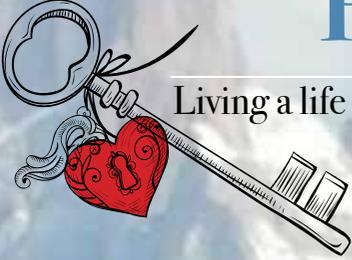


Sharit Asharov

# The Key To a Heavenly Life

Living a life with a sense of fulfillment • a life of security,  
a life of tranquility • a happy life





Sharit Asharov

**The Key To a Heavenly Life**

Sarit Asharov

**“The Key To a Heavenly Life”**

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## Introduction

From the young age of 13 I researched the world of body and soul. My research began after my good friend, ng Lutan (Barkan), discovered she had a brain tumor. After the tumor was removed, Anat's hearing was damaged and she became deaf. In addition to that she was told that her body was constantly creating tumors. From the moment I heard, I decided to research and try anything that could possibly help her heal. At the very least I might help her enjoy life in the state she was in.

This is how I was exposed to my first spiritual mentor, Louise Hay, using the book *You Can Heal Your Life*. In this book I made an amazing discovery. I discovered that the body is the house to the soul. The soul inside the body is in fact who we are and the body allows the soul to express itself. Using the body, our soul sees, hears, and feels. The soul does not talk to us directly, but connects with us, through illnesses or pain, through passions and pleasant feelings. The soul talks to us through different parts of the body, and each part has great significance; a thick "hint" that the soul is giving our body. For example, if we have a sore throat – the soul it talking to us. Maybe it is trying to tell you that you need to rest, or it is trying to make you understand you did not talk nicely to your parents. Every part of the body has a different significance with which our soul is trying to talk to us.

At this point my journey began. I understood we did not come into this world just to raise children or pay for four walls. Our existence in this world has a greater meaning. During my research, I met women who read the bottom of a coffee cups or read tarot cards. These meetings exposed slightly more light in my dark heart. I read many books by mentors and spiritual people such as Louise Hay, Brydon Bass, Paulo Coelho, Robin Sharma, Napoleon Hill, Robert and Kim Kiyosaki, and many more.

The book *The Key To Heavenly Life* was born after many years of pain.

Throughout my life I have experienced many crises that made me see only the things I did not like in this world. This which made me want to stop the suffering I went through. My suffering was being expressed financially and made me feel I was living only to survive. Additionally, I experienced many unsuccessful and even bad relationships with family and friends.

Over the years I searched for something that would release me from this pain.



Since I did not find any solutions, I thought I was stuck until I understood my lesson in this world. I understood that nothing would ease my suffering, because then I would just return to a more difficult reincarnation and so on until I realized how to end my suffering a different way, not by running away. This understanding was hard to digest because “I lost the coin”; I was stuck here in this suffering with nowhere to run. Some questions were raised: “What do we do now?” “How is it possible to deal with such suffering?” “How will I be able to survive with all these difficulties?”

All this brings me to the world of healing. It started with a physiological treatment and meeting with social workers that tried to give me tools so I can live life calmly and peacefully. They did not manage to help long-term, and at some point I became their counselor, and it was then I understood that they could not help me.

I continued the search for solutions and I came across books such as: *The Secret* by Rhonda Byrne, *The Power Of This Moment* by Eckhart Tolle, *Summary of the Four Agreements* by Don Miguel Ruiz, *Birth* by Shari Arison and movies such as: *Blip* (a movie about the quantum physics) and *The Change*, (an inspiring movie).

At the same time I went to awareness groups, meditation, festivals, and different spiritual treatments. When I got to Reiki and Theta Healing I decided that I want to be a healer myself. I was specialized as a master in Reiki and became a senior healer in Theta Healing. I also learned how to read tarot cards and how to use of a pendulum to be more accurate in the treatments.

Over the years the suffering had subsided and the question has changed. I started asking more accurate questions such as: “What is my lesson?” “What must I learn here?” “How does it serve me to be where I am?” From a victim of circumstances I became the creator of a different reality. I became a person who took responsibility for her life. One who steered the wheels of her life, turning her life into a heaven pleasant to live in. I turned my surroundings into pleasant and empowering and even my bank account became better. My life went from a life of suffering and victimization to a life of taking responsibility and new creation.

My goal in this book is to show you how to turn your life into a valuable life, how to live a happy and satisfactory life, how to get out of a state of

survival, and enjoy the abundance the world has to offer us.

This book will guide you also in the following subjects:

How to stop satisfying others and become people who know what they want for themselves;

How to enjoy what there is despite the feeling that it is hard for you;

How to receive and love yourselves;

How to be happy and joyful parents;

How to have satisfied employees (your business or others);

How to identify opportunities;

How to turn a difficulty into an advantage; and,

How to identify fears and not let them control you.

In this book I will present you with examples from my personal healing journey. I will also use examples from my daily experiences with clients who come to my clinic.

**The Key To Heavenly Life presents a path to a life of inner peace with ourselves.**



# Chapter 1

## **How Can I Improve My Situation, Starting Now?**

*“The most common way people give up their power is by thinking they don’t have any.”*

Alice Walker



## How Can I Improve My Situation, Starting Now?

**“The most common way people give up their power is by thinking they don’t have any.”**

Alice Walker

I was shocked when I heard from my best friend, Anat, that she had a brain tumor and that she had to travel to Germany to have a brain operation. Thankfully, the operation was successful, but due to the operation she lost her hearing; she changed from a person who could hear all the beautiful sounds of music and nature to someone who could not hear anything. Anat had become deaf.

I can recall that as a child it was tough for me to accept that Anat had an illness called Neurofibromatosis (NF2). NF2 is a rare and incurable disease that causes tumors on the nerves; these tumors damage the body’s control over itself. The only thing to do was to operate and remove the tumors.

This was very difficult emotionally for Anat, a girl who had lived a normal life until NF2. I couldn’t accept that my best friend was suffering and I felt as if I must find a solution. Since Google did not exist yet, I turned to newspaper articles in search of a solution that might improve Anat’s condition. One day, I came across a notice in a local newspaper in Ra’anana about a small store called Irit that sold crystals; these crystals could help heal. For the first time I was aware of the world of mysticism and spiritual awareness.

I discovered that crystals had their own unique qualities; they could be calming and healing. I found myself wandering around the store like a little girl in a candy store, gazing at all of the different sizes and colors. I was led to a book that has since changed my life, “You Can Heal Your Life”, by Louise Hay. After reading the book, I understood that there was a reason for my existence in this world and that everything has a meaning.

I bought Anat the book and a few crystals to accompany her to Germany where she was to have another operation. Whether it would help Anat or not, I thought that it couldn’t hurt the situation and could possibly help. Maybe it would bring back her hearing (this is what I thought as a child, I

will explain more about how to solve hearing problems in a later chapter of this book called “How a Problem Changed my Life”). At the very least it could ease her pain and calm her fears that she had as a 13-year-old girl.

I chose this story about Anat for the subject of **“How Can I Improve My Situation, Starting Now?”** because I know that everything has a solution. We have a great ability to improve situations we find ourselves in. When I have a problem in life I ask myself, **“How Can I Improve My Situation, Starting Now?”**

If you are having a problem, sit down and do some brainstorming. You can help reach some answers using a piece of paper. Write down your problem that you need to solve, and from it draw arrows with solutions that come up in your mind. Other ways to improve your situation are to ask professionals, read books, or ask people who you admire for ideas and guidance. Remember that we can all improve our lives and overcome problems for ourselves and for those around us.



## Chapter 2

### Where Do I Want to Go?

*“One day Alice came to a fork in the road and saw a Cheshire cat in a tree. ‘Which road do I take?’ she asked. ‘Where do you want to go?’ was his response. ‘I don’t know,’ Alice answered. ‘Then,’ said the cat, ‘it doesn’t matter.’”*

Lewis Carroll



## Where Do I Want to Go?

**“One day Alice came to a fork in the road and saw a Cheshire cat in a tree. ‘Which road do I take?’ she asked. ‘Where do you want to go?’ was his response. I don’t know,’ Alice answered. ‘Then,’ said the cat, ‘it doesn’t matter.’”**

Lewis Carroll

One of the strongest questions I ask in the treatment room, a question I often ask myself is, “where do I want to go?” Without understanding where we want to go, we are lost. Imagine that you wanted to go on vacation but did not know where you wanted to go, Eilat or the Kinneret? When we know where we want to go, the road to get there becomes shorter, and we reach the destination without going aimlessly in circles.

This is the way it is in life. When a woman comes to me for a treatment, unable to enjoy her life due to turmoil, the first thing I do is ask her to ask herself, “where do I want to go?” Only then can I begin to plan on the direction of the treatment.

Once I know where I want to go, like Eilat. I can plan some details and make some important decisions. Do I take my car? If so, which route do I take? Should I take the Arabah Road or Mitzpe Ramon? What would I prefer? The shorter route without any stops, or the longer route with the beautiful scenery of Mitzpe Ramon? How long do I want to drive? Will I need to stay somewhere overnight? And so it goes. As in life, I need to define for myself where I want to go so I can take myself there.

Ask yourself, “Where do I want to go?”

Do not focus on the **HOW**, but on the destination!

The **HOW** will come later on.

Simply ask yourself, “Where do I want to go?”

## Chapter 3

### What Am I Grateful For?

*“Showing gratitude is one of the simplest yet most powerful things humans can do for each other.”*

Randy Pausch



## What Am I Grateful For?

**“Showing gratitude is one of the simplest yet most powerful things humans can do for each other.”**

Randy Pausch

Several years ago, I discovered *The Secret*. I recommend it to those who have not read it yet. I learned that thought could create reality. It is not enough to use just thought alone, since thought alone will not create the reality in which you want to live. Thought must combine with a positive attitude and the belief that is being asking for will come true.

The insights I experienced while reading *The Secret* motivated me to act during a period in my life in which I was in a state of a financial hardship and poor relationships.

How could I change my way of thinking to create a better reality?

The first exercise I learned from the book *The Secret* was to find a parking spot in the center of Tel Aviv during a busy time of the day. When I got to Tel Aviv, I needed to find a parking spot. I imagined finding parking in the street. Suddenly, down the street a parking spot was opened up exactly the way I imagined it would. I recommend you try this exercise, it works wonderfully!

My two biggest challenges were to create a better materialistic reality (a positive balance in my bank account), and a better emotional reality (a new partner).

When I reached the chapter about gratitude, I realized the universe was sending me gifts that I was taking for granted. Gratitude protects us from our biggest enemies to success, doubts and fear. Faith is born out of gratitude. When I am grateful, I change my attitude; I can see the light at the end of the tunnel.

Until then, I did not appreciate all the good things in my life. I tended to dwell on negative thoughts. The gratitude exercise was life-changing for me; I started sitting with a notebook in the mornings and evenings before bed and writing down all the good things I have in my life.

Many miracles or good things have happened to me since I started regularly practicing gratitude. I am grateful for being able to hear and see all the good things in the universe, the magic of nature, the amazing sunset over the ocean, the chirping birds, and the material things that make life more comfortable and easier.

A few months ago, I met a man who introduced me to a book called *I Said Thanks, and I Was Saved* by Rabbi Shalom Arush; an entire book that deals only with gratitude. The same man invited me to join the challenge of writing down 100 thanks a day for 40 days, which I did with pleasure. At first it was tiring and frustrating but with time it became much easier. I found myself throughout the day occupied with searching for the good things to write in the notebook. As the days passed, I managed to easily find 100 things to give thanks for and completed the challenge successfully.

During the challenge, my clients asked me if I was in love because my face was glowing. This was due to the change in my emotional state of mind and the focus on the good.

When good things come to us and we say thank you, we invite more good things to come into to us. Gratefulness keeps thoughts positive and keeps negative thoughts away. **Remember to say thank you!**

When we are deep in our thoughts and feel dissatisfied with the things in our lives, we begin to lose our balance and faith. When we focus on the good things in our lives, we become aware of our blessings. Thus, the gratitude in our lives grow, influencing our behavior and mood.

### **A belief is born from gratitude!**

When we are grateful, we expect good things and the expectation becomes a belief.

Practicing gratitude through writing is highly important. Some of my clients give thanks quietly. While these thanks are good, writing clarifies your state of mind and validates your thought.

You can give thanks for things that are not in our lives yet, to create reality using thought. Being grateful protects our thoughts, creates positivity, and pushes us away from negative thoughts. Emotion creates our reality; when we are in a positive state of mind, we create positive things in our lives.



So ask yourself, “What am I grateful for?”

Create a daily habit of writing down ten things you are grateful for as I did; write 100 things you are grateful for daily for 40 days. I recommend you find a partner that will be committed to the process, and share your lists with each other. Initially, it will be hard to persevere because we are not used to focusing on the good. We tend to forgive ourselves and say, “it does not matter, I will do it tomorrow,” but in this exercise it is important to keep continuum. Skipping one day will set you back and could sabotage your challenge. A partner is also helpful because we know that they are waiting to hear from us.

I would be happy to hear about your challenge.

Share with me on my Facebook page, “The Key to Heavenly Life.”

<http://www.facebook.com/asarit.co.il>

## Chapter 4

### Am I Willing to Change?

*“Change will not come if we wait for some other person or some other time. We are the ones we’ve been waiting for. We are the change that we seek.”*

Barak Obama



## Am I Willing to Change?

**“Change will not come if we wait for some other person or some other time. We are the ones we’ve been waiting for. We are the change that we seek.”**

Barak Obama

We say that we want to start a diet or exercise more, we say that we are going to be better parents, and two weeks later we fall back into our old habits – we see the negative, play the role of the victim, and do not stop complaining. We have a tendency to resist change because of our fear of huge failure, we do not even try to change.

### **Fear**

People are afraid of abandoning their secure and known harbor to sail into the unknown. We all yearn for certainty, even when certainty is what is holding us back. Most of us do not like trying new things because it feels uncomfortable. To overcome the fear, we have to confront it by doing the very thing we are afraid of because behind every wall of fear is a precious treasure.

### **Failure**

Nobody wants to fail so most of us do not even try. We do not even take the first step to improve our health, strength, or appearance. Failure is an essential part of achieving success. In fact, the real failure is the failure of not trying. If we do not try, we will never know if we can succeed. What do you have to lose?

### **Forgetfulness**

Are you familiar with the feeling after experiencing an insightful lecture or reading an inspiring article that you are ready to change the world? Then you go back to your daily routine and your regular habits takes over. A way to take action on your ideas is to write down all the promises you made to yourself. Place the ideas in different corners of the house, such as the mirror in the bathroom, the closet, the fridge, etc. It is important that the notes are visible at all times to remind you of your promises to yourself.

### **Faith**

Most people do not have faith; they are cynical: “I am too old to change,” “for

sure it will not work on me,” “these are all clichés,” or “a bent tree stays bent.” Cynicism stems from disappointment. Cynical and faithless people are not born this way. When we are younger, everything seems possible. We are full of hope. But over the years, experiences and failures cause us to close ourselves off from others to avoid getting hurt. We turn cynical. Instead of continuing to play the game, understand that failure is part of the road leading to success.

**Do you want to change? Write down your story over again....write down the new you....**

One of the most significant things I learned during my journey was that any change in my life has to come from me. I am the one that needs to change. For 40 years I tried to change the situation, the environment, the reality... It took me a very long time and energy to understand that if I want a new reality, I am the one who needs to change.

The mere thought that I must change myself scared me. Who will I be? What kind of person will I become? These are some of the thoughts that bothered me. For years I was occupied with what the next step must be.

Most of my life I have struggled with certain events in my life. I was forced to integrate into a new environment when my parents moved to Ra'anana while I was in the middle of grade 2 into a class that was already unified since kindergarten. I had to adjust myself to a new framework. I did everything to be loved and accepted within that framework. When I was in grade 6, a bicycle accident smashed my face. I almost drowned as a result of a car accident when I drove into a truck at 90 kilometers an hour. All these things forced me adjust to a new situations and deal with changes. External factors caused all these changes. Each time I had to change myself and my behavior, according to the situations. Over the years I have learned that there are changes caused by interior factors, changes I must make.

One of the most significant changes in my life involved the complicated relationship I had with my father. I always felt like he did not accept me for who I was, that he was trying to change me in every way possible, that I needed to prove myself. My rebellious spirit only made the situation worse. When I was older, it was hard for me to accept him after the memories controlled me. Each time the little girl would get insulted, hurt and sad. Only after 42 years, I have learned to accept him as he is. He did not change; I am the one who has changed my perspective about him. I understood after



so many years that I could not change him but I could change myself! The huge fights between us in the past have lessened day by day. Today I am happy to say that I have gained a father, thanks to the change I was willing to do with myself. I learned to accept him as he is.

One of the examples I like to offer my clients is that a table is a table! You cannot change it into a fridge. In other words, the minute we truly accept it as is without trying to change it, things begin to get settled. Thus, over the years, following my approach about my father, I have made other changes in different fields of my life.

It is very important in every process of your growth and development, ask yourself, **“Am I you ready to change?”**

As I said, we are skeptical about our ability to change. I have heard things such as: “There is no situation I can succeed in with this change!”, “can that really happen?”, “could I persevere with the change?”, “and what happens if I don’t succeed?”

Change is a scary thing because you must give up what exists now, because what drives us to want to change is our lack of satisfaction with what we have. If our lives were good and we felt satisfied we would not have feel a need to change. The change is required to replace something bad with something better. The moment we decide we want to reach a better place we need to change, give up what we have, examine who we are, and allow something new things to come.

In the story about my relationship with my father, I gave up that same hurt little girl to give space for the loving and strong woman within me; a woman who can see the good in people or life. Not always will the change be instant. Small changes done gradually turn into bigger changes with time.

As Spencer Johnson wrote in his book *Who Moved My Cheese*, “Noticing small changes early help you adapt to the bigger changes that are to come.”

### **So are you ready to change?**

Take a piece of paper or a notebook and write down the things you would like to change in your lives. What are you willing to change? What are you willing to give up? What will you gain by giving up what exists in your lives? Write your story all over again!

## Chapter 5

### What is My Purpose Here in This World?

*“The meaning of our existence is not invented by ourselves, but rather detected.”*

Viktor Frankl



## What is My Purpose Here in This World?

**“The meaning of our existence is not invented by ourselves, but rather detected.”**

Viktor Frankl

In 2000, I crashed into a truck driving 90 kilometers an hour. It was while I was working for Tambour as a field sales person, selling paint to construction companies and large paint shops. I was on my way home after a day’s work. I drove towards the Ra’anana Junction from Morasha. Down the road under the Israel Military Industries bridge is a small opening for an emergency vehicle. The truck drove in the middle lane and I drove on the left lane. The truck driver decided to do a U-turn at the emergency opening and the only thing to do to avoid crashing into the wall was to crash into the truck.

I awoke to the smell of the paint in my trunk, exploded in the car from the impact of the accident, covered with Tambour paint. Great advertising for Tambour!

Ultimately, the damage was limited to some bruising, physiotherapy, and a few months sick leave for rehab. After this incident a question started to bother me. Why did I survive? What is happening here? I began to ask, **“What is my purpose here in this world?”**

I read books about the meaning of the universe to understand my part in this world. I started to realize that my current job didn’t suit me. I left my job with Tambour and found another job in sales and customer service; work I knew how to do best. I did not ask myself whether I loved doing what I am doing; I simply changed job and the work place. I still felt something was missing so I decided to study how to give manicures due to my love of creativity in that kind of work. I did not plan to leave my work place, but only to increase my income and do something I love. 2 years after I started working in my sales job and studying manicures, I was notified that there were cuts in my workforce and I was one of them. Exactly during that week I received my certificate allowing me to work as a manicurist. Thus, I ended my job as an employee offering service and became independent offering service to my clients.

Despite that, I still did not get the answer to the question, **“What is my purpose here in this world?”** Indeed I had a job I loved, but I felt that I needed to find my uniqueness within the field. When I asked my clients why they chose to

come to me I received mostly similar answers: “I get from you more than just manicure,” and “I leave here strong and empowered.”

At this point in my life I understood that I love and am capable of empowering people and light their inner light. That is my purpose in this world! If my purpose in this life is to light the inner light and empower people, I could do that in all fields of life and under different role: as a mother, a friend, a partner, a daughter, a sister, a business woman, etc.

A good example of using personal and unique abilities in each of us, to fulfill our full potential, you can find in the movie *X-Men: Apocalypse*, an excellent Sci-Fi movie with great special effects that kept me awake and fascinated. Anyone that knows me knows that I fall asleep at late night movies, especially the ones over two hours. I will not tell you the content of the movie (I recommend watching it yourself), but what I took from it...Imagine that you could freeze the world, fly at the speed of light from place to place, blow fire from your eyes, control people's mind, read minds.....

How much strength is in you? How much does the use of your strength influence the world for good? How much can you contribute? Lately, more and more movies deal with super powers. In reality there are super powers too. If we truly connect with the powers within us, we could influence the world and change it for the better. We could influence it for good or bad. When we connect with our purpose in the world, besides the fact that it unites us from the rest of the people around us, it gives us the strength to contribute to the world. Turn our world for the better...creating more cooperation...more of a connection... more compassion...more peacefulness...more abundance... more love... more health...and more... Fill in what you want in this world.

So ask yourself, **“What is my purpose here in this world?”**

Discover it and make use of it in this world. We need a lot of forces to win over darkness, illnesses, hatred, and fear....

Bring your light....

Look at your life and ask yourself this question under the hats you are wearing.

Try and examine what is common with them and, maybe you can discover your purpose in this world.



## Chapter 6

### Where Do I Sacrifice Myself?

*“It is better to be hated because of who you are,  
than to be loved for who you are not.”*

André Gide



## Where Do I Sacrifice Myself?

**“It is better to be hated because of who you are, than to be loved for who you are not.”**

André Gide

One day a client came to me for treatment. She told me about the difficulties she experienced at her work place; about the humiliating treatment lack of appreciation she felt from her supervisors. I asked her if she felt like she was sacrificing herself.

“That is a difficult question,” she said.

I shared with her my childhood story. I told her about the girl who arrived in Ra’anana in the middle of grade 2; about her desire to have a sense of belonging, her thirst for love, her willingness to go the distance to be loved and accepted in society.

When I asked my client why is she staying at her work place, she said, “Because I do not believe that I can find a job with the same salary and conditions anywhere else.”

What do we do? How do you stay at a work place where despite you giving all of yourself, you get humiliating and disrespectful treatment? What do you do when leaving is out of the question? The solution came when she began to change the way she looked at things. It started with understanding her behavior as a temporary investment, until she had the courage to leave or not leave depending on the situation.

Let’s leave the story of that client for a moment to refer to the word sacrifice.

According to the dictionary, the word **sacrifice** has different meanings, such as sacrifice on an altar. When we relate sacrifice to ourselves personally, it usually means a sacrifice of our values. If we examine the word **sacrifice** positively, we will see that we sacrifice most of the hours of the day in many areas of our lives. As parents, we sacrifice our free time to drive, prepare food, take care of our kids, etc. If we replace the word “sacrifice” with the word “invest” we will understand that our investment can yield good results. Today, when I examine my own behavior as a child I understand that

I could have invested in my friends in a different way instead of sacrificing my values. However, I did not have the tools that I have today.

We will go back to my client. I asked her “are you willing to do things differently?” and she asked, “What do you mean?”

“If you stay in your work place, what do you gain from the lack of appreciation you get there?” She looked at me with surprise, but as we discussed this question, she realized that every time they expressed a lack of appreciation for her work, she became better acted more professionally at work. In other words, she improved her performance to gain appreciation. This realization after our talk caused her to give herself compliments and see herself as a good worker. Over time, her employers stopped making comments and she even got a raise! All that happened when she turned the word “sacrifice” to “investment,” was she started enjoying her work and did things out of love instead of fulfilling a need to satisfy others.

In my childhood, I did not know how to say no; God forbid I would not be loved, or they will be angry at me. I was always an easy person trying to please everybody. As a child, it was very important for me to be loved and accepted. As I grew older, I saw that life could be full of challenges and trying to please everybody could cause unpleasant situations. There are many users out there using people who desire to please. It took me years to understand that as long as I continued to please people, I was in my own prison; a prison of worrying about what others think and say about me. Only when I became a mother, did I start to say, “NO!”

I know that maybe my children were angry at me in that moment, but immediately after they forgot that I said “NO!” They still loved me and hugged me. It is very important to be loyal to ourselves. Otherwise, we will stay in that prison and continue to please others...Be loyal to yourself ... Do a small exercise with yourself every day. Look for something small to say no to. Release yourself from that prison...Check to see where in your lives you “sacrifice” your values. Check out where you can change your story. How can you **change to an “investment” instead of a “sacrifices”**. Which prison do you want to be released from? Write the script of your life over again. Release yourself from the prison of trying to please others.



## Chapter 7

### What Am I Willing to Do to Succeed?

*“The greatest glory in living lies not in never falling, but in rising every time we fall.”*

Nelson Mandela



## What Am I Willing to Do to Succeed?

**“The greatest glory in living lies not in never falling, but in rising every time we fall.”**

Nelson Mandela

When people come to me for treatment, often I warn them that my treatment can be as painful as a root canal. Some of them stop after the first treatment. Most of them stay because after deep pain comes deep release that makes them bless the moment everything started to get released. Whoever has experienced a toothache from an infection knows that the pain is almost unbearable, like a 4 kg hammer hitting you on the head. Sometimes the pain reaches the ears and nothing can relieve the pain until you get a root canal. Also, the treatment itself hurts (of course not like the infection), but when the puss comes out, the pain stops.

I presented this example to describe to you how I have experienced most of my life in sort of a constant pain in my soul...An undesirable pain that made me ask myself why we live here in this world. The interior pain that I experienced was so big that I was willing to do anything to release it. The question **“What am I willing to do to succeed?”** is divided into two parts, doing and succeeding. Many times you will hear the expression “a thought creates reality.” It is not enough to sit and wait for success to come knocking at the door, you must act towards success. Sometimes success is at the end of a road filled with obstacles, but if we could only see the successes to come in front of us we could overcome all the obstacles. I can give you a recipe for a great cake, a cake you will not want to stop eating... but if the recipe stays in the drawer, you could only imagine the taste. It will not get baked by itself unless we bake it.

When I was a child, I thought if I sacrificed myself for friendship, I would be popular and loved. Today, I can say that I want to be successful in the social, parenting, business, and partnership fields. I am willing to do a lot to succeed, but not like in the past – I am not willing to do anything. I am not willing to lose myself and my self-worth to succeed. Therefore, the question **“What am I willing to do to succeed?”** is important to understand. Am I willing to do anything- including sacrificing myself- for success? Is it right to sacrifice one’s self for success? Did I even define what success is to me? As I said before, self-sacrifice will not bring us to success unless we decide

we will invest in a specific goal.

One of the examples I offer my clients to illustrate what I was willing to do for success, is the story of my company vehicle. When I was an employee I worked for a small paint company and had a large and uncomfortable vehicle which served me for work. Most of the day was spent around construction sites and working with constructor workers. When the car needed a repair I had a small, comfortable, private temporary car. When the commercial vehicle was returned to me and the private car was returned I was no longer willing to drive the large and cumbersome vehicle. I approached the company's vice-president, who hired me for the job, and I asked him for a smaller vehicle so I would be more comfortable at work. He said, "this is what we have." I told him I was not willing to give up the comfort of the smaller car and that I was planning to go to the CEO about it. He laughed, which only increased my determination to succeed on the mission I set for myself. I turned in bed all night and could not sleep. The next morning, I walked into the CEO's office and presented my request. He laughed and said, "You women, you want equal rights until it comes to a vehicle. I will check what I can do." A week later the vice-president called me into his office and asked me what color car I wanted and whether I wanted automatic windows. A month later I received a new private vehicle!

Verify with yourself in what field do you want to be successful and what you are willing to do to succeed in that field. **Write down all the activities required to succeed**, and what can you do for that, and who do you need to ask help from .



## Chapter 8

### How Can I Decide What I Want?

*“Life is a sum of all your choices.”*

Albert Camus



## How Can I Decide What I Want?

**“Life is a sum of all your choices.”**

Albert Camus

I feel very strongly about allowing my kids to choose what they want. It is true that sometimes as parents we must have boundaries and we should not always just give them what they want. However, their freedom of choice is very important for me. Parents make a lot of choices for children because they think it is good for them. Over the years children learn that they have few choices, because their decisions are made for them. It is a kind of internal castration.

As a child relationships were very important to me. I always asked myself if others would accept what I wanted. Was I hurting anyone? Would they continue to love me if I wanted something different than expected? Slowly I got further away from myself and my inner voice. I did not know what I truly wanted. It took me many years to understand that I have my own desires and I can want different things than others.

I have a client who came to me for treatment; her story was very touching. She told me that as a young girl she grew up in a house that gave her much freedom of choice. She had few boundaries at home. She always knew what she wanted until she met her partner. Every time she expressed her desires, he would dismiss them but because she loved him she would agree to his wishes and his decisions. Over the years she stopped expressing herself. Eventually her self-dismissal began to bother her until she understood that she was not willing to live like that anymore and came to me for treatment. We worked on her image and self-value. She learned to listen to her inner voice and eventually released herself from her partner's prison of desires. At first it was very difficult because he was used to her doing what he wanted; suddenly she was starting to express her own desires. After she started to say, “now it is my turn to want”, “now I want to go or have my plans!” the result was good. They both learned a new language; she began saying what she wanted and he went with it. A connection was created for two people in the same house where both have wants and needs realized.

Examine yourself. Are your decisions influenced by what others think or do you **decide what you want** because you listen to your needs? What is good for you without depending on others?

## Chapter 9

**What Positive Feeling Do I Get from this Problem?**

*“The problem is not the problem. The problem is your attitude about the problem. Do you understand?”*

Captain Sparrow



## What Positive Feeling Do I Get from this Problem?

**“The problem is not the problem. The problem is your attitude about the problem. Do you understand?”**

Captain Sparrow

In 1996 my middle brother Oren served in the military in the infantry division. His unit was supposed to leave to complete an ambush in Lebanon. He called us a day beforehand to talk but he did not share with us that he was leaving on an operation and he might not come back alive. The next morning the doorbell rang. Two soldiers in uniform stood at the doorway. I peeped from my room to see who came and I saw two soldiers...I screamed so loudly the neighbors heard me (I thought soldiers come to the door step only in the case of death). They notified us about a major injury. They were unable to fly him to Rambam hospital; therefore they came to take us to Rivka Ziv hospital in Safed. We picked up my little brother from school and drove north to Safed. The two and a half hours it took us to get to the hospital felt like an eternity. The movies that ran through my mind all the way there were horrifying. Since a light injury could be an amputated leg what would major injury be?...Will we be able to see him?...Why are they not telling us what is happening?...The thoughts that went through my mind and the fear creeping up on me would not leave me alone. I was very close to him.

We arrived in Safed at the emergency room and learned he was shot; the bullet went through his back and passed through the other side. Luckily, when the terrorist tried to confirm he was killed, one of the soldiers noticed the terrorist was approaching my brother, shot him and saved my brother's life. Following the shooting, the lung was ruptured and my brother was in critical condition. Despite that, about a week later the rupture began to close up and my brother recovered faster than expected. A real miracle! Having my brother back, healthy and in one piece, with only scars on his body and affected breathing. Years later when I entered the world of treatments and began treating myself I understood that he got injured saved him from a much worse fate.....

**Then I learned to look for the good in every problem I have in life.**

A few months after his injury there was a helicopter disaster and a large part of his crew got killed in the accident. If he hadn't been injured he would likely not be alive. So, I want to give a big thanks to God that my brother got injured in order to stay alive!

This most positive feeling came as a result from a problem...It took me years to understand how lucky he was to get injured. True, an injury is a difficult thing, but I can say I am really happy that it happened and my brother is alive!

I would like to send a big hug, light and love to all the families that have lost a loved one, my heart goes out to you! God bless them! I am sure that if you think about the problems you came across during your life, you could find positive feelings that happened as a result. **In every problem, we come across in our lives, there is a hidden gift. You just need to find it!**



## Chapter 10

### What Calms Me Down?

*“What we call happiness consists in harmony  
and serenity.”*

Thomas Mann



## What Calms Me Down?

**“What we call happiness consists in harmony and serenity.”**

Thomas Mann

When I am stressed, nervous, or angry and not in the mood to examine where the anger or stress is coming from, I choose from one of these things to calm me down:

The Beach. I go to the beach and walk, or just sit and watch the waves crashing;

Move. I exercise or walk for an hour in the neighborhood;

Music. I listen to loud music at home (not at night or lunch time of course);

Swim. I take in the beautiful landscape, the sea, the mountains, trees of all kinds;

Dive. I dive deep into the sea and imagine the world at the bottom;

Dance. I Dance; I used to do Zumba. Now I dance at home, or at parties, and festivals;

Paint. I Paint; I love painting abstract paintings. It is calming and helps to relieve the stress onto a piece of paper or canvas;

Talk. I talk with a good friend. It is important that we surround ourselves with good friends who know how to empower us or present a different perspective;

Gratitude. I write down a list of things I am thankful for. When I focus on the good things in my life, it immediately changes my state of mind.

Write. Writing helps release everything I have in my mind. I love taking a big piece of paper and take out the frustration that caused me stress. I write and my state of mind changes. If after writing I am still not calmed I continue writing or tear the piece of paper to pieces and throw it away. It is an exercise that helps me. In writing I describe what I want my life to look like in the future. It calms me down because it makes me focus, especially because I suffer from ADHD.

Each person has their activities that calm them down. Make a list of these activities and each time you feel restless, you could look at it **and connect with one of the things that calm you down.**

## Chapter 11

### Which Beliefs to I Want To Change?

*“We are what we think. All that we are arises with our thoughts. With our thoughts we make the world.”*

The Buddha, Dhammapada



## Which Beliefs to I Want To Change?

**“We are what we think. All that we are arises with our thoughts. With our thoughts we make the world.”**

The Buddha, Dhammapada

A belief is every conscious thought that we believe it is sure and true. It is important that we pay attention to our thoughts because they create our beliefs about ourselves. Our beliefs are divided into conscious beliefs and unconscious beliefs. The conscious beliefs you already know. There are positive beliefs (“I trained and I will be able to win the competition”) and negative beliefs (“who am I to succeed?”). The positive beliefs we don’t need to change. It is the negative ones that need changing; the ones that do not advance us. We are unaware of our unconscious beliefs but they affect our lives. The subconscious is like a hard drive on a computer. It contains all our memories, habits, beliefs, features, and self-image. Our conscious part is like a word processor. It accepts our daily decisions and sends the acting orders to our subconscious. Our conscious part has the ability to judge between good and bad, unlike the subconscious, which does not. The conscious part can reprogram the subconscious to new behaviors and habits. The good news is we can change our subconscious beliefs; we can replace them with new beliefs that will advance us.

Small children are like sponges that absorb everything. When my youngest boy Noam was in kindergarten he returned home with a surprise. Every time he achieved something he would get ten stamps from his teacher. Do you know what was written on the stamp? “I want, I can, and I am king!” I wish every kindergarten would have such empowering teachers...Some of our beliefs are influenced by what we absorb from our surroundings; a client of mine, who came for treatment, told me that she grew up in a house where her father constantly told her she was nothing. When she came to me it was hard to take her father’s statements that became a part of her belief system about her and change them into “I am successful” or “I am a great wife”, etc.

As the first step, I recommend you look in the mirror. Say things that will empower you to believe in you and your abilities. Tell yourself that you are successful, talented, good etc. It might sound ridiculous **to stand in front**

**of the mirror and talk to yourself**, but this will enable your subconscious to start believing that it is true. Write these statements in the present tense and a positive manner! For example: a person who wants a raise and does not believe he deserves or will get one will say, “I am getting the raise that I deserve!” A woman interested in a relationship says, “I am living with a partner who loves me and I love him.” If you want to get out of your overdraft, write “I have money in the bank”, “I am in a balanced situation at the bank”, etc.

Create a list and read it every night before you go to bed. Your subconscious will absorb it properly before bed. If you have time in the morning before you start your day, read the list. Other ways to record these affirmations is with pleasant music in the background, listening to them while driving, exercising, before bed, in the morning, or any opportunity you have. The subconscious hears your voice and absorbs it. The more it hears it, the more it believes it is true; that you have money in the bank, etc. Such beliefs ultimately affect your behavior and cause these statements to become reality.



## Chapter 12

### What Will Allow Me to Forgive?

*“The heart is like a garden: it can grow compassion or fear, resentment or love.*

*What seeds will you plant there?”*

Jack Kornfield



## What Will Allow Me to Forgive?

**“The heart is like a garden: it can grow compassion or fear, resentment or love. What seeds will you plant there?”**

Jack Kornfield

Forgiveness is one of the most important tools for a peaceful and happy life. The most important thing is to know is how to forgive ourselves. To know how to forgive is a tool that treats our emotions. Each of us carries baggage and past emotion from childhood, experiences, and pain that accumulates in our bodies and consciousness, and is expressed with negative emotions we feel such as anger, abandonment, fear and blame. Forgiveness is the strongest tool for healing the body and soul. When you truly forgive from the inside—from the heart—you can heal any pain. I forgive myself for the mistakes I have made and understand that I did the best I could. The moment we forgive ourselves we can make real changes, and accept and love ourselves. Until we forgive ourselves, we will feel anxiety or an internal pain that will not leave us until we release it.

I forgive myself every day if I do not spend enough time with my children or if I do not manage to finish all the chores for that day. Most importantly, I forgive my close surroundings. I have no complaints about anyone and if I have, I take a few days and release them, sending light and love. Light and love is a method I use in a situation where negative energy exists in a relationship. I simply imagine a waterfall and exchange it with sparkling golden light and wash the person I am angry with and it passes.

A sentence I once heard and I tend to use sometimes is “to be angry at another person is like swallowing poison and watch the other one die.” Remember that forgiveness is meant first and foremost for you; for the positive energy around you! Without forgiveness, feelings of guilt and anger are born. To advance to a life with an internal peace the forgiveness is important for others, and most important for us.

One of my clients got a divorce. The divorce was her initiative and was not easy, to say the least. As a result, the communication with her husband was bad and his family members were angry at her and did not want anything to do with her despite her attempts to keep in touch. When she called to congratulate on an occasion or holidays they would hang up the phone. The

letters of regret about the divorce did not help (she wanted to divorce him, and at first the father of her children refused doing everything to make it difficult for her). She came to me for treatment and wanted to learn how to move forward. Slowly she learned to forgive herself, knowing that her husband may never forgive her. Imagine the frustration she would have experienced if she would have waited for his forgiveness which might never come. Self-forgiveness is important, especially if we want to live in peace with ourselves. Until we forgive ourselves, we will have feelings of guilt or anger, something that can bring on illnesses.

I have another client who was very angry at his parents, especially his mother, who used to hit him as a child. When he became a teenager her expectations grew. For example, if friends called him late in the evening, rather than explaining to him that it bothered her, she would hit him. Once when he made plans with friends after Yom Kippur and when they came over in the evening before they went out, she got angry at him, hitting him so hard that it left marks on his body; all that because his friends knocked on the door after nine in the evening. “How can I forgive my mother for this?” he asked me with tears in his eyes. “How can I respect such a mother as it is written ‘respect your father and mother?’” These questions had accompanied him for many years until he came to see me and we learned about the effect his mother’s actions had on him. We also worked on the anger he had towards his father, who did not help him deal with his mother.

We can say that our soul chooses the parents to which we are born. To my clients I say that maybe the parents have chosen to bring a child into the world, but they will not know who the child they have will turn out to be. Why did this child come into the world? If the client does not want “to take responsibility” and see why they chose those parents, I ask whether they believe in God or the universe. Despite the answer that he believes in the higher power and he agrees that maybe the choice was indeed by his soul.

Here is where the dilemma begins, does God/the universe/the creation/the endless energy wanted to harm him? If so, who should I be angry at? God who brought him to those parents or the parents? I learned from my clients that God wants the best for them, and they must examine why they chose those parents. What do they get out of it? What is their lesson?

If we go back to the example of my client, he found out that the pattern of



victimization repeated with him in many different fields in life; not just with his mother but also with his wife, children, and work. His awareness of the pattern of victimization brought him to learn how to release this pattern. Due to that, he forgave his mother which in fact was only a teacher who taught him how to become a victim. And so he learned two things: forgive his parents, especially his mother, and “fire every teacher who teaches him to be a victim.”

Examine which fields in your life or relationships cause you to feel anger or blame. Forgive yourself, or others, and move on. You can do it face to face within yourself. Write down what prevents you from forgiving, and at the end write, “**I forgive!**”

**It is recommended you tear or burn the piece of paper you wrote on.**

## Chapter 13

### What Allows Me Self-Criticism

*“If you judge people, you have  
no time to love them”*

- Mother Teresa



## What Allows Me Self-Criticism

**“If you judge people, you have no time to love them”**

Mother Teresa

How many times do we judge ourselves, our looks, our clothes, our weight, our height, as well as our behavior? How much self-criticism do we practice? When do we truly love and accept ourselves?

Self-Criticism can be negative or positive. Positive criticism is when I examine myself to see where I can improve or correct myself, examining my successes and not just my failures. By using self-criticism, we can learn where we want to go, what will help us to succeed, and determine if we truly want to get there. A positive self-criticism can motivate us. A negative self-criticism delays action. We should direct our critical energy by releasing the old and creating a new way of thinking.

Usually, people who tend to criticize themselves are those who demand from themselves high achievements and results. In practice, self-criticism does not indicate high self-esteem but rather a fear of rejection and failure. A person with a high self-esteem who treats himself with respect and values his abilities with self-acceptance considers that he can make mistakes. After he makes a mistake he will continue seeing himself as capable and will minimize self-criticism. A person with a low self-esteem will see every mistake as an indication of his inability or lack of success and will be drawn to self-criticism.

My trainer taught me that writing down 30 of my strongest points will help me stop being so critical of myself. Another way would be to ask those close to you what good they find in you. I am happy to tell you that I heard more than 30!

I participated in a workshop with Oded Katash, after he became a basketball coach. He said something that stuck with me, “after every game, whether you win or lose, you must examine what happened.” He called it an “investigating committee” and talked about lessons and conclusions. Most of us learn from our mistakes. But, it can be very effective to learn from our successes too. When we learn from our mistakes we do not know for sure that what they will fix will lead to success. You must capture the moment of

success, not stay in euphoria, to understand what brought you there.

In my son Niv's first swimming competition he came in 9<sup>th</sup> in both heats. His self-criticism started immediately. I asked him about his results during training, and he did admit that it was as good as in the competition. I said to him, "during the competition you improved and next time you will improve even more." His mood improved immediately and he understood that his negative self-criticism was making him feel bad about himself. Negative self-criticism always leads to negative feelings, lack of motivation, guilt, or anger. To continue moving towards our goals we must examine whether our self-criticism causes negative or positive feelings.

### **So, what allows us self-criticism?**

**The main motivation for success, focus, is the ability to improve and advance forwards.**

Every time you feel that criticism disturbs you, remember that maybe you were focused on the negative; something that leads to guilt and anger and that might prevent you from advancing forwards.



## Chapter 14

### What Will Make Me to Believe in Myself?

*“Believe you can and you’re halfway there.”*

Theodore Roosevelt



## What Will Make Me to Believe in Myself?

**“Believe you can and you’re halfway there.”**

Theodore Roosevelt

We all have beliefs. Some are empowering and some are weakening. We are not always aware of our deep beliefs, but we have the ability to identify them and determine if they are working for us. If they do not work for us we should replace them with empowering beliefs that do. We all have habits which we tend to perceive as a character trait. If every day that passes we examine our thoughts as if they are being X-rayed, we can conclude from our thoughts, words, actions, and results our perception of the situations and dilemmas we come across daily. A belief in yourself, your abilities, and the internal strengths within you will allow you to achieve anything. Our thoughts create who we are and how we create our reality.

One day I hosted a sleepover for my eldest son Niv’s kindergarten. The next morning I found in Niv’s friend’s bag a collection of Goguses (a game with plastic characters which used to be collected) belonging to my youngest son Noam. When I asked him about it, he said that Niv had given them to him. I said politely that it was not Niv’s to share and that Niv did not ask Noam for permission so he needed to return them. I did not say a word later. I left that conversation for lunch time when I was alone with Niv. When I asked him why it happened, he did not know what to say. I asked him if he was afraid if he didn’t give his friend the collection he would stop being his friend. Niv said yes and immediately he asked me whether he is going to get punished and could not watch television. I said no, that he has to go to his room and write down 30 good things that describe him, and thank the other children for being his friends. Niv went into his room and after half an hour he came out with a list which he read for the next month every night before bed.

This behavior never repeated itself.

Another story that illustrates the power of belief in ourselves is the following story:

A few years ago I heard an interview with Yuval the Absent Minded. He talked about his difficulties at the beginning of his career. No production company wanted to invest in his disk; he had to open savings plans...His fridge was empty...all because his money was invested in producing the

disk. Finally, he published his first disk which became a success. Tuvia Tzafir was interviewing Yuval. He showed Yuval the harsh criticism that was written about him. Tuvia said to him, “we all have gone down this road and the most important thing in this journey is to believe in yourself and in what you want to give to the world.”

As the song “I Believe in Myself” by Yuval the Absent Minded, says:

And I believe in myself

I look forward and watch the star

And I know the time to act is now

To the unknown I am leaving today

And in my heart, there is a dream

And, sometimes the road is not easy

It is hard to advance and there is an obstacle in every corner

Deep in me there is a tiny voice that always says

**To continue and not give up**

**And I believe in myself....**

**An exercise for you to try:**

Which elements of your life do you not believe in yourself? In each of these fields, write down some strong points about yourself. For example, if you do not believe you can be in a relationship you want, write down 30 reasons why a person would want to have a relationship with you. Or if you want to get a promotion at work write down 30 reasons why your supervisor should offer you the job you want.



## Chapter 15

### What Will Allow Me to Release the Feeling of Guilt?

*“The conscious mind may be compared to a fountain playing in the sun and falling back into the great subterranean pool of subconscious from which it rises.”*

Sigmund Freud



## What Will Allow Me to Release the Feeling of Guilt?

**“The conscious mind may be compared to a fountain playing in the sun and falling back into the great subterranean pool of subconscious from which it rises.”**

Sigmund Freud

Before I met the father of my children I had my real first boyfriend when I was in grade 11. We dated for almost two years. As we matured we realized our values were too different so we separated. He was in the officer's course and took the separation hard. He was a lonely soldier. His family was on a mission and he did not have the support he needed after the separation. He ended up dropping out of the officer's course. After a few months I wanted to start our relationship again but it was too late. He was not interested. I tried to move on, but was unable to. For ten years my relationships did not last more than a month or two. Eventually I understood that I needed to look at myself. I stopped dating and was single for 2 years. I learned to love and accept myself. I felt that the issue with my boyfriend in high school was not closed and he deserved an apology for the way things ended. It didn't end amicably. Most breakups leave anger and frustration, especially when it is mostly one-sided. I decided that I must ask him for forgiveness to move forward.

I looked up his new address. I came to his bachelor apartment and asked him for forgiveness. I owed it to myself to relieve my feelings of guilt. He laughed and said that he forgave me a long time ago; that he had moved on. I understood that I am needed the forgiveness; to forgive myself. As I have already written in the chapter **“What Will Allow Me to Forgive?”** I understood that forgiveness would help me move forwards. Two months later I met my husband, the father of my children, who I eventually divorced.

Let's go back to the story of the woman whose ex-husband's family boycotted her even after she apologized. Had she not learned how to forgive herself she would have wandered around the world feeling guilty forever. She eventually met a man who she built a wonderful relationship with; and today she has a wonderful relationship with her ex-husband and his family.

Guilty feelings stop us in moving forward. Remember that only guilty people are in court, so do a “fair trial” and forgive yourself. Examine

where you can improve, and make sure that it does not happen again. What has happened has happened; you cannot go back. You cannot change the past, but you can change our future by forgiving yourself. We can be free of guilty feelings when we forgive ourselves for actions and mistakes we made along the way.

As parents, we feel guilty many times especially when we want to set boundaries. Boundaries are something hard for us to set. Is it right to set boundaries? What are the limits when setting boundaries? As a child, I had no boundaries. I was never told when to come home from social outings. I was never told when to do my homework; it was never checked. I wasn't told who I could hang around with. As a mother, I noticed that my children needed boundaries. Boundaries would give them security and make them feel protected. They will even ask for boundaries. Despite that, it is still very hard for me to set boundaries...sometimes guilty feelings take over... Sound familiar?

In one of the seminars I took in the framework of my volunteer project "A Mother for The Road", which accompanies mothers after birth; I heard an expression "another name for a mother is guilty feelings." Remember that we are human and we are allowed to make mistakes. It is important to **remember to learn from these mistakes; grow from them, learn from them, and the guilty feelings will disappear as if they never existed.** One of the factors that caused my clients and me to feel guilty was setting boundaries. If you also **have** guilty feelings about your children, remember that when you set boundaries you are helping them feel more secure and protected.



## Chapter 16

### Did I Do My 100% Here?

*“Productivity is never an accident. It is always the result of a commitment to excellence, intelligent planning, and focused effort.”*

Paul Meyer



## Did I Do My 100% Here?

**“Productivity is never an accident. It is always the result of a commitment to excellence, intelligent planning, and focused effort.”**

Paul Meyer

When we do 100% of something, we do the best we can in our perspective and we feel good about ourselves. An important book that I learned a lot from is *The Four Agreements* by Don Miguel Ruiz. *The Fourth Agreement* talks about doing your best. Do 100% not more and not anything less. If we do less than 100% we can feel we missed. When we feel that we missed there are feelings of guilt, anger, or frustration and we cannot advance and live in peace with ourselves. Also, if we try and do something that is beyond “our powers” we will lose our strength and our balance in life. Therefore, it is important to do the best in everything we do.

I have a regular client who comes to see me to improve his achievements with his business. He is independent and would like to continue this way and not go back to being an employee. When we started going deeply into what happened by examining the obstacles to his success, I saw that he was not 100% focused on what he was doing. His day was divided into tasks in different fields: work; home; wife; and, children. In each of these fields he was not giving everything. On the other hand, at work he invested “beyond his powers”, something that brought an opposite result from what he wanted, resulting in a decrease in his efficiency. He was very tired, not focused, and was searching for any type of energy source. He paid the price in his personal life, too. When he was with his children, he gave less than 100% because his head was preoccupied with work. His behavior indicated an imbalance in his life, which caused problems at work and dissatisfaction with his role as a parent.

We divided his schedule so he could dedicate 100% of himself that part of the day to one field: when he was at work he focused on work, and when he is with his family he focused on them and not work. Also, we left some quality time for him to watch television and sports. All that brought order to his life. When we have order and organization in our lives and invest 100% of ourselves in what we need to do, we will see results!

Make a list of the elements of your life in which you do not give your all. Examine where you give less and try to give more. Look at where you give

too much at the expense of other areas and cut back. This exercise requires you to be very honest with yourself.

**Remember:**

When we feel guilty it is because we did not give 100% of ourselves.

When we feel exhausted it is because we acted “beyond our means.”

**To give the most in every significant part of our lives, will bring us balance.**



## Chapter 17

### What Will Enable Us to Have A Balanced Live?

*“Life is like riding a bicycle. To keep your balance, you must keep moving.”*

- Albert Einstein



## What Will Enable Us to Have A Balanced Live?

**“Life is like riding a bicycle. To keep your balance, you must keep moving.”**

Albert Einstein

Sometimes, even though we give 100% of ourselves, we are at an imbalance. The imbalance could be with our children. The imbalance could be in our bank accounts. We can lose balance in many areas. It happens when we do not treat ourselves well, and we put others' needs first. The balance is broken because most of our attention is directed at someone else and not at ourselves. Many times we do things that we do not want to do, and nevertheless, we do them just so there will be an “industrial peace”, and so we will not feel guilty if we chose to say “no!”

My children have taught me to say no to people. I discovered that when I say no to my children, even when they are angry with me, they still love me (and also when I am angry at them, I have never stopped loving them). As a child I believed that if I said **“I do not want”** I might not be loved or wanted, something that got me into a lot of imbalance in my life. When I became a mother, of course, I understood that when I lived in peace with myself, was loyal to myself, and of course, was balanced with myself, my children were happier and more joyful. It took me some time to understand that when I said **no**, I should not feel guilty. I learned that when I say no, it must mean the same as when I say yes.

I will give you an example to illustrate my point. My eldest son used to ask me to come and pick him up from school every time it used to rain because he forgot his umbrella, or he did not want to walk home. We are talking about a distance of two blocks. Every time he used to call and I was busy with a client, I tried to explain to him that I could not come. He would get angry, so I would go and pick him up, and then get angry with him. With time I understood that I was ruining for him the perception that you could not say **no**. Following that, I changed my behavior. Every time he called, I would pick him up only when I was free. When I was busy he simply waited until I got free, or he would have to deal with it himself. We achieved more balance, calmness, and peace at home.

We have examined imbalance in your lives and what prevents you from

having balance. Where is there room for improvement? Is there anything that scares you or causes you to have imbalance?

I will give you another example of balance in body weight.

Everything in moderation, such as food...I am a relatively slim person, although I had a few extra pounds after I stopped smoking. I hadn't ever dieted and am still slim because I eat in moderation. I simply listen to my stomach; I eat balanced foods without the fear that I might lose out or finish everything on my plate. My weight has been balanced for more than ten years. Even after I got pregnant I ate balanced foods and didn't need to compensate myself by eating double. I simply listened to my stomach to determine whether I still had space. I never reached a point where I overindulged from food that I could not move.

**A tip to all those who want to balance their weight: Eat from the stomach and not from the head.**

**Balance is very important for an internal harmony with ourselves.**

Also, order and organization at home brings balance to our lives.

A mess! I have a mess in my life!

Usually people who come to see me to tell me about the mess they have in their lives have a mess in their homes. When we want order in our lives we should check where the mess is in the homes....whether it is in the closet...a pile of books by the bed...the kitchen or the trunk of the car... To have order in the head we should have order in our surroundings.

Try it. Take upon yourself a different "project" and see how it affects your personal life.

Also, here we must sit down with ourselves and truly see where can we put more balance in our lives; where can we put more in our personal space to allow balance, calmness, and peace in our lives.



## Chapter 18

### Am I Willing to Accept Help?

*“I lift up my eyes to the mountains— where does my help come from?”*

Psalm 121



## Am I Willing to Accept Help?

**“I lift up my eyes to the mountains— where does my help come from?”**

Psalm 121

During a treatment, one of my clients, told me that she has everything she needs in life and yet she is not happy. We started digging into her past and there were not too many dramas that could not be dealt with and bring happiness into her life. She told me that she was rejected in school, and used to get hit by her parents because she was rebellious. But she already forgave that and moved on. She did not understand how she was already a mother of such a wonderful boy and she was still unhappy.

At that time, some cases of sexual exploitation in the vicinity were reported on television and the newspaper. After a few meetings she called me, sounding sad and could not stop crying, “I know why I am an unhappy person!” I have buried something in my life that has only now begun to surface following the different articles on television. I listened to her and tried to understand from her confused words what she was trying to tell me.

She shared with me what happened when she was 5. She lived in a building next to a French woman and her son. Her son was 15 at the time. She truly did not remember all the details because 25 years had passed, but she remembered that she would go up to his apartment to play with the son. He paid attention to her that was lacking at that time from her parents. She did not remember many details but she remembered a very important detail. He taught her how to touch him in a way that he had a sexual satisfaction from the touch. She added that she could remember that she was often sick then. She had throat infections and used to stay with her grandmother. Her parents did not know about this relationship. She shared this with me years after it was erased from her memory. Something during the treatment probably caused her to open up and things from the past started to surface. Since I felt that it was not my field, I recommended that she be treated by an expert on sexual abuse. Besides empowering her I could not help her solve the problem. But she refused to get help from an expert in the field. A few years later, our paths crossed again and she shared with me that after four years she sought help which led her to go through a process in the sexual abuse center and she thanked me for referring her there. It took 4 years for her to

seek help but today she is a happy person full of optimism. Sometimes there are situations where we are not interested in seeking help. It was important for me to share this story with you which indicated the power of suitable help for a happy life.

If you are interested in bringing happiness, security, calmness, and internal peace, seek help. As someone who believes in the power of treatment, I can share with you that I have been going for treatment for years to remove frustration and sadness that has accompanied me in my life.

I want to live here a heavenly life.

Are you willing to **accept help and live in peace with yourself**, a heavenly life?



## Chapter 19

### Who Do I Need to Prove Myself To?

*“Don’t let the noise of others’ opinions drown out your own inner voice.”*

Steve Jobs



## Who Do I Need to Prove Myself To?

**“Don’t let the noise of others’ opinions drown out your own inner voice.”**

Steve Jobs

As a child I wanted to be accepted. I tried to get closer to people that were not interested in my company. I did not pay attention to that and I translated it to “I am rejected from society.” A few years ago I worked in a beauty salon as a manicurist with a client who was used to being served by another employee in the salon. She asked me whether I remembered her and I said yes. “You are having a manicure done with...” Then she said to me: “and besides that?” I looked at her curiously... (Unfortunately I am not strong with faces)...

“We were in the same class.” I told the client that was impossible because I would have remembered her name for sure. She said, “true, I have changed my name because I did not have an Israeli name. We always wanted to be friends with you and you only wanted to be with the popular kids and you did not pay attention to us.”

I was surprised and felt like I missed so many years trying to prove to myself that I could also be popular. That I was also good and talented and I would be seen. Due to all the efforts I was making to connect with the popular girls in the class, I did not notice that other girls wanted to be my friend. Even today I come across similar stories from my clients who come to me for a manicure and share with me their problems from childhood. Today I was with a client of mine who wanted to consult with me about her daughter who was being bullied and beaten in school. She asked me “is it ok to say all that to the teacher? Would it cause more damage if I inform her?” At first, I wanted to say yes, she had to tell the teacher, but then I asked her, “did you ask her what she would like to achieve by going to the teacher all the time?” It is not always necessary to go to the teacher, it is possible to teach children to listen to their inner self without needing to prove themselves or others their worth. It empowers them. The bullying stops. In rare cases of bullying, it is important to report it to the teachers or the principal so it will stop. The girl does not need to come to school with fears of being bullied.

When I was younger, I was also bullied by boys. I needed to try and prove to myself that I was equal to them; that I was good enough so they would not bully me or beat me up. I am sure that if I had integrated with the less popular kids while trying less to prove myself to the popular kids, I would have kept my strength and would not been beaten up. Today, looking back, I know that those kids were not truly bad; they simply noticed my weak point and therefore wanted to take advantage the situation and bully me. We must check with our children what they are truly looking for. We need to encourage them to be where they want to be. They need to be reminded that they are special. If there are other children who are not interested in their company, there always those who are. Is it such a need that we are searching the unachievable? To who are we supposed to prove ourselves?

One day I had a conversation with one of my clients who suffered from mental illness according to the conventional definition. She started the conversation by saying that no one believed in her and added “I know that you are going to say that what is important is that I believe in myself...” And yet, her belief in herself did not help her get out of the negative message she got from her close people like her mother, her friends, and even her psychiatrist, who was supposed to empower her. She was told “there is no chance of you getting recovering from this illness”. It angered me to that, even if his intention was so she would not have any expectations, so she would not be disappointed and fall. She said to me that she would prove to them that she would get better! I explained to her that if she is occupied in proving herself to others, it would not work out because every time there will be a statement such as “you will not heal”, and she could break down and ultimately believe it. She could lose the power in her belief.

Therefore, I directed her towards empowering the belief in herself, see how she could live with a positive state of mind, be happier in her life and be busy mainly in proving to herself that she can.

The need to prove that we are the best begins at childhood. Little children who do things for the first time usually get praise from their surroundings, “Congratulations!” This accompanies us into adulthood and we behave that way also as parents. In a television program called “In Her Image” there was a conversation between a mother and a daughter. The daughter was overweight, something that has never stopped her from succeeding in life, socially or professionally. Everybody loved her. But no matter how



successful she was, she was always busy internally making an impression to prove herself to her mother, so she would accept her the way she was, even though she was overweight. The conversation was touching. Her mother was unaware of this, because she always used to say how amazing and talented she was, but immediately after a positive statement she would add, **‘but if’**...an addition that included a criticism toward her daughter. To free ourselves from this “prison” of what will they say or think about us, we must focus on what we think about ourselves.

**Something to think about:**

Is my behavior a result of me trying to prove myself to my parents, my surroundings, or the rest of the world? Where you feel comfortable – this is where you will be! Do what is good for you, regardless of anyone else or without worrying what they think of you. Check to see if what you are doing is loyal to yourself and your values. Do you act to impress others, or prove yourself to your surroundings?

## Chapter 20

### What Will Enable Me to be in Harmony with My Surroundings?

*“I destroy my enemies when I make them my friends.”*

Abraham Lincoln



## What Will Enable Me to be in Harmony with My Surroundings?

**“I destroy my enemies when I make them my friends.”**

Abraham Lincoln

To tell the truth or not?

And if the truth hurts? I hurt someone with my words, what shall I do? To say or not to say?

One day I had a client who said she was in an uncomfortable situation with a friend; she did not know whether to tell her the truth or not. She felt that if she didn't tell her the truth she was a hypocrite, and if she did tell the truth she would hurt her friend. What would you do in this case? Is it better for her to be a hypocrite to not argue or hurt her?

I always say to my children – you are the ones who chose to get hurt or be angry. No one can hurt someone else unless we chose unconsciously to get hurt. When we find ourselves hurt or insulted, if the other side did hurt us... if we examine closely and ask ourselves if they wanted to purposely hurt us, most of the time the answer will be that they had no intention of hurting us. Most of the time when we get hurt, angry, or insulted, it brings up old memories or an event in our past that caused us to have negative feelings. So, what is better – to tell the truth or to keep it inside?

Sometimes, we just accumulate things because we are uncomfortable, but it could blow up and this is sad, because if we said what we thought from the beginning, it could have solved the problem and prevented an argument in the first place. If the things said came from an inner truth and not from the accumulation of unpleasant situations that needed getting rid of, it could certainly prevent an argument...

I have deviated a bit from the subject because the truth can be told in a “criticized” manner or constructive criticism. I have a good friend who used to be late for meetings regularly. At first it used to bother me all the time. I almost gave up our relationship because it made me feel bad waiting for her every time. Finally, I decided to share with her what bothered me without exposing all my thoughts about her to her and the problem was solved.

Today it does not happen that she is late without notifying me....

**The conclusion: do not keep it inside.**

Sometimes constructive criticism can empower the other side very much. In most cases, it can solve future problems. The truth must be told gently and kindly. Remember **you cannot take responsibility for someone else's feelings, only our own...**

Another example is of a very difficult situation, where situations are created from a place of vulnerability without introspection, causing irreversible anger and hurt. A very painful example where disharmony exists with your surroundings...Two weeks after Tisha B'Av, people fasted for the brotherly hatred many years ago. That day there was a horrible murder of a 16-year-old girl. There was so much hatred and so anger. Her murder for living a different life than society would accept because she loved women. Her life ended in cruelty because of disharmony. Whoever knows me, knows that I do not listen to the news or read the newspapers because of all the horrible things that are happening in Israel. Because how can I contribute and help? I am open to hearing only the important things...It was impossible for a case like this to pass by me. The feeling was horrible. How could hostility among members of the same ethnic group still exist in our world? How much it hurts that a 16-year-old girl has to sacrifice her soul for the same community which we can accept with love without the need of death and sacrifice.

The same week I changed my ring tone to the song "More" by Avishai Rosen. I heard it for the first time at my son's graduation party, the chorus is...**"More Love More Listening..."** Let's bring more love, more happiness into the world...The lyrics:

We will learn to live with what we have. We will not look for something else

But we will continue to ask for one more prayer word

When will we be a bit closer until we feel and give up?

Everybody wants to be good but it could be more

More love



More listening

More faith amongst people

More peace, more hope

Less jealousy and free hatred

More soul

More God

More understanding between you and me

More happiness, more life

Less alone with you

We will learn to live with what we have

We will not search for something else

But we continue to ask

One more prayer word

More of my happiness, and yours

More warm words

Fewer lies, fewer tears

Less death, more living

**More love...**

## Chapter 21

**What will Motivate Us to Behave This Way?**

*“Attitude is a little thing that makes a big difference”.*

Winston Churchill



## What will Motivate Us to Behave This Way?

**“Attitude is a little thing that makes a big difference”.**

Winston Churchill

On the road there are signs that enable us to drive safely and effectively. When we come across a no exit sign, we will not enter unless we know our destination is there. What happens in life? There is no manual on how to be a partner, how to be good employee, or how to be good parents. Our signs that direct our behavior are emotions in different situations in life. If we are comfortable in a certain situation, we will stay there and continue the same way. But what happens when we are uncomfortable in a certain situation?...When it is not good at work?...When we are not happy with our friendship?...When we are not happy in our relationship?...When the behavior of the children, parents, family is not good...How do you deal with situations when we are not happy?

We should examine our responsibility in the matter. We should ask ourselves what is the lesson here? When should we examine what will motivate us to act this way? The way I act right now? Complaining will not help us solve the situation we are in; only a change in attitude or action will solve it.

One of the challenges as a mother, with which I have been struggling lately is the issue of yelling in the house. Every time the children would argue it would drive me crazy. Many parents know that feeling. I feel like a police officer most of the day. I feel like a maid all day long around them; preparing food, cleaning, driving, doing laundry, and cleaning up the mess. I feel like my life is all about taking care of the children, and all it entails, and that my children are taking it for granted. I felt like my children are sucking everything out of me, there is no more Sarit but a police officer or a maid called mother.

I wanted to be a mother that can be seen, being asked how I felt, getting help, being hugged, and being consulted with. I knew deep inside that if I continued to act this way forever I would not feel what I wanted to feel as a mother.

The big advantage of being a parent is that our children cannot divorce us!

All I did up until then was complain, but if I continued to complain it would

not lead me to a heavenly life; to a life of peace with myself! But what will it help me to complain? Where will it leave me? Where will it leave my children? I was searching for solutions. I was willing to do anything to be the mother that I wanted to be. I wanted to be a role model for my children. I went to all kinds of workshops for parenting, the point was to become the mother, the one I wanted to be. We parents are a significant role model for our children.

One day I had a conversation with my children. I shared with them that I participated in a designed workshop by Rami Dvora and I decided that I wanted the yelling at home to stop. They looked at me with a frozen look, not understanding where this conversation came from. I emphasized and told them that I intended to implement it, and they needed to listen to me also when I am talking quietly. After a few days, with many attempts by them to drive me crazy, I was determined to succeed and keep my word. They accepted a mother talking softly, assertive and determined when something is not right, and that a mother that does not yell. Stopping the yelling in the house allowed the children to express themselves I, as a mother, was able to transfer clearer messages without losing control. The results came faster than I thought. My children share more and hug more. I hear more “mommy, I love you,” they see me more and I am more present in their lives. It is a calm atmosphere at home with more order and organization. When I ask them to clean up they help more. All that happened was that I had changed my approach and my actions around the house. Look at yourself and the situations in your lives, with which you do not feel comfortable and examine what motivates you to act this way. Is this the way you want to be? Is there another way that will advance you towards your preferred desires, goals, and destinations?

There are situations where we are busy complaining about the situation, it does not advance us anywhere, and when the question of “how will it advance me to act like this?” we will understand that this way will advance us to a better place.



## Chapter 22

### What do I Appreciate in Myself?

*“Life isn’t about finding yourself. Life is about creating yourself.”*

George Bernard Shaw



## What do I Appreciate in Myself?

**“Life isn’t about finding yourself. Life is about creating yourself.”**

George Bernard Shaw

As a child, I knew that I was pretty...But I never loved or accepted myself as pretty. I always heard compliments around me but deep inside I never believed them. At the end of grade 8 I had a bicycle accident and I smashed my entire face; my front teeth fell out and my face was scratched and swollen. Next to me in the hospital was a little girl who had burns all over her body. She was very beautiful...I recall how much I cried and wanted to change places with her, because I did not want to stay ugly. After two months, the wounds completely healed because I did not scratch them and I let my body heal itself. I was left with a scar on my lips, which for years I wanted to operate on so I would have the perfect lips, but the fear of an operation caused me to give up on the idea. I have since learned to love and accept my face as it is.

As a slim person I can say that for years I obsessed about my chest size. Throughout my younger years I said to myself that I must increase my chest size but for I would only do it after I turned 40 because I want to have children and breastfeed. All these thoughts were the thoughts of a young woman who did not accept her body and I remind you that I was a pretty slim young woman with everything to make me happy. And I can recall another detail; my parents had left me with something else I could not deal with – too much body and facial hair. The children in kindergarten used to make fun of my moustache. In 1985 new technologies for hair removal did not exist, therefore I used to bleach the hair and it looked very unaesthetic. I was very much preoccupied with my body. I spent hours in front of the mirror checking to see what I can change in me. A new tattoo that I wanted...a belly ring...a nose ring...I tried every method to love and accept my body. I discovered an interesting phenomenon about my body; it did not get external additions. While the tattoo got on my back remained prominent, the belly ring I did a few years ago did not last because the skin tore. The nose ring showed signs that my body would not accept it. I understood that my body was rejecting foreign and unnatural things. I had to give up the dream of enlarging my breasts. The frustration was big, but it was clear to

me that I must listen to my body. I learned to listen to my body when it was sick. Since then I have learned to accept it, love it, and to heal it.

I came to the understanding that we live inside our bodies. Our spiritual being, our soul, is trying to talk to us through our body. Due to the understanding that our body is actually the home of our soul, my journey has changed and began talking to my body. It is signaling to me through pain, and I am checking to see what the message is. Often I need to change my thoughts and I feel better, and sometimes I change my actions. I also understand that in order to love and accept my body, I must change my thinking pattern, so everything comes from the inside. Due to the understanding that our body is the home of our soul, we must be aware of ourselves and the thoughts that are assisting us in a correct and healthy conduct of our body, and of life, in general.

**Connect with your body, learn to know it from close, listen to it, respect it and love it.**

Everybody has a shiny diamond inside. Connect to it.

Appreciate your body, listen to it and it will lead you to wonderful places.



## Chapter 23

### What Could Make Me Live Happily?

*“My general attitude to life is to enjoy every minute of every day”.*

Richard Branson



## What Could Make Me Live Happily?

**“My general attitude to life is to enjoy every minute of every day”.**

Richard Branson

I love the summer vacation!

Yes, yes. I am one of those mothers who love the summer vacation. Because the children wake up whenever they want, without me needing to wake them up and get them into a routine. Since I do not need to drive them to activities, prepare sandwiches in the morning, prepare lunch as soon as they come through the door, when they come back from school... Also, they stay a lot with their grandmother and grandfather, with their friends and their father... So not only do they have a vacation, I also have one. During the summer vacation, there are many activities for children which I enjoy as well. Many new movies come out. Great fun! I choose to look at the summer vacation as fun.

I taught myself to love the summer vacation, and year by year it gets stronger within me, because I find more and more advantages to the vacations. I learned to love the summer vacation despite hating it at first. **Perspective is the name of the game.**

It is so true, children are wilder during the summer vacation and they are more boring and they expect me to be their entertainment. They can be rude because they are out of their routine... But, you must look at the whole picture in a new perspective and see the entire picture. And of course take the beautiful parts of the picture and focus on them... What do you choose to look at? How can we change the story or script of our lives and bring more happiness into it. Even if it is hard for you, will you accept help? Did you check yourself to see the beautiful things in your lives? All of this brings happiness into our lives.

## Chapter 24

### Where In My Life Do I Want To Have More Patience?

*“The strongest of all warriors are these two—  
Time and Patience.”*

Tolstoy



## Where In My Life Do I Want To Have More Patience?

“The strongest of all warriors are these two—Time and Patience.”

Tolstoy

Are you familiar with the song “patience you cannot buy in any store”? From the magical keys of Didi we say that to our children but not ourselves...

Whoever knows me knows that I am impatient. Everything that I want to happen has to happen yesterday, even if I know that it might take a week. I rush through talking, eating, and doing things. It is hard for me when I have to wait because others are late for appointments. I completely lose my patience. I tend to be on time because I treat others the way I want to be treated.

One day I saw a reflection of my behavior in my son, who was hurrying to get to his training. He was impatient, just like me. Suddenly, I saw myself. I had spoiled my son, and felt I must fix the situation. But how do you do that? It is important to be on time, but do we need the anger and nervousness; so much negative energy? Is there no other way? I said, “I have spoiled you, and have influenced you with my pressure to be on time.” He looked at me silently in agreement. Since that incident we plan our time in advance so the atmosphere at home will be calm. We have also agreed if we are late a few minutes it is ok. It is not the end of the world.

**Patience is required from us in many fields**, a pregnant woman has to wait 9 months to give birth...A business at first requires patience in order to develop...Examine what can help you empower your belief that at the end things will happen. When you are feeling impatient, and feeling uncomfortable with that, you must check:

- Where did we lose our faith that it will happen?
- What is our lesson here?
- Where in your lives do you want to have more patience?
- How can you now improve the situation?

## Chapter 25

### What Do I Love in My Life?

*“If you don’t like something, change it. If you can’t change it, change your attitude.”*

Maya Angelou



## What Do I Love in My Life?

**“If you don’t like something, change it. If you can’t change it, change your attitude.”**

Maya Angelou

Most of my life I focused on what I do not love in my life; what was not good, the difficulties in life, how bad things were, what I was missing. Deep inside I knew there are beautiful things that I love, but I was mainly focused on what I did not love. With all my knowledge and my optimism that things would work out, I could not easily say what I loved in life, but what I did not love.

I participated in a Theta Healing workshop. Theta healing is a technique that works on the subconscious to allow us to move beyond the consciousness, making the subconscious accessible to enables us to make changes to it. The Theta workshop was part of a course called “The Game of Life”. The course also included personal coaching with Theta. The course changed my life; from that day I began seeing what I love in my life. What brought the biggest change was the session I did with my partner. When the session started I was not focused. She asked me a question and I shared with her a conversation I had with one of my brothers. I was angry at him. He made me feel like a bad mother because I left my children with my parents. It was hard for me at that moment to take responsibility for my feelings. We started doing an internal investigation like with every treatment at Theta Healing. We went step by step while checking what scares me in being a bad mother, with all its repercussions. We continued going back, until we reached the time when I was an embryo in my mother’s stomach, who did not want to come out into the world. We took me another step back to a second before the entrance through the gates of life. There I saw myself fighting the bodyguards who were trying to force me through the gates of life. Suddenly Niv, my eldest son, entered the picture.

I saw a time when I forced him to come to an event with me; a volunteer project led by parents of single parent families in Ra’nana. He did not want to come, but he did despite his frustration and anger. At the end he came to me and said, “Mom, thank you! Thank you for forcing me to come. I had fun!” A minute after Niv exited the picture, I saw myself entering the gates of life without a struggle, with a smile on my face. I understood that if they

wanted so badly for me to enter, that I should search for all that I love and is good in this world. I thought to myself, Niv came to give me a very clear message!

Something we see in our children today due to the abundance they enjoy is they do not see the good. Every time they are told no for something they turn the entire world black and say the world is not fair towards them etc. I have noticed in my home my children act like this. Since I was also like that it would feel like a punch in the stomach and I would take it very hard. Since I started to focus on what I love in life, I set a few rules at home. Every time there is anger in the air, I ask them to say 5 good things that happened to them that day. At first there was resistance from them but eventually they started saying 5 good things not only when they were angry, but also before they went to bed. Since they have **started to search for the good things**, the numbers of arguments and frustrations at home have significantly decreased.

What do you love in your life?

Write down the things you love.

Share with your closest ones.

Set a daily habit with yourself. If you have children share with them too; tell them at least 5 good things that happened to you that day.



## Chapter 26

### How Do I Release Negative Thoughts?

*“I have no doubt whatever that most people live whether physically, intellectually, or morally, in a very restricted circle of their potential being.*

*They make use of a very small portion of their possible consciousness... Such like the man who, out of his whole body organism, should get into a habit of using and moving only his little finger...*

*We all have reservoirs of life to draw upon, of which we do not dream!”*

William James



## How Do I Release Negative Thoughts?

**“I have no doubt whatever that most people live whether physically, intellectually, or morally, in a very restricted circle of their potential being. They make use of a very small portion of their possible consciousness...Much like the man who, out of his whole body organism, should get into a habit of using and moving only his little finger...We all have reservoirs of life to draw upon, of which we do not dream!”**

William James

We and our bodies are it not the same. We live inside a body and we also have intelligence, awareness, emotions, and a spiritual soul that lives inside our body. Our awareness affects our bodies. If we take care of our awareness and nourish it, like a garden, it will flourish. But if we let weeds take root, the lasting deep internal peace and harmony will be erased from us for ever. The waste that most people enter daily into their garden of consciousness is toxic to our wonder garden: worries and anxieties, regrets about the past, fears about the future...These concerns dilute a lot the power of consciousness, which causes emotional damage. In order to live life to the fullest, we must stand guard at the gate of the magic garden and put only the best into it. We must and not allow negative thoughts to enter. Looking at the entire day with negative thoughts causes our soul to cultivate bad habits. We should focus and create positive thoughts and change our negative thoughts to positive ones. The moment we start treating our body as the home we live in, we will always want our home to be clean, organized, and luxurious. This is how I recommend you treat your body, your magic garden. It is the beautiful home of your soul.

One of the examples I use to demonstrate is of making a Challah. Whoever has made Challah probably knows that in order for the dough to rise, you much punch your fist in it after its first rise in order to lower the swelling. And why? So the dough can rise even more!

As we know, for everything that happens in the physical world there is a parallel in the spiritual world...When we were young we planned our lives, our dreams, our future, and we saw ourselves healthy and financially balanced, with a loving family, a good job, and good family relationships.

Is that not what we deserve? Then over the years, we “get a punch”. We go through tough times, disappointments, we feel depressed...How can we rise from such a low place? When thoughts like these arise in our mind, you can remember that Challah dough we prepared, that is rising even more after getting punched. If we **perceive the decline, as a decline for rising**, we could go higher than where we were before, **to implement our full potential, and grow**. If we could understand that obstacles are opportunities for growth then our perceptives towards them will be different...

### **Another example:**

Are you familiar with those days when you do not have the energy to do anything? You feel as though you are getting sick; weak all over. You do not feel like putting on makeup, brushing your hair, or getting dressed. All you want to do is get into bed, or better yet, stay there...I have had one of these days, when the children see me and I do not feel like doing anything...I simply operate them with a remote control, not moving from the bed. In the past I used to feel badly in that place because I worried about staying there...or I started feeling guilty – how do I allow myself to be in that place, especially considering that I take care of people? How do I allow myself to be this low?

At times like these, I recalled a lecture by Doron Arel. Doron climbed Mt. Everest. In his lecture he explained that every time you have to go back down in order to balance his red and white blood cells, before he continues to climb (whoever does not do that could die). You must remember that the goal is to climb up, but it is ok to sometimes go back down. In business there are days that we are up and there are days that we are down...so what, every time we will be down we will close the business? It probably happened to a few businesses, who are struggling to stay up...and they forget that sometimes going down is needed in order to look internally and plan the next step towards the goal. Remember that a person alive is a person that his heart beat goes up and down all the time...a straight line is a person dead! Allow yourself to also be down. It is a very important step in development...but do not forget yourself there...and if you feel that you are stuck, remember your goals...that will bring you back on track.

### **Exercise:**

In order to supply your consciences with positive thoughts, I recommend



you record yourself saying positive statements such as:

I am successful, I am young forever, I am moving to a better place, I have an amazing relationship, I am a unique and different person, I love my body, I am full of love and affection, I am full of joy, I am happy and free, I am completely healthy....

Listen to you recording every night before bed.

Plant these new seeds in your beautiful garden, into your consciousness.

**Another exercise:**

Choose three negative thoughts and practice changing them to positive ones during then next week. Change them automatically into a positive thought. Follow your negative thoughts for a week and find out when you can give up a negative thought and replace it with a new positive thought.

Good luck! ❁

## Chapter 27

### What Can I Learn About Myself from This Problem?

*“If you change the way you look at things, the things you look at change”.*

Wayne Dyer



## What Can I Learn About Myself from This Problem?

**“If you change the way you look at things, the things you look at change”.**

Wayne Dyer

For years she has dieted and gone to the gym, but she did not persist or succeed in losing weight. She was frustrated and lost; what was not working for her? “True, I love eating,” she said. “I manage to lose one or two kilograms and then I gain the weight back again.” She shared with me her frustration, “this is my biggest problem in life. Everything else is fine, everything else is flowing smoothly.” I began examining things deeper, in order to get to the root of the problem.

I asked her a slightly confusing question – “what is the worst thing that would happen if you were slim or reached the weight you desire?” “Nothing bad,” she said surprisingly, “only good things can happen to me!” So I made it harder on her and asked “if only good things can happen to you, then why aren’t you there? At your desired weight?” She thought and said, “If I am slim and beautiful, other men will hit on me. I am married and not interested in that.” I have listened to her a bit more “and what will happen if other man hit on you? What could happen?” And she answered, “it is a big temptation.” I asked about the status of her relationship with her husband. She said it was ok, not more than that, and then admitted it wasn’t ideal. While talking with her, we understood that her problem wasn’t her weight, but the relationship she was in. It wasn’t stable enough for her to be an attractive woman. After this breakthrough we began treating her relationship, which led her to lose weight easily. She improved her relationship with her husband and herself.

**Each problem in our lives comes to teach us something about ourselves.**

Look at all your problems and challenges you deal with daily and ask yourself the same questions I asked my patient:

- What the worst thing that can happen if I solve this problem?
- What stops me from reaching a solution?
- Is there something hidden behind the problem?

This way you can reach the root of the problem and its solution.

## Chapter 28

### Is That What I Want In Life?

*“The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will.”*

Vince Lombardi



## Is That What I Want In Life?

**“The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will.”**

Vince Lombardi

A few years ago I managed a branch for a company selling books and digital games door to door. I began as an agent, and after 10 days I became a team leader and after a few months I opened a branch and managed it with team leaders and agents. After a period of time, I went on a month vacation to the US, knowing that the branch was running well also without me because I trained my employees to be independent. When I was in Los Angeles I was offered to manage one of the branches for tourists and I refused because I was responsible for what I have established in Israel...I returned to Israel and what did I discover? My boss passed the management of the branch to one of my employees that I trained! I felt as if I was stabbed in the back. He offered me to open a new branch and manage it, but then I asked myself **is that what I want in my life?** Open up branches? I quit my job, with a feeling that I have missed the opportunity to live overseas and manage a branch for tourists. I stayed in bed for a month after that...But I also knew that staying in bed depressed was not what I wanted. I got up and started on my new path. This was an excellent opportunity to check what was happening. I was stronger and on a new path.

We already know change is challenging and scary because the familiar is comfortable. So even though I was initially hurt, angry, and even scared, I understood later that I could be a manager anywhere if I wanted to. I understood that I was good and talented, regardless of the workplace, because my ability and talent go with me everywhere. Many times, I come across people who are in a place they do not like, whether it is work, or a bad and sometimes even violent relationship.

If we only ask ourselves:

**Is this what we want in life?**

Many times we will discover that the answer is no! We do not want this in our lives!

**Check with yourself:**

Is that what you want in your life?

Are you in the place where you want to be?

## Chapter 29

### What Is My Lesson Here?

*“Life is a succession of lessons which must be lived to be understood.”*

Helen Keller



## What Is My Lesson Here?

**“Life is a succession of lessons which must be lived to be understood.”**

Helen Keller

We came into the world on the journey of the soul, a journey of experiences with feelings of happiness, success, prosperity, abundance, pain, separation, sadness, etc. Our lessons in the world we live in daily are meant to empower us, help us grow and develop. Just like in high school or university, where you take classes in different fields, life is also one big school for learning and experiences.

One day I had a client come to me for consultation. She seemed to be very upset. “I can not understand how it can be...It was so perfect, and yet it ended.” They were so well-suited for each other; they had a wonderful connection, amazing sex, good communication, and yet, it ended. He was looking for fireworks and excitement when he wasn’t with her, and he forgot how wonderful it was when he was beside her...She was so sure that she found the love of her life, the one and only; by his side she felt a belonging she had never felt before...She didn’t see how the excitement disappeared for him when he wasn’t by her side... How was it possible that two people who were so similar, so suitable, were not together? The pain was so deep...

Through guided imagery, we went deep into the matter. We entered the soul and for the first time she felt this connection between them. She shared with me what she saw in her mind: she reached an island with only the two of them there. They committed to one another that they would stay together forever...He picked a white flower for each of them with an irresistible scent...Love was blossoming; no one else interested them, only him and her and their love and passion...She wore a white dress, and he had only the bottom like in the movie “The Blue Lagoon”...his body was fit and muscular...she had a sense of security next to him, a security she had never felt before. Everything was good and beautiful. There was a feeling of perfection in the air, they were far away from the rest of the world, on a secluded island, and this is where their lives ended hugging each other. This is the incarnation she saw and she understood why there was such a strong attraction between them and why it ended each time. Because the cycle ended and it does not always end the way the soul chooses. Therefore, we can go back with the same people to several incarnations until the lesson is

over. It could be that in her case she will meet him again until the end the lesson from which they are supposed to learn and grow. The experience of staying on a secluded island is pleasant, but scary... she did not want to end his life again on a secluded island...We invested in this experience, this incarnation, some healing...Other people joined the island, which grew from a secluded island into a flourishing and prosperous village. We disconnected the strings that tied her to him only, and created some choices for her. A choice that she could be connected to any man she chooses..... Now she understands her **lesson with him**, she is free, and she belongs to herself!

This is why I believe in the incarnation. The soul that comes into this world came from other reincarnations. We learn lessons from previous reincarnations, during the present incarnation we live in. It is possible that some of you will connect less to this story and to the term reincarnation in general and that is ok. I do not force anyone to believe in my way of life. It is just a perspective that is important for me to mention in this book. I was introduced to the world of reincarnation when I read the book by the psychiatrist Dr. Brian L. Weiss, *Roots and Lessons in Time*. In the book, there are descriptions of the treatments he carries through hypnosis, and there he reaches different periods that his patients have lived in.

In the seminars by Theta Healing we do Astral journeys. An Astral journey, also called in-vitro projection and interdimensional hovering, is an overall interpretation of all forms of the “in-vitro experience”. It determines that the “Astral body”, sometimes the mind or soul, gets disconnected from the physical body and can float out of it at the interdimensional level, which is a comprehensive name for the description of the spiritual world the Astral body reaches in its wandering. We can go back to past incarnations with a particular troubles or barrier in our life, just like time travelers. Usually, it is the same barrier that repeats itself in different things in life and for a period of time until we manage to solve it and understand our lesson regarding that subject.

Another example from one of my clients:

She returns, this time with desperation on her face..... With a sharp statement, “I will never be able to be in a relationship!”...“I cannot manage to be connected to anyone, not even my children.”...“Am I going to stay like this forever? Please help me...” I looked at her and asked myself... what could help her? She knows all the answers: Think positive and be a magnet...Find



opposite proofs for this statement and yet she was still doubtful. I asked her, “Do you want to check when you first lost your freedom?” This is where the fear is, whoever is afraid to be attached, it is usually because they are afraid to lose their freedom. We reincarnated backward in order to more profoundly understand the root of the problem...using guided imagery, and she began to describe...She was a queen married to a king who at first loved her very much and pampered her, until slowly he began to back away from her, and started to humiliate her. She was already a mother of two girls who she was very dedicated to and tried to live her life calmly beside her husband the king. One day she understood that she did not want to live with the king who humiliated her in front of her daughters. When she decided to leave, he told her that he would never let her go and locked her up in the palace. He distanced her from her daughters, himself, and life in general. This is how my client saw herself rotting inside a prison, crying, that this was how her life would end. She looked at me in amazement. It was so clear. She didn’t want to be attached to anyone for fear of losing her freedom, feeling a strong pain in her chest, she wouldn’t be locked up again if and when she wanted to leave...

We corrected what happened and looked at the lesson she went through. She had learned to forgive herself for bringing it upon herself, forgive her husband who did not know how to be any different, and forgive in general. It shed some light on everything that happened to her. She learned she was free to go whenever she wanted; if she was emotionally attached to someone, she would always be free to want and choose. See the lesson she has learned there when she was silenced by her husband...We learned that she was allowed to say what was on her mind without fear of going to prison again. She finished her incarnation, with a treatment for the trauma she went through and left stronger and optimistic about her new path.

From all our lessons we can learn. We did not come into the world to suffer. If you recognize you are suffering, it is the time to check what the suffering is trying to teach you.

### **What do you feel like releasing?**

You can reach insights without entering previous incarnations and learn what good things can come out of your crisis or challenges. There are positive things in every lesson we go through; we only need to search for them.

## Chapter 30

### What Helps Me live with a Positive Attitude?

*“Life is a mirror: if you frown at it, it frowns back; if you smile, it returns the greeting.”*

William Makepeace Thackeray



## What Helps Me live with a Positive Attitude?

**“Life is a mirror: if you frown at it, it frowns back; if you smile, it returns the greeting.”**

William Makepeace Thackeray

In the winter of 2016 there was a power outage in most parts of Israel. I had a power outage for 24 hours, and I had friends who had a power outage for 48 hours. You can imagine what damage it caused financially, not to mention emotional despair. When you are in the dark with small children, or live on the top floors of a building without an elevator or generator...I did not have a gas stove, only an electrical one; you can imagine the feeling of being unable to heat up food sitting in the fridge...I could have been sucked into a negative attitude of self-pity or felt pity for my children that would have to eat cold food. I could have been angry because I had to cancel two mornings at work and reschedule some of my clients for another day because of the darkness and cold. The skies were gray and also during the day the house was dark. What do you do? Get angry? How would that help? There is always resourcefulness...

### **Human nature is to handle any situation!**

Remember that!!!

So in order to enjoy the electricity from nature, I went to recharge myself at:

- The sea
- The sounds of the waves
- A little bit of sun peeking through the clouds
- The sound of birds singing

**We can always change our frequency**, search for creative ideas for living with a positive attitude.

When I returned from the beach to greet the children back from school, I remembered I had a gas stove. I had some meat in the freezer that was thawing out, so we prepared a meal together with the neighbor's children, and we were all positive. What do you do in order to change your attitude to a positive one? Remember that we always have a choice! The choice is in our hands.

## Chapter 31

### What is My Responsibility in the Matter?

*“The price of greatness is responsibility.”*

Winston Churchill



## What is My Responsibility in the Matter?

“The price of greatness is responsibility.”

Winston Churchill

This chapter is one of the most significant keys to creating life with feelings of security, calmness, and spiritual uplifting. The day we understand that we are responsible for every situation in our lives we will become more powerful people. How do I say such a decisive and determine statement? I will share with you step by step. **We are responsible for our thoughts**, our feelings, our choices and decisions, and no one can control us, except for ourselves.

Also, the same client whose husband used to hit her was responsible for choosing to stay with him. The responsibility was hers, whether to report him or go to an abused women shelter. It is easy to get sucked into blaming others, but can that really calm us down? Will it solve the problem?

A colleague of mine told me that one of her clients used to not show up to some of the appointments they made, without notifying her. The colleague told her that it could not continue and she could not accept her anymore. The client promised that it would not happen again if she didn't show up she would pay for my colleague's lost hour. One evening, when I spoke to her, she shared with me that she did not know what to do with that client that did not show up, and said she would pay for the appointment. During our conversation, I heard anger in her voice.

I asked her what she was angry about and she answered “how, after my client promised, does she not show up? True, she is willing to pay me for the hour, but I still feel my time is disrespected.” My colleague was busy with herself instead of examining her responsibility in the matter. I pointed out to her that she sounded angry, and I asked her, “**What is your responsibility here?**” She said that she did not want to keep her client because she should respect her time according to the rules. After that conversation, my colleague decided to take responsibility for the situation. She reached out to her client and told her that she did not want to continue regularly. She suggested that they coordinate on a daily basis, and if she is free, they can set an appointment.

When we do not take responsibility we transfer the power to the other side. I used the word “power” because lack of taking responsibility causes us to be weak out of anger and frustration. We pass our strength to someone else. No one can control us; the control over our emotions is always in our hands not others.

One day, my children misbehaved, and I felt like I was going out of my mind. In fact, I gave them the responsibility and the power to anger me. While driving, I started getting a headache. I believe that emotional situations have a physical expression. I asked myself silently what happened. How did your value decrease in your opinion? Where did I belittle myself? And I thought about my behavior lately with my children. I shared with them my headache and that I did not feel well. Niv, my eldest son, asked me if it was because they made me angry. I told him that the pain was mine and that I chose to get angry at them. I also said that they are responsible for their behavior and I am responsible for my reactions and emotions. By doing that, I took responsibility for my headache away from them.

There are situations such as an accident or a serious illness where it is very easy to get sucked in and pass the responsibility for the illness or the accident that caused our physical condition to deteriorate. Here too, we must understand that the responsibility is ours. We can be optimistic and believe that we will get better, learn the lesson we need to learn, which led to the illness or accident to fall upon us, which is supposed to help us grow. Our responsibility is whether to be positive or negative in these situations. Our responsibility is whether to give up or to find a way to improve the situation.

**Do not be afraid to take responsibility.** The moment you make taking responsibility for everything in your life a habit your feelings of guilt will decrease.

**We are free people. We must take responsibility for our lives.**

Find all the areas where you have negative feelings of anger, guilt, regret, or frustration. Check what your responsibility in the matter is.



## Chapter 32

### **Do I Allow Positive Experiences to Fill Up My Life?**

*“Joy is like a river that nothing will stop it  
running waters.”*

Henry Miller



## **Do I Allow Positive Experiences to Fill Up My Life?**

**“Joy is like a river that nothing will stop it running waters.”**

Henry Miller

Stop!

Stop for a minute and think about yourself!

Most of my mornings look like this: wake up, get ready, wake up the children, prepare sandwiches, prepare water bottles for the children, drive them to school...Then my work day begins with my constant clients until lunch time. Then I bring my children home, prepare and serve them lunch, clear up, and go back to work. In the evening again, showers, dinner and... Where am I? What about me? I want to be taken care of as well!

Every day I do something also for myself. Something planned. I start every day with the question, what do I want to do for myself today? If before bed I have not done it I meditate, use guided imagery, or simply sit on the balcony by myself listening to the silence of the night. Other things I offer myself during the day are a massage, walking, meeting with friends, the beach, sunset, etc.

Good experiences come across our way daily. We just need to stop for a moment and pay attention. Am I allowing them to enter my life or am I choosing to live with feeling unfulfilled and complain? It is easy to get sucked into a negative place; a place where you do not take responsibility and feel like the world is not reasonable.

Sometimes I see in clients who come to me for a manicure, that they are not ready yet for treatment, but they do want to improve their lives. At this point, it is hard for them to notice the good experiences since they are so busy in negative things. In a conversation I had with a client about her husband, she complained about his negative behavior that morning. I asked her if she would like to live with him differently since they do love each other. Did they want to continue being together? She said yes. I suggested to her to focus for a few days about his positive characteristics. She agreed to take this task upon herself. After a couple of weeks, she came back for a manicure and told me about the significant improvement in their

relationship. She simply allowed good experiences to enter her life; there was no significant change in her or her husband. She simply allowed herself to focus on her husband's good characteristics.

A while ago, a story came to me from one of the WhatsApp's groups:

### **A surprise test**

One day a professor showed up in class announcing that there was a surprise test. As usual, he passed the test upside down, and when he finished passing the test around, he asked his students to flip the page. Everybody flipped the page over and were shocked. A tiny black dot was in the center of the page. They turned to the professor with an astonishing look not understanding what was happening...The professor asked them to write down what they saw, and all the students without any exception wrote down that they saw a black dot in the center of the page. The professor finished reading all the answers and said:

**No one wrote down that they saw a white piece of paper. Everybody focused on the black dot. I am not going to educate you; I just want to give you something to think about. We have so many beautiful and good things in life – love, happiness, and friends around us, work and experiences we experience daily. But we will always find ourselves focusing on the black dot – our bad financial situation, the bad family relations, a boring life, etc. The black dot is a small part in relation to what we have in life. Open your eyes, do not focus on the black dot – on the bad, but enjoy what you were blessed with every moment.**

Decide now, that from now on, you will allow only positive experiences enter your life!



## Chapter 33

### What Will Happen to Me When My Situation Improves?

*“Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending.”*

Carl Bard



## What Will Happen to Me When My Situation Improves?

**“Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending.”**

Carl Bard

This is a rhetorical question, because, clearly anything that happens will be good! I get the same answer to this question in the **“Key Questions” cards**, from which I ask my clients to take one card. It is true that our situation will be good, but is it enough to think that we are will be fine? What will happen if our situation does not improve, will it not be good for us? If our situation never improves, are we always going to be unhappy in life?

I have a client that always complains that he is not attracted to his wife because she is overweight and does not smell good. But, they have three children, and he was not willing to get a divorce. He said that “if she were slimmer and more beautiful our situation would improve.” He was suffering from an unsatisfying relationship, but he was also not willing to act in order to improve the situation. He had never said a word to her about what he was thinking. He thought that if she changed it would improve the relationship. I asked him “and what will you do if she never loses weight?” and he said: “I will suffer silently; I am not willing to break up a family and get a divorce.” I understood from our conversation with him that he was waiting for her to lose weight and only then would his situation improve. During the consultation, he got the courage to talk to her about it. He suggested they work together to help her with her weight. Since his wife loved him, she listened, and accepted what he said. She agreed after a few months to have a stomach operation, which of course caused her to lose weight. After a few months, this client came back to me and said that even though he was more attracted to his wife he was still not satisfied in their relationship, and he added, “she does not notice me, and does not invest in me.” We examined during the consultation where he wasn’t himself, where wasn’t investing in himself. His awareness increased and their relationship improved. My client understood that he had to invest in himself, his family, and his relationship with his wife all the time if he wanted to be happy.

Relationships, especially a couples’ relationship, are like plants. They need water to bloom. If we rarely water them, most likely they will dry out and rot. Do not stop **investing in relationships that are important to you**. Do not rest on one’s laurels. There is always room to improve and get better.

## Chapter 34

### How Can I Achieve Financial Freedom?

*“The only thing worse than being blind is having sight but no vision.”*

Helen Keller



## How Can I Achieve Financial Freedom?

**“The only thing worse than being blind is having sight but no vision.”**

Helen Keller

I consider Bob Procter a mentor. I learned from him about “the science of getting rich.” He participated in a movie and is also mentioned in the book *The Secret*. Bob is a source of inspiration to me, and I would like to share his story with you.

In his youth, Bob Proctor worked as a firefighter. He earned \$4,000 a year. After starting his coaching with a personal mentor, within a year, his income increased from \$4,000 to \$175,000 a year. He shared his story in an article I read on the internet. Bob said that he always felt like a loser and that was why he always connected with other losers. One day he simply understood he didn't want to be in that place anymore! He spent his time in bars, drinking until his mind was blurry. At that point he got up and said “no more!” and here is where the significant change in his life began. He changed friends. He connected with other friends who were more ambitious; who reached the same results he aimed for. At the same time, he began studying how to earn money. His situation improved year after year and he became very wealthy. He went from earning \$4,000 a year to \$4,000 an hour! Bob said change was not immediate. He came across several obstacles along the way until he reached success. The change in his life was so significant that his body could not absorb it all, which caused him to be ill that year. He understood that his body is an expression of his consciousness and the illnesses, which were not severe, were an obstacle on his way to success.

While we do not all want to be millionaires, we all want financial freedom, which will bring us to a place where we can achieve anything we want in life. I believe that if Bob Proctor reached where he did, considering the low point he started at, we could all improve our financial situation one way or another. Financial freedom begins in our mind. We must see the abundances that the universe offers us. The abundance is somewhere out there, just like the plenty of water in the world, in the oceans, the seas, and the rain that comes down upon us. In order to achieve abundance, we need a tool with which we can collect it. If our tool has holes, like lack of awareness, the water will never get collected in our tool. Pay attention to your thoughts, do you think positive thoughts? Are you grateful? Did you give a 100% of

yourself? Did you take responsibility? Do you live in harmony with your surroundings?

**Write down for yourself:**

- What is my dream?
- Who are the people that I know who reached the place that I want to reach?
- Who can help me get there?

Take one step at a time. Also, if you cannot see the path clearly when you begin to dream, slowly things will clear up, and the path will get clearer and paved. Remember that sometimes there are obstacles along the way. Do not let them stop you from continuing.

Write down in big letters:

**If I want to change, I must continue and walk the path I believe in!**

This could help you when you are tired and encounter obstacles along the way. Gratitude on a daily basis will leave you with a positive attitude; an attitude of abundance.



## Chapter 35

### What Does This Incident Teach You?

*“What you get by achieving your goals is not as important as what you become by achieving your goals.”*

Henry David Thoreau



## What Does This Incident Teach You?

**“What you get by achieving your goals is not as important as what you become by achieving your goals.”**

Henry David Thoreau

Sometimes we encounter situations in life which we take for granted. Usually, we do not check what they teach us, how they might help us grow, advance, and develop.

A woman in her 40s came to me. She was in the midst of complicated divorce procedures. She came to me recommended by her friend, who encouraged her to take care of herself and get stronger during the process she was going through, which almost caused her to collapse. She told me that she had to leave her husband with the children without any possessions since she wanted a divorce without a fight over property. They did not have too much common property, except for the three wonderful children. So, the divorce itself was difficult but fast.

She described to me how her surroundings helped her. Family and friends gathered some furniture for her house. She had a living room, with a table, dishes for the kitchen, beds for the children and a mattress for herself, two televisions (one for the living room and one for the bedroom), a laundry machine, fridge, etc. The house started to take shape with the help of some wonderful people. People wanted to help her also with food and with the children, but she refused, saying she was fine. All her life she was used to doing things on her own. She used to volunteer for different organizations and helped people. She agreed to accept the items given to her but she felt badly about it. She did not know how to accept the quantity of love and attention she received then. After she told me this story, I asked her **“what does this incident teach you?”** She looked at me with sparkling eyes filled with tears and said, **“that I am loved?”** “And what else is it teaching you?” she said, “that I am stubborn, that I am strong, that I can deal with difficult things, I have the courage to get divorced, and that I am not alone.” While looking at her situation, she understood that it brought out her best qualities and great support, which proved to her the care she received from her surroundings. She added, “The most important thing I learned is to accept. I never knew how to accept things, but only to give; I was always the one that could manage on my own.” She added, “I am sure that I will stand on

my own two feet and I could teach other women that do not know how to accept help, just like me, to give people the opportunity to help.” She came to me for two treatments and then “she stood on her own two feet” with a lot of strength, optimism, freedom, and most importantly, she remembered that she would never be alone.

**Each situation teaches us something about ourselves. Always search for the light and the hidden gifts.**

**Do not take for granted the good things in your life.**



## Chapter 36

# What Are the Patterns That Are Stopping You?

*“Whatever Your Mind Can Conceive And  
Believe, It Can Achieve.”*

Napoleon Hill



## What Are the Patterns That Are Stopping You?

**“Whatever Your Mind Can Conceive And Believe, It Can Achieve.”**

Napoleon Hill

Me: “Fill your water bottle, please.”

My youngest son: “I cannot!”

Me: “Of course you can!”

My son: “I cannot!”

Me: “I believe you can. What do you say?”

My son: “But I cannot...”

Me: silence

My son: “Ok, I will try.”

And of course, he succeeded.

As a young woman when I encountered difficulties I heard the statement: “God would not have given you any difficulty if he did not think you could handle it.” As a mother, I look at my children; I learn from them and get insight about my life. Sometimes I find myself expecting my children to do things that seem to me very simple, with the strong belief that they will succeed, and I do not understand why sometimes they say “I cannot,” or “it will not work out,” long before they even try. Today I am not the same girl. I have more faith in myself, and I know that God challenges me. My biggest challenge is to succeed with them.

How many times do we come across tasks and challenges that we fail? How many times do we want to give up and feel frustrated that we are not successful? Remember, God will not let us try things he does not believe we can succeed in. One of our patterns of thought that blocks us is a lack of faith in ourselves. There are also behavioral patterns that block us from achieving our goals, such as addictions (smoking, biting our nails, etc.).

I will give you an example of addiction, not for smoking or bite our nails,

but addiction to tidiness and cleanliness. There are people who are obsessive about tidiness and cleanliness; if their surroundings are not clean it drives them crazy and causes stress at home, something that can cause disharmony with the family members. Addiction or an obsession for cleanliness answers an internal need. Most of these people grew up in a house with one parent who kept the tidiness and cleanliness. The process of rehabilitation from any addiction – according to the method I developed and is detailed in my book *Stop Biting your Nails!*, published in 2014, includes four stages:

**First stage:**

The most important stage in the process is the desire to stop the addiction! The desire needs to come from the inside. If we want to be rehabilitated, we must focus on using our desire. We must focus on the idea of rehabilitation despite all temptations.

**Second stage:**

Increase your level of awareness; the moment we start thinking about why we are doing a certain action (and stop acting like you are on “autopilot”), our level of awareness increases. We understand that certain actions – such as biting nails, smoking, night eating, cleanliness, tidiness, gambling, etc. – stems from other needs that originated from underneath the surface. We have the ability to achieve almost anything we want, and all we need to do is expand our level of awareness. Everything that we have in our life is being expressed directly at our conscious level. If we want to change some habits that do not advance us, we must be aware of them so we can increase our awareness level towards them. The change in your conscious level is already happening. When you finish to reading this book, you will have a new understanding about the way you operate and the way you can stop your addictions.

For example, my level of consciousness as a parent is increasing constantly and thanks to my level of awareness I become a better mother who listens to my children’s needs. If my level of awareness was lower as a parent, I believe I would have experienced more difficulties in my current parenting. The more I invest in increasing my level of awareness, by thinking first or by asking myself questions such as, “why am I doing this?”, “why am I getting angry?” or “what really bothers me?”, the level of my anger and frustration towards my children decreases.



### **Third stage:**

This is a critical stage, the decision stage! Anything we want to achieve in life must be accompanied by a decision. Even at the simplest level of daily life, we are required to make many decisions, such as: in the morning, we decide what we want to eat or drink. First, we decide, and then we act.

The stage in which the thought, “today I will stop my addiction!” comes up in our minds, is very important. I must point out that choosing the day is also very important since we would not want to start the rehabilitation process before an important event or it becomes stressful. It is recommended that the decision is made during a calm period.

### **Fourth stage:**

Rehabilitation from a habit, and it does not matter what habit you are trying to stop – smoking, alcohol, pacifier or diapers – requires at least three consecutive weeks. The rehabilitation process takes twenty-one consecutive days, so if you stop in the middle, even for one day, you must count twenty-one days over again (in the worse cases it takes forty days). When you bite your nails or smoke cigarettes or any other addiction, you must know that you will have difficult days also after you make the decision, but you must remember that after twenty-one consecutive days (or forty days), things will ease up, which will bring you to ask yourself “why was I addicted to starting with? I really did not need this!”

When I started the rehabilitation process from smoking, it was difficult, because when you stop smoking the body needs to get rehabilitated from nicotine and the rehabilitation is not only mental but also physical. I knew that I must wait five days before the body does not require nicotine anymore. I remember that the fifth day was the worse, but I persevered. I said to myself that I have nothing to lose. Then I had to go through twenty-one days of rehabilitation, and every time I needed a cigarette, I asked myself why I need one. I imagined the cigarette in my mouth, and the need just passed away. I will give you an example: when I was nervous, and I was used to calming down by smoking a cigarette, I said to myself: “ok, Sarit, now imagine that you have a cigarette in your mouth and you are calm.” Thus, I imagined the cigarette in my mouth. I truly felt inhaling it, and I could not believe that after a few seconds – not minutes but seconds – the need has passed, and I focused on the solution to the problem that led me to be

nervous, and I did not ignore it, as I used to do for years.

You can also behave the same way:

Give yourself twenty-one consecutive days (or forty days). I promise you that after twenty-one consecutive days (or forty days) you will see change.

Take into account that if you are rehabilitated, the need will rise again. Think about alcoholics that were rehabilitated from drinking; he cannot even drink wine with the Friday blessing, because that will remind him of the nice feelings of when he was drinking, the feelings that calmed him down, that eased the pain, the inner conversation he had in his head. He might forget the difficult rehabilitation period, and why he wanted to stop drinking in the first place. Even after years of not smoking, during a difficult time like divorce, I really wanted to smoke, and I said to myself “only one cigarette.” But I remembered that I actually, like an alcoholic and I must not smoke. I took a few breaths and looked for something to keep me occupied, and the need simply passed.

We must refer to another important issue, changing habits. It is very important to know that when you are stopping one bad habit, you must find another habit that will not harm you during your rehabilitation. When you stop smoking, for example, you might gain weight. Since the mouth is not busy smoking, it is looking for food. Therefore, it is important to find another advancing habit to fill out the empty space. I promise you that after a while you will not need a replacement, just during the crisis.

### **Conclusion:**

Stopping an addiction is built from four stages:

First stage: Desire

Second stage: Increase awareness

Third stage: Make decisions

Fourth stage: Twenty-one rehabilitation days (or forty days).

Go through all four stages, and I promise you success in stopping your addiction.

Check how **you can improve your thinking patterns and the behavior that bothers you**. Making a list of these patterns might help you.



## Chapter 37

### What Is My Biggest Desire?

*“Always go with your passions. Never ask yourself whether they are realistic or not”.*

Deepak Chopra



## What Is My Biggest Desire?

**“Always go with your passions. Never ask yourself whether they are realistic or not”.**

Deepak Chopra

“Imagine you had a million dollars in the bank, and you did not need anything in life, would you still be doing what you are doing today?” This was a question presented to me in one of the seminars I attended a few years ago on personal development. It was an interesting question. My answer was positive. I would continue working in the fields of personal care, consultation, and treatment because I love what I am doing. I wake up every morning with positive energy and I look forward to meeting my clients. I only have a few days where I do not feel like getting out of bed, but this feeling has nothing to do with the job but a feeling of depression.

In that course, I was asked to write down thirty things that I want to achieve in my life. I asked myself how I would identify find so many things. My paper was organized into three separate pages; each page had a place for ten things. During the exercise, there was pleasant background music, and we were asked to turn off our phones and not go out to the bathroom during the exercise so no one would lose their concentration. After writing down, we were asked to organize the list into three columns: most important; less important; and, least important. I prioritized the things I wanted in my life.

The interesting thing I found out about myself was, that the most important thing to me was at the bottom of my list before I organized it. The thing I wanted most at the time was – a new car. When we are focused on what we want and write down or stick photos like on a vision board, it activates our imagination. The subconscious is affected. Anything that is created in the physical world starts first with imagination using pictures. We imagine what we want, and then our subconscious leads us to the results.

A year later I drove with my mother Lidie and my two wonderful boys in the back, and at the lights, I realized that my car was overheating and that it was smoking. The engine was dead. It was a sign that I needed a newer and bigger car. It also came with a small push from the universe; after a year I forgot that note where I wrote that I wanted a new car. Later, I found the note from 2011 that said, “I am driving a Toyota car.” I did not buy a Toyota

but in 2011 I drove a newer bigger car.

I find myself pushing my clients to fulfill their desires; I mean our conscious desires. Many times we want something like to paint, but we do not sign up for a painting class for many reasons. If something does not leave you alone do not ignore the internal motivation to do things. **Simply start acting. “Passion is the effort by the possibility hidden within you, trying to express yourself, through you in a tangible way”** (Wallace D. Wattles from *The Science of Getting Rich*).

Creation has no shape. It wants to fulfill itself through us, so sometimes you must listen to it. What is your biggest passion? Put aside some time to discover the things you want to do or achieve for yourself that were pushed aside, and achieve them!



## Chapter 38

### What Do I Gain from This?

*“Intelligence without ambition is like a bird  
without wings.”*

Salvador Dali



## What Do I Gain from This?

**“Intelligence without ambition is like a bird without wings.”**

- Salvador Dali

Before my eldest son went to grade 1, my friend told me how she educated her daughter to be independent with anything to do with homework. She shared with me a conversation she had with her daughter right at the beginning of her first year. She said, “Whether you do your homework or not, it is up to you. I did my home homework and I got where I am. If you do your homework you will advance in your class, your teacher will be proud of you, and the other children will want to be your friends. But if you do not do your homework, your teacher might be angry at you, you will stay behind, and you will not advance with the material, etc”. And so, her daughter grew up to be independent and prepared her homework and assignments, also when her mother did not remind her. The responsibility was all on the girl.

Following my conversation with my friend, I had the same conversation with my eldest son. When it was his first day in grade 1, I was asked to color the page with the writings “Hello Grade 1”. When we got home after lunch he went to do his first homework. After a few minutes he came to me and said that he had a headache and that he was not going to finish his homework. I suggested he rest. He put down his notebook and did not go back to it until later in the evening. I remembered the conversation I had with my friend and I reminded him what would happen if he did his homework. In the evening before bed, I saw him putting the notebook in his school bag, and I asked him gently whether he finished his homework. He said that he did not and that he will tell his teacher that he did not have time because we got home late. I reminded him that we do not lie and pointed out to him that this is what he was planning on doing. After the shower I saw him go back to his school bag, take out his homework and did them on his own initiative without me pressuring him. I complimented him for the right decision he made, and he said, “True, I could not lie to my teacher.”

Everything we do in life has consequences; they may or may not be in our favor. If we notice our actions bring negative results, we simply need to change our actions. In the example with my son, I decided that I want

him to have the responsibility for doing his homework and I must not get involved. He came to the understanding on his own that he didn't want to lie, and therefore he better do his homework. We always have the possibility to "convince" our subconscious the minute we realize what we gain from it. Every time you want to achieve something in your life, or better yet, get results in certain areas of your life, ask the question **what do I gain from it?** The answer sometimes could be, "nothing." If so, you know not to invest in it. But if the answer will lead you to a positive, it will give you the motivation to continue and act.

**Every time you want or you want your children to start a new habit, talk about the benefits, what you or they gain from it. It will direct you and your children; it will give you and your children more motivation to act.**



## Chapter 39

### Who Do I Not Want To Disappoint?

*“The worst thing I can be is the same as everybody else.”*

Arnold Schwarzenegger



## Who Do I Not Want To Disappoint?

**“The worst thing I can be is the same as everybody else.”**

Arnold Schwarzenegger

As children, we do not want to disappoint our parents. We grow up and become parents, and the situation turns around – we do not want to disappoint our children. The need to always be good so that we are loved and accepted is rooted in us from childhood. More in some of us and less in some of us but if I look at the people I know, I discover that there is a common denominator in most of them: A big fear of disappointment.

The more I developed my awareness level, I found myself less and less worried about disappointing others, and what helped me get to that point was the understanding that I could not disappoint anyone but myself. If I am occupied with not disappointing my mother by not coming for Friday dinner, I actually am distancing myself from my needs. I learned to ask myself before I act, “is what I want?” “Will this make me happy?” I take into account that sometimes things have a price and people might be angry at me if I do not do what they want. Over the years I learned to organize my priorities and explain to others that a negative answer does not mean that I am against them, but that I have my own needs and I need to listen to them.

Initially, when I started considering more what I wanted, the feedback was of anger and rebellion from others. It scared me at first, and I immediately began to empower myself by mentoring what I loved about myself. I understood that in fact, I needed to accept the change within myself and accept myself. When I was more devoted to myself two things happened: I was freed from the prison of what others thought of me; and my surroundings began to accept me and the change in me. When we are busy thinking about who we do not want to disappoint, we are distancing ourselves from who we are, from our inner truth.

**We:**

- Are less aware of what we want.

- May be less calm.
- Are frustrated.
- Are lacking self-esteem.
- Are lacking energy and motivation.

**It is important to remember that the only ones we are afraid of disappointing is ourselves!**

Many times our surroundings do not accept our desires with love. Imagine the familiar situation of a baby accompanying his mother shopping. Baby starts crying to make his mother buy him what he wants. If his mother gives in to the crying and gives him what he wants (although she would not have done it if he did not cry), he will learn to use crying as a way of an emotional manipulation, since he saw his mother afraid of disappointing him or afraid of what people around her will think of her. If you are afraid of disappointing your parents, friends, partners or the children, examine what can help you **stay true to yourself**.



## Chapter 40

### What Will Enable You to Persevere?

*“Great works are performed not by strength but by perseverance.”*

Samuel Johnson



## What Will Enable You to Persevere?

**“Great works are performed not by strength but by perseverance.”**

Samuel Johnson

A great leader who commanded his soldiers on the battlefield faced a task in which he had to make a fateful decision to ensure victory. He was about to send his army to fight a powerful enemy with a larger army. He brought his soldiers onto the ships and sailed to enemy territory. He landed his soldiers and their equipment and gave them the order to burn the ships that brought them there. In his speech to his soldiers before going into their first battle he said, “Do you see the ships on fire? This means we cannot leave the island alive unless we win! We have no choice now – we can win or disappear!” They won!

Every change we want to make in our life must be done with perseverance. I mentioned before that one of the important rules for rehabilitation is the perseverance for at least twenty-one days.

When we repeat the same action day after day our subconscious knows that this is what it must do and after twenty-one days it becomes a habit. It is very hard to persevere in something we really do not want in our lives. Therefore the questions must come before we are going to change this certain habit in our life “is this what I want?”, “will it do me good if I persevere with this?”

But what happens when we have to do something we do not really like doing, and we must persevere? Things such as go to a job we do not like. You must work because this is the only income. How do you persevere in a job you do not like?

One thing I am teaching my clients that I implement in myself is checking what I do like and focusing on these parts. One client of mine came to me years ago. She told me that she changed job every few months because she was unable to stay in one job. I looked at the course of jobs she was changing, and I saw a common denominator for her leaving: the minute she felt like she was working like a robot, unsatisfied, she simply quit and changed jobs. I asked her what she liked in life. She said that she liked working with people; helping them develop and grow. We looked at all her

jobs; in all of them she worked with people, but she was only focused on her tasks. At some point, the job started to be boring and from that moment she worked “like a robot.” Since she said that she was not interested in being self-employed we reached the conclusion that she should try and have more perseverance in her present job. I recommended she gives herself four months in the present job, and start looking daily, while working, at her surroundings. She promised to herself to ask the question **who and how can I help today at work? Who can I help today?** She began to implement the task she set for herself and discovered that she has a great deal to contribute to her colleagues at work. She became a person who was being consulted with and had more friends. Following this, she was promoted to a more senior position. This client of mine has been working at that place for several years.

Do you want to persevere at work, hobbies, or any other area in your life? **Enter passionately with happiness and positive energy into your activities.** You can use the help of a good friend who is willing to be a partner in the field you want to persevere in. For example, if you want to persevere in sports, take a partner that will join you in training. Start making lists of what will happen if you persevere and give yourself a bonus after a certain period.

**Good luck!**



## Chapter 41

### When Did I Last Treat Myself?

*“Sometimes the relationship you need to rescue is the one you have with yourself.”*

Dr. Phil



## When Did I Last Treat Myself?

**“Sometimes the relationship you need to rescue is the one you have with yourself.”**

Dr. Phil

How many times have you given up your own pleasures and pampering? Maybe it was when you needed a babysitter but couldn't find one because your child was sick, or because he cried that you are leaving him with his father or grandparents. All you wanted was to go and have coffee with a friend, go to the gym, or go shopping. How many times have you given up yourself for your children so they will not complain that you think about yourself first? These are things I hear every day, from my clients in the clinic. It is hard for them to invest in themselves. Most of my clients come to me for the pampering of a manicure or pedicure, mainly in the morning when the children are in school or on their free time on Friday so it will not come at the expense of the children.

I would like to tell you how I act with my children. I teach them that even mom needs some time for herself. I show them they had fun until evening time with their friends at the movies or at the pool and now it is my turn. I teach them to say: “Mom enjoy yourself, have fun.” A happy mother is a mother that has energy and patience to give to her children. Have you even seen a car moving without any gas? The gas that moves you in your investment in yourself. So exchange “mother = guilty feelings” with “mother = pampering and love.” You are a wonderful mother when you feel good! You are an amazing mother when you do good things for yourself! You are allowed to! If you do not pamper yourself, they might learn from you not to pamper themselves!

And when you are not happy, so they are not happy! **No one will pamper you until you pamper yourself!**

A lot of the clients that come to me want to be happy. They complain about their situation, but they do not do anything to make their lives better. I will give you two examples, and then I will present you with a solution: The first example is my client who complained that her husband was not suggesting

she go out with her friends or go to the gym. In general “he did not see her.” She said that he was focused on himself. He goes to the gym, goes out with friends, buys himself new clothes, etc. The second example is another client, who complained that her daughter wasn’t treating her well. She was very rude and “thought she deserved everything.” She did everything for her daughter her daughter didn’t appreciate it. In both cases, these women do not take care of themselves, and they put the needs of others before their own needs. Until they “see themselves,” neither the husband nor the girl will see them! So how do you change this? How do you make the husband suggest she go out with friends? How do you make a daughter appreciate her mother and talk to her respectfully?

**The solution:**

My first client got two tasks from me:

- Start doing something small for herself every day and write it on a piece of paper – sit down with a cup of coffee/tea during the day, in the “middle of the craziness of the tasks,” take a long shower, talk on the phone with a friend.
- Pay attention to little things that she does for herself. Get a babysitter in advance and arrange to go out with a friend in case the husband cannot stay with the children, etc.

Finally, she began pampering herself, and as a result, her husband began “seeing her” and pampering her.

My second client got a task from me, for every **yes** that she is saying to her daughter say **no** twice. Every time the daughter acts disrespectful, stop and say calmly “you will not talk to me this way.” The daughter started to understand that her mother had confidence, that she respected and valued herself. She changed her attitude towards her mother.

Another example I give about treating and pampering ourselves:



Is a holiday or a vacation the same thing? If you go on holiday, does that mean you go on a vacation? How many times have I heard from my friends or clients who just got back from a wonderful holiday in Italy or Mexico, that they need a vacation...? Why does that happen? Why are a holiday and a vacation, not the same thing? Let me tell you a story that has stayed me for years.

In the past when I was an employee, my manager used to joke that I always had a cigarette in my hand (I used to smoke almost two packs a day). People used to comment that I should take care of myself or I would get cancer. The manager told me that when he worked in a factory in Africa, he had an employee that always had a cigarette in his mouth, and they were surprised he hadn't died of cancer yet. A week after this employee retired he died suddenly; not of cancer...but, according to the manager, because he did not know how to be on holiday...Do you know how to take some time off for yourself? Do you enjoy your time off in your daily life when you allow yourself to do nothing? Successful business people recommend taking time off every four months, somewhere unknown, and get disconnected from the world. Be by yourself. What do you think? Are you able to be with yourself without being active? Without planning the day? Without taking the work with you?

**Time flies, and it does not matter whether you are enjoying it or not. That all depends on you.**

## Chapter 42

### How Did the Problem Change My Life?

*“Without deviation from the norm, progress is not possible.”*

Frank Zappa



## How Did the Problem Change My Life?

**“Without deviation from the norm, progress is not possible.”**

Frank Zappa

Do you recall the story about my friend Anat, who I mentioned in chapter one? Her problem changed my life and built me up. It led me to where I am today. When Anat got ill with an incurable illness, I searched for solutions to try and help her. While searching, I discovered many tools for myself. Tools that helped me deal with problems and challenges in my life. I discovered the world of mysticism and spirit. I am a very down to earth person. My sign is Capricorn...a sign that lives on the ground and needs stability. Therefore, I would probably have not encountered the spirit world if I had not come across Anat's illness. As a young girl, I did not understand how it was going to change my life. I did not know I would work in healing.

When Anat got sick and had her first operation which after, as I mentioned, she lost her hearing, I learned from her to read lips. It was a great advantage in school because we were able to talk quietly without anyone hearing us or being kicked out of the classroom. Later on, Anat found her first love, and got married. Our paths separated. In those days there was no email, texting, WhatsApp or Facebook. There was only fax and regular telephone. I was only able to stay in touch with Anat via fax. Over the years, after her son was born, her illness caused her great functional difficulties. I heard from a friend of mine that her situation had deteriorated. She got divorced and was living with a new partner. I wanted to go and visit her, but I understood it was impossible since it was recommended she avoid too much excitement. All I could do was send her a healthy recovery from far, as I learned from Louise Hey, who was a very important mentor for me. I wanted to help her, but my hands were tied.

Later, I met an old client of mine who told me that she was teaching Reiki and that she would be happy to teach me. I learned all the stages until I reached the master level with the hope that I could help Anat. A year after my divorce I checked with the same mutual friend about Anat's condition. She told me that for almost five years Anat had been in a coma. Immediately I got in touch with her mother and asked for her permission to come and treat Anat with Reiki.

For a year and a half, I came to her every week for treatment. I learned other methods of treatment such as the journey, EFT, guided imagery, and I signed up to study the Thena Healing method. I encountered a story that helped me be brave in believing that I can help Anat get better, and if not, then help her realize her soul to the next world. The story is from the book *Think and Grow Rich* by Napoleon Hill; an edition published in 2006:

“...I saw him for the first time twenty-four years ago, a few minutes after his birth. He came into the world with no visible signs of hearing. The doctor admitted when he was pressured to say so, that the child might be deaf and mute for the rest of his life. I challenged the doctor’s opinion. I had the right to do so since I was the child’s father. I also reached a decision and quietly expressed my opinion. I decided that my son was going to hear and speak. Nature might send me a son without any ears, but nature cannot convince me to agree to such painful reality. In my mind, I knew that my son is going to hear and see. But how? I was sure that there was a way to make this happen. I knew I would find a way. I thought about the words by the Eternal Emerson: **“The entire course of things work to teach us faith. We only need to obey. There is proper guidance to each of us, and by listening, with humility, we will hear the right word”**. The right word? Inspiration! More than anyone, I was inspired that my son will hear and talk. From this inspiration, I never backed off, not for a minute. Years ago, I wrote: **“Our only barriers are the ones created in our minds.”** At first, I thought whether this challenge was right. In front of me was a newborn baby without the natural hearing equipment. Even if he could hear and talk, he would be ugly all his life. This was a limitation this boy did not create. What can I do about this? Somehow, I would plant in this boy’s mind my burning inspiration to find ways and sources to transfer a voice into his brain without using ears. When he reaches an age when he can cooperate, I will fill him with the burning inspiration to hear, until nature, and its methods will translate this into a physical reality. All these thoughts were running through my mind, but I did not say a word. Each day, I renewed my commitment to myself not to accept my son as deaf and mute.

When he grew up and started noticing things around him, we noticed that he could hear slightly. When he reached an age where children start talking, he tried talking, but we were able to see by his actions, that he could hear



certain sounds. That is all I wanted to know! I was convinced that if he could hear, even just a little, he could develop greater hearing. Then something happened that planted some hope in my heart. It came out from nowhere.

We bought a record player. When he heard music for the first time, he got excited and immediately took over the machine. He showed preference to certain records, including “The Long Road to Tipperary.” On one occasion, he played this record over and over again for almost two hours, standing in front of the record player with his teeth pressed against the record player. The meaning of this habit that he developed, we found out only years later, because until then we had never heard of the Voice “Bone Transport” principle.

Shortly after he took over the record player, I discovered that he could hear me quite clearly, when I was speaking with my lips touching his nipple or the base of his brain. These discoveries enable me the necessary tools for communication, with which I started to translate into reality my burning inspiration to help my son develop his speech and hearing. At that time, when he had already the experience in saying certain words, the chances were far from encouraging, but the faith-driven inspiration does not recognize words like “impossible.”

After I determined for sure that he could hear the sounds of my voice, I started to transfer to him the inspiration to speak and hear. I soon discovered that he enjoyed bedtime stories. I started putting together stories to develop his self-confidence and a strong desire to hear and say things normally.

This was the description of his development: He passed all his grades, high school, and college, without being able to hear his teachers, except when they shouted towards him from close. He did not go to a school for the deaf. We did not allow him to learn sign language. We were determined that he would live a normal life and socialize with regular children. We were persistent with this determination, despite the fact that it cost us many heated arguments with the school management. While he was in high school, he tried to use an electrical hearing aid, but it did not help him. When he was six, he was operated by Dr. Gordon Wilson in Chicago. **Apparently, he did not have internal hearing organs.**

In his last week in college, eighteen years after the operation, something happened which was an important turning point in his life. Even though it seemed like a coincidence, he got an electrical hearing aid that was sent to him as an experiment. He did not rush to try it, because of his disappointment last time. Finally, he took the aid and almost without noticing, he put it over his head, he connected the battery, and like a magic wand, the inspiration to hear for the rest of his life became a reality! For the first time in his life he could hear like a person with normal hearing...“God moves in mysterious ways to create his miracles.” Crazy with excitement by the different world he discovered with his hearing aid he rushed to the phone and called his mother. He heard her perfectly. The next day, for the first time in his life he was able to hear the lecturers in his classroom! He listened to the radio. He was able to hear movies. For the first time in his life he could speak freely with other people without them needing to speak loudly. His world had truly changed. We refused to accept nature’s mistake, and by persistent inspiration, we influenced nature to correct itself, with the only practical aid we had.

There is no doubt that Blair would have stayed deaf and mute all his life if his mother and I hadn’t set his way of thinking as we did. The doctor that was there at birth told us in confidence that the boy might never be able to hear or speak. A few weeks ago, Dr. Irvin Furies, and experts in such cases, did a thorough examination on Blair. He was shocked to find out how well my son could hear and talk. He said that the examination he performed indicated that “theoretically the boy did not hear at all.” But he can hear, despite the fact that the X-Rays show there is no space in his skull between the ears and the brain. When I rooted in my son’s mind the inspiration to hear and talk like a normal person, this need was created, a strange influence that caused nature to become a bridge builder and bridge the gap between the silence in his mind and the external world, in a way that even the most expert doctors could not explain.

It will be blasphemy on my part to even guess how nature managed to create this miracle. It would be unforgivable if I never told the world about my humble part in this strange experience.

It is my privilege and duty to say that I believe nothing is impossible to a person who strengthens his inspiration with a long-term belief....



This is the story that led to the birth of my belief that I could help Anat! I started taking care of Anat regularly once a week, and then twice a week. After a few single meetings with Anat, she began to react and open her eyes. Every time I entered her room, she would move but not more than that. In all my treatments and appointment with Anat, I spoke to the root of her brain and that is how I knew that she would hear me. There were moments where she truly moved even without my touch and it excited me to tears. I had so much hope and faith that she would wake up one day and I could talk to her. I accompanied her for one and half years. I came to her and treated her through Reiki, EFT or read her stories.

In one of my courses, I heard that you could talk to people in a coma and their subconscious can hear and remember what was told. From the experience of many people whose loved ones were in ICU and then they knew what they heard word for word. Anat is no longer with us. She chose after I asked her to decide, whether to come back to us, heal herself or to free her body from this world. She chose after almost seven years in a coma, to free her body, but her soul still goes with me everywhere. Thanks to her, thanks to our acquaintance, I am who I am today!

All the journeys and meetings with Anat and what happened to her during her treatment were documented. You can find them at: <http://www.tapuz.co.il/blogs/userblog/asherov>

If it weren't for this process with Anat, I am not sure I would have become a healer. All the knowledge I gained to help her has helped me and hundreds of clients that have come to my clinic.

## Chapter 43

### When Did I Last Treat Myself?

*“Sometimes the relationship you need to rescue is the one you have with yourself.”*

Dr. Phil



## What Are My Goals for the Coming Year?

**“Build your own dreams, or someone else will hire you to build theirs.”**

Farah Gray

Human nature is guided by goals and destinations. Since we were babies we have had goals. From the moment we come into the world we are directed to growth and change, to express the desire to breastfeed, eat, crawl, talk, run, play, draw, etc. All these tasks required from us great effort. Even then we were achieving our goals.

The first time I was exposed to goals in my personal life in a conscious and direct way was 2007. I began to take personal coaching, which divided goals into short term goals (90 to 180 days) and long-term goals (1-5 years). In order to be more focused, I had to write down where was I with my goal at the beginning of the coaching. I took the task of organizing my life in the following fields:

1. Residence
2. Health
3. Money
4. Career
5. Friends and family
6. Relationship
7. Personal development
8. Pleasure and entertainment

I had to write down for my next appointment was today in relation to what I want to achieve in each field of the list. I focused myself on the map of the circle of life and examined in which fields my situation is good and satisfactory and in which fields I am interested in improving myself. I marked down for myself the fields that were far from the destination

I wanted to reach, and I added some more tasks that would advance me towards my destination. For example, at that time I wanted to develop in additional fields, besides the ones I worked in. So, in the field of personal development, I wrote down that in the short term I want to learn how to read tarot cards. A month and a half after starting my training I signed up for a tarot reading course, and three months later I began reading tarot cards to friends of mine. Later I added another service to my business – consultation using tarot cards. Writing down goals is an important step for our personal growth and development. Since then, I am used to summarize at the beginning of the year my goals from the previous year and write down my goals for the New Year.

A few years ago I heard from one of the mentors who wrote on Facebook a very important tip, which I implement and also recommend to you:

Make a list of goals for the next year and write them in past tense. For example, it is it 2016, and you are writing down goals for 2017, write it down like this: “What an amazing year I had in 2017, I bought a new car, I traveled overseas for a vacation with my family, and I had a great time, etc.”

When **writing down our goals clearly**, we transmit to our subconscious a clear message, with which we create reality.



## Chapter 44

### What Would Happen if I Succeed in Life?

*“The greatest gift you were ever given was the  
gift of your imagination.”*

Wayne Dyer



## What Would Happen if I Succeed in Life?

**“The greatest gift you were ever given was the gift of your imagination.”**

Wayne Dyer

This question always gets a similar answer from my clients – of course, things will be good! Only good things will happen! But behind this question is hiding a word that creates doubt, **IF**. When we use the word **IF** we cast doubt in our preparations for the desired results. When there are doubts, the positive result usually gets away from us. Everything we create in reality begins with our imagination. You cannot create anything in life unless you imagine it first...I would like to emphasize the way we act and what brings us to positive results. The order of things is as follows:

1. Thought
2. Emotion
3. Action
4. Result

The moment we focus on what our lives will look like when we succeed, without the word **IF**, we will ensure certainty into the process. Success in life can be expressed in different fields. When I focus on my successes, on my winning picture, it gives me a lot of motivation and energy to act; to do things positively. At the course I went through for the first time in 2007, I was also asked to write down my vision. **A vision is a winning picture**, which I described accurately: the way I feel, what my day looks like, how my surrounding is treating me, who am I, etc. This way I created for myself a winning picture, sort of a new script. I was asked to read, before bed, for thirty days, my ideal vision. I learned that my subconscious absorbs the best before bed. So, the more I was focused on planning my vision, or better yet, my winning ideal vision. Thus, a positive reality was created in my life.

In order to illustrate better to myself my success, I created an album with photos of all the things I want to happen to me in life. I included photos

of myself. Things started to come to me one after the other. When I saw I was not achieving the things I thought I wanted, I checked to see if I truly wanted them and what I was willing to do to achieve them. Sometimes I changed and erased things. Sometimes I added new things to my vision, to my winning picture.

**Do you want to succeed in life?**

**Imagine what would happen to your life when you manage to reach the place you are aiming. What would your life look like? How would you feel? Where would you work or live? Prepare an album; you can download from the internet any photo you want. Combine your photos in the album in order for your subconscious to believe you are already there, and it will lead you there.**

**Remember: Do not waste your energy on how to get there, just believe and direct.**



## Chapter 45

### What Value Do I Offer my Surrounding?

*“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”*

Maya Angelou



## What Value Do I Offer my Surrounding?

**“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”**

Maya Angelou

One of the rules for success in the business world is to know how to stand out from others, especially if there are many other people in your field. In the street where I worked, before I started working from home, there were many beauty salons. In each of the salons, there were services such as pedicures, manicures, gel nails, IPL hair removal, waxing, permanent makeup, and eyebrow design. Everything I had in the salon I worked in, everybody else had too. So why, with all the services offered on the street, would my clients come to me?

I started searching for business differentiation. This is something I learned from Amir Hardof, my mentor at the time for marketing and sales. I asked my clients two questions: Why did you come to me? Why are you staying with me? From the answers I received, I learned a lot about myself and my clients.

From the answer to the first question, why did you come to me? I learned about their needs, what service they were looking for. That is how I knew what services to add to my field, where to improve and with what.

From the answers to, why are you staying with me? I received very similar answers. They almost all said, “you are empowering us each time all over again: I leave here so peaceful; I leave here with new insights for growth.”

I understood I had a combination of two worlds, and since that exercise, I did 6 years ago, I started defining my profession as **Care for Body and Soul**. Since I tend to do everything the best way possible, I became an expert in the field of “An Expert in Care for the Body and Soul.” Later I added spiritual healing like Theta Healing, Reiki, Access Bars, Guided Imaginary, etc.

One day when a luxury salon was opened in my neighborhood, one client asked me “what will you do? You might lose clients?” I told her with confidence, not with any arrogance, that I have my own differentiation;

I am an expert in the care of the body and soul and not simply another salon. She agreed with me. My clients stayed loyal to me, and the new salon was not short of clients. Differentiation or uniqueness is being expressed in other fields in life, like with children. **What is the value we give them?** One day my eldest son Niv was grumpy. He told me he was angry with one of his best friends. We started going into details. He shared that he felt his friend was better than him at many things. He felt he was not as successful as his friend was. We started listing the things the friend is good at, and then I told him that in whatever field he wants to be good at, he must study and practice (give his 100%). Then, we talked about the things he would like to be good at, and he discovered that he has many advantages. He discovered that he helps his environment and himself because he is good at it. During our conversation, he understood that: **Everyone is unique and special! Everyone has their own value.** We created a notebook in which we wrote down all the things we did daily in the best way possible that came easily to us. This is where the value of what you offer your environment is hiding.

If you cannot do this on your own, ask those closest to you. I am sure you will find common ground if you ask a few close people.



## Chapter 46

### **What is stopping me from moving forward?**

*"Too many of us do not live our dreams because  
we live our fears"*

Lat Brown



## What is stopping me from moving forward?

"Too many of us do not live our dreams because we live our fears"

Lat Brown

Can I feel like number one?

In the last few months, I had several Thena Healing treatments in the clinics for a twin who was born in second order. In the treatments, we went through processes of cleansing and releasing. During the treatments, I noticed that in many fields of their lives they did not feel like number one, whether it was at work, relationship or any other encounter with people. I looked also at my own boys and wondered whether my youngest son felt like number two and discovered that he also experienced this. I asked myself how I could help him understand that he could also be number one. I started asking him daily, "Who is number one?" At first he said his older brother was. After I explained to him that everyone is special and unique, every time I asked him "Who is number one?" he answered, "I am!", "and who else?", "You are!", "and who else?" "Niv!"

So how does the second child feel in your house?

Did you also experience the feeling of being number two?

### **Do you feel like it is stopping you from advancing?**

In what fields do you feel you are blocked from advancing forwards?

Is it because you do not believe in yourself?

If so, go over the exercises in the chapter "What Will Enable Me to Believe in Myself?"

What is blocking you from advancing the lack of knowledge?

Do not give up. Read more about this subject. Is it lack of confidence?

Examine what will enable you to believe in yourself and what is your value.

**Nothing can stop your advancement.** We are the only ones who block ourselves!

## Chapter 47

### What Will Allow Me to Release My Anger?

*“A man cannot be comfortable without his own approval.”*

- Mark Twain



## What Will Allow Me to Release My Anger?

**“A man cannot be comfortable without his own approval.”**

- Mark Twain

As a child, I was really hurt by every word my father said to me or about me. I got angry, nervous, hurt, and closed up. I always ran from the house to my friend's house, to my friend's parents, and I always wished I had different parents. I grew older, got married, and still I was angry. I got hurt and I always wanted to run away, like that little girl, to other homes. But how can you when you have children? So I simply got a divorce. Even after I got a divorce I was still daddy's girl who got hurt and angry. I heard in one of my training sessions that we choose whether to get hurt or get angry, that no one can really hurt us. I understood it was true. But, connective understanding is separate, and emotions are separate.....

When I found myself angry at my father, I reached extreme levels of losing control, crying, etc. Even then, as a mother of two boys and a divorcee I always wanted to run from my parent's home. One day I understood that my father was radar for my weaknesses...a real target. How was it being expressed?

In one of our arguments, he said a few words which I translated as criticism that I am not a good mother. We had a serious argument. When we drove home, I thought to myself “what was I actually mad about?” I understood that my father simply criticized my education; he hadn't said a word about the kind of mother I was. It was my interpretation. Suddenly I understood how much my guilty feelings as a freshly divorced mother had influenced me, and how I did not believe I was a good mother. This caused me to look at my beautiful parts as a mother and the process of growth I had gone through. I understood how much my father was simply the radar directing my negative beliefs about myself.

When we find ourselves in a situation of anger or hurt, it is important to understand that no one can really make us angry or hurt us. It is our choice what to feel. In those moments, when we are hurt or angry, it is important to check what caused our reaction. Usually, the reaction is the result of a past memory, what the “insulting or hurting” party awakened within us. Those that presumably are insulting us, in fact are offering us the opportunity **to reach an insight which will enable us to grow and blossom.**

## Chapter 48

### How Can I Make Each Action Efficient?

*“Some people want it to happen,  
some wish it would happen,  
and others make it happen”.*

Mike Jordan



## How Can I Make Each Action Efficient?

**“Some people want it to happen, some wish it would happen, and others make it happen”.**

Mike Jordan

The thought is the power that pushes us to act. A positive thought will make us act in an efficient and effective manner. A positive thought is not accompanied by “noises” such as doubts. In a positive thought, there is a strong belief and a certainty that things will happen. Before, my youngest son, Noam, used to do things and later say “I did not mean to.” I taught him to do things intentionally. I explained to him that when you do something, you check first if it is what you want. Slowly, the “I did not mean to” disappeared. Since thought leads to emotion, and then to action, we should remember to check our action that follows the positive or negative thought.

I had a client whose actions at work were positive, but inefficient. She invested in her work, “beyond her strength” and wasted energy. She had an emotional-energetic imbalance that did not allow her to act efficiently. We examined her actions and saw that most of them were accompanied by feelings of frustration and fears of dissatisfaction. She used to take some of the work home, in order to finish her task, which caused her stress and frustration. We tried to understand how she got where she was and asked what the worst thing that can happen would be if she changed her actions. She admitted to herself that she was afraid of losing her job, but if she continued to act out of pressure and frustration, she could make mistakes at work, and then she would be fired. With time she learned to be more balanced with her tasks at work and not waste energy, she became more effective. Once we released her fear of losing her job, she acted from a place of loyalty to herself. Her performance at work was more effective. As a result of her change, she got a promotion and of course a raise. If you notice areas in your life where you feel tired and lacking energy, examine:

What is your negative thought?

Do you have any doubts?

Do you have fears?

Are you investing “beyond your strength”?

Are you acting with a certain intention?

Are you giving less than 100%?

Work on it and change the story while focusing on what you want to achieve and feel.

## Chapter 49

### Is Fear or Worry Stopping You?

*“Worry Is Praying For Something That You  
Do Not Want To Happen, And It Does  
Happen.”*

Buddha



## Is Fear or Worry Stopping You?

**“Worry Is Praying For Something That You Do Not Want To Happen,  
And It Does Happen.”**

Buddha

Fear is a natural protection mechanism which is meant to protect ourselves from danger. We are afraid of thoughts we create in regards to something or someone that we perceive as real danger. **Fear is a delaying power...** it creates a block on our path to achieving goals and reaching destinations. The ability to minimize it and prevent it from stopping our progress may allow us to significantly succeed. The biggest and most significant fear I had recently was in regards to writing my book *Stop Biting Your Nails!* The material was in my head for a long time. I even had the list of titles, but I could not write down the words. I examined my fears closely, and I understood that I feared grammar, due to my dyslexia. When I told a good friend of mine, Yossi, about my fear he said, “What is the problem? You talk (which is what you are good at), and I will type what you are saying.” I was happy there was a solution to my fear and I could continue my plan to publish a book. Finally, I wrote the book on my own and sent it for proofreading and editing. Only after I looked at my fear, I was able to overcome it.

Remember that when you are afraid something will happen, you are causing it to happen. When we focus on negative things, our fears and worries, we create the opposite reality from the one we want. How many times have you felt fear yet you still acted despite your fear? How many times did you feel fear and run away from it?

Write down the things you are afraid of doing. Determine what the worst thing that could happen would be if you acted. Often you will see that the devil is not that bad, and if the fear is justified, examine **how you can work on your fear, so you can continue forwards.** Examine what worries you and turn that sentence around (your subconscious does not recognize the word no. Therefore, turn your worries or fears into positive). For example, if you are worried about being late because of traffic, focus on the thought: “I get where I want to be on time despite traffic.” “The road is clear and I am on time,” instead of “I hope I will not be late,” “I must not be late”, etc.

## Chapter 50

### What Am I Worried About?

*“The only thing we have to fear is fear itself.”*

Franklin D. Roosevelt



## What Am I Worried About?

**“The only thing we have to fear is fear itself.”**

Franklin D. Roosevelt

Not long ago a client came to me for a manicure, and as always I let her pull a card out of the **Key Question Deck**, which I published in 2016. The card she pulled out was **What Am I Worried About?** Since the cards are not pulled out by accident I asked her why she thought she pulled out that card. She said: “I know exactly why! It is because I started a new job and I am worried I will not succeed.” I asked her what is she most worried about and she told me it was not getting clients (she started working in real-estate). I continued asking her questions in order to direct her to where she wanted to be. Gradually, her fears stopped and became motivation for examination and action.

When we are worried, we are in fact blocking ourselves from advancing. In the chapter “What Is My Biggest Dream?” I teach how to reach success by using thought. In fact, it is not the thought that creates reality, but the emotion that accompanies it that creates reality. If she had continued worrying at work-a feeling that can lead to frustration and fear-she would have trouble getting clients. She would have broken down and said that this is not for her, like many businesses in the beginning. Our fears prevent us from advancing forward! There is a saying I heard once **“an action will conquer any fear!”**

If you feel fear or are worried, examine:

Where can you perform an effective action?

Where do you give 100% of yourself?

Where can you have more balance in your daily life?

What story would you like to tell yourself about yourself?

## Chapter 51

### How Can Creativity Help Me Here?

*“In order to be irreplaceable, one must always  
be different.”*

Coco Chanel



## How Can Creativity Help Me Here?

**“In order to be irreplaceable, one must always be different.”**

Coco Channel

I love watching movies and get inspired by them. One such movie that gave me inspiration is *Dangerous Minds*. I get excited every time I watch it. In the movie, Michelle Pfeiffer arrives as a new teacher to a problematic class that was neglected by their previous teacher. The students believe that they are unworthy of good things because of their situation... their parents are criminals; they are in financial distress, violence, etc. Then this gentle teacher comes into class and shows them how they can choose to live differently. It was hard for her to convince them that they could succeed after being convinced for years that they were losers and could never succeed at anything. There are two scenes that illustrated this particularly well:

In one scene, the new teacher tries to teach them but they are not cooperating and are busy interrupting her lesson. When one of the students says that they are being forced to study, she says to them “get out of the classroom. No one is forcing you to study.” The teacher compares them to those who decided not to study and turned to drugs, prostitution, and crime. In fact, she empowered their choices. Later on, you can see how they are making an effort to improve their grades and try harder. The teacher strengthened their strong side without getting angry at them like the other teachers and the principal.

In the other scene, one of the students was expelled because of a fight he was involved in with one of his classmates. The replacement teacher found his address (his family was poor, and they did not have a telephone). When she met his parents, she told them that they can be proud of their son and told them how he protected himself and was not at fault. The parents, who were used to hearing complaints from the teachers about their son, were shocked and so was their son Raul, who started making an effort in his studies, after her visit. The teacher in the movie conducted an emotional exercise on the parents and the students in class...this exercise was meant to get the best out of them. **An important point....How can you get the best out of any situation and not let the circumstances win?** We can get out of any challenging situation using creative thinking.

Write down the problem or the challenge with which you are struggling. Surround it with a circle and draw lines exiting the circle, when at the end of each line, write down ideas of how can a problem or a challenge be solved creatively.

## Chapter 52

### What Is My Biggest Dream?

*“Follow Your Dreams. They Know The  
Way.”*

Kobi Yamada



## What Is My Biggest Dream?

**“Follow Your Dreams. They Know The Way.”**

Kobi Yamada

Six months before I published my book *Stop Biting Your Nails!* I watched an interview on television with Eyal Golan. Eyal was talking about his dream to stop biting his nails. At that moment I decided that I must meet Eyal Golan! For two and a half years I asked my friends whether anyone personally knew him, and indeed I found two people who knew him closely. I dedicated two books to him, but every time I asked, I understood he did not receive them. Recently, I spoke to my friend’s husband who told me that he could arrange a meeting with Eyal Golan after I asked him for a connection with someone else...I was jumping for joy! (He did not know how serious I was). After a few days, my friend sent me a message saying that they updated Eyal Golan’s manager about me wanting to meet him and give him the book. The day arrived where he performed in Kfar Saba. Eyal received my book with pleasure. Right before his performance I waited for him with the rest of his crew, waiting for the performance, and about half an hour before it started Eyal Golan came to me with his bodyguards, and gave me a hug, took the book, and joked about me being optimistic that he will be able to stop biting his nails. He agreed to take pictures with me and even blessed my sons, Niv and Noam in a video. It was very exciting. Who said dreams do not come true?

In the book *The List* by Yoav Abramowitz, he suggests that we scream our dream loudly. He talks about how we keep our dreams quietly inside, so no one will hear and hope they will come true. I learned from him how important it is to say our dream out loud. For years now, I have belonged to a networking group to advance my business. With time I discovered that this is where I fulfilled many of my dreams. I ask for contacts from certain people who can help me advance, and I also meet other and different professionals who advance me both personally and professionally. I would not have met those people if I did not join this group. Dreams that come true start with our imagination. Each product which is manmade was imagined first, and then it was created. The first rule for creating reality and fulfilling our dreams is to know what we want. Sometimes we want something so badly, but not always it comes true. There is a logical explanation.

**The order of things is:**

1. Thought
2. Emotion
3. Action
4. Result

It is important that the thought will be positive with the intention of fulfillment. If doubt enters the thought, it will never come true. I always compare this example to a glass of water with a drop of urine; you will never drink the water if you knew that there is urine in it. This is how it is in reality; the doubt equals, in the example, the drop of urine. When I wanted to meet Eyal Golan, I knew with certainty that I would get to him. I knew that the fact that I watched the interview with him was not accidental, especially when it happened a few months before the publication of my book about rehabilitation from biting nails.

**Positive thought leads to a positive emotion.**

If our thought is accompanied by doubts and fears that it will not happen, our feeling is negative. In order for something to happen in our lives an important rule is to feel positive about it! Thus, our actions will be directed more towards the goal, and the result might be positive. Sometimes we have dreams that clash with our close surroundings.

Here are two short stories from two great movies I watched, *If I Stay* and *La Famille Belier*:

The first story:

She is a cello player. He discovers her in one of the rehearsal rooms. He falls in love with her at first sight. He plays and sings in a successful group, and she wants to develop and study in one of the leading schools in the industry. How can he support her to go and fulfill her dream while she is moving away from him? How do you fulfill a dream, while feeling the great love she has for him?



The second story:

She is a daughter of deaf parents. She serves as their mouth and ears. She discovers her musical talents as a singer in a group, which means that for her to fulfill her dream, she needs to leave her parents which she loves, and they need to let her fulfill her dream to be a great singer while being dependant on her. How do you let someone who you are so dependent on, but you also love them very much, to develop and fulfill their dream? How do you support a person you love and want to be with, knowing that you must give up your desires for them? Is it really true that we can give up our dreams for others?

I always tell my children to be loyal to their dreams. You can find solutions for every situation. **Every river has a bridge that you can cross.** The most important thing is **not to give up your dreams. Dreams do come true.**

Write down your dreams; tell other people you think can help you.

Be loyal to yourself and your dreams.

**Good luck.**

## Epilogue

I debated quite a bit on how to finish this book. You have read so far 52 chapters which, in fact, informed you about something new. You understand that this is only a summary and a glimpse into an entire lifetime. I walked this journey for 44 years and the quantity of treatments I went through and performed on others could fill up an entire encyclopedia if I wrote everything word for word. But more importantly, it was important for me to give you a touch of everything so you too could meet these parts within you and start working towards desired change in every area of your life.

Remember, we came into this world to enjoy, grow, and flourish. All the problems in our life can be solved, as you have read in this book.

This book includes interesting and fascinating stories, and in fact, this is a work book. I even presume to say that it is a course for a heavenly life.

52 keys for a heavenly life are in fact, one big key.

It is important for me to point out that this book is a recipe for a life filled with happiness, peacefulness, fulfilment, and belonging. I could have written a recipe for the tastiest cake in the world, but if you do not prepare the cake yourself the recipe will sit in a drawer and you will not be able to taste it. Therefore, I highly recommend completing the exercises and tasks in the book.

You complete the exercises in the workbook I wrote with this book or in your own workbook. You can highlight the sentences that touched you most. I have been doing this over the years with all the books I mentioned here.

It is highly recommended to use **The Key Question Cards**. Start the week or day with a question such as “what do I want to advance in today or this week?” pull out 3 cards and you can get more directed and accurate with these questions. You will have a great surprise. Instructions for the cards are inside the box.

You could go more in depth into issues that bother you and come to me for one on one consultation, or via skype, if you live far away.

You are invited to register for my workshops, lectures, and courses.



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You can contact me via email: [info@asarit.co.il](mailto:info@asarit.co.il)

You are welcome to visit my website: [www.asarit.co.il](http://www.asarit.co.il)

Or check out my Facebook page: <http://www.facebook.com.asarit.co.il>

I will be happy to answer your questions and hear from you about your experience in the process of your growth while reading this book.

With love,

Sarit.





In the book **“The Key To a Heavenly Life”**, Sarit Ashrov invites you to connect with her on a journey through the paths of her life experiences and enter the wide world of her patients.

Sarit knows firsthand from personal experience how hard it is to look inwards and make changes, how easy it is to disconnect from oneself, and what really brings us happiness and peace in life. In this book, she invites you to discover how to contribute and be enriched by all the abundance of this world.

From the chapter, **“What is My Biggest Dream?”**...is it really possible to give up our dreams for someone else?...**every river has a bridge that makes it possible to cross it.** The most important thing is **not to give up on your dreams. Dreams do come true!** Be true to yourselves and your dreams...”

This book provides inspiration for making a difference in your life and calls for an internal, real, and deep dialogue through a variety of life stories and **key questions** that can help you advance the thinking process with yourselves, reach new significant insights, help you be more honest with yourself, and grow.

The book contains 52 selected chapters from every subject we encounter in our lives and provides information on the subject and exercises to be performed. In addition, you can also purchase a **set of key questions cards** to ask yourself for more guidance. Instructions on working with the cards are in the cards box.

According to Sarit, **“the results lie in the right question which will lead you to the desired place”**.

It is an easy-to-read book, and makes it easy to make a difference in your world and heavenly life as Sarit and her patients did.

**Sarit Asharov** is a writer and a mentor for self-realization, development, empowerment, and growth in life. She is also a Reiki Master and a senior therapist in Theta Healing and Acces-Bars methods. She is a graduate of the leading schools in Israel in the fields of beauty and soul care.

Sarit has experienced the feelings of disaster and victimization, and has overcome the difficulty of getting out of the place where she was, so far from who she really was, to a different and better place with the feeling she was moving in circles around herself and for a long time. One day a turning point happened in her life and she decided that she wanted real change. Something that would give her a purpose, a smile, and hope when she woke up in the morning – a quality life. Sarit received a gift from above and she did not know then how it could help her.

Today, Sarit Asharov is a mentor for nourishing the body and soul; she treats people and touches their inner and external beauty. Through counselling and treatment she shows them the way to real change while finding a direction that will give them meaning to their lives.

**Heaven is here and not only in the afterlife.**