

Boika Nikolas

The Method TLF
Thank Love Forgive

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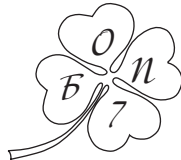
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BOIKA NIKOLAS

The Method
TLF

Thank
Love
Forgive



BE HAPPY IN SEVEN STEPS
AND
SEVEN SHORT TECHNIQUES
FOR RELAXATION

*To my children: the biggest
teachers in my life!*

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A TALE ABOUT A GIRL

Once upon a time, there was a girl with fair curly hair, white skin, and fair eyes. As a little child, she was very confused, and often performed mischieves. She was wandering and looking for love. Not that nobody loved her, she just thought so ...

She was searching for love and instead of looking closer, the girl found it in a very distant and warm country, with palms, two oceans and brown people, who very much loved dancing and having fun, although they were poor and the houses of many of them had been demolished many years ago by a major earthquake.

But the girl still continued lacking something, although she was no longer a child, but a woman who had given birth to her own baby girl – with dark curly hair, swarthy skin and deep almond eyes.

The woman, who supposedly was a woman, but felt like a little girl, still continued her search for love, without suspecting that if she didn't start loving her-

self, she would remain blind to the love of others. Not because she didn't receive love, she just didn't love herself enough...

One day, this woman-girl plucked the rhythm of salsa from the arms of the tropics, and travelled thousands of miles to return to her own city, where a high and beautiful mountain was rising. The woman-girl loved it very much, and often drank its greatness with a gaze, fixed on one of the peaks...

But still she was lacking love...

In this wandering, going through mazes and searching for love, she headed again to a foreign country. There inexplicably, people were honoring bulls, temperamental Gypsies were clapping their hands, clattering with castanets and were making guitars moan ...

There, in this country of windmills, wine and fans, one day, quite unexpectedly, the girl – woman, was fascinated by the magical sound of a bagpipe and suddenly immersed in the laughter, the eyes and the embraces of a the nice bagpiper ...

And although, as a real strong man, the bagpiper, did not like talking about this, his soul had also been injured. So both their souls merged and summoned

another wise soul – that of the bright little boy who would show them the right path and direction.

Somewhere, along the old and the new way, having found the love, holding the hand of her small bright boy, the woman lost the hold of the hand of her daughter – the one with dark curly hair, olive skin and dark almond eyes. Not only did the woman let go of her tiny hand, but also she distracted with everyday life and cares, thus forgetting to listen to what the little girl was telling. She was very tired of work ... And probably she also felt very important – now that she wasn't the woman-girl anymore, but a lady, who could buy expensive things for herself ...

So, one day, she realized that the little girl had been gone, she had let go of her and no longer wanted to tell the woman her stories ...

The woman told herself: „How can my girl be gone , having such a successful mother? This is nonsense and she will come back when she understands it. „

Days and months passed, but the girl still did not return to her mother, as she was hiding...

Maybe she wanted her mother to hear her, and so she still didn't appear and continued to be silent...

It took many years for the mother to begin hearing and understanding the voice of the little girl. Firstly, she thought: „What a good mother I am and what a bad girl I have, who goes on missing!“

But then she talked to her closest people, with her „teachers of magic“ ,who were helping her in the search for the girl and her two friends from school, as they were all very sad, that the girl was gone ...

She had never forgotten the good people, who helped her in the search of for her baby girl.

The woman also did not forget the tree in the yard of the foreign country, where she was living, because it was her solace and confessor. It was the guardian of the traces left by her burning tears.

The woman – mother turned every night to the moon and with the words: „Moon, you, who sees and knows everything, please, if you get a glimpse of my lost girl, tell her wherever she is, that I love her and I am begging her to forgive me . Let her come back to me. „The mother spoke every night to the moon, because she was in a foreign country and her closest people were far away...

Some blamed her, others – just shrugged, and third said: „This would never happen to me ...“ And of course, all were right for themselves.

The woman knew that the girl was responsible for her own actions, but she missed her baby very much...

The mother cried every day, holding the boy in her arms. The two of them, together with the bagpiper,

were looking in the streets for the little girl all days and nights.

Many people were blaming her, others were taking pity on her and third were giving her pieces of advice... The woman in the country, with the scent of orange blossom, many times preferred sleeping throughout the whole days and nights, not having to wake up. She realized once again, that she had lost the little girl. Nevertheless, she woke up because she was holding the boy's hand and she did not want to lose him as well...

Some said that she was „juggling many balls“ and could drop and lose forever some of them. The woman did not want to lose any of the „balls“ because she loved each one of them, as they were all very important and dear to her.

She often went back to her home city and country – with the mountain in the middle, because the mountain gave her strength and there was one stone peak, which helped her suffer less. The woman, who was the seeker for hope in her roots, was holding tightly the little boy's hand and listened to his wise words, consoling herself with the sound of bagpipes and the laughter and love of the piper.

The more she was seeking and finding herself, the stronger she felt. This strength made her believe that

the lost girl would come back. The more she forgave and loved herself, the more the missing girl was approaching...

And then, one day, after many years, a real miracle happened...

In a country, where one wise and ancient tree was growing – a centuries-old fir- and where a magic mountain was standing, the mother and the daughter met again.

The girl was all in wounds, bleeding, frightened, timid and incredulous ... On her way, the daughter had encountered good and bad, many times she was screaming „Mom!“ in the dark, crying for her loving „mom“, and hating her because she thought that „mom“, was not her „mom“. She had seen truths and shadows, believed lies and righteousness.

The meeting was not only between the two of them, the meeting was also between themselves and their own themselves, because for Love “the good always wins.”

The girl with the dark almond eyes, curly hair and swarthy skin understood her mother, because now she had become a mother herself: she had turned into a girl-woman. Consecutively, she also travelled to the tropics, to the country of her roots, a country with two oceans, palm trees and music, plenty of sunshine and people, who were happy and always dancing, al-

though they were very poor. She went in the search of love and happiness, affection for herself and the world and then she returned to her motherland, and the city with the „magic mountain“, and there she undertook a healing of her soul.

Maybe the girl – woman will travel many more miles until she finds love and herself, or maybe she has already found them. Who knows? Even probably at this point, they both – a mother and a daughter, holding hands again, are telling stories to each other, about the foreign countries, the joys and fatigue of the travels ... Or maybe the mother wants this to be like that...

Because it's always worth it to walk through all the way, despite the stones, the thorns, despite the fatigue and the obstacles, because the important thing is not the goal, but the road itself!

Gratitude

This book expresses gratitude for all that has happened to me and is happening. Let all this be blessed, because it is part of my growing up. I am, who I am, thanks to the roads I have walked!

I am sending you all my love and immense gratitude, because over the years I realized that nothing else but BEING GRATEFUL, LOVING and FORGIVING is important!

I am grateful that you are sharing with me your time – one of our most valuable possessions!

I love you!

Boika Nikolas

**BEING HAPPY
IN SEVEN STEPS**

**THANK
LOVE
FORGIVE**



I FORGIVE MYSELF

*"One can't give, what he doesn't
have."*

Alfredo Culebro

Seemingly, the simplest things are the most complex ones. So what does it mean to forgive? The truth is that Forgiveness, alongside with Love, are ones of the most difficult tasks to accomplish. Why? Firstly, there are two types of forgiveness. One of the types is to forgive yourself, and the other – to forgive others. Which one do you think is easier? The most difficult thing is to justify yourself. To forgive others is simple. We are our greatest judges. We criticize ourselves crudely and want others to love and forgive us. **This is possible only, when we truly forgive ourselves! When we accept our shortcomings and start living without guilt!** Well, how to do that? You might think that in theory it's easy. Ask yourself, „why should we forgive?“ Your answer – because if you do not forgive yourself or others, sooner or later we will become „sick.“ **We need forgiveness to be healthy – emotionally, mentally and physically.**

Remember this rule: „**one can not give, what he does not have.**“ That is, if you have not forgiven

yourself, you can not forgive the others as well. If you treat yourself badly, you can not treat the others well. If you do not love yourself, you can't give love to others.

Starting from today, from this point, begin practising forgiveness to yourself by accepting unconditionally who you are – with your bright and dark sides. For this purpose, you must fearlessly glimpse into your soul and turn to your dark side. It is a part of every single person, we need it to learn our lessons, it complements our bright essence, which we like and love, in the same way as the sun complements the moon, the day – the night and the man – the woman ...

Now, think of three things you dislike about yourself, you name them and then accept them as a part, which you need to develop and improve. Welcome them as they were your children, or loved ones, with all their shortcomings, loving them unconditionally. This is your „homework“, your lessons in this life. Namely with this adoption and forgiveness, directed inwards, begins the path to everlasting Happiness.

We can not be „superwomen“, „supermen“, „super children“ or all „super people“ but we can accept and love ourselves for who we are – with our good and bad sides. Let's set our aim to be

the overcoming of the „darkness“ within us, with love and forgiveness. This is the primary task in our lives.

Do you know what the dark side inside us is? This is part of our essence, devoided of light and love, because love is light! That is why we must love and fill ourselves with its rays every minute and every hour.

Practicing forgiveness to ourselves:

- 1. I admit that I have this problem: (describe it).*
- 2. I name it with its real name and it is called (utter it ...).*
- 3. I accept and love this problem, called: (...) I need it to grow as a person, to work on myself and become stronger.*
- 4. I search and find specific help inside me or outside me to solve this problem by doing the following: (...).*
- 5. I love, accept and forgive myself, despite of my problem, called: (...)*

Now name at least ten things you love and like about yourself, write them and always carry them with you, for example in your wallet, to remember what an unique and priceless person you are. You

have every right to appreciate your qualities and take pride in them. Read them and remind yourself every day!

**Remember – „one can not
give, what he doesn't have. „
If you do not forgive yourself,
You can't forgive others as well.
If you treat yourself badly,
you can't treat others well.
If you do not love yourself,
you can not give
love to others.**

- 1. I love myself, because I am ...*
- 2. I appreciate myself, because I am...*
- 3. I am proud of myself, because I am...*
- 4. I admire myself, because I am...*
- 5. I believe in myself, because I am ...*
- 6. I forgive myself, because I'm ...*
- 7. I am grateful to myself, because I'm ...*

**Start loving, to be loved! Begin appreciating,
to be appreciated! Begin to forgive, to be for-
given!**

How? This is accomplished by „practising“ forgiveness every day and every moment, until it becomes a lasting habit. It takes at least 21 days to make an action a lasting habit. Start practising forgiveness to yourself today, and keep it up for 21 days until you become one with it.

It took me twenty years to forgive myself, but believe me; it is amazing to feel good in your own skin!

Starting today, from this point, begin to exercise forgiveness to yourself, every day, and never stop doing it! Never!

I love you!

I'm sorry!

Forgive me!

Thank you!

These are the „magical“ words that I know from the method „Hooponopono“ of the Hawaiian healer Dr. Ihalekala Hugh Flax and which I learnt years ago by my „spiritual teacher“ in Madrid – the psychologist Diana Lee Yong. These are „magical“ words that must be used every day. They are **directed at** us. We must utter them alongside our names. For example in my case:

Boika, I love you!

Boika sorry for my thoughts, which had provoked a certain situation, which happened outside of me (name it).

Boika forgive me for everything, what is happening.

Boika, thank you for the forgiving me!

Remember: to forgive ourselves we need to be one hundred percent responsible for our own deeds, **not guilty, but responsible**. Taking Responsibility for our own Actions is a topic to be unraveled in a later chapter.

Forgiveness of ourselves means loving ourselves!

I forgave, how about you?

„Tomorrow starts today!“

Madrid, Spain, 2014.

I FORGIVE THE OTHERS

*„Judge not, and you will not be judged,
do not condemn, and you will not be condemned,
forgive, and you shall be forgiven.*

Lucas 6:37

As discussed in the previous chapter, forgiveness towards others is easier than the one to ourselves. Parents forgive us. We forgive our children, family, friends and colleagues ...

Indeed, there are people who do not forgive, but where will this lead? It will take to „diseases“, as already mentioned. So even if you find it hard to forgive, accept the Forgiveness as necessity for being healthy. It is not a fad, but a prerequisite for good health and therefore – for a happy life.

What is refusing to forgive like? Not forgiving means to put ourselves above others. To think that we are better, more righteous, more moral, more capable and so on.. Not forgiving and condemning is a kind of self-presumption, which we all possess. You know that our personal errors are harder to see than those of the others. It is easier to observe from aside.

We need to learn to forgive both ourselves and others, because if we are critical, it will

appear later in our own lives. This is a reminder from the universe- what comes around goes around. This is the law of the cause and effect. If we were judgmental, later we would make similar or greater errors. You would say: There is no guarantee, this may not happen to me.“ Believe me – the universal, natural and spiritual laws, no matter how you call them, act in any situation. They rule our lives, whether we are aware of them or not.

Forgiveness is the greatest purification of the soul! It is difficult to be achieved, but again I will remind you – everything in life is a matter of daily practice.

As small children, we were taught how to make our beds, brush our teeth, bathe and so on.. But we were hardly taught on forgiveness towards ourselves and others. Maybe it was a difficult task for our parents and educators. It turns out, that we are taking a lot of care of our bodies and we do not care of our souls. The soul also needs the daily „washing“ and „cleaning“, likewise the body.

Let us from today, from this minute, start caring about our thoughts, our inner world, in the same way we do for our appearance.

1. *I forgive ... (name who and what) because I believe that I will be forgiven as well for ... (describe for what).*
2. *I forgive, because I know that makes me healthy emotionally, mentally and physically.*
3. *I forgive , because I love myself, I find peace and am free from negative thoughts.*
4. *I forgive, because I know that no one is a better or worse person, everybody is just different. We all make mistakes and learn.*
5. *I forgive, because I accept that forgiveness is my personal credit for in the future. Forgiveness to myself.*

The forgiveness to ourselves and the Forgiveness outside of us is equal to the Mental and Physical health.

Here is the seemingly simplistic formula:

**Forgiveness towards Ourselves + Forgiveness towards Others =
Health (Mental and Physical)**

I will tell you something.

I had a father, named Nikola, I loved him very much and he did the same as well. He always called me „my pretty daddy’s girl.“ One cold October day when I was almost ten years old, I came home from athletics training and found at home two women dressed in black ,with black cloth on their heads – my mother and a friend of hers. I can not recall which one it was. They told me: „Now you have a father no more!“ My whole world, my whole life till this moment collapsed in a second ... It turned out that while hunting in the mountains,my father was killed accidentally by his best friend and a cousin. My relatives did not forgive the so called „Killer“ and I, as a child at the time, did not think about who’s fault this was. I grew up without this hatred and malice in my soul towards the involuntary murderer of my father, but my relatives remained adamant. I did not delve into it until about twenty-five years later.

At this time I was in Madrid and my daughter’s life was in great danger. She did not love herself and was destroying herself daily, with her way of thinking and being. I felt very bad, I was depressed, I started looking for the reasons for what was happening ... Of course, at first, I was searching outside me and it took me several years to figure out, that firstly I had to turn to myself and take one hundred

percent personal responsibility for what was happening. But that is another story ... So, one day in March, 2007, in Madrid, I was driving and talking with my sister about the fact, that we were left without a father and how our lives were going. We discussed that it was difficult to forgive the man, who killed our father by accident... At this point, during the conversation, I saw a man in front of the car and barely was able to stop ... I realized in seconds, while the man indignantly was shouting at me, and with a point, that I am not insured against accidental fatal errors. And then, at that moment, after more than twenty-five years, deep inside, I was able to forgive the man, who had killed my father inadvertently ...

I do not know if you are acquainted with the fact that the intention brings a tremendous force and it is loaded with a powerful energy blast. It can be felt in the air and it can be transmitted, because our conscious and subconscious minds are related to those of the others in a common energy network. Something like the internet.

It was my intention to express Forgiveness. It led me to the very Forgiving my father's cousin. In one of my trips to Bulgaria, I visited the church „St. Nedelya“ in Sofia. I lit a candle and talked with the man,

that had killed my father, and I forgave him from the depths of my heart. Sincerely and deeply. I think he sensed it. So I was very relieved, that his death came after we had this conversation and not before ... I believe I freed myself and him with this sincere Forgiveness.

Tossa de Mar, Spain, 2014

**I TAKE 100 % PERSONAL
RESPONSIBILITY**

*„The true mirror of our way
of thinking is our life.“*

Monten

A consecutive step – number three in this book, perhaps maybe it is the most important on the road to the everlasting happiness.

First of all, I would like to clarify, that happiness is a strictly personal and private matter. The ephemeral happiness is the fruit of fleeting pleasures, while the lasting happiness is the result of a conscious lifestyle, constant love and forgiveness towards ourselves, and to others. It comes from taking full responsibility for our own actions. It is a state of bliss and gratitude. It can not be described, as it must be felt.

Lasting happiness is achieved as a reward for self-knowledge and self-awareness, it is expressed in the realization of actions, that make happy not only us, but others as well.

Happiness is a matter of personal choice. One, who does not love oneself enough, can't make others happy. One, who isn't self-conscious and doesn't want to be such, is trying to find a cure for his/her emotional wounds and problems, seeking

happiness outside oneself. He/she does not want to take one hundred percent responsibility for his/her actions.

Lasting happiness expels the possibility of judging ourselves or others.

Envy prevents our happiness, because when we feel it, we become focused not only on our lives and problems, but also on those of the others. We can improve the quality of our lives by focusing on ourselves, taking responsibility for our own actions and do not judge or blame others.

Why is it difficult to take responsibility for our actions? The guilt makes us look „bad“. Being able to stand behind our actions, first we have to admit our imperfections and forgive us for them.

The method „*Hooponopono*“ is used by the Hawaiian psychotherapist Dr. Ikailekala Hugh Flax, is an ancient Hawaiian method and it consists in implementing these seemingly simple things:

- 1. Taking one hundred percent personal responsibility for all the events , happening in our lives, in which we participate directly or indirectly.*

2. *Accepting the situation and the fact, that we are a part of it.*
3. *Love towards ourselves.*
4. *Forgiveness to ourselves.*
5. *Clearing painful „programs“ and memories.*
6. *Gratitude for everything that is happening to us, because precisely this is our chance for change.*

This psychotherapist worked part time in a psychiatric hospital in the state of Hawaii with a heavily guarded ward of patients – men, who have committed heavy crimes such as murders, rapes, drug dealings and thefts.

Every day in the ward there were patients, who had the need to be chained by their hands and feet, in order to prevent acts of aggression towards the doctors or the other patients.

There was a high turnover of the staff in this clinic, the situation was depressing and the illnesses among staff and patients – severe.

Ihalekala Hugh Len was in the hospital from 1984 to 1987, and was working indirectly with patients. Every day he was sending positive energy and love to these people, by putting his hand on their medical record and uttering the words, aimed at himself:

1. *I love you*
2. *Sorry*
3. *Forgive me*
4. *Thank you*

He hasn't conducted direct therapy or consulted patients, he was „clearing“ in his inner world. Dr. Hugh Flax considered, that once, allocated in the hospital, having become a part of the situation, he was bearing personal responsibility for these patients, because otherwise he would not had ended up in there. He had been doing this „cleansing“ for three years, until the moment, when he understood, that the actions of these „criminal patients“ are defined by past memories or stories. Therefore, he had to remove these memories and help them...

After he left the hospital, resulting the held therapy – „Hooponopono“, health care facilities did not use handcuffs and chains anymore, aggression decreased, family visits begun, illness among staff ceased to be a chronic problem and there was a noticeable increase in the quality of patients' and treated people's lives.

In translation „Hooponopono“ means „to correct the error.“ You, yourself, know, that the mistake can not be corrected unless you take full responsibility for the situation.

According to the ancient inhabitants of Hawaii, those mistakes are the result of painful memories from the past, that should be „liberated“. All the problems start with a thought.

This is the same as pressing the Delete key on the computer in order for the unnecessary information to disappear. It is the same with the case of taking one hundred percent responsibility and feeling love for ourselves, wiping out painful „programs and memories in our heads. We are „Cleaning“ our lives.

Do you realize that it is much easier to focus on changing of the surrounding than the changing of our inner world?

It is difficult to be accepted, but if something is happening to us and we are part of it, that makes us responsible. The Hawaiian healer says we have to send love and forgiveness for ourselves, „cleaning“ our souls, because exactly this means to take one hundred percent personal responsibility. To forgive ourselves, to solve the problem.

Sometimes the responsibility is connected to our parents – grandfathers, grandmothers and ancestors, with the mistakes done by them. We may not know exactly what they are, but the past is connected to us and it is transmitted. In this case we can apply the following prayer used by Mornay, a

Hawaiian healer, who has transmitted in her turn the method „Hooponopono“ Dr. Hugh Flax.

„Divine Creator, father, mother, son – all in one. If I, my family, relatives and ancestors have offended you, your relatives and ancestors in thought, word, action or deeds from the beginning of creation until the present moment, we pray for forgiveness. Let it clear, purify, free and remove all negative memories, locks, energies and vibrations. Let it convert these uninvited energies in pure light. And let all become according to my words! „

Remember: Each crisis and every problem are a new chance and a new opportunity in our lives!

In Christianity, the concept is the same – Jesus indicated, that the second most important commandment is related to the first one: „Love your neighbor as yourself.“ (Matthew 22:39).

We can not love our „neighbor“ if we do not love ourselves.

There exists a character for „crisis“ in China, which also means „new opportunity“. This is so, be-

cause each crisis is a new opportunity. If you train yourself to consider every problem in this way, you will find that there are no problems, there are experiences and new opportunities. It is enough to figure this out and to arm yourself with patience to see the results in your life.

I'll give you a few examples:

The fact, that I was left half orphan, without a father, at the age of ten, made me feisty and fit for survival in any conditions. I have lived in Bulgaria, Latin America and Spain. I had to develop my mind and knowledge every day to survive, there was no one to help me solve my problems ...

I recognized the true forgiveness by forgiving the inadvertent murderer of my father ...

The fact that my daughter's life was in real danger for many years, that she ran away from home, when she was seventeen years old, that I was looking for her and I cried in the streets day and night, not knowing where she was, made me learn to take full responsibility for everything that is happening to me. It made me forgive and accept myself as a mother, despite the painful memories and mistakes.

Namely my enormous suffering and fears, exactly the agony of my life- because of my child-which lasted not months but years led me to meet some exceptional people. These are spiritual teachers, psy-

chologist Diana Lee Yong, my yoga teacher Maria Isabel Parylene, my reiki teacher Gracia Galan and many other friends, clerical, spiritual teachers, writers, lecturers and psychologists from whom I learnt everything that I am writing about here in this book .

If we succeed to convert our daily agony and suffering, not into self-pity, but in catharsis – a new possibility, it will makes us not victims but WINNERS!

In order to transform a difficulty into a new option, it is necessary to acknowledge that a problem exists. For example, if your car is broken, you accept and acknowledge it, and drive it to the service. And do you acknowledge your problems and those, of your relatives or you keep them to yourselves? Do you drive your soul „to the service“? Do you take care of it?

*It is not enough to know in theory that every problem is a new opportunity, **we need to practise, to train every day our minds**, whenever a problem arises. In this manner we will transmute the „TLF“ into a lasting way of thinking.*

What do you choose to be – A VICTIM or person, who takes one hundred percent responsibility for his/her life?

Barcelona, Spain, 2014