

*Natalia Kobylkina*

# *10 keys to happiness*



*Say it out loud: 'I was born to be happy!'*

# *10 keys to happiness by Natalia Kobylkina*

After my third book about the journey of the happy woman I started getting letters from men telling me that they want to find out the steps leading to their happiness as well.

Each and every person was born to be happy.

Every single one! No exceptions! You in particular, the person reading these lines right now, were born to be happy!

*Say it out loud: 'I was born to be happy!'*

How do you feel saying it?

Write down your feelings and thoughts on the subject. List everything that comes to your mind. Don't stay with any lines. This book's task is to help you allow yourself to be happy.

Because the only person restraining you from being happy IS YOU! There's no one else. Other people are just your mirrors and projections.

You'd probably say:

'OK, if we were in fact born to be happy, why do death, illnesses and problems exist? Who creates them?'

The answer is: you! You create all the problems in your own life. Of course, there are concepts such as karma, generic programs, problems during childbirth itself as well as during prenatal

development, and many other factors.

However, after working with thousands of people I've found 10 keys that help in spite of all those factors!

I guarantee that if you start tenaciously executing these practices your life will change radically!

It took me many years of studying and practice to figure out the basic mistakes people make and many ways in which they destroy their own happiness. I've conducted trainings and seminars in many different parts of the world and I've spoken to thousands of participants. In the end I've reached the conclusion that there are only 10 keys to happy relationships!

## **If you want to find out:**

- how to be a happy person;
- how to improve and develop your marriage or relationship;
- how to bring more love into your life;
- how to become aware of the mistakes you make and what needs to be changed.

## **If you're already tired of:**

- encountering wrong partners;
- feeling like a victim, savior or tyrant;
- at times losing faith in love;
- not getting pleasure out of life;
- not being able to find balance between work and your personal life;
- living a stressful life.
- 

If you've decided to finally choose to be happy this is the book for you!

**Attention!** This book contains many assignments. If you want to make the most out of it, it's obligatory to do them! It won't be possible to change your life just by reading. But if you are persistent and follow exactly what I tell you – I guarantee that after 100 days your life will be completely different!

If you still doubt that this is even possible I want to share with you a few of the metamorphoses that happened to some of the ladies I've advised:

1. A woman with two children and a sick mother was taking care of her entire family and she was tired and exhausted all the time. She started living according to a system I taught her, and three months later she met the man of her dreams. They moved together to another country and now he takes care of her and her family. Her job is creative and she does this only because it gives her pleasure.
2. Another woman was working in a financial company and she was way more successful than her partner. She started living according to our system and in 100 days she got pregnant and her partner became manager of a company. They moved to the house of their dreams, left the noisy city, and currently she's living as a happy woman and a mother at the seaside.
3. After 25 years of marriage a man fell in love with a young woman who worked as an office manager, and left his wife with whom he'd started a successful business. He took everything and left her out of a job, home and family. She started living according to our new system, started her own business and met a new man that loves her deeply. In her 50's she found out for the first time what it feels like to be really adored and at the moment she travels the world with her new love.

4. There was a man that wanted to develop a big project but did not have the money for it. He started living according to the system and soon after that he received European funding. He built a huge project and invited me to the big opening.

Miracles do happen! The reason our trainings are always fully booked is because the participants achieve results afterwards and people around them witness that, thus wanting to take part themselves.

An important element of a person's development is selflessly serving others. To me personally this is fundamental. This is why I'm sharing with you my experience and knowledge for free, solely for one reason – that you find happiness! Your happiness in particular makes my life much happier.

Everything that I will offer you works! You just have to do it! If you're ready to change your life – then welcome to the world of happy people!



## *Key 1*

### *Fix your relations with your mother and father*

No matter what kind of parents you have, the responsibility of maintaining a good relationship with them is actually ours. You need to love, respect them and show them they are worthy. Until we manage to achieve that we'll always have problems with our partners and our children. It's important to accept the fact that children chose their parents as well as the fact that parents chose their children. And that does not happen by chance – these are exactly the parents that will help us learn what we need to learn in order to develop.

That does not mean you should call them every day or live together with them. On one hand, it's necessary to feel them close enough to share with them difficult or happy moments of your life, and on the other hand – to feel independent when they give opinions and to do what you think is right, to allow things to happen in your life the way it never happened in theirs.

Regardless of all the people criticizing Sigmund Freud and psychoanalysis, it's partly true that everything results from our childhood. If you were not happy as a child and have limiting beliefs since that stage of your development, there's no way that's not affecting you in the present! And of course, you'll always continue to carry these limitations inside of you. That's why we have to cleanse them.

#### **How do we do that?**

Sit comfortably and imagine your parents in front of you. In your mind, try to look at your mother and father. See how they look. How are they dressed, how old they are. What they search for and what they want. If

they are happy or suffering. Just observe them without doing anything in particular. And when you feel you've connected with them in a way, say out loud:

Dear mother,

### **Thank you...**

List at least 10-15 nice things you are thankful to her for.

For example: Thank you for giving birth to me.

Thank you for me growing up to be so wonderful.

Thank you for teaching me to walk, talk, write.

Thank you for staying awake many nights because of me.

Thank you for always finding kind words to say to me.

Continue with this list! You'll see you'll feel so much better afterwards.

### **I admire you for...**

List all the things you admire about your mother.

For example: I admire your beauty and strength.

I admire your ability to stand up for yourself.

I admire your femininity.

List at least 10-20 things that you really admire in your mother. We are used to judging our parents and always pointing the things that are wrong with them. However, it is important to learn to do something entirely different.

### **I accept that you...**

Think of all the things about your mother that irritate you, and grant yourself the opportunity to accept them.

For example: I accept that you do not always understand me.

I accept that you love to control everything.

I accept that sometimes you get offended over nothing.

Remember a very important rule. If you do not accept something in other people, especially in your parents – it will always come back to

you!

### **Forgive me...**

For example: Forgive me for judging and not understanding you.

Forgive me for not always being beside you through difficult times.

### **I forgive you for ...**

Forgive your parents for being only human just like you are, and not being the most perfect ones in the world.

### **The thing I've always wanted to tell you...**

If you trust and love your mother completely what would you want to tell her?

For example: I love you very much. You're the most wonderful mother in the world. You were right about many things after all.

### **The thing I've always wanted to hear you say...**

For example: I've always wanted to hear you say you're really proud of me. That I'm very important to you. That I'm a wonderful son/daughter. Accept all those things as if you really heard your mother say them.

**Now repeat the same steps with your father.** Even if he is not a part of your life or you don't know him, you can still express all these things. It is very important that you say all these things!

Please, do not continue reading until you've finished the exercise. There simply would not be any use!

As a result of my great experience I dare claim that as long as you have problems, disagreements, and have claims towards your mother and father, it would be impossible to live a happy life!

Write a letter containing all of the above, say it out loud and in case your parents are still alive – say it to them truly and from all your heart. This conversation will clear the way to your feelings. If your heart is blocked



# #2

*Learn to love yourself and put yourself first.*

and you do not allow yourself to express feelings and emotions you won't be able to achieve normal relationship with other people. If you follow everything I've recommended in the first key maybe that would be enough to change things.

If your parents are no longer living do the assignment at home or visit their graves...

Love between a child and his/her parents is the foundation of happiness! The Bible says it as well!

## *Key 2*

### *Learn to love yourself and put yourself first*

There are so many books and articles on the subject. Now you are probably thinking: 'I know that!' However, if you are not applying it in real life that means you don't really know it.

Love yourself - when you love yourself you won't allow yourself to feel offended, or be offended, get angry or feel bitter. When you love yourself you realize those emotions are destructive for the body and you do not let them in.

When you love yourself you chose your own mood and live in harmony with yourself.

Most people are not capable of loving themselves. They always find issues inside themselves, they criticize themselves too much and are not able to acknowledge their success, and just keep wanting more.

Stop criticizing yourself!

One of the things I've noticed about happy people is that they like absolutely everything they do as well as everything about themselves. They enjoy their bodies, their traits and are very supportive of

themselves when they fail.

### Exercise:

Write down the worst words you know and you've heard when you were little.

Say those words out loud and imagine you're saying them to your inner child – that small magical creature inside you that was born only a few years ago. Pay attention to the way that makes you feel. It's not pleasant at all, is it? Then why are you constantly doing it to yourself?

Now write the opposite of those negative words.

For example: you are my sunshine, you are my miracle, you can do anything, you are great, you were meant for happiness and beauty.

Imagine once again that you're saying all these things to the little child inside you. Feel the positive effect this has on you. From now on, you're only allowed to address yourself using kind and tender words of love! Always! Even if you get in trouble, start loving yourself because of that too!

If you find it difficult to achieve that by yourself the training 'How to love yourself' is just the thing for you.

### Homework:

Before going outside stand in front of the mirror, look at yourself with love and pay yourself five compliments, at least. Focus on your positive sides and remember that the ones you don't like still serve a purpose which is why they exist in the first place.

Write down a hundred of your good traits and keep adding to the list every day. From this moment forward you'll only praise and admire yourself!



#3

*Figure out what you want and achieve it investing all possible efforts*

## Key 3

### *Figure out what you want and achieve it investing all possible efforts*

It's important to know what you want, what your values are and not to let anyone force their opinion upon you. It's normal if your desires change in time and you find yourself considering something that was your focus in the past not important at all anymore. Pick a purpose for the day, week, month, year, next few years, and write them down.

It is important to recognize there's a difference between what men and women wish for

Quite often men blame women they don't know what they want. That is not true! We know what we want but the thing is that most of the time our wishes manifest as feelings.

For example: I want to feel happy. I want to feel secure. I want to be certain that I can handle anything.

At the same time men's intentions are usually more measurable and specific.

For example: I want a BMW 7 or I want 100 000 euro in my bank account.

I.e. to men wishes like 'I want to be happy' are weird and unclear.

The problem is that the universe also perceives our wishes too literally and finds it easier to grant us a car than happiness every day. So, let's try to make our wishes a bit more masculine.

#### **How to set purposes**

There's a very nice SMART system for setting goals. The goal has to be S-specific, M-measurable, A-achievable, R-result-oriented, T-time-connected.

I'll give you an example:

Imagine you're writing a letter to the universe and you have to describe in specifics what you want.

**In case you're a woman:** Dear Universe,

Thank you for sending to me the most wonderful man in the world. He's 40-year-old, works in the field of spiritual development and leads a healthy lifestyle. My partner wants to have a family and kids with me. We laugh a lot and have so much fun together, and travel the world. We develop together and take care of each other. He's European, his monthly income reaches 20 000 euro and he lives in Europe. We will meet on November 15<sup>th</sup>, 2015 and our wedding will be on February 20<sup>th</sup>, 2016.

**Or in case you're a man:** Dear Universe,

I achieve everything easily and I attract women like a magnet. I'm thankful that I succeed without any effort in my job and get richer and richer. I feel like a magnet for money, and they keep coming to me no matter what I do. Furthermore, my health is changing and every morning I wake up with a massive erection. There's a beautiful woman beside me that makes me feel happy. Our kids are healthy and we travel all over the world. My mission is complete.

Note, there are lots of verbs, first-person narrative mode, singular – I! Everything is told in present tense as if it's already a part of life.

For example, you shouldn't say 'I want to meet the man of my dreams'. That's too unclear to the Universe!

#### **Exercise:**

Using this system write down all your wishes concerning your personal and vocational life, as well as your creative development and health. Get used to setting clear and specific goals in every activity.

When you work on your goals, it's obligatory to use visualization too. As to your desire to have love in your life, after you wake up in the morning imagine hugging the man you love and making breakfast

for him or your children waking you up, or sensing the smell of wood in your new beautiful house. It is important that you do that EVERY DAY for at least 20-40 minutes (when you wake up, fall asleep or while driving) for at least 30-100 days. You should constantly keep in your mind the things you want to achieve. And imagine you already have. Your surroundings should match your dreams! Be surrounded by people that already have the things you need. That means they've already reached a high vibration and since you meet with them, you're close too. Diminish to a minimum communicating with people who bring you down and whine constantly or at least ask them to share only positive things if you have to meet.

If you want to develop on a large scale and become truly wealthy you're welcome to attend the course 'How to attract abundance in our life'. 



#4  
*Taking care of  
the physical body*

## Key 4

### *Taking care of the physical body*

Just psychology won't do the trick! Your psyche lives in a physical body and it needs to be very well-maintained. If you eat junk you can't keep your vibrations high! We are what we eat.

Things you should remove from your diet:

- ***all packaged goods (cold cuts, flat sausage, biscuits, chips, canned food, frozen food);***
- ***all that's not alive should be thrown out!***
- ***alcoholic drinks, cigarettes, coffee and drugs.***
- ***dirt in your home – your house should be clean and neat as well as your computer.***

If you need one of the listed drugs that means you don't love yourself and you're not happy.

The little child doesn't like alcohol and cigarettes.

I remember when I was little adults used to gather at parties and drink beer, so I decided to try it too but I didn't like it at all. However, since I wanted to be a grown up too I thought that if adults enjoy it, it must be good, and I told my parents that I liked it. I made a great effort to learn to drink beer. Afterwards I removed that habit from my life and nowadays I really do not like alcohol. I know that drinking is just a way to run away from a problem.

It's the same thing when it comes to coffee – if you can't wake up without drinking coffee that means you either do not get enough sleep or you're too stressed and need to change jobs or simply go to bed earlier.

Coffee does not solve a problem but slurs over it.

Stop eating chocolate and sweets! The desire to consume them shows a need for tenderness. You should fix your relationship, not stuff yourself

with sweets.

Meat should be avoided too. If you don't eat meat your body smells better, your breath changes and kissing gets much nicer, you'll feel more vital and energetic.

#### **Things we should include in our menu:**

- fruit and vegetables three times a day!
- freshly-squeezed juice, green or herbal tea
- organic supplements
- 2-3 liters of water a day

#### **Working out!**

Your body needs exercise. Running, fitness, tennis – any kind of exercise is good for you! Make a schedule and start following it. Your body will be grateful! Inside a healthy body lives a healthy spirit. If you're not healthy everything else loses its meaning.

You can find out more on the subject at our seminar 'Lecture on omophagia'.

#### **Homework:**

Learn to feel your body. While eating, try to feel the process inside your body. It reacts to everything that happens. The trick is to learn to be extremely attentive towards it and really hear its voice.

Try to separate products so that you can follow the ways your organism reacts. For example, I know that I feel tired and swallowed after eating pasta such as banitsa. Freshly-squeezed carrot juice makes me more energetic than orange juice and coffee.

Really learn to carefully notice everything that happens in your body. After a while you'll start noticing the ways it reacts towards people and you'll select more carefully the people you communicate with.

# #5

*Love and acceptance  
of women– valid for  
both sexes!*

## Key 5

*Love and acceptance of women valid for both sexes!*

### **If you're a woman:**

In order to be truly feminine you have to accept and like other women and learn to enjoy their femininity and beauty. This ability will rediscover your own femininity.

### **If you're a man:**

In order to have a happy relationship with a woman you have to truly love women! Each one of us sense if a man loves women or not. Men that are not capable of loving women always have problems with them! I want to explain a few things about the psychology of women.

There once was a very famous scientist – C. G. Jung, that once said that every woman carries inside herself the collective unconscious– the so-called women archetypes.

They are a total of seven and are very well represented in the part of mythology concerning women.

I'll only name four and you'll get the picture.

### **Women archetypes:**

#### **1. Girl (The goddess Artemis and Persephone) –**

women that resemble children – very tender, sensitive and at the same time emotional and touchy. They know how to show their weakness and predispose men to take care of them. These women are not ready to become mothers, they are still not able to give. They require constantly. If a woman like that has a child after all, that would be a disaster to her. She would constantly scream at it and blame it for ruining her life. If you are still appertain to this archetype you should wait to have children!

These women possess amazing tenderness and grace, and men really want to take care of them and treat them like little princesses. When a woman does not allow herself to experience this archetype or rejects it she won't be able to show her weakness and ask for help. In this case she'll forget that she's a woman and will often feel miserable. Men feel very powerful and successful with this type of women. They inspire them but also irritate them at times. That's because women that appertain to this archetype are often irresponsible and refuse to grow up. You cannot have an adult conversation with them and that makes the relationship difficult.

**2. Lover (Aphrodite, of course).** These women adore to be surrounded by beauty, to flirt, to seduce men, to seek sensual pleasures. They are crazy about luxury, elegance and this is exactly the type of woman that as soon as she gets pregnant starts worrying whether she'll expand 'down there'. Sometimes they give birth by cesarean section in order to preserve their vagina. Keep in mind that the vagina widens during birth but restores its normal size after a few months. Besides, you can use Kegel exercises that are available online. If you practice for 30-40 minutes every day, preferably using Ben Wa balls, you can achieve complete recovery of the vagina. Even make it tighter! It's only a matter of training and willingness.

Aphrodite makes a great mother once the children grow up and become interesting to her.

This type of women change men drastically and make them forget about everything else and simply follow their lead. They inspire men to write poetry, beg them and of course make them go crazy in bed. They have no shame, like to walk around naked and show their bodies, they enjoy flirting and dancing. They are well-groomed and perfect seducers.

**3. Queen (Athena – the woman-warrior).** Unfortunately, nowadays this archetype is very widely spread among women, and

they rarely get pregnant and carrying a baby as well as everything connected to children becomes very difficult.

These women are devoted to their careers, and family and children are the last thing on their mind. Usually, when they get pregnant they keep working until the last minute and have problems during birth, so they have to undergo cesarean section. Afterwards these women cannot breastfeed and rush back to work, and their children are raised by grandmothers and nannies. I'm not saying this is a good or bad thing. It's just part of their lives.

These women change the world through their jobs and give a lot to humanity. Sometimes they don't have children simply because they can't find the time and energy to have a family and children. A queen does not have time to rest. She always has something urgent to do. They are usually devoted to some mission that makes their life complete.

The only problem is they quite often crush men and do not respect them. They also can't stand spoiled women, thinking they just waste time. These women often end up alone with their work.

**4. And the last archetype which is strongly supported by the patriarchal society – Mother, homemaker and wife (Hera, Hestia and Demeter).** These women dream

of having a family more than anything else. They usually get married early, want to have children and simply adore them. The happiest day of their lives is the day they discover they're pregnant.

This kind of woman adores little children and gladly devotes her time to them, she loves playing with them, and reads books on children's psychology. She often works at a kindergarten or is the owner of one. These women are excellent wives. They don't necessarily have jobs but to them the most important thing is having a family. Their pregnancy passes easily and to them giving birth is a very powerful and wonderful experience.

These women were born to be wives and to take care of others. They are great homemakers and create the feeling of coziness and warmth

around themselves.

The optimal situation would be if a woman can combine all of the above, or to be more accurate – 25% of each. In reality, two of the archetypes are strongly present inside most of us and we have to develop the rest.

If something is missing it creates a crisis.

For example, if we are 'Girl' and 'Lover' our partner wouldn't respect us and we would often end up mistress of a man that's in a relationship.

If we're 'Mother' and 'Queen' he will find a soft, weak spoilt girl and take care of her more than of us.

The good news is you can work on all that. I wish you lots of balance in your women's energies!

If you want to develop them you're welcome to the

**Happy woman seminar.**



### ***Homework:***

Observe very carefully the qualities in others that irritate you. Think about which of the archetypes finds expression in you more strongly than others and which is almost completely missing. Start working on the ones that you feel most distant.

If you want to work on 'Girl': learn to request and admire others. Learn to remain in the background to a certain degree.

If you want to develop 'Lover' – straight ahead to new sexual achievements. Flirt, dance, show yourself, seduce men, enjoy your womanhood and sexuality.

If you're developing 'Queen' – the time has come to create a business plan and put everything in order. Get ready and finish all unfinished business. Think about what you really want. Learn to say 'no' and stand up for yourself no matter the cost. Learn to be ethic and keep your promises.

Stop compromising! Clearly express your needs and desires.

However, in order to say what you want you have to figure it out for yourself first. Be perfectly clear.

Here are a few examples on how to express your needs:

1. It's important to me that you accept I work 8-10 hours a day and I can't always make dinner;
2. It's important to me that you help me with the child and take walks with him/her a few times during the week;
3. It's important to me that you're kind and tell me at least 2-3 times a day that you believe in me;
4. It's important to me that you initiate sex and make sure there are surprises from time to time;
5. It's important to me that we marry in the next three months;
6. I want to simply have sex and feel free to have other partners as well as you but on the condition that we both use condoms every time and care about each other's health;
7. It's important to me that you support me financially;
8. It's important to me that you understand when I have financial difficulties and require less from me;
9. It's important to me that we live together.

As you can see we're simply saying what's important. Trust me, if your partner really loves you he'll listen and start doing as you say. However, you can remind him of those things from time to time.

In return, he should say what's important to him. If it's not too difficult for you start doing it.

In order to develop the role of Mother and housewife you should organize family dinners, arrange cozy cushions, secure peace in your home, softness, give birth to children. This archetype is a woman who takes care of things without effort.

Accept all the 'selves' you have inside you and enjoy them!  
As for you, gentlemen, accept the differences between different women and become aware of the type of woman you want beside you.  
Do not expect that the woman would know how to be everything. She can't! (And she shouldn't).  
Chose the thing you cannot make it without.

For example, a friend of mine is married to a woman that is a wonderful mother and housewife but she doesn't like sex at all. However, to him family is the most important thing in the world, so he chooses to be with her.

I know this other couple – the woman is very successful in her career and very sexual but doesn't have even the slightest desire to be a homemaker. So they hired a maid.

***Stop pushing it! Do only the things you really want.***

## *Key 6*

### *Love and acceptance of men*

#### **For men:**

It is important that men accept and admire their fathers in order to accept their own masculinity as well as to be able to confront them at the same time.

#### **For women:**

Most women are not capable of loving men! They see in them mama's boys, losers, liars, bad guys, or ones that are not ready to take care of the woman beside them.

And of course, these are exactly the men they attract!

Where does this wrong attitude towards men come from?



**#6**  
*Love and  
acceptance  
of men*

His father and his mother's attitude towards him, of course!

**Exercise:**

Think about what your father's like and write down his pros and cons. These are exactly the traits you see in yourself (for men) or find in the man beside you (for women).

1. This is your screening process!

Now transform your father's traits. For instance, if you wrote that your father is weak and bad, find the positive sides and say: my father truly loves himself and succeeds at all times.

Write that on a separate paper and start repeating how great your father is. Think of nice times you've spent together, and if there aren't any – make them up! Use your imagination! It's all in your hands!

Unless you start seeing your father as a loving, strong, smart, successful man you'll run into difficulties on your way to being a successful man or to meeting a decent man.

Gentlemen, you should try to set the relationship with your father straight. And support each other as men.

You should define: how do I express my masculinity?

To what extent am I fulfilled as part of society?

Am I doing what I really want?

What do I want to achieve and why haven't I already?

How do you and your friends support each other and do you have many male friends?

Men as well as women are divided into different archetypes.

An American psychoanalytic divides them into two kinds: fathers and sons, and they contain varieties.

**1. Fathers (Zeus, Neptune, Hades)** – all of these men possess an enormous leadership potential. They love to rule and subordinate others. Control, power and money are like a drug to

them. These are men who change the world. They like suits, clear lines, clean shoes and everything to be neat and precise. They prefer women who obey them and let them lead.

**2. The second type is sons.** These men are less ambitious and do not try to change the world. They simply want to be happy. They are usually hired workers, and are great experts in different fields.

There are five main variations and each has its specific strength:

- **Mercury** – god of negotiations and trade. He's good at selling things. Often, he looks quite polished, he likes fast cars, BMW is his favorite kind.

- **Dionysius** – bohemian. Poetry, music, beauty are his strengths. Loves wine, romance, and women of course, he's the creative type.

- **Apollo** – a man that is strongly connected to his father and follows the dream he set for him. Right-minded and exemplary.

- **Ares** – rebellious and stubborn, does what he wants, and possesses a wonderful primitiveness.

- **Hefesto** – the blacksmith god, husband of Aphrodite. These men handle well tasks that need to be completed with their hands. They often have beautiful wives that are flirts.

We'll discuss this topic in detail at the training about goddesses.

# #7

*Take a calculated risk and go for it!*

## *Key 7*

*Take a calculated risk and go for it!*

Years ago I started studying MBA, and I'll never forget one day when our Strategic Management professor walked in, looked at us and asked: 'What do you think, what do you need to start a successful business?' And we started listing that you need money, an office, equipment, team...

Then he said: 'Everything starts with a dream! What is it that you dream about, dear students?'

I've had a hobby for many years to read biographies of famous people that describe how they achieved their success. I noticed that all of them took the chance to dream and live their lives as if there will be no tomorrow.

It's really important that you realize that. People live as though they were immortal. I often ask myself this question – if there was no tomorrow and today was my last day, how would I spend it? And I truly live every day as if it were my last. That truly motivates you to act!

People live their lives waiting and postponing. If you're one of them, stop! Right now!

### *Exercise:*

Write down your actions!

Make a list containing at least a hundred things you'll do during next month.

I want to share something with you.

A friend of mine really wanted to wear diamonds but considering her income that was absolutely unattainable. She started going to diamond stores and trying them on every day. After a month she got used to 'having' them although she still could not afford it. Her admirer never gave her any presents. One day she asked of him to gift her diamonds. It was the first time she dared ask for anything and moreover, she asked for diamonds.

He looked at her and said: 'Alright!' They went to the store and he bought her first diamonds.

Men and the Universe always give us what we believe we deserve.

Are you ready for dreams? Then just go for it! Don't stop until you write down a hundred dreams! You have to know what you want even if it sounds unrealistic at this particular moment.

Then choose one and make it true.

I remember some time ago I accidentally saw the musical 'Dracula' in Paris. It was fantastic but since it was in French I didn't understand anything. I wished for seeing it in Russian someday. A year passed and I decided to celebrate my birthday by going to that musical. It turned out it was premiering in Saint Petersburg on the same date but it was sold out.

I went to Russia a day before the premier, and the tickets were sold out months before that. I decided to go despite that. I went to the ticket office and announced that I want a ticket. The selling woman looked at me as if I was a crazy person and said:

We have tickets for the show in a month.

I calmly answered:

No, you have a seat for me, and in the VIP suite, please, check.

Her:

That's impossible! It's sold out.

Me:

Check, please.

Then she checked, looked at me very oddly and said: ... There really is a seat left, but how is that possible?!

I knew my dream would come true and it really did. But I went for it. I didn't just visualize.

### **Exercise:**

Choose something you want to do but consider impossible right now. Go for it as if the result is guaranteed and things will turn out the way you want.

Write down the specific actions you intend to do step by step.

Imagine it already happened and you're simply looking back at your success – what did you do exactly to achieve it?

Go for it, don't wait! It may not happen tomorrow!

### **Exercise:**

Before taking a chance ask yourself the following:

What's the worst that could happen if I take this chance?

What's the best that could happen if I take this chance?

What's most likely to happen and will it bring me closer to my dream?

Answer these questions. The risk has to be precisely calculated, so that if the endeavor fails you'd still keep your strength and ability to move forward.

# #8

## *Paying back debts and taking the responsibility*

### *Key 8*

#### *Paying back debts and taking the responsibility*

The subject of paying debts is quite vast. It's important that we all know we shouldn't be indebted. Avoid it as much as you can! And I don't just mean money. Broken promises, books you borrowed and didn't return, CDs, money – all debts steal your energy!

All you do not give back, the universe takes from you tenfold, and you'll have to give to someone money in the worst possible moment and when you least expect it. Debt creates debt – all those things you promised you'll do but have been postponing.

#### *Exercise:*

Create a table containing the following three columns: what I owe others, what others owe me and what I owe myself.

The last one is the most important one.

**At the quantum psychology seminars I explain that all those things you owe yourself are the things others owe you.** 

In so many words, if someone owes you something that means you owe something yourself. If you don't have debts to yourself others won't have debts to you either.

#### *Exercise:*

Create a list containing your debts and start paying back. If a bank granted you a loan make sure all your payments are delivered on time. If you owe someone money and he died simply give it to charity.

You can learn further on the subject at our training 'Personal Strength'

Information for Live events and private sessions – [session@natalia.bg](mailto:session@natalia.bg)

Information for Online events – [stefka@natalia.bg](mailto:stefka@natalia.bg)



*#9*

*Positive thinking  
and getting used  
to happiness*

and find out a way to change your life quickly and efficiently.

## *Key 9*

### *Positive thinking and getting used to happiness*

You've probably heard this before. Our brains were trained to find problems. I often do an experiment – during seminars I ask everyone that has a happy family and is used to happiness to raise hands. Usually the percent of the people that raise their hand is no more than 10.

We are used to trouble and stress, used to surviving and always being on the look-out. Since we were little we've been warned: be careful, do not rush things, nothing comes easy, you have to fight in order to achieve something. So our life becomes this – struggle and difficulties. The brain gets used to happiness slowly.

And we shouldn't stress it.

In the beginning start noticing good things around you.

Become aware of the words you let yourself hear, see and say. Please, stop watching news and television. You do not need that.

Unfortunately, we cannot help people that were already in a plane crash but news about it will certainly make us more frightened next time we get on a plane ourselves. If this fear becomes more common it will start provoking more crashes!

Watch only nice movies about love and beauty. When you become more sensitive you'll see that all the things I listed start influencing your field, and you won't feel the same after watching movies that contain murders and aggression.

Listen to classical music or mantras, decorate with beautiful photos and paintings, remove all black clothes from your wardrobe.

Stop using the words: hate, idiot, awful, scary, no, wrong, quit, worry, can't believe, bad, hesitate, catastrophe, etc.

Start using these words instead: beauty, light, love, happiness, joy, success, plenty, high vibration, yes, can, dreams, fantasy, allowed,

**Information for Live events and private sessions – [session@natalia.bg](mailto:session@natalia.bg)**

**Information for Online events – [stefka@natalia.bg](mailto:stefka@natalia.bg)**

succeed, well done, create.

Notice that they start influencing you. They really do! Words can cure, but they can crush you as well.

Be careful with every word you think of or say!

## Key 10

### *Constant development*

People who want to be happy must develop themselves constantly. Imagine a truly big and beautiful aristocratic house. What should mandatorily be in? A library, of course!

When I visited Salvador Dali's house in a small Spanish town this was the thing that impressed me the most – his amazing enormous library. People who want to be happy constantly advance and read! A book can drastically change the way you think or create new ideas in your head. A seminar can fully transform the way you see the world.

Development is no longer a luxury but a part of truly successful people's lives. Statistics show that millionaires read one book a week on average. The reason for that is because their brain is hungry for new ideas, thoughts and development.

Happy people never stop because they know that they deserve the best.

#### *Exercise:*

Get accustomed to reading one book a week. Underline sentences you like while reading. Copy some of the things that you really loved in a notebook.

Attend at least one personal development seminar or webinar a month that deals with a topic you find interesting!

Study words in another language –at least one new word every day.

Communicate with people that are more advanced in a field you're



#10  
*Constant  
development*

trying to make progress in.

Life is a constant development. The moment you stop advancing you're moving backwards! Remember the moment in L. Carroll's book 'Alice in Wonderland' when the queen runs very fast? Alice asks her: 'Why are we running so fast?' The queen answers: 'Now, here, you see, it takes all the running you can do, to keep in the same place. If you want to get somewhere else, you must run at least twice as fast as that!'

So, you see, dear readers, you need to run as fast as you can to get somewhere new. No one's saying it will be easy! This is why only 10-20% of all people fulfill their dreams, and change reality. The rest fulfill other people's dreams.

## **So, these are the 10 keys! Let's sum up:**

**Key 1 - Fix your relations with your mother and father**

**Key 2 - Learn to love yourself and put yourself first**

**Key 3 - Figure out what you want and achieve it investing all possible efforts**

**Key 4 - Taking care of the physical body**

**Key 5 - Love and acceptance of women– valid for both sexes!**

**Key 6 - Love and acceptance of men**

**Key 7 - Take a calculated risk and go for it!**

**Key 8 - Paying back debts and taking the responsibility**

**Key 9 - Positive thinking and getting used to happiness**

**Key 10 - Constant development**

The moment you start following these methods you'll see your life will

change for the better and will no longer be the same.

Responsibility is always common: my job is to tell you these things, and yours is to actually do them!

If you want to keep working on yourself you can continue with the next books containing practical advice:

### **Ways to attract love into your life and have a loved one beside you**

This book talks about relationships with the opposite sex. What men and women want, ways to get ready for a relationship and develop it, what are the most common mistakes people make, and ways to avoid ending up alone.

### **Ways to live in abundance and become rich**

This book contains secrets to success and ways to change the way we think in order to attract money. It is based on quantum physics and once you read it you'll find out that money depends not so much on your job rather than on the way you think.

### **Ways to become an amazing lover and manage your sexual energy!**

If you know how to manage your sexual energy you can change the world. In China sex serves for healing diseases. Most people are not familiar with their bodies and simply don't know what they're capable of! This book will teach you how to achieve multiple orgasms, to give pleasure to your partner, and to become true experts when it comes to sex!

**Information for Live events and private sessions – [session@natalia.bg](mailto:session@natalia.bg)**

**Information for Online events – [stefka@natalia.bg](mailto:stefka@natalia.bg)**