



ANOTHER WAY *of* LIVING

Book One

*A Journey to Infinite Peace,
Immense Joy,
and True Freedom*

Snezhana Djambazova-Popordanoska, MD, PhD

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DEDICATION

Dedicated to the Reader:

I hope this book will help you to find your way to living an abundant and meaningful life.

FOREWORD

The following fascinating true story is a beautiful illustration of how the book “Another Way of Living” was born.

The Story of Joy

Joy is a 35 years old professional living in a large, modern city in Australia with her family. Below is an extract of Joy’s diary that describes one true event of her life, an event that has changed her life forever...

“It was a beautiful, sunny Sunday afternoon. It was time to play tennis with my family. As much as I wanted to spend some quality time with my husband and my children, whilst I was walking down to the tennis court, I couldn’t stop thinking about all my work commitments that I had to accomplish the coming week. And on the top of it was my PhD thesis... three years of research and writing. When am I going to finish writing all these chapters? All these thoughts went around and around inside my head. I was feeling overwhelmed with unpleasant feelings...

The tennis game started, but I wasn’t really enjoying it. I wasn’t present. My mind was overwhelmed with thoughts about my work, my PhD thesis, my busy schedule, and my lack of time to accomplish everything that I wanted to achieve. “I feel that this is too much for me,” I was thinking. “I must become a superwoman to get all things done in time. When am I going to enjoy my life, and have more pleasure? Isn’t life meant to be enjoyable?”

While being engaged in all these worrying thoughts, something unexpected happened, something that will change my life forever... All of a sudden, in the middle of the game, while running backwards to hit the tennis ball back to my husband, I lost my balance, and fell badly on the ground with my whole body weight on my right hand. The next thing I remember was the pain. It was extremely severe, excruciating pain in my right hand. I couldn't stand up, so I was lying helplessly on the ground. My husband immediately ran over, and took me to the hospital. After taking the appropriate investigations, the doctor on duty approached me and said in an authoritative manner, "You have a fracture in your right hand. This is a very rare fracture which requires very long time to heal, if it heals at all. In ninety percent of all cases, unfortunately, this kind of fracture does not heal spontaneously. Hence, the most common outcome of this kind of fracture is an operation. However, even after the operation, the prognosis is not good. In most cases, patients experience difficulties when using the affected hand all their life, and this can interfere with their daily activities."

"Is this really happening to me? This is my right hand, my dominant hand... How can I live like this?" All these thoughts went through my mind, but I was not able to say anything. I was in shock..."

I left the hospital with a splint on my hand, and was required to wear it for two months. The doctor warned me that my hand should rest during that time to allow the fracture to heal optimally.

My life became a real nightmare. I couldn't do anything myself. I needed help to dress up, to open the doors at home. I couldn't do any of the domestic responsibilities such as cooking, washing dishes, ironing, and so on. The only thing I could do was to sit down alone in silence, and contemplate my life.

I had so many questions in my head, feeling confused, and miserable. The main questions that I asked myself were the following: “Why has this happened to me? Is there anything that I need to change in my life?” But, I didn’t know the answer.

One day my best friend came to visit me at home. I said to her, “I’ve been contemplating my life, and I feel that something is not quite right. While thinking about the way that I was living my life, I realised that I wasn’t really enjoying my life. I was preoccupied with my work and my PhD thesis, and I neglected all my other needs. I don’t want to spend the rest of my life living in pain, suffering, and misery. All I want is to be happy, to be joyful and peaceful every day of my life. There must be another way of living. I need to change something. I feel that I need more balance in my life. But, how can I do that?” I asked my friend.

My friend said to me, “I think that I know someone who can help you to answer your questions. People go to him when they ask these sorts of questions, or when they need an advice. His name is Cahil, and he is known as a spiritual teacher. People say that you always feel peace, serenity and joy in his presence.”

When I met Cahil, I couldn’t believe my eyes. This man radiated immense peace, joy and love around him. His presence was simply inspiring. “Perhaps he will teach me how to be happier, and how to create a more balanced life. He can be my guru”, I thought.

Following Cahil’s suggestions, I decided to make changes in my life by creating a harmony between the physical, mental and the spiritual aspect of life. Six months after the fracture happened I visited my doctor again. After doing the appropriate investigations, the doctor said to me, “I can’t explain scientifically what really happened, but it seems that your hand healed completely. This is a miracle! Good luck in your new life.”

I learned from my guru that there is another way of living, another way of being. Living in this way, I was able to experience deep inner peace, joy, and serenity daily, and radiate it around. I learned how to create poetry in my life, to make my life a joy, a celebration, a laughter. I learned what it means to be fully alive. This is true life.

I expressed my sincere gratitude to my spiritual teacher, and I promised to him that I will share this great wisdom and practical skills with as many people as possible. And that is exactly what I did. My vision soon became a reality, and the name of my new organisation “Another Way” was born. I started to work as a counsellor, mindfulness coach, and a motivational speaker. I have helped thousands of individuals around the world to live their lives in another way, to live a life filled with peace, joy, love, and happiness on a permanent basis.”

For more information, please visit:
www.anotherwayeducation.org

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To all my friends – for believing in my vision to help as many people as possible to achieve inner peace, abundant joy, and eternal happiness.

All we really want is to love and be loved for who we really are. Without love, we cannot find everlasting happiness. Love is the only reality in life. Love is a foundation of an authentic power. If we follow the path of love, we will acquire everything that we want, and we will achieve everything that we desire...

With love,

Snezhana Djambazova-Popordanoska MD, PhD

This book consists of answers to your significant life questions, interspersed with original pieces of poetry related to those questions.

It also includes practical ways of how to overcome your emotional pain and suffering, and discover the real treasure within...

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ENJOYING LIFE FULLY

*The most important thing is to enjoy your
life-to be happy-it's all that matters.*

Audrey Hepburn

Q: How can we enjoy our life fully and experience joy daily?

A: The ultimate goal in life is to be content within and, to experience inner peace, immense joy and everlasting happiness on a consistent basis.

Hence, to enjoy your life fully, each day you need to identify your own needs in the present moment, and aim to meet those needs as soon as you become aware of them. Remember, your immediate needs are your priority, and your main task in life is to fulfil them.

If you don't act on your needs in the moment, you will frequently experience feelings of dissatisfaction and frustration. These negative feelings inside you can resurface at any moment when you are in close contact with other people around you, transferring your negative energy to them. This in turn can cause relationship problems, conflicts, and feelings of disconnection from others. At the same time, this negative energy will build up in your body over time, interfering with the functioning of the organs of your body as well as your emotional well-being. This negative energy, if not disposed of properly, may eventually cause development of a physical or mental illness, an accident, or even an injury.

It is important to understand that all these negative experiences are the result of the negative thoughts and feelings arising in you when your immediate needs are not being met. Therefore, it is important to re-examine the way you have been living so far. You may start by asking yourself the following questions: “Who knows the most what my needs are at any given moment?” “Whose responsibility is to meet my own needs?” “Who is creating my day?” No one can know better than you what your needs are at any given moment and how to fulfil them. Only you can create your day. Only you can design your life. Only you can write your own destiny!

To enjoy every single moment of your life, it is vital that you bring full awareness to your needs every moment of your life. The better you are at identifying and satisfying your immediate needs, the more content you will feel. Considering that throughout a day, as frequently as possible, you need to focus all your attention on yourself. And after that peaceful period of a few moments, you may ask yourself, “What do I really need now?” This is a powerful question as it focuses all your attention on your immediate needs, bringing you into the present moment.

Throughout the day, you might have different unfulfilled needs. For example, your need at any given moment might be one of the following:

- body: hunger, thirst, physical activity, massage, etc.
- mind: reading, writing, painting, drawing, playing music, etc.
- spirit: spending time alone in silence, connecting with nature, having a spiritual conversation with a friend,

reading spiritual books, listening to relaxing music, practicing yoga, meditation, etc.

- social: spending quality time with your beloved, going out and meeting new people, having a coffee with a friend, etc.

Once you can recognise and address your immediate need at any given moment of the day, its fulfilment will bring immediate satisfaction to you. In this way, you will learn to live in the present, and to enjoy each moment of your life fully.



ACHIEVING A PEACEFUL STATE OF MIND

Nobody can bring you peace but yourself.

Ralph Waldo Emerson

Q: How can I stop being unceasingly active throughout a day and begin to feel more calm and peaceful?

A: First you need to ask yourself the following question: “Why am I constantly active throughout a day?” To answer this question, it is important to understand that whenever the human mind is dissatisfied, it will constantly seek to be engaged in any kind of activity. Therefore, whenever you feel restless or unhappy inside yourself, you will always have an ardent desire to be involved in any activity regardless of the demands of a situation, or your actual needs. By being constantly involved in any activity, you temporarily forget all your problems, concerns, and fears. Hence, the urge to be constantly engaged in any activity throughout a day is to distract yourself, and escape from your present life situation.

Instead of being constantly active, you need to learn how to respond to the situations in life in a calm and peaceful manner. It is important to understand that there is a difference between feeling the urge to be constantly involved in any kind of activity and responding to the demands of a situation. The difference is that the urge to be busy all the time arises from a restless and discontented

mind, whereas spontaneous action arises from a peaceful state of mind. Hence, to achieve a more relaxed state of mind, you need to cultivate self-awareness.

To increase your level of self-awareness, you need to observe yourself carefully throughout a day. Then, whenever you become engaged in any kind of activity, you need to ask yourself, “What is the purpose of this particular activity? Why I have chosen this activity right now? Do I really enjoy doing this?” When you try to answer these questions, you need to pay attention to your own feelings and bodily sensations. If you identify any unpleasant feelings or uncomfortable physical sensations in yourself, this might mean that you have satisfied the need to be engaged in that particular activity. When you arrive at this moment, you need to stop for a few moments and do nothing but enjoy your own presence. In this way, you will connect with your inner centre, with the peaceful essence of your existence. Then, from this state of mental stillness you can focus all your attention and energy on the next activity that needs to be done. Remember that by achieving this relaxed state of mind more frequently between your daily activities, you will be able to preserve a lot of mental energy throughout a day. Then you can use this energy to perform a spontaneous action with your whole being and achieve the results that you desire more efficiently, when the need for such action arises.