Events Exercise

Ask people not to bother you for fifteen to twenty minutes.

Take a comfortable position, close your eyes, relax your body, and try to stop the train of your thoughts.

Imagine that your life might take a number of different turns so that all events in your life are represented by a set of pins (each pin represents an event) in a pincushion (Figure 2).

Of all possible events, you would like only one to happen, the one that suits you the most (one pin). In reality, while destroying your idealizations, Life causes increasingly worse events happen to you (a second pin, etc.).

Imagine what may happen to you if Life continues applying "educational" measures to you, i.e., conditions of your life keep worsening (more pins).

Imagine (e.g., for five to ten minutes) that you live through each possible negative event. Imagine what you will do, how you will interact with others and the world, and what your thoughts will be.

After living through each event, say to yourself: "Life! If you find it necessary to change my life to this extent, I will accept it without doubts and offense. There must be some reason why you are giving me this lesson. If I really need this lesson, then I accept it with gratitude.||"

In the same manner, you should "live" through events that gradually become worse. The rest of the pins represent them.

After each exercise, confirm that you will accept any lesson

without anger and condemnation, but ask Life not to apply these measures to you.

At the end, confirm again that you do not condemn the present situation, that you consider it as a lesson that you deserved for your thoughts and actions, and that this situation is the best of all. You are grateful for the lesson you have received, accept you present situation as a very good one, and ask Life to possibly make it better, i.e., the way you want.

By performing this exercise, you avoid –programming|| of a negative future by asking Life *not to apply measures to you*. At the same time, you let Life know that you accept everything that happens not as a punishment or revenge, but as a lesson taught to you for your erroneous thoughts or behavior.

Let us take as an example that involves the same father we mentioned before. First (the most desired) pin represents normal, quiet relationship between you two. The second pin represents the existing situation when he is rude to you and provokes conflicts.

The third pin *may represent the situation when your Dad gets sick and you have to take care of him*. His character will not change for the better. The fourth pin, he starts drinking and brings his drinking friends over. The fifth pin, he brings loose, drunk women home. The sixth pin, he treats his grandchildren badly. The seventh pin, he accidentally sets the house on fire being drunk. The eighth pin, he starts selling valuable things from the house.

There exist a vast variety of events (pins). *You should pretend living through all of them without taking offense with Life* (fortunately, not in reality, but only in your imagination).

Imagine what happens when the third, fourth, and following events will take place—all possible relationships, patterns, money situations, etc. Then say to yourself: –Life, if I

deserve it, I will accept this situation and will not complain because I understand that this situation is

the result of my negative emotions toward my father. Yet if it is possible, let my dad stop spoiling our lives.||

This mental exercise will help you get ahead of “*educational*” *measures* and prove to Life that you are aware of possible future lessons *and are ready to accept them*, and that you consider the existing situation as a very good one and realize that, due to your discontent, it may get even worse. Yet, you are not discontent with the present state anymore, so Life does not have to apply stricter measures to you. If your life is good now, it will only get better in the future.

We recommend that you use this principle to destroy any idealizations that you may have, as well as to get rid of your discontent about life. It is easier to be glad about the present than anticipate the problems that the future may/may not bring.

Could Things Get Worse?

To anticipate possible questions, let us tell you right away that this exercise *does not program a negative future* because, in the end of each event analysis, we add the following phrase: –Life, if it happens, I will accept it without any complaints and anger. Yet, if it is possible, let events happen the way that I want them to (express here an event you want to happen).||

In this way, you let Life know *that you do not need negative events*. You are prepared for them, but you do not need them. You need other things that have not happened yet, but you are not stressed out about them anymore because you understand that your Life is happy anyway.

Consequently, you do not demand anything from Life but express politely your request, which lowers your pride and arrogance.

Life appreciates people who are not too proud and arrogant, and helps them if they ask for help.

Do Not Turn Your Life into a Pincushion of Events.

Let us give you one more recommendation. The –pincushion|| exercise is a *one-time tool* to help you feel that your problem is not that serious after all, and to change your attitude toward events that you consider terrible. You should play with your –terrible situation|| for ten to twenty minutes, and then realize that in reality everything goes well. Then go and enjoy your life.

Imagining negative events all day long will not do you any good. Your mind might start programming problems that you think about a lot. It may even lead to depression.

So stop the train of negative thoughts with the help of this method and start enjoying life! Do not use the Pincushion of Events exercise more often than once a week for ten minutes. Good luck to you!

When Can We Use This Method?

You may always use this exercise when it seems to you that your current situation cannot get any worse. The method will help you to quickly change your attitude toward the situation and bring down your stress.

For example, imagine that your child spends too much time at the computer. Do you constantly stress out about it? Perform the Pincushion of Events exercise and realize how good it is that he stays home and does not hang out with bad boys down the street.

Perhaps your husband drinks a pack of beer every day.

Do you worry that he is turning into a heavy drinker? Do the exercise and realize how good it is that he only drinks one pack and that it is just beer.

Maybe your wife talks on the phone a lot, and it annoys you a great deal. After the exercise, you will realize how good it is that you know all her friends, what they do, and what interests your wife, so you can feel that you can control your family life better.

Summary

To get rid of your discontent with life, you should accept that you live in Paradise every moment of your Life.

To avoid worsening the situation, you may get ahead of a problem. Try to live through possible worsening events. At the end of this exercise, tell Life that you are ready to accept any situation without discontent and condemnation. Yet, ask Life to improve your existing situation, if possible.

The Pincushion of Events exercise is meant to make you imagine aggravating life events to prove to you that your life at present is much better than you think.

2.3 Let's Get Rid of the Problems of the Immortal Soul.

In this chapter, we will explain to you how you may work with problems that your immortal soul brought to your life from its previous incarnations.

Please do not look for the reasons of your problems in your previous lives, however! It is so easy to take a position of a victim of your previous incarnations and feel pity for yourself.

Our experience shows that *the main reason for most people's problems lies in the ideas* that they stick by, which that lead to -educational|| measures.

Yet, sometimes our immortal soul is the source of our problems. The soul might want to correct its past mistakes when it brings into your particular body the information of

all the problems/mistakes made in the past incarnations.

Sadly, it happens; however, do not think that all our current troubles are linked to our unknown past life.

Otherwise, you will feel the victim of the circumstances.

The victim cannot do anything about the situation and has the only choice to wait when the –bad karma|| stops influencing his life. Waiting may take a long time. It can take the whole life.

We suggest that you accept the role of captain of your ship. You created your own problems; now you need to get rid of them. You can control the situation.

Not All Problems Are Brought from Past Lives.

Our experience indicates that *not everybody has this kind of problem*. It only makes sense to look for the reasons of your problems in past lives if *it is impossible to explain your current problems by your idealizations or the overflowing of your SA*.

There exist not so many problems of this kind, and they usually manifest themselves in unexplainable actions, fears (phobias), or strange interactions with other people.

(In esoteric science, these interactions are called the –karmic nod.||) Those problems are called –karmic,|| and we are going to explain to you how to fight them.

For example, a person may be afraid of water and has a fear of swimming, even though he has never been through a drowning accident before. Other people are afraid of heights, solitude, or darkness for no reason.

There exist many different phobias, and some of them come from past lives.

Look for Reasons in the Present.

Seeking the reasons for the problems in the past lives makes us powerless and dependent on a clairvoyant who might discover the problem and eliminate it. In this way, it is easy for a clairvoyant to manipulate us.

We prefer a different approach. While not denying the existence of karmic problems in some cases, the suggestion is to *try to figure out on your own* what problems existed in your past, i.e., *what information about past problems your immortal soul brought to this life*. Often, you may get this information on your own.

How to Analyze Your Own Past

At first, analyze in detail all the problems that you face in life, depending on how many –educational|| measures Life applies to you. According to the five ways of destroying idealizations, you should realize your mistaken beliefs and idealizations.

Only if you cannot explain a certain problem according to the SA model (it means, you do not feel stress for a long time), you should try to *logically explain what negative events might have taken place in your distant past*.

For example, if you have hated water since you were a child and are afraid to learn to swim now, you probably were drowning in one of your past lives and were horrified. You had better find out the circumstances of the accident to correctly decode this information. Yet, you may only consider your water-phobia as a karmic problem if you *have never had water accidents in this life*. If you were drowning in this life, then your emotional body has a water-phobia impulse, and it is not a karmic problem.

Rather, it is a problem of your current life, and you have to treat it in different ways, including the ones used by the

modern psychologists.

How to Discover Information on Your Own

What can we do if we need to know exactly what happened in our past in order to change our memories about it? There are several ways of getting this information.

For example, *when meditating*, you may make a request and see the requested information in the form of a vision.

This approach often works if you are sensitive and have a vivid imagination. You may use any meditation, including reincarnation meditation that lets you see one of your past lives.

You may also request this information from yourself *before going to sleep*. You will probably see the answer in your dreams, especially if you repeat the request several dozen

times. The answer may be clear (a dream of events from your distant past) or latent (a dream you will have to interpret).

Finally, *you may directly ask your subconscious*. We will explain to you how to do this in the last chapter of this book.

You may apply the same principle *to any other problem* that you are unable to figure out in relation to your Stress Accumulator. Perhaps you have claustrophobia—most likely, it means that your subtle body stores information about a terror that you felt while dying in a small, closed space.

This way, we can find very sound reasons for many phobias that lie in our past life. Just do not go too deep into this approach. We have noticed that *in 95% of the cases, the reason for our problems lies in erroneous beliefs and idealizations*, and only 5% of the situations have their roots deep in the past lives.

What to Do with the Received Information

Let us assume that you discovered what negative event took place in your life in the distant past. What should you do next?

You need to re-program the information stored in your subtle body. It is not really possible to change your past.

Yet, it is quite simple to *change your memories about it* because we just have to change the information. We recommend that you perform the following exercise to achieve this goal.

You may do it either while meditating and seeing the events of your past life, or later in your free time if you have received some information in your dreams or discovered it while asking your subconscious.

Re-Program Your Past Exercise

Ask people not to bother you for fifteen to twenty minutes.

Take a comfortable position, close your eyes, relax your muscles, and stop your train of thoughts.

Consider (or imagine) in detail an event that led to your karmic problem (you drown, you kill a person, you are killed, etc.).

Now "rewind" this event to the beginning, and consciously make up a happy ending.

For example, perhaps you were drowning, but suddenly you regained control and returned to the surface or lifeguards saved you. Rejoice over your salvation. In your thoughts, thank God and your Guardian Angel for their help. Then open your eyes and get back to your natural state.

As you can see, this exercise is not complicated.

Anyone who can look inside himself is able to do it. Even

without this ability, you may complete this exercise—only you will have to use words instead of pictures.

Example 1. *Valentina is married, has three children, works as a manager for a trade company, and has never had any deviations in her psyche, except for one. Once, when she played with her children, somehow all three of them jumped on top of her, and she had a panic attack. She had to push the children away. They did not understand why their mother became so angry. She herself had no idea what was happening because she had no reasons to panic. The situation repeated several times, so eventually she stopped playing with her kids to avoid this strange situation.*

During the reincarnation meditation, she saw herself as a soldier during the Second World War. She was hiding in a trench while a German tank was moving toward her. The trench was shallow, so the tank killed the soldier. The fear that her body experienced at the moment of this horrible death and the remnants of what her soul remembered was recorded in her subtle body. In her next life, it manifested itself as a panic attack when something pounced on her, even her own children.

Valentina recoded this situation in her imagination.

During the meditation, she imagined that the trench had been deep and the tank could not hurt her. When the tank passed, the soldier blew it up with a grenade.

Since then, the children have been able to play with their mother as much as possible, and she has never felt panic anymore.

Example 2. *Maria is a doctor and has worked in the ER for many years. When she was about thirty years old, her back started bothering her. She went through all kinds of treatment, but the pain was progressing. At forty, she had to retire because she had become disabled. Lately, she had to constantly wear a special spinal corset and take sleeping pills because she*

developed insomnia.

During the reincarnation meditation, Maria saw herself as a warrior in Europe in the 17th century. His army conquered a town, and the warrior was fighting in the battle. At some point, an enemy soldier came from behind and stabbed him in the back with a sword. The warrior died from the back injury.

Maria re-programmed this situation. She imagined that the warrior had been warned of the approaching enemy, so he turned around and defended himself. As a result, a stab in the back did not kill him.

After this simple action, Maria stopped taking her medication and immediately started getting better.

These examples show that re-programmed information of events that took place in the distant past is quite efficient. We only need to get the exact information about the events that happened. It is not easy to get this information, but it is possible.

Re-program Your Dreams

This exercise may be used for more than just changing memories about the past. We recommend that you always use it *when you see nightmares*. If you wake up in horror because someone was chasing you in your dreams, you fell off a cliff, a car hit you, or something else frightening happened, do not leave things as they were. Re-program your dreams for the better!

To re-program your dreams, wake up, close your eyes, and try to invoke your scary dream. Change the ending to a happy one. For example, if you fall off a cliff in your dream, imagine that, instead of hitting the ground, you fall in the water beneath and swim to the shore safely. If someone chases you in your dream, imagine that the police suddenly arrive, arrest the criminals, and take you home. *This way, you can even change your real future for the better.* Probably your dream

contained information about some negative event in your near future. If you change this information, your life may take a happier path. You chose a different future for yourself, and it will most likely come true. Help yourself to make this choice.

To correct the information about negative events in your past lives (i.e., to let your immortal soul get rid of the negative information), you need to realize that event and re-program it, keeping the original setup but creating a happy ending.

What Else Should We Clean?

In this chapter, we told you about the cleansing procedures that help you to avoid unpleasant –educational|| measures that Life applies to you.

We already explained how to clean up our emotional body with the help of the Meditation of Forgiveness. We also described the method of changing your attitude toward your existing situation with the help of the Pincushion of Events exercise. Then we talked about the technique of re-programming the negative information.

It is clear that there exist more tools for cleaning and correcting the human psyche. There are other methods that you can use on your own or with the help of professionals.

Should we clean and adjust our physical and energy bodies? Yes, as they are responsible for our physical and spiritual health.

Whether our physical body is clean or soiled and what our energetic state is depends on our lifestyle and priorities.

It means that our mental body always remains primary and stores our erroneous precepts concerning our body and lifestyle. We consider these questions in more detail in our book called *Do You Want to Be Healthy? Go Ahead!* Now, we will

not talk too much about the health issues. Yet, by now you should already understand that your health problems in most cases are the direct result of storing too many negative thought-forms in your emotional body. Our body cannot stand such an attitude and protests in the form of illnesses.

Often you just have to use the forgiveness meditation and the gravest—sometimes even incurable—diseases just go away. We already described how to clean the emotional body.

Work on Your Own

The last recommendation that we would like to give you is the following: *It is necessary for you to work on your own.*

No medications or healers will ever be as effective as your self-work. They may help, of course (they relate to the —foreign influences|| pipe), but only temporarily, and they will not shut down the valves of your idealizations. These —valves|| exist in your head, where no one else can get but you.

We wish you good luck in avoiding the —educational|| spiritual lessons!

Summary

Some problems in our lives occur because our immortal soul brings information about the mistakes or stress from our past into our present. No more than 5% of people face this kind of problem.

To get rid of our past problems, we need to determine what negative event took place in one of our past lives. It is possible to do this by meditation, during sleep, or by addressing our subconscious.

“Cleaning” entails mentally changing the ending of the negative event into a happy end.

Mentally changing the train of events should always be done after we obtain the information about negative events in the past or in the future (e.g., in our dreams).