

Chapter Nine

Success Strategies

Throw away your books; no longer distract yourself:
it is not allowed ...

—MARCUS AURELIUS

My passion is to help people discover their unique potential, develop their gifts and talents, build their identity, and realize their mission.

After having tested the techniques over years that I am offering here, and having seen some of them working for children and young students as well, I would like to summarize them here. You may use them for yourself, your children, or if you are a teacher, for students in your care.

These strategies are grouped into four categories:

- ▶ Health
- ▶ Creativity
- ▶ Smart Learning

- ▶ Achievement

Health

LISTEN TO YOUR BODY

Zen has it all with its saying ‘When you are hungry, eat, when you are tired, sleep!’ Health is natural, disease is not. Health is the original condition, not illness. You can prevent falling ill by listening to your body!

You can prevent your body from becoming sick by listening to the messages you receive from your body, for it constantly communicates with your mind.

When you do that, your body will alert you through inner feelings, dreams, or coincidences what is good for you, and what is not.

Do not eat what you don’t like and don’t eat more than you like. When your body reacts with an allergy to certain food, simply stop eating that food for a while. The allergy is a signal that you should avoid it.

When you get the allergy again by eating that food once more, avoid the food for a longer period of time. You may be surprised that when you change the climate, for example on vacation, you may eat the food without getting the allergy. This is not surprising

for climate and food hang together in that our body reacts to food in a different way in different climatic zones.

If you move to South-East Asia, with its constant humid and hot climate over the year, you need to adapt your diet or you risk to get overweight and sick, or you may develop high body heat in the form of hypertension.

In the hot climate, we need less food and lighter food than in cold countries, and we also react differently toward alcohol. While you may have a good time with your beer and wine consumption in Europe or America, when you move to South-East Asia and you don't restrict it, you will suffer from high body heat, or as the locals call it, 'high blood.'

Try to drink green tea and eat clear chicken or vegetable soup for a few days, and rice, and you will see how much your body is going to cool down!

All illness is psychosomatic in the sense that it starts in the psyche and then gets into the soma. *Psyche* is a Greek word for 'soul' and *soma* stands for 'body.'

So psychosomatic healing, a word you find in the media nowadays rather often, is mindbody disease. It

says something that is self-evident: as mind and body are connected, one influences the other.

WATCH YOUR THOUGHTS

As a result of what I just pointed out, you should be carefully watching your thoughts, your self-talk. When the way you think or how you talk to yourself is negative and destructive, you negatively influence your body. It's as if you would bombard your body with the wrong frequency.

It will bring your body into an energy imbalance in the long run, because of the disturbing vibration. Think good about yourself and others, think about others with care and restraint and watch your hot emotions. You do not need to indulge in negative self-talk when you feel anger in a certain situation. Keep your thoughts pure!

LISTEN TO GOOD MUSIC

We are all celli, violins and pianos. We are cigars, handmade, not cigarettes; we are nature, not clocks and machines. The human is a complex patterned unit of relationships, a vibrational organism, composed of resonance patterns. As we vibrate, so vibrations outside of us affect us, both our body and our mind.

Hence the need to listen to good music. Our cells vibrate at a certain frequency, so do our thoughts and emotions. As I pointed out already, there is a *connection* between our body and the climate where we live most of the time. This relationship is one of vibration. Different climatic zones vibrate in a different way and our body responds to that vibration, either harmoniously or disharmoniously. When the vibrancy is harmonious we stay healthy, when it's disharmonious, we become sick in one or the other way.

Music helps to heal the body, but be aware of the music you choose. Classical music has been found very harmonious for the mindbody, so is good Jazz, and World Music, which is traditional music from around the world. Modern disco is not, most of dance music is not, nor is any other fast beat music with bass boosting in sync with the body's vibration; in the contrary such kind of modern music can really damage the vibrational code of your mindbody and drive you into restlessness, insomnia, emotional outbursts and illness.

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LEARN HEALTHY BREATHING

The two essential powers of life are breathing and eating. The Taoist sages said that it is of high importance for health to breathe and eat correctly. The power of breathing has been known by the old Taoist masters as Chee Gung (also spelled as 'Qi Gong'). It is not a secret that many of us have lost our natural ability to breathe.

How can one unlearn something so deeply fundamental to human life? Since ancient times breath or the idea of cosmic breath was seen directly related to life and vibrancy. In ancient Greece, the life force was called *pneuma*, in India it is called *prana*, and in China *chi*.

Ancient and present masters affirm the possibility to heal every kind of disease, even cancer, heart disease or immune deficiency syndrome simply by repeated breathing exercises.

Qi Gong is a very old science and technique. It has been founded by Taoist masters many centuries ago. In accordance with the Chinese health system, Qi Gong explains how to positively influence the life energy or essence, called *chi* by the Chinese, *ki* by the Japanese, *prana* in India and *mana* or *wakonda* with most native cultures. Qi thus means 'energy' and the

second word, gong, gung or kung means 'work' or 'control.' Qi Gong can be said to be midway between meditation and the martial arts. It combines essential stillness with slow movements and conscious breathing.

INTEGRATE YOUR EMOTIONS

Our emotional life needs to be respected. Our emotions are vital streamings in our luminous energy field. They have their own intelligence and are connected to each other in a kaleidoscopic manner. Take a prism as the metaphor. Every emotion is a frequency and thus represents a certain color in the light beam. All together they form white light.

If you repress one emotion, your inner light beams become distorted and your vital energy gets out of balance.

—See Peter Fritz Walter, *Integrate Your Emotions: A Guide to Emotional Wholeness* (2014/2017).

Unfortunately educational systems around the world are still very much in the past and have not yet caught up with new systemic insights about the regulatory function of emotions. Instead of looking at life in a functional manner, most educational systems use the *moralistic perspective* with its fixated positions,

judge some emotions as good, and some as bad. This has had catastrophic consequences upon world peace for it has contributed to rendering man a violent beast!

Behold, we humans are not violent by nature, we are conditioned to being violent by compulsory morality and its blindfolding all our important vital life functions, from anger to sexuality. This is the reason why in our collective unconscious much of life is a terrible mess, sexuality being messed up with fear and violence, parenthood messed up with dominance and emotional clinging, relating to others messed up with gaining power for oneself, and religion messed up with dogma and compulsive behavior.

And needless to add that our morality is itself messed up with violence! Natural morality is smooth, it's intuitive, it's harmonious and doesn't need to be trained upon the child. But we have long forgotten about this natural morality that many native cultures around the world still practice, among them the North American Natives.

Be permissive with yourself! Be yourself your best friend! Don't judge yourself nor others, but practice acceptance! Do not judge your emotions but accept

them. They are important and intelligent, and have a role to play in our lives, otherwise we would be robots. Think about it!

Creativity

DEVELOP SELF-EXPRESSION

Self-Expression is essential for bringing out the best in you; it is an urge, nothing less than that. Express yourself through writing. If you never did, start with writing down your dreams. If you do not remember your dreams, put a booklet and a pen next to your bed. This gives a signal to your subconscious mind that you wish to remember your dreams. Then, before you fall asleep, tell yourself three times that you shall remember all your dreams!

Keep a journal. Write down important events that happened during the day. Jot down your projects, your ideas. They often come up in places where you have no stationary, under the shower, on the toilet, or while you are preparing food. These ideas are most of the time fleeting.

Tell yourself after receiving a hunch to keep it in your mind until you access your stationary and

sketch it down. If you are short of time just put some keywords, and later draw them out.

Express yourself through art, even if you have never done artwork. Buy a drawing block and crayons and *express your emotional states* through colors and forms, without trying to draw anything 'real.' Express your imagination and your emotions, and do not judge your productions!

KEEP A DREAM JOURNAL

Our dreams are the 'other half' of our being. We sleep one third of our life. Every one-and-half an hour, we experience a REM phase, during which we dream. It lasts half an hour, and after every cycle the REM phase gets longer. In the morning, you may have a dream of one entire hour or more. It is essential that you know what the 'other half' of you thinks. It's not just feedback on all you think and do during the day, and it's not just digesting your past. It's that also, but much more.

Essential wisdom can come through in your dreams. Monitions may appear or visions, warning you to do certain things or go certain places. Dreams tell you when you are about to get sick, or when you meet a person who is a scoundrel.

Note your dreams. Start with creating a dream journal. It's one of the most essential things to do for your success.

INTEGRATE YOUR YOUNGER SELF

Your younger self is your inner child of the past. It is the energy of your childhood.

If this energy was sad and repressed, it is still sad and repressed today. If this energy is in a catatonic state, you have to awaken your inner child by a process of inner child recovery and healing. By healing your inner child you heal the original wounding that kept you attached to your past.

These early hurts cause imprints in our luminous energy field, the aura, or bioplasmatic energy, which leads to unconsciously repeating the early trauma through the subsequent 'incarnation' of events that are similar to the original wounding.

This is a mechanism of our mind that is called 'repetition urge;' it is a mechanism that unconsciously drives us to repeat the experience and live it through in a different manner.

As long as this mechanism is not conscious, the events that such imprints attract seem to 'fall from heaven' upon you, as fate or 'bad luck;' in truth, there

is no bad luck or good luck. Our destiny is driven from inside out, not from outside in.

Integrating your past means to finally grow out of your childhood and adolescence by taking care of your inner child as a good enough parent, thereby overcoming your early hangups and heal any possible hurt or abuse that your younger self may have suffered.

Smart Learning

Harness the power of your subconscious mind!
You have learnt already about dreams that we have a subconscious mind which has its own peculiar intelligence. It regulates all our vital functions such as breathing rhythm, sleep cycles, heart rate and so forth. It is essential for smart and easy learning that subconscious and conscious mind work in sync.

While this is something our schools and universities are not yet teaching, it is absolutely vital for achieving success. All highly successful people use hunches and monitions for decision-making, and they are aware of their dreams! You can develop your intuition by learning how to use the wisdom of your

subconscious mind in your daily professional and private life.

The technique is easy to learn. You give yourself suggestions which you first note down on paper, and then read aloud several times to yourself. The sentences should not contain negative statements and they should be to the point. Instead of writing 'I shall not smoke anymore,' write 'Not smoking feels light and healthy,' and instead of writing 'I shall not meet people again who are cheating me,' write 'Every day more, I enjoy honest and mutually satisfying relationships.'

Whatever you tell yourself, your subconscious mind interface does listen to attentively, so beware of negative self-talk and statements. Talk to yourself positively always, think and talk about others positively, think and talk about life or destiny positively.

Make programming yourself a habit, and you will be driven by your own mind programming, not by programs projected upon you by other people or society. This is next to noting down your dreams one of the most important habits to build: 'Program Yourself.'

Achievement

Study the biographies of highly successful people from all walks of life, great writers, artists and musicians, entrepreneurs, business people, politicians, athletes, and what more. It can only enrich you.

Napoleon Hill's famous study has brought to daylight that there is a certain pattern, or patterns of behavior all these people have adopted and adopt. You may call them principles, or duties, or behavior codes. I came to call them 'enchanted duties.' Why are they enchanted? They are the result of devotion, a decision for change, a dedication, a mission that was thought through to the end, and then put to action. This study also showed that being wealthy, famous, popular, blessed and recognized for one's achievements is not chance, not good luck, nor is it simply hard work or smart, nor is it family and upbringing, or support in early life. It is none of this. It is really only the fact that a certain person sets for himself or herself an act of faith, and dedicates their life to a certain cause, a clearly described mission, chief aim or main purpose of life.

Then, the person steers course along the lines of this ultimate goal, without being too much perturbed

by obstacles and failures. The secret is that all these people experience failure but they do never judge a failure as 'ultimate' or 'definitive.' When they experience a low, they wait for the next high, and when they are on top, they don't waste their resources but build a safety cushion for the next low to come. In other words, these people think not in a linear fashion, as most people do, but in a cyclic manner, just as life does. And it's because they are thus aligned with their own purpose, and obey to the basic laws of life, they are driven toward success.

ATONEMENT / MEDITATION

I use the expression 'atonement' beyond its religious meaning, denoting every kind of care you take for your mind and body. Your mind and your body are in a constant movement of recycling. While you may be aware of this regarding your body, few are aware that this is also valid for the mind.

If you are addicted to body building, try mind building for a while. If you are a hopeless 'university person,' start doing something for moving your body around. Mind and body are connected and when you neglect one of them, you damage the other as well.

Meditation is not a magic exercise, it has nothing in common with chastisement or self-abnegation, and it's not even a religious practice, for you can profit of it even if you are agnostic.

When I say atonement, I mean that it's something that *strengthens you*. As physical exercise strengthens your muscles, *atonement strengthens your mind*, your lucidity, awareness, power of observation, critical sense, and discrimination.

It sharpens your mind by silencing your mind. The silent mind is the powerful mind for it's not distracted and restless, but firmly focused.

It doesn't really matter what kind of meditation you practice. Krishnamurti once said that even driving a car through a beautiful landscape and being fully attentive to all the details of your driving is a form of meditation. And he was right.

You don't need to sit cross-legged for two hours a day, nor do you need to do special breathing exercises. If you do, okay, if you don't, also okay.

What brings the effect more than anything is to let your thoughts pass through your mind as pictures pass in a film, without judging, without holding on to

them, without rejecting them, without reacting emotionally to them.

You witness your inner life, and this witnessing itself brings about change because consciousness is fluid, and it cleans itself once you enter the self-reflective state, which is a state of passive observation. Its effects do not come overnight, you need to repeat the experience, preferably every day, at a special time, and even 15 min. are sufficient. No need to sacrifice any of your comforts. And you do that for yourself, not for any god or savior or whatever. You do this as a gift that you give to yourself!

And this gift, this precious investment of your precious time, will pay you a dividend ...

DEVELOP YOUR RIGHT BRAIN QUALITIES

Our school system only teaches deductive thinking, left-brain thinking, rational thinking or however you want to call it. But we have two brain hemispheres, not only one. And the right brain hemisphere has very important properties or qualities that you need to activate before you can experience success. Schools and even universities as they are today do not train people to be successful. Our

mechanistic educational system is with one leg still in the dark ages. So you can't rely on anything you learnt there for it's not conducive to your success. You need to inquire beyond the little window into reality you got opened there, and see the whole picture. Many people have done that before you, and you can profit from their insights. You can also follow up neuroscience research, consciousness research, the most recent insights on psychic research, or you simply study success literature.

Your right brain fosters *associative thinking* which is not linear and goal-focused, but *nonlinear* and process-focused—and it fosters imagination. While the left brain contains the language center, and thus is responsible for our learning verbal expression, the right brain has the clues for our nonverbal expression, body language, telepathy, hunches and monitions, and so on.

When you have a 'sixth sense' that you should go into a certain direction while logically there is no reason to do so, this is an information you get from your right brain, as it involves extrasensorial perception. Geniuses like Leonardo da Vinci, Nikola Tesla or Albert Einstein had very developed right

brain capacities, enabling them to use their whole brain for thinking.

What I am telling you is not to neglect your logical thinking, your deductive analysis of events or data, but to use your right brain with the same strength, involving inductive thinking, and the synthesis of data.

When you do both, the brain is in a higher gear than when you follow our miserable reductionist cultural setup, which really conditions people to be and remain mediocre.

ACCEPT YOURSELF AND EMBRACE OTHERS

When you accept yourself, you vibrate in unison with all-that-is. Then the universe will support the realization of your soul desires as long as they are not harming others.

Self-acceptance is crucial in life for success. *If you reject yourself, you reject life.* It's really as simple as that.

Self-acceptance means you are focused on discovering your *uniqueness*, and gradually develop the character traits, gifts, talents and unique skills you possess and bring them to fruition.

For this to happen, you need to refrain from imitating or modeling others, from over-protecting your partner or children, from adoring them or hating them, from ridiculing others or admiring them, from fault-finding or blaming others, from rejecting or shunning others, from being exclusive in your life, or shutting others out from affection by focusing on 'family only.' In addition, you need to encourage naturalness and self-reliance and you need to give others freedom, to accept their difference, and build synergy with them and cooperate with them.

Self-acceptance also means to be at peace, with yourself and then with others as an inevitable consequence of your own inner peace and poised attitude.

You can embrace others only from the moment you accept yourself! You can love others only once, and as far as, you love yourself. Embracing others is not different from embracing life.

It's simply open-mindedness and self-assurance. If you feel basically insecure you won't be able to really step into the world and say 'Be Embraced Millions!' as it was the theme in Beethoven's 9th Symphony. This

involves an open heart and the courage to be and remain vulnerable.

BUILDING TRUST

There is probably no greater and more expansive feeling than trust. *Trusting others at a high level is like living in paradise.* On the other hand, mistrusting others at a high level equals living in hell.

Trusting others can be learnt by trusting them. It begins with your bag on the restaurant table when you go to the restroom, and it ends with allowing your child take public transport for going to school instead of driving him there every day and picking her up there every day.

It means to trust not only yourself, but also trust others. Trusting the world means trusting more and more individuals, including yourself. Behold, you cannot trust half-heartedly! You trust or you trust not.

You can build trust with yourself by building trust in your intuition, your promptings and monitions, your foreknowledge, your sixth sense, inner wisdom, and hunches. And you begin to trust others by beginning to trust their basic goodness, their soul-nature, their wisdom and their good intentions and needs that are similar to yours.

You can build trust with the world by trusting life, its deep metarational intelligence, its growth pattern, its supportive nature, its resonance pattern and *responsiveness*, and its *invisible hands* that help you realize your real nature and your real self.

It is difficult to achieve success and fame without a high level of trust. The more power you gain socially, the more you need to delegate tasks to others, be they your subordinates in a company or, if you work for no boss, your colleagues at university, or collaborators in your projects, but you need to outsource tasks in order to be effective. When you do that you must trust those people, for if you control others too tightly, they lose creativity and may turn sour, or else develop an unhealthy form of dependency upon you which later on may have nasty consequences.

Behold, trust is not blind faith. The saying is correct that you should try your friends before you trust them. But trying people for trust-building is one thing, and being pathologically mistrusting is another thing.

It is natural to trust, not to mistrust. Observe a small child and you know what trust is. Healthy babies love to be thrown up in the air and caught up

again by their caretakers, to give just one example of many that the young self naturally builds trust with others.

A mistrusting attitude as a character trait is the result of early hurt and deception that was not healed and integrated and that stiffened the person to a point to turn sour toward others.

Remind yourself every day that trust is *the natural condition* because humans are basically good!

Q & A Session

Q. Which are the four categories of success strategies in this chapter?

A. Health, Creativity, Smart Learning, and Achievement.

Q. What is the natural condition, health or sickness? What can you do to prevent illness?

A. Health is the natural condition. Sickness is an extreme and unusual condition, an imbalance of the natural equilibrium. To prevent illness, you need to follow the voice of your body, who talks to you in various ways. If you respect your body and you live your life with wisdom, you will rarely be sick.

Q. How to deal naturally with allergies of any kind?

A. Do not eat what you don't like and don't eat more than you like. When your body reacts with an allergy to certain food, simply stop eating that food for a while. The allergy is a signal that you should avoid it.

Q. In which sense can we say that all illness is psychosomatic?

A. All illness is psychosomatic in the sense that it starts in the psyche and then gets into the soma. Psyche is a Greek word for 'soul' and soma stands for 'body.' So psychosomatic healing, a word you find in the media nowadays rather often, is mindbody disease. It says something that is self-evident: as mind and body are connected, one influences the other.

Q. How does your self-talk possibly impact upon your health?

A. When the way you think or how you talk to yourself is negative and destructive, you negatively influence your body. It's as if you would bombard your body with the wrong frequency. It will bring your body into an energy imbalance in the long run, because of the disturbing vibration. Think good about yourself and others, think about others with care and restraint and watch your hot emotions. You do not need to indulge in

negative self-talk when you feel anger in a certain situation.

Q. Why can good music have a positive impact upon your health?

A. The human is a complex patterned unit of relationships, a vibrational organism, composed of resonance patterns. As we vibrate, so vibrations outside of us affect us, both our body and our mind. Hence the need to listen to good music.

Q. Why is good breathing conducive for good health?

A. Since ancient times breath or the idea of cosmic breath was seen directly related to life and vibrancy. In ancient Greece, the life force was called *pneuma*, in India it is called *prana*, and in China *chi*. Ancient and present masters affirm the possibility to heal every kind of disease, even cancer, heart disease or immune deficiency syndrome simply by repeated breathing exercises.

Q. What means 'Qi Gong?'

A. Qi Gong is a very old science and technique. It has been founded by Taoist masters many centuries ago. In accordance with the Chinese health system, Qi Gong explains how to positively influence the life energy or essence, called *chi* by the Chinese, *ki* by the Japanese, *prana* in India and *mana* or *wakonda* with most native cultures. Qi thus means 'energy', and the second word,

gong, gung or kung means 'work' or 'control.' Qi Gong can be said to be midway between meditation and the martial arts. It combines essential stillness with slow movements and conscious breathing.

Q. Why is it necessary for our physical and mental health to integrate our emotions?

A. Our emotional life needs to be respected. Our emotions are vital streamings in our luminous energy field. They have their own intelligence and are connected to each other in a kaleidoscopic manner. Take a prism as the metaphor. Every emotion is a frequency and thus represents a certain color in the light beam. All together they form white light. If you repress one emotion, your inner lights becomes distorted and your vital energy gets out of balance.

Q. What are the ways to smoothly learn creative writing? Why is it conducive to your health to express yourself through writing?

A. Self-Expression is essential for bringing out the best in you; it is an urge, nothing less than that. Express yourself through writing. If you never did, start with writing down your dreams. When you read the biographies of writers, you see that if the urge to write is repressed, health problems will follow.

Q. What are the benefits of keeping a journal, and a dream journal?

A. Our dreams are the ‘other half’ of our being. We sleep one third of our life. Every one-and-a-half hours, we experience a REM phase, during which we dream. It lasts half an hour, and after every cycle the REM phase gets longer. In the morning, you may have a dream of one entire hour or more. It is essential that you know what the ‘other half’ of you thinks. It’s not just feedback on all you think and do during the day, and it’s not just digesting your past. It’s that also, but much more. Note your dreams. Start with creating a dream journal. It’s one of the most essential things to do for your success.

Q. What is the benefit of integrating your younger self, your child self or ‘inner child’?

A. Your younger self is your inner child of the past. It is the energy of your childhood. If this energy was sad and repressed, it is still sad and repressed today. If this energy is in a catatonic state, you have to awaken your inner child by a process of inner child recovery and healing. By healing your inner child you heal the original wounding that kept you attached to your past.

Q. How can you learn faster and smarter?

A. Harness the power of your subconscious mind! You have learnt already about dreams that we have a subconscious mind which has its own peculiar intelligence. It regulates all our vital functions such as breathing rhythm, sleep cycles, heart rate and so forth. It

is essential for smart and easy learning that subconscious and conscious mind work in sync.

Q. What can you learn from studying the biographies of highly successful people?

A. Napoleon Hill's famous study has brought to daylight that there is a certain pattern, or patterns of behavior all these people have adopted and adopt. You may call them principles, or duties, or behavior codes. I came to call them 'enchanted duties.' Why are they enchanted? They are the result of devotion, a decision for change, a dedication, a mission that was thought through to the end, and then put to action. This study also showed that being wealthy, famous, popular, blessed and recognized for one's achievements is not chance, not good luck, nor is it simply hard work or smart, nor is it family and upbringing, or support in early life. It is none of this. It is really only the fact that a certain person sets for himself or herself an act of faith, and dedicates their life to a certain cause, a clearly described mission, chief aim or main purpose of life.

Q. What is the true sense of atonement (meditation)?

A. If you are addicted to *body building*, try *mind building* for a while. If you are a hopeless 'university person,' start doing something for moving your body around. Mind and body are connected and when you

neglect one of them, you damage the other as well. Meditation is not a magic exercise, it has nothing in common with chastisement or self-abnegation, and it's not even a religious practice, for you can profit of it even if you are agnostic. When I say atonement, I mean that it's something that strengthens you. As physical exercise strengthens your muscles, atonement strengthens your mind, your lucidity, awareness, power of observation, critical sense, and discrimination. It sharpens your mind by silencing your mind. The silent mind is the powerful mind for it's not distracted and restless, but firmly focused.

Q. Why do we need to develop the qualities of our right brain and learn to trust our associative thinking abilities? Why is that especially important for us people from the West?

A. Our school system only teaches deductive thinking, left-brain thinking, rational thinking or however you want to call it. But we have two brain hemispheres, not only one. And the right brain hemisphere has very important properties or qualities that you need to activate before you can experience success. Schools and even universities as they are today do not train people to be successful. Our mechanistic educational system is with one leg still in the dark ages. So you can't rely on anything you learnt there for it's not conducive to your success. You need to inquire beyond

the little window into reality you got opened there, and see the whole picture. Many people have done that before you, and you can profit from their insights. What I am telling you is not to neglect your logical thinking, your deductive analysis of events or data, but to use your right brain with the same strength, involving inductive thinking, and the synthesis of data.

Q. How would you define self-acceptance?

A. When you accept yourself, you vibrate in unison with all-that-is. Then the universe will support the realization of your soul desires as long as they are not harming others. Self-acceptance is crucial in life for success. If you reject yourself, you reject life. It's really as simple as that. Self-acceptance means you are focused on discovering your uniqueness, and gradually develop the character traits, gifts, talents and unique skills you possess and bring them to fruition.

Q. Why is building trust so important and how to actually build trust if you know you are a rather suspicious and mistrusting person?

A. There is probably no greater and more expansive feeling than trust. Trusting others at a high level is like living in paradise. On the other hand, mistrusting others at a high level equals living in hell. Trusting others can be learnt by trusting them. It begins with your bag on the restaurant table when you go to the restroom, and it ends

with allowing your child take public transport for going to school instead of driving him there every day and picking her up there every day.
