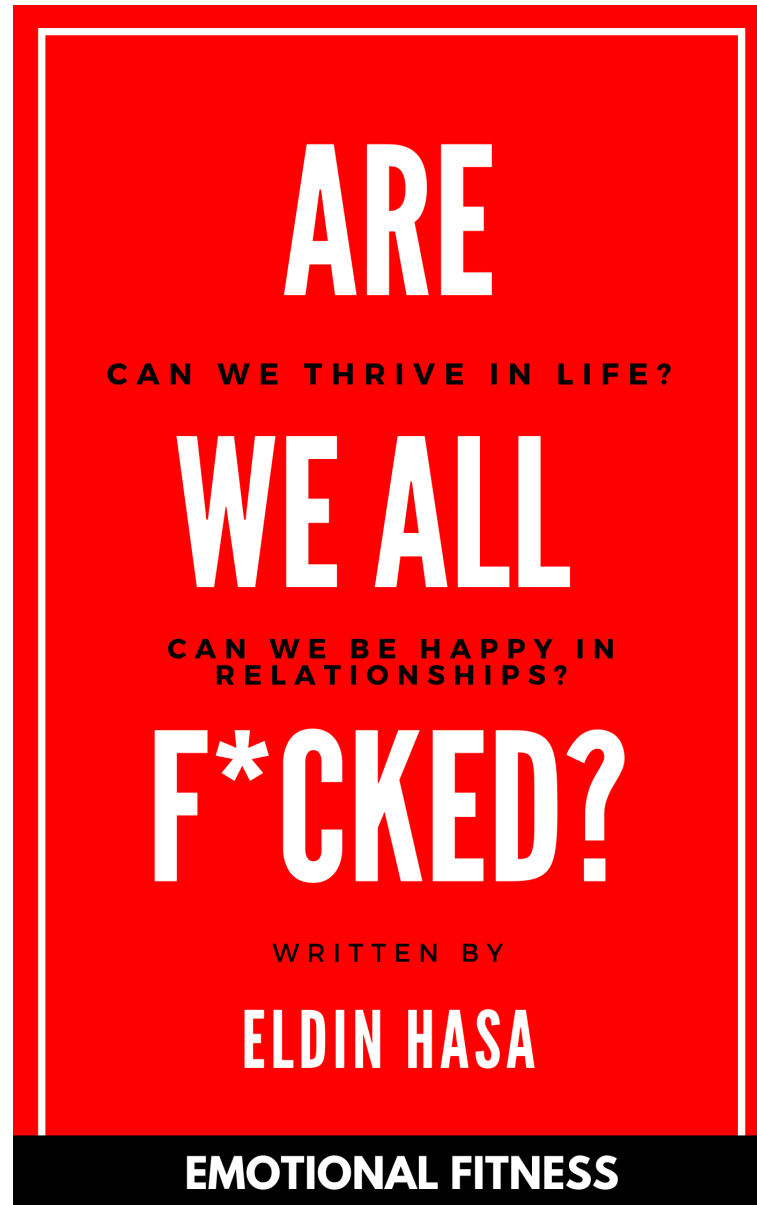


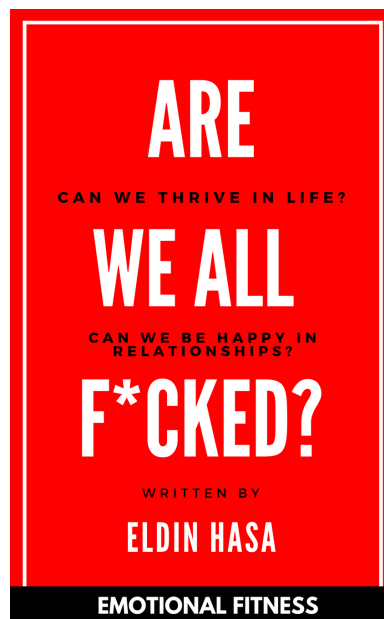
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Butterfly & Caterpillar



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Butterfly and Caterpillar story

As you begin to practice meditation, other positive rituals, transform positively, start to live in congruence with your soul, and your highest calling. You will hear a lot of people around telling you that you shouldn't, they will try to give you advice based on their self-limiting beliefs.

It is like you were a caterpillar most of your life and you lived surrounded by other caterpillars, looking down at the ground, never knowing that you could transform into a beautiful butterfly and fly. As you begin experiencing internal love, confidence, and happiness, other people around will try to convince you that you are wasting your time on this fluffy personal development stuff. Now that you are a butterfly and have had several fantastic flights (inward journeys, and positive transformation), you might be inclined to justify to the caterpillars in your life why you've decided to improve. You will try to explain that it's so amazing to fly like a butterfly and feel open and vulnerable, but the caterpillars will do anything and say anything to convince you that you are crazy and that butterflies don't exist. Because you feel incredible now, and care about people in your life, you will try to explain that everyone can transform into a beautiful butterfly, be profoundly happy and fulfilled.

They would want you to stay the same, do the detrimental activities with them, as you used to do before your transformation. They will tell you that you are no fun anymore; call you crazy. Tell you that you lost it. Call you names, insult you.

They will do anything to convince you that butterflies don't exist and that you should stop dreaming and come down and look at the ground all day with the rest of the caterpillars. Now that you have grown in confidence and have had many beautiful transformations, just give love from the distance and don't try to explain or convince them. Don't waste your time or energy.

On your journey, you will encounter people who would try to knock you down, with comments, opinions, and subjective views. It's because they'd rather knock you down for improving and growing than focusing on their inward feelings of unworthiness and lack of self-love. Don't despair, as these are the people who the need love the most, and they wish to experience what you have. Focus on your inward journey, self-development, and people who are ready to fly, will ask you how. Not everyone you care about, including close friends and family, are prepared to transform into a beautiful butterfly and will remain caterpillars for the rest of their life.

Your energy and focus should be on flying, growing, developing, and expanding your network of other butterflies. Other butterflies could come in the form of a mentor, coach, people (butterflies) who had several flights, books, videos, audios, workshops, and seminars. Your aim should be to expand your support network of likeminded people who could help you on your journey and elevate further.

For some people, it could be heard to fly and stay on the beautiful journey of growth and transformation. They might quit and go back to their old stories and old habits.

Being a caterpillar for most of their life is very familiar, and in some cases, people go back to walking on the ground with wings tacked in, even though they've transformed into a butterfly. Flying, amongst other amazing butterflies, it's unfamiliar and could be daunting for some people. So after several flights, they might go back to the old habits and old stories of being a caterpillar and barely surviving instead of thriving.

People have been telling me for years that I am very deep, and what I talk about is very profound. Back in 1994, when I first learned about this timeless, universal knowledge that has been written about for thousands of years, I wanted to share with anyone I could. I was so excited that I wanted to talk to anyone who would listen but often experienced dirty looks, sarcastic jokes, or insults. I soon learned that I couldn't talk to caterpillars about

exciting flights of butterflies and of the possibility to heal their pain and transform positively beyond their wildest dreams. I understood that I should divert my entire attention on transforming myself inwardly, and as a result, I could contribute to humanity more. Some of my closest friends have been in my life for 20 years, and I have observed their own growth and transformation, and I learned not to give any advice if not requested. I've learned that everyone is on their own inward journey of self-discovery, and that they develop and transform at their own pace.

Many of my closest people have told me that I've had a positive impact on them, and it was often through indirect help. I have tried most of my adult life to shine my light brightly, and courageously opened my heart, and in doing so, unconsciously giving permission to other people to do the same.

People say: I like her/his energy, they are looking in the mirror when they say that. They are feeling the same positive energy that resides in them.

As you know by now, to understand who you truly are, you can't do it intellectually or conceptualise it; you have to experience it. You will begin to experience deeply who you truly are when you start to meditate daily and consistently, sitting in silence and solitude.

The process of inwardly experiencing who and what you indeed are, happens in 3 parts; To be continued.....

You shouldn't try to figure out with your mind how the universe is going to make things manifest for you. The more you think how and when, and the more you worry, the longer it will take for things to manifest. Don't try to understand it or conceptualise it.

Our brains and bodies are finite and temporary with minimal knowledge and have only been on this planet for a split second, compared to the universe that has been in existence for a probably infinite number of years.

You need to trust and surrender to the powers of universal consciousness that reside within you. And your job is to create through your heart and your emotions.

It's the only universal language that the universe understands.

The colossal realisation for me was the limited number of breaths that each of us is to take on this planet. This realisation of the brevity of life was what led me to create the content I produce now. I am grateful for every moment, every unrepeatable miracle, and while I'm here, I want to reach every single heart on the planet to show them that at our core, we are love, we are free, and we are one.

My Secret

This attitude of service to humanity and the universe, or disappearing into my work, is the single most crucial variable in giving me both internal and external success. You will never be out of money or unemployed when you work for the universe and humanity.

About me:

Since 2009, I've helped my clients break through the obstacles that seem to be holding them back in life. Life's too short to be unhappy, unsure, or unfulfilled. I am here to help my clients achieve a more positive outlook on life, and provide them with all the tools necessary to help them achieve their goals and thrive in life. Let me help you learn and develop better ways to handle the issues that are standing in the way of your goals.

I can feel that in 2020 something big is coming. In the shape of selflessness, unity, solidarity and love. I believe the best part of humanity and who we indeed are is unconditional love, selflessness, patience, compassion, and kindness.

The part of humanity that wants to protect the innocent and defend the vulnerable, that's the best of humanity.

Every human being wants to avoid pain and suffering, to feel loved, to feel truly happy and fulfilled.

My mission with my coaching, books, podcast, and live events is to spread love and positivity, and help people to realize how great they are, and that all the power, love, confidence, creativity and abundance resides inside of them, and with unlimited possibilities.

Thank you for giving me the privilege of sharing this work with you.

In this book, there are many teachings and methods not to make us into something that we are not, but rather to awaken us to the truth of who we are!

I hope that the ideas, insights, and wisdom I share in this book touches you deeply and propels you into taking massive action to improve your own life, and your relationships so you too can feel profoundly happy and fulfilled.

I wish for you a life abundant with love, joy, peace, magic, relationship bliss, profound happiness, and fulfillment, and I hope that you do your part in paying it forward and help in creating a better world.

My podcast The Human Experience:

Click the link: [PODCAST](#) -



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Emotional Fitness

I had a vision of one indeed United World where all the people have profoundly open their hearts, and confidently feel vulnerable, and are living in peace and harmony, in love, compassion, and kindness.

A world of solidarity and equality, everyone is communicating and contributing from a place of compassion, love, and respect. Where neighbours are interacting on a deep level, where everyone is cooperating and collaborating freely, unconditionally, and without wanting anything in return.

A world where everyone is living from a place of creativity and confidence, feeling inspired and profoundly happy and fulfilled. Where all the people are thriving and not just surviving, a world where there is no more suffering, hunger, poverty, inequality, or wars.

Everyone is connected deeply in their hearts and souls, and feels that we are truly one. Everyone is living in prosperity and abundance of health, love, happiness, fulfilment, and money.

I can feel that in 2021 Something big is coming. In the shape of selflessness, unity, solidarity and love. I believe the best part of humanity and who we indeed are is unconditional love, selflessness, patience, compassion, and kindness.

The part of humanity that wants to protect the innocent and defend the vulnerable, that's the best of humanity.

Every human being wants to avoid pain and suffering, to feel loved, to feel truly happy and fulfilled.

A world where news and newspapers only talk about inspiring, uplifting, positive stories, sharing insights on how to love oneself deeply, and how to truly love others. A world where people not only respect and love each other but also animals, plants, environment, nature, and all of creation.

My mission with this book is to spread love and positivity, and help people realize how limitless they are, and that all the power, love, confidence, creativity and abundance resides inside of them, and with unlimited possibilities.

In this book, I will share inspiring personal experiences with many tools, techniques, and strategies on how you can help yourself to realize how amazing you are, just for existing in this body.

The goal is to help elevate the human consciousness, and to help people live more from their heart, and less from their head. To live less in fear, have more confidence, more creativity, more compassion, more inspiration, more self-love, and more self-worth. To have more emotional resilience and develop high emotional fitness.

The mission is to help children, the young generation, and millennials feel more self-love, self-worth, and self-confidence.

So together, we can heal our pain and help improve the planet.

The mission is peace & love for all the people around the world, and all of creation.

When my coaching clients come to see me, they often want to know how to do something. Clients ask me; how to improve in certain areas of their life, how to improve their relationship, how to overcome certain challenges, how to meditate, how to overcome certain traumas, suffering, how to remove self-limiting beliefs, how to stop self-harm, how to overcome some addictions.

Everyone seems to be focusing predominantly on 'How To' and desiring a quick fix, and they are eager to learn the next strategy in how to get this, that or the other. I used to focus

on the same, followed some of the best 'How To' step by step strategies to achieve a certain outcome in life, business, and achieved (what society calls) success, but I was feeling unhappy and unfulfilled.

I've seen countless clients and personal friends, millionaires, and billionaires grow their business, grow their bank account, increasing the number of material objects exponentially, but still deep inside feel extremely unhappy and unfulfilled.

A lot of my clients say, "If a person thinks that money will bring them happiness, they probably don't have any."

Many of my clients clearly know how to do, and they have access to countless strategies and techniques on how to achieve something by following a number of practical steps. There are countless books written on 'How To'..... Seven steps to a perfect beach body. Twelve steps to making a million. Ten steps to making the law of attraction work for you. How to improve your business, income, body, anything. You name it; there are several books and strategies out there that could help you achieve your external results. And you will often grow your bank account, your business, buy that dream house, dream car, get that perfect spouse, and when you get all of that, in the majority of cases, you will feel unhappy and unfulfilled. So you will go on looking externally for the next thing that you could do or have in order to feel the profound happiness and fulfilment. So each time you do or have the next thing, you realise more and more, that you are unhappy and unfulfilled, and then you feel the pain in your body, and this pain is often ignored and or brushed under the carpet, with detrimental addictive behaviours such as drugs, alcohol, gambling, food, sex, workaholism, self-abuse, and in some cases suicide.

The suicide rate is at it's highest than ever before.

You realise that this way of life is not sustainable, and it often leads to detrimental mental and physical health. The issues in significant relationships, financial crisis, and potentially loss of everything external, that we perceive as important in our life.

For those of you who might be thinking, yes, Eldin, I hear you; it's all good and well that you work with a lot of successful people. How can your book or your coaching help me pay my rent next month?

Will it help me find a job, get out of debt, or make more money? Can it help me find an ideal partner, or fix my relationship with my girlfriend? Will it help me to stop arguing with my husband, and how do I improve my relationship with my children?

I have worked for over ten years with people from all walks of life, children, teenagers, victims of sexual abuse, people who self-harm, suicide survivors, and homeless people.

People are people with nuances of the same patterns of doing things externally to feel the desired emotions or avoid feeling some feelings. No matter who I work with; billionaire , homeless person, religious person or atheist, gay or straight, young or old, he, she or it, deep down on the inside, at their core, they are all the same and have variations of the same issues and feel the same pain.

We realized that we have only focused on Doing and Having and paid little emphasis on Being.

Being is the foundation for everything. It is where our deep emotions and feelings are situated and experienced.

I could say that there are two aspects of what makes us human beings:

One is the societal human being; as seen by society, our physical body. Most of us focus only on this aspect.

The other is our invisible internal human being, that is known, written about in countless texts for thousands of years. In the last hundred years, scientists have just begun to understand it, but confirmed that it certainly exists and that it's our source of everything, including the source of co-creation of everything in our physical reality. More people have begun to focus on this aspect.

In my studies for 3 decades, and in my own life, I've discovered that there is a way that we can cultivate profound happiness, self-love, and fulfillment, and also go after achieving a lot of external success at the same time.

Having met a lot of successful people in my life, it is a rarity that they are profoundly happy and fulfilled.

Often when you probe them, they'd tell you that they are very unhappy.

I have also met a handful of people who have it all; a ton of money, abundance in every aspect, deep, meaningful relationships, profound self-love, and they are the happiest and most fulfilled people I have ever met.

All of them have several attributes in common, which I will be sharing throughout this book, and all of them have mastered the art of emotional fitness, amongst other things.

I help clients with ; the 'why', bring awareness inwardly , that at their core, they are already perfect, created in a perfect image by god/universe and that everything they have been looking for externally, already resides within them since birth.

I help them remove certain impediments in order to see who they indeed are, and what they're capable of. I help my clients live more from their hearts, remain open, vulnerable and deeply connected, and less from the head.

I hear a lot of people talk about how they'd like to change the world and make an impact. A lot of them are very passionate, and trying to do something about it, but often in a way that is not sustainable, because they haven't improved or grown from within as human beings. I could write an entire book about what is wrong with the world today; about geopolitical unrest, Brexit, poverty, hunger, global warming, corruption, racism, modern-day slavery, industrial animal farming, excessive fishing, and mass destruction of our planet. I could probably write thousands of books, but we all know what is going on out there, and I would be writing about the problems, and stating the obvious.

Instead, I have written a book, focusing on the solutions, and all the fantastic aspects of what makes us human beings.

I believe that, the way to make the best and quickest positive impact on the world, which is also sustainable, is by making sure that you work on yourself daily and consistently.

Do the deep internal work through meditation and remove any impediments (pains, traumas) that are holding you back, from recognizing how amazing you already are, who and what you truly are. And becoming aware that you already are perfect and that the infinite love, infinite abundance and infinite possibilities reside within you. As you do this, and heal from within, you create a positive ripple effect on everyone around you and help to heal the planet, and help to improve the world. Imagine a world where millions of people commit for the next ninety days to work on themselves, starting today. They divert their entire energy, and focus on healing, and unveiling the best version of themselves, and in the process heal the world. No need to fight, and protest against something, instead use your entire energy to work on yourself, and stand united in solidarity for peace, love, equality, and compassion.

As Mother Teresa said, don't invite me to fight and protest against something, if you invite me to stand with you for peace and love, I'll be there.

There is No way to Happiness! Happiness is the Way! First you need to learn and develop the feeling of gratitude and happiness on the inside.

The expression is BE Happy, not Do happy or HAVE happy. You cannot Go and Do happy. If you don't develop profound happiness from within, NOTHING you DO or HAVE will ever make you happy or fulfilled.

Everything we do is because of the feelings we desire to feel. We might be doing different things. We might be focusing on different types of achievements, have different goals, but ultimately we are all doing those things to arrive to the feelings.

What if there is a way to feel these feelings all the time?

To intensify these feelings everyday?

What if you could do something positive everyday to feel the feelings you desire?

Feeling of profound and sustainable happiness and fulfilment. Feeling of deep inner peace, bliss, joy, profound self-love and self-confidence.

Deep down inside I know I'm going to be okay! Have you ever said this or heard someone say it?

What if deep down inside is the place that we don't only visit when we have a problem, when we have a crisis in a relationship, love, romance, business, finance, emotional, mental and physical health?

What if, deep down inside is the place you could visit every day?

What if deep down inside is the place you could do everything from all the time?

What if deep down inside it's the place to live and to create?

What if we could do daily positive rituals that bring us connected deeper, and deeper to the deep down inside?

To the deep down inside where infinite love, infinite intelligence, and infinite abundance resides.

What if deep down inside is the direct vibrational energetic frequency to the universal consciousness, to the divine guidance, to the unlimited possibilities?

It is the feeling of joy, love, creativity, peace, bliss, abundance, confidence, inspiration, and happiness that we are all seeking permanently.

Resulting in doing numerous activities to bring us closer, and to deepen the experience of those feelings.

Some of the things we do, could be good for us, for our physical and mental health, but a lot of things we do could be detrimental to both our mental, and physical health.

And most importantly these negative activities, and rituals we do, take us further away from those desired feelings of deep joy, bliss, confidence, love and abundance.

Most people do so many trivial activities each day, because they are trying to run away from the negative feelings. Past trauma that manifests as physical pain, and the intensity fluctuates, depending on what activity they are doing. The feelings of unworthiness, guilt, shame, resentment, frustration, impatience, and anger. They wake up in the morning and they begin to think about their problems, and they intensify the feelings in their body by visualizing the worst possible outcome.

Our body is our unconscious mind.

We go on our phone, connect to social media, Facebook, Instagram, scroll aimlessly for hours each day, and often compare our lives and ourselves with others and their photoshopped perfect pictures and this creates further pain. The cycle continues, and the pain grows in intensity. We watch several hours a day of our favourite shows, download

the entire show, all six seasons on our phones so we can watch on the train/tube on our commute to a job that we probably hate. We subject ourselves to many other addictive behaviours, such as consumption of large quantities of alcohol, drugs, food, sex, and or other addictions that could be detrimental to our mental and physical health.

We download so many apps on our phones, and get addicted to instant gratification.

You're hungry push a button and food arrives. Push a button and cab comes, swipe right/ or was it left (not sure, never used it) and date arrives.

You feel sad, message ten of your friends; 'hey', and most reply almost instantly. I've been told it's rude to read messages, and not to reply immediately. Anything can be delivered fast: food, flowers, furniture, clean laundry, instant answers on Google, groceries, even a date.

You have a potential date available almost instantly through one of the dating apps, right at your fingertips, waiting for you to filter them by location, sexuality, religion, hobbies, and how desperate they are for a partner. No need for hard work or much effort.

Such demand for instantaneous gratification has repercussions beyond internet usage and purchasing habits; a society that experiences fewer and fewer waits in its daily habits will slowly have less and less patience.

In specific fields, a lack of patience is fine. Still, when raising children, teaching others, or climbing the professional ladder, there is no way around slow, sometimes painful periods of growth.

There is no app available to instantly get the deep, meaningful relationships, mental and physical health, career success, thriving business, financial success, joy, profound happiness, fulfillment, self-love, and self-confidence.

People today need to get a better grasp on what it takes to succeed. There is nothing wrong with starting at the bottom; everyone was a beginner at some point. All super successful people have a beginner's mentality and child-like sense of curiosity, and they're always willing to learn something new, even after having all the money in the world, and all the success.

Allowing yourself to feel and experience growth, and deep expansion should be your primary focus.

Do not continue to convince yourself that you're a failure or that others have it easier than you. Your chosen path of entitlement has not worked. Now choose another way.

You can accomplish anything you want. But no one can achieve it for you.

Practice positive rituals daily and consistently.

Take better care of your health. Choose a healthy diet, exercise.

Be proactive in every aspect of your life. Build your life.

Make a high-quality effort. Give it time. Let the compound effect of daily positive actions show long terms results. Lose your expectation of instant gratification, and you will succeed.

We do so many things because we want people to like us; we crave their validation, their approval. We are so worried about what other people think of us, so we live in fear to be our true selves, to be our authentic selves, and express our true potential just to fit in.

We create labels for those feelings which act as a guide/compass for what we do or not do. We say things like; this is my personality, it's my character, it's who I am, these are my values and my beliefs, it is in my culture, I can't change. No one can change.

Whatever we call them or label them, they come from deep down inside in the form of feelings, and intuitively we know, that we are guided to act from these feelings. These feelings are guiding us to do the right thing or say the right things at that moment.

How many times have we had the feeling from this deep down inside, that we shouldn't have done something or said something, that backfired, and caused detriment to us and others? And we said to ourselves, I should have listened. I had a feeling, not to do or say. Raise your arm if you have experienced this. My arm has risen very high, I can assure you.

It's the same place, deep down inside, that we all know so well. It's always available to us, to guide us, protect us, keep us safe, give us unconditional love, to provide us with infinite intelligence, infinite creativity, and infinite abundance.

We've gone the wrong way about it, to get to these feelings that reside in all of us? What if we have been told that, in order to get to all of those internal feelings of infinite love, abundance, joy, creativity, and happiness, we need to go and get something externally first?

We need to do something externally or get something externally to experience those feelings.

But the more we buy into the myth that something, or someone external of us, is required as an intermediary, for us to feel the feelings, which reside inside of us, the further away we separate ourselves from experiencing those feelings.

And it becomes a never-ending cycle, where we feel the need to do more or get more on the outside, to experience the feelings on the inside. We live in the constant illusion that something or someone is the source of our happiness, abundance, love, creativity, inspiration, joy, and bliss.

There are two fundamental feelings, (basic human needs) that we are internally guided to do everything from:

1. Feeling of Love & Connection; to feel that we are loved, lovable, loving, accepted, appreciated, valued, understood, seen, noticed, acknowledged, feeling that we are good enough.
2. Fear of rejection, not loved, not valued, not appreciated, not accepted, not understood, fear that we are not good enough.

Most of us struggle with difficult emotions and moods because we were never taught much about our emotions, either how they work or how to work with them. They never taught us in school about emotions or emotional fitness. Our parents and family did the best they could with the knowledge they've had.

As a result, most of us feel bad for having them, and try to make them go away as fast as possible. But, when we try to eliminate or escape from painful emotions, we only train our minds to be more reactive to them. Instead of continually trying to fix or eradicate difficult emotions, what if we learned how to work with them? What if we could learn how to stop fighting our emotions and live alongside them? In short, what if we could build a better relationship with our emotions? I believe the key to building a better relationship with our emotions, and creating a healthier, more balanced emotional life is the regular practice of Emotional Fitness.

Building the emotional fitness is vital. Just understanding emotions, it's like going to a presentation at the gym, and a trainer is talking about how the treadmill works for an hour. Now you understand everything about how the machine works, and just go home and do nothing. Instead you'd have to get on the treadmill for an hour every day, for the next 90 days, six months, or one year to get the benefits. There is no point in understanding emotions; you have to exercise them every day, to improve. You have to build your emotional fitness every day. There is a big difference between emotional intelligence (knowing) and emotional fitness. A lot of unfit people, know a lot about the gym, but never go or do any practice.

Everyone seems to be focusing only on mindset.

They have to first focus on Soul-set and Heart-set to be in harmony; otherwise, they will be out of balance.

Emotional fitness is a simple idea that our emotions and feelings, require regular exercise, and training just as much as our physical bodies do, to stay healthy and fit. Emotional fitness is the idea that to lead a healthy, happy emotional lives, we need consistent habits and exercise that support our mental health and wellbeing. Just like physical health depends on a foundation of good diet and exercise habits, our emotional health depends on a foundation of positive rituals and exercises.

Most people have an aversion to talking about or showing their feelings. As a result, they become distanced from their feelings, which makes it hard for them even to recognize how they feel at any given moment. And when adults do label their feelings, they often do it indirectly: Rather than saying, "I felt sad," someone might say, "I had a lump in my throat," or, "My eyes got watery." Or instead of saying, "I am nervous," someone might be more inclined to say, "I have butterflies in my stomach."

Spend a few minutes every day, acknowledging your emotional state. Label your feelings and consider how those emotions are likely to affect your decisions. Whether you're feeling sad about something in your personal life, or worried about something going on at school, or at the office, your emotions will spill over into other areas of your life if you aren't aware of them.

Activity 1:

Before you continue reading, pause for a moment, close your eyes, take a few deep breaths, and focus internally on how you feel.

Become aware of any feelings you may be feeling in your body.

Now without thinking, write on the piece of paper any feelings that you might be feeling.

Describe them in detail.

Where in your body do you feel them?

Do they feel hot or cold?

Do they feel constricting or expanding?

Are they familiar or unfamiliar feelings?

What are my daily dominant feelings?

What feelings got me into trouble in the past?

What was the cost up until this point for my reaction in the same old way?

The process of being a creator of your own world , of your own life and manifesting everything easily and quickly:

We start as philosophers.

We initiate, and we become initiates we apply, and we master the skill.

- knowledge, experience, wisdom
- mind, body, soul
- learning with your head, applying with your hands, knowing by heart
- from thinking to doing to being.

The moment you feel unlimited, and the moment you feel grateful, the moment you feel abundant.

Now you're teaching your body chemically to understand what your mind is intellectually understands.

So knowledge is for the mind and the experience is for the body, and now we're embodying the truth of that philosophy.

We're literally signalling the new genes in new ways and changing our future, changing our genetic future.

If you've done it once, you will be able to do it over and over again.

And if you keep repeating it over and over and over again. You will begin to neurochemically condition your mind and body to begin to work as one, and the redundancy of the act over and over again conditions the body to know how to do it better than the brain.

Now it's innate in you.

It's second nature.

It's easy, It's familiar.

You become the confident creator of your own reality.

It's who you are.

Activities:

- **Write several thoughts** you will not bring into your future with you. Thoughts like; I can't, It's too hard, I'll never change, I'll start tomorrow, I'll start on Monday, What's wrong with me? I am too much like my mother. It's someone else's fault, I am not good enough. You have to condition your brain to think new thoughts. Positive and empowering thoughts. Think gratitude and feel in the present moment. Practice consciously that your brain is in a highly coherent and elevated state; not just during the meditation or breathing exercise, but throughout the day with your eyes open. Become aware of your thoughts and ask; are they empowering or disempowering?
- **Write down how you talk**, externally and internally: Do you complain, do you blame, do you make excuses, do you feel sorry for yourself? Do you feel like a victim? Just become so conscious of these behaviours that you will never go unconscious again.
- **Decide and write down what emotions** no longer belong in your future. That means if you want to be wealthy, you can't feel lack and scarcity. If you want to be healthy you can't live for extended periods of time in the state of stress and survival. You can't feel insecurity and fear. You have to condition your body to a new mind and practice opening your heart permanently and feeling a high elevated state of love and gratitude in the present moment. Practice that your heart is in a highly coherent and elevated state; not just during meditation or breathing exercise, but

throughout the day with your eyes open. Become aware of your feelings and ask; are they empowering or disempowering?

Come and learn the formula of Rapid Manifestation on

February 26, 27, 28, 2021 in our 3 day event <https://www.divinestage.com>

About this Event:

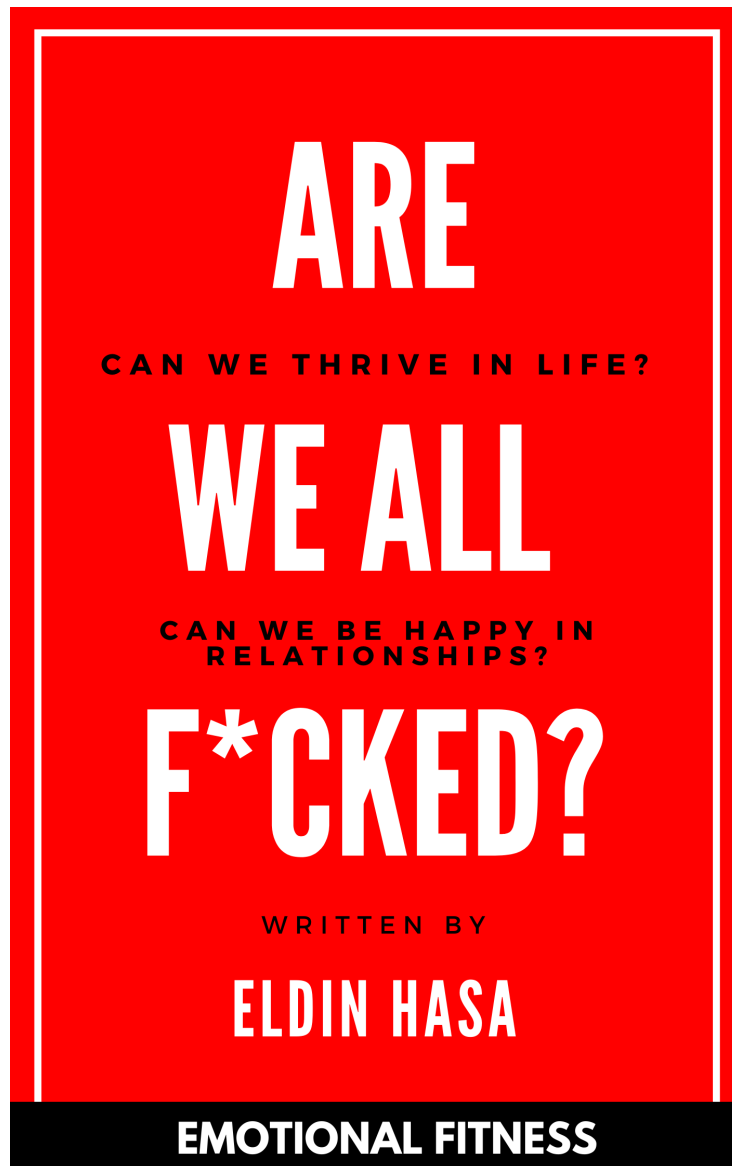
- **Do you have a big vision or goals that you'd like to achieve in 2021 and in the next 10 years?**
- **Have you been working hard on your goals and yet not seeing the results as quickly as you'd like them to?**
- **Have you been trying to make changes in your life, business, and perhaps even attended seminars, bought online courses or read books on personal development and you wonder if a big stroke of luck might come your way?**

You can achieve your visions and goals much quicker than you think!

♦ **Don't downgrade your dreams and goals to fit with your current situation**
Instead

♦ **Upgrade your Mindset, Motivation and Methodology, Skills, Emotional Resilience, Attitude & Energy so you can thrive in life no matter the economy.**

EMOTIONAL AGILITY



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WHAT IS EMOTIONAL AGILITY?

Emotional Agility is the ability to come to your inner world - your thoughts, emotions, experiences and self-stories - with courage, compassion and curiosity. Instead of these inner experiences holding you hostage, shrinking your life, or clouding your interactions, you're able to learn from them; evaluate the situations you face; be clear-sighted about your options; and move forward with values and purpose. Emotional Agility is a critical skillset that helps you make real changes in your life, both at work and at home. It is key to thriving.

Emotional Agility supports the approach described by Victor Frankl who survived a Nazi death camp and went on to write *Man's Search for Meaning* on leading a thriving life in which our human potential can be fulfilled.

"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and freedom."

In my new book [Are we all F*cked. Can we thrive in life? Can we be happy in relationships?](#) You will find a broader explanation on emotional fitness and steps to achieve your emotional agility.

WHY EMOTIONAL AGILITY MATTERS?

The way we navigate our inner world - our everyday thoughts, emotions, experiences, and self-stories - is the most important determinant of our life success. It drives our actions, careers, relationships, happiness, health; everything. For example: Do we let our self-doubts, failings, shame, fear, or anger hold us back? Can we be determined, persevering toward key life goals, but just as importantly, have the insight and courage to recognize when these goals are not serving us, and adapt? Are we able to make real and important changes to our habits so that how we want to live and how we actually live, are one and the same.

YOUR OVERALL LEVELS OF EMOTIONAL AGILITY

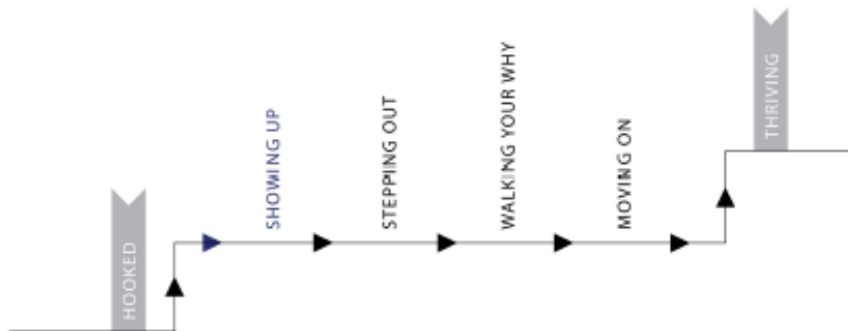


Research suggest that you have cultivated important and meaningful Emotional Agility skills. These are likely to serve across many aspects of your life. There will still be times that you falter so it can be helpful to think of the contexts in which you:

- Get hooked or stuck in your emotions, thoughts and experiences, for example, by bottling them and pushing them aside, brooding on them and over-analyzing them, or holding on to self-stories in ways that might not serve you.
- Have a sense of what is important to you and what you value, but do not bring these as effectively and consistently as you could to the situations that you face.
- Need to tweak your habits and situation so that you see greater levels of growth and development. These changes will often take effort and bring discomfort in the short-term, but if they are connected with your key values of Straightforwardness, Relationships and Caring you will be rewarded with greater levels of thriving and overall life success.

Showing Up

A key aspect of Emotional Agility is the ability to show up. In this context, showing up means facing into your thoughts, emotions, stories and experiences with curiosity, kindness, and courage.



You may have an excellent capacity to show up in this way. However, you will still have patterns that impact on your ability to thrive at work and at home, and it will be helpful to start to recognise and break these.

Through our culture, parenting, or other forces, people often come to believe that there are 'good' emotions (like joy) or 'bad' emotions (like anger or sadness); 'good' thoughts (like 'Think Positive!') and 'bad' thoughts (like, self-doubt or 'I just can't do it'). This can lead to an unhelpful and unproductive inner-struggle that can hinder our success and relationships.

Research shows that struggling over whether a thought or emotion is good or bad, right or wrong, can:

- take up huge amounts of mental energy.
- lead the thought or emotion to hang around for longer (trying to bottle or avoid an emotion, as an example, can lead that emotion to increase in intensity and duration).
- decrease our ability to problem solve.
- negatively impact our relationships.
- over time lead to lower levels of well-being.

Our inner-struggles can adopt many different forms. While, you have an excellent capacity to show up to your emotions, you will still experience instances of getting hooked in ways that don't serve you or the life that you want to live. Key signs are when you:

- try to avoid having particular thoughts or rationalising them away (e.g. 'I'm unhappy in my job... but at least I've got a job!').
- always try to 'think positive' or be happy.
- ignore troubling emotions (like sadness).
- blame your thoughts for having 'made you' do something e.g. 'I yelled at him because I thought he was undermining me,'
- or 'I didn't put my hand up for the project because I thought I might fail.'
- over-analyse specific experiences (e.g. a past disappointment).
- or fight against the reality of the world and your life 'as it is'.

What each person needs to show up to will differ, but in its essence, showing up is about breathing into yourself and your life, and acknowledging it for what it is. A willing acceptance is a pre-requisite to change.

Self Compassion

A critical factor in emotional agility and "showing up", is the ability to be with yourself in a compassionate way. A further analysis of your responses indicates that you have a moderate level of self-compassion, and that this may take a dive when you are faced with stress or other challenges.

Being more self-compassionate includes:

- letting go of self-criticism and expectations of perfection (within yourself, your work, your life at home).
- recognising that comparing yourself with others is, almost always, a losing game.
- understanding that self-compassion does not make you weak or lazy. In fact, research shows the opposite - that self-compassion sharpens your edge.
- appreciating that self-compassion is not about lying to yourself. People who are self-compassionate are more likely to face into the truth about themselves and their weaknesses, than those who lack self-compassion.
- How every one of us gets hooked into stories, patterns and ways of being that don't serve us.
- Thinking fast and slow.
- The four most common hooks.
- How our typical strategies for trying to unhook, actually make things worse.
- How to cultivate self-compassion.
- Choosing willingness.
- Learning from emotions, thoughts and stories.

EMOTIONAL AGILITY

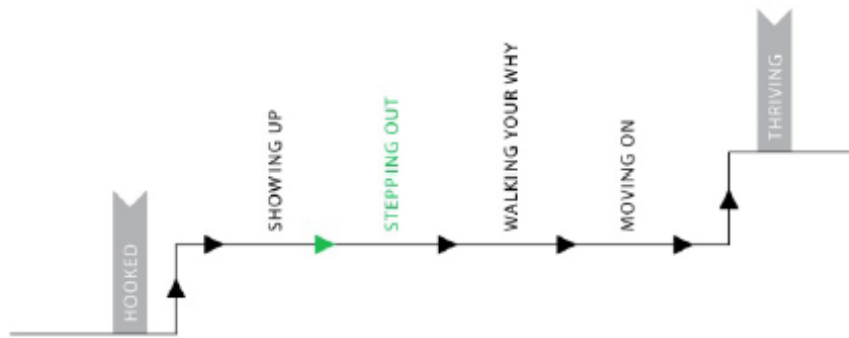
Emotional Agility means being aware and accepting of all your emotions even learning from the most difficult ones.

It also means getting beyond conditioned or pre-programmed cognitive and emotional responses (your hooks) in order to live in the moment with clear reading of present circumstances, respond appropriately, and then act in alignment with your deepest values.



Stepping Out

Stepping out is a critical skill that allows us to be more effective in both our personal and professional lives. It is the process by which we recognise our thoughts and emotions as containing potentially valuable information, but at the same time we do not allow those thoughts and emotions to drive us, our reactions and our choices. When you step out, you create the space between the situation and your reaction. So instead of reacting automatically or in ways triggered by your stories, self-doubts and past experiences, you can respond in a more intentional manner.



Research shows that while you may have competence in this area, you can still make meaningful gains in your life and relationships by cultivating skills in the ability to step out. These skills include:

- The ability for you - the thinker, rather than the thought to be in charge, and for you - the person, rather than your emotions to be in charge. In other words, developing the skill that allows you to be centred, reflective and intentional in your reactions to events around you.
- Developing a 'meta view' or the ability to still feel your feelings and think your thoughts but to 'helicopter' above these in order to make effective decisions.
- The ability to recognise when you are holding on to specific positions and ideas in ways that may not serve your life, and to let go of these.
- The secret life of what you see: creating possibility.
- Ways to be present with your thoughts and emotions, without letting them drive you.
- Creating space between stimulus and response with practical strategies.
- Letting go.

You begin to experience thoughts as just thoughts-which is all they really are-rather than as directives that must be followed, or even agonised over.

You can have the thought that you're a fake, notice it, and then purposefully choose to set it aside, because what's more important is making a meaningful contribution to this meeting you are in right now.

You can experience and even rationalise the thought that your spouse should make the first move to patch up the argument you had this morning, and then pick up the phone to call him or her.

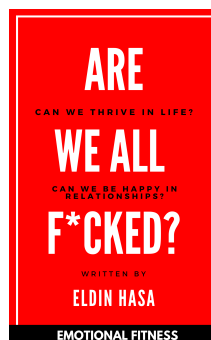
You can accept your craving for creme caramel, notice your "I want that!" thoughts, and then choose not to reach out your hand.

This is not bottling, because you are not ignoring or denying or trying to suppress the thought, emotion, or desire.

Rather, you are curiously noticing it and the information that it brings but not letting it call the shots.

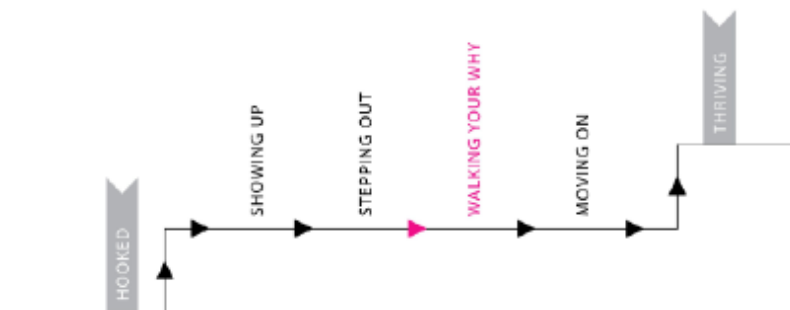


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Walking Your Why

Walking your why is the process both of understanding what is important to you, and of incorporating these values in your day-to-day actions.



Research shows that you may have a very good sense of what your values are and what is important to you, and are mostly able to bring these in a real way to your daily life. There will still be times when you don't - when you lose sight of what is important, and this can negatively impact you, including leading you to:

- act and make decisions in ways that don't truly reflect who you are and what you want for your life.
- struggle to change habits that don't serve you.
- be reactive to the moment (e.g. in interactions, health choices, spending decisions, at work), rather than taking the long view.
- be at higher risk for the phenomenon of social contagion, including things like:
 1. comparing yourself to, and trying to keep up with them;
 2. unwittingly and unknowingly absorbing cultural biases that constrain you and stop you from being most effective "Women can't do X" or "Men don't do Y";
 3. feeling unnecessarily conflicted e.g. about work-life balance.

To hone your skills in this area it may help you to:

- Watch the gaps: Simply noticing the gaps between your values and your behaviours in specific domains (at work, home, in your relationships, or as they relate to your health and wellbeing) can help you to close them.
- Think first: "is my response in line with my values of Straightforwardness, Relationships and Caring?"
- Remember that values are not abstract and intangible ideas. Rather they are qualities of action that you can bring to everyday choices. For example: Is your decision to choose a piece of cake? Or to read emails on your phone during dinner with your children? Or to shut down in a meeting? - a move that is toward (and consistent with) your values, or away from (and inconsistent with) your values?



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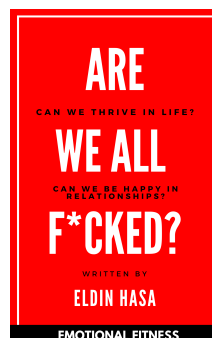
Find out more in my book:

- How we unknowingly make decisions that are not your own.
- Identifying and "walking your why".
- The concept of choice points.
- The power of goal conflicts.

Above all, a value is something you can use. It helps you place your feet in the right direction as you journey through life, no matter where life leads you.

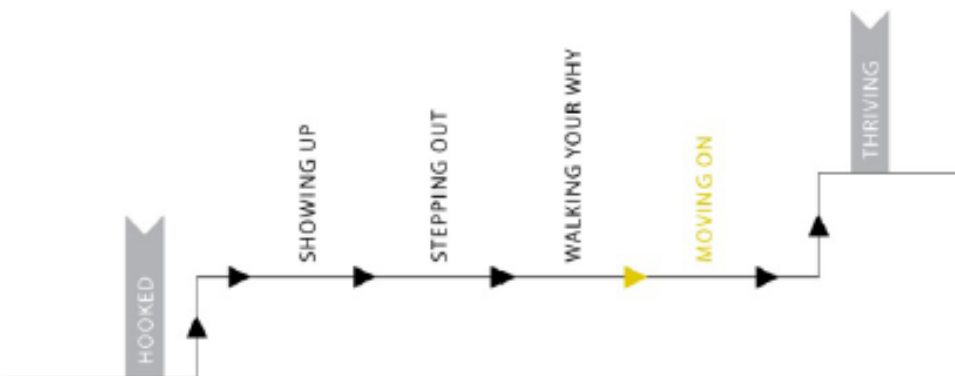


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Moving On

Moving on concerns your ability to make intentional shifts at work and home that lead to greater well-being, life success and fulfillment.

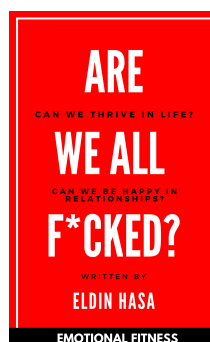


You probably have ideas concerning changes you want to make at work, at home, or that relate to your personal growth, health, and development. It may show that you have an excellent capacity to make these and future changes. At the same time, some tweaks could make an impact in this area.

Making any change - be this at work, in one's career, parenting, health or relationships requires some critical areas of focus:

1. **A change mindset.** This is the belief that positive change is actually possible. Research shows that subtle differences in our beliefs about change can have a long-term impact across many different areas of our lives.
2. **Effective motivations:** Trying to make a change based on a 'have-to' motivation (e.g. to lose weight out of a sense of obligation to your doctor or spouse, or due to shame) is less likely to be effective than a change based on a 'want-to' motivation (e.g. to lose weight out of a genuine, internal desire to be healthier.) The type of motivation we have is critically important in determining whether a change will be successful.
3. **Habit tweaks:** Understanding how to master the physics of successful habit change.
4. **Moving to discomfort:** Making the choice to push oneself towards the edge of one's comfort zone as one tries to develop skills and cultivate relationships.

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FROM MY BOOK

Are we all F*cked. Can we thrive in life? Can we be happy in relationships?

You have been told to, "Love thy neighbour as thyself," but until you have a full appreciation of who and what you are, and learn to love yourself truly and unconditionally it defrauds both you and your neighbour!

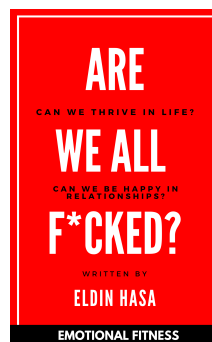
When you look around at your fellow human beings, you will find it hard to ignore the fact that very few people are profoundly happy, fulfilled, and lead purposeful lives. Most of them seem unable to cope with their problems and the circumstances of daily living. The majority, settling for the average, and have resigned themselves to "just getting by." Resignation to mediocrity has become a way of life. As a result, feelings of unworthiness cause them, quite humanly, to blame society, people, circumstances, and surrounding conditions for their failures and disappointments. The idea that people and things (externally) control their lives is so thoroughly indoctrinated in their thinking that they normally will not respond to logical arguments that prove otherwise.

"To believe that our life is controlled in any way by anything or anyone on the outside imposes a condition of mental slavery which makes us a prisoner by our own commandment."

Our thoughts and feelings become the blueprint, which attracts from the universe all the elements that go into fulfilling our concepts, whether they be positive or negative. What we have in our life right now is the outward manifestation of what has been going on inwardly. We have literally attracted everything that has come into our life, good or bad, happy or sad, success or failure. This includes all facets of our experience, including business, marriage, health or personal affairs.

Think about it! Your surroundings, your environment, your world all outwardly picture what you think and feel about inwardly. By discovering why you are the way you are, you also find the key to being what you want to be.

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Abandon the idea of being fearless, and instead walk directly into your fears, with your values as your guide, toward what matters to you. Courage is not an absence of fear; courage is fear walking.

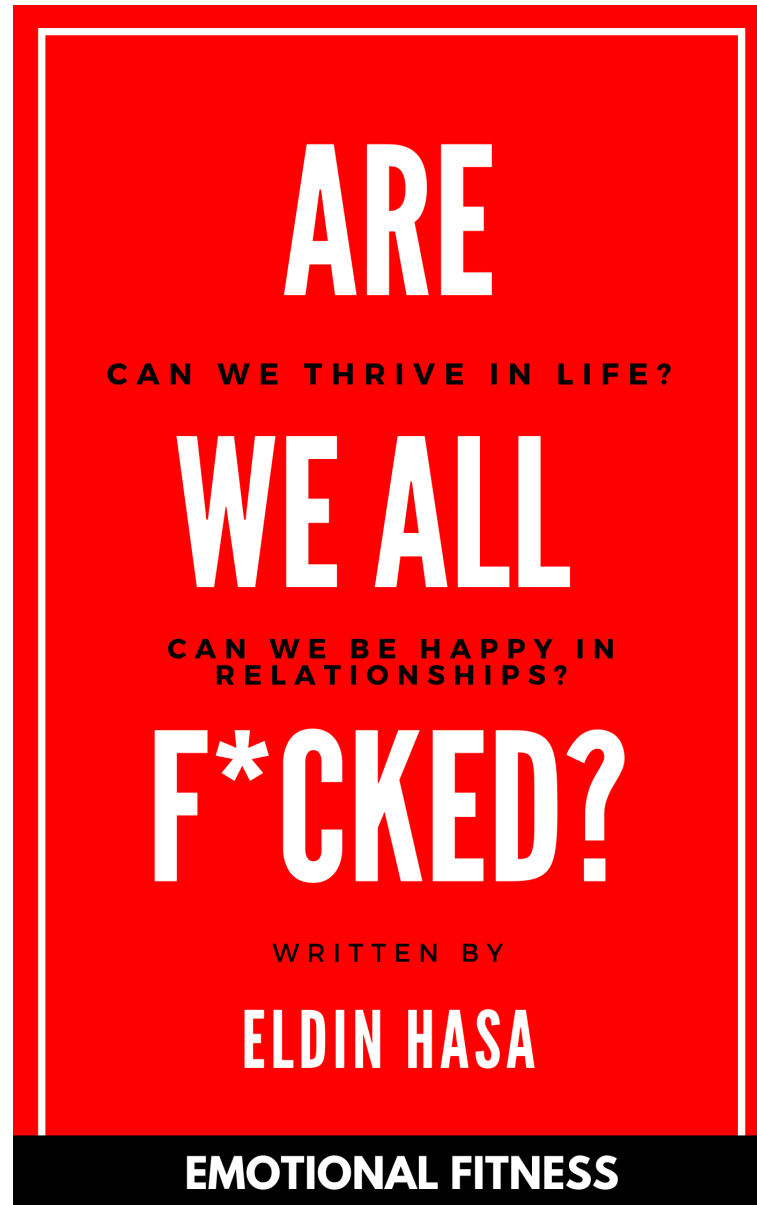


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