

You Don't Have To Stay **Stuck, Lost and Frustrated!**

I know for a fact that there are many people in the world right now looking for the answers to questions like, “Why I am sad and unhappy?”, “Who am I?” and “What am I supposed to be doing with my life?” Maybe this is you.

Twenty plus years of struggle, that is how much time it took for me. I studied and researched different spiritual modalities and practices with Indian, Chinese, Korean, Russian, and American masters and spiritual teachers. In fact, I became an all-consuming lifelong learning machine. I have to admit, for many years I didn't even completely realize what I was looking for. Imagine asking a trainer something like that: “I am looking for the meaning of my life. Will your tape, CD, seminar, or training course help me with that?”

Here's My Story

It was a nice early spring morning in Slavyansk-na-Kubani, a small southern Russian city. The sun was shining through the fray of a couple of fluffy clouds, even though it was just for a short time, and it was still pretty cold at night.

It was the era of change in political life in Russia, during the late '80s–1990s, when General Secretary of the Communist Party Gorbachev was bringing about long-awaited but sometimes controversial changes in my home country. My personal life took a major and quite unexpected shift as well . . .

The air was fresh and the birds were chirping behind the window, but I could not be part of this happy celebration of life. I was lying in the bed feeling very sad, and my whole body was in pain due to depression and five life threatening diseases. There was practically no part of me that didn't hurt. Pain wouldn't leave me day or night. Not for a single moment.

I remember calling my mother, who was and always is my great support and inspiration, and telling her that only my ears and the soles of my feet did not hurt, but everything else did. I tried to joke about it, while I had to take five different medications for my major organs every day, and I was preparing to have several surgeries. Pain was taking over my body, week after week. I was losing my hope, becoming deeply depressed and considering the possibility of giving up. I was only thirty-three years old.

(Who would want to die when they are only thirty-three?)

I had two little adorable girls who I loved like there were no children before in the world. They were only one and four years old. I was married but became heartbroken shortly after our wedding, hoping it would get better. I always knew intuitively, like many of us do, that if I died, it would not be the end of the world for my husband.

I lived the life of a regular Russian woman of my age. It didn't matter how good or bad your husband was, women had to be a "half head lower" than their husband, as my grandmother

once said to me, which means they must completely obey their husband's opinion. The word "divorce" was not in the picture. Getting a divorce would be even worse than death in Russian society at that time. A divorced woman wasn't respected by other people, and her kids were treated as outsiders.

My husband would probably get remarried pretty quickly, I thought, and then my girls would have a step-mother. Step-mother! Some other strange woman, who wouldn't love them like I do? I could not stand that thought even a second! I could not see my girls being unhappy or unloved. It shouldn't be like this, I thought. In fact, it cannot be like this!

The next thought that went through my mind was completely shocking. I was thinking, but if I still died, who would say good words about me, who would remember me for something good I've done for other people, who would cry for me, who could say that I had a great life? Did I really live my life inside and out? Was there any meaning in my life?

... And then I realized ...

My life was completely meaningless!

Really?!!!

I felt awful. I felt REALLY bad about it.

Guilty.

Empty.

Almost hopeless ...

At that moment I realized I was going through my life just going through the motions, day by day, without much thinking. In many ways it was a predetermined path for the woman in Russia: first you go to school, then to college, get a job, get married, have kids. If you think about it, there is not even much difference for many other people in the world, despite geographical or cultural differences. What people usually do in your village or your city, that is most likely what you will do

with your life too!

Wow! My whole life was a complete waste?!

All I wanted in life, more than anything else, was to have a happy life, and then . . .

It happened . . .

First, I got angry.

NO!!! I screamed, "NET!!!" (Russian for "no") Everything, every single cell, was screaming inside of me.

I could not let this happen! At that moment I knew something had changed inside of me.

I decided to heal myself!

No matter what.

It didn't matter what it took, I had to live! I had to be there for my girls!

I had to find the meaning of my life!

At that moment, I knew—I had to live a different life. I had no idea there were such words like "full potential" or "life purpose" but . . .

(I was determined to find out what my life was about.)

Shortly after, I made a decision. I got up in the bed, grabbed the medication for my heart, and started reading. I read on the label that my heart medication is a great remedy for the heart, rebuilding my heart at the cellular level. It also had a side effect: it would destroy my liver. Oh, I thought, this is very interesting!

I picked up the medication for my liver, and it had a side effect of affecting my stomach. Next, my stomach medication would affect my kidneys, and the kidney pills would destroy my heart. Wow, it was a complete circle!

If I would die anyway, why would I continue doing this?!

Coincidentally, a short while before that, my mother, who was a director of a local library district in Russia, shared a sad story with me. One of her employees, a young woman who was thirty two

years old, had died from an overdose on medications. “How sad,” my mother said. “The autopsy showed that it was not her original illness that killed her, but too much of the different chemicals from her medications.”

I believe the Universe is constantly speaking to you if you are able to listen. Messages may come from different sources, but if they resonate with you, it’s good to pay attention.

I took a moment to reflect on this thought, and next I felt I needed to act. It was just common sense to me. Primal survival instinct. I got up from my bed, grabbed all my medications, and threw them in the wastebasket. If I had to die, at least I would die from natural causes, I joked with myself.

Of course, this book is not to give anybody medical advice, but rather to share my personal journey and the big lessons I learned while going through these challenges. Although, I do believe in the huge natural healing powers of the human body.

I believe our bodies are amazing! If we would just use the gifts of nature and let them heal themselves! If we would stop destroying ourselves with harmful processed foods, release past emotional traumas, negative thoughts and emotions, and all kinds of other poisons present in the world now! If we would give our time and attention to releasing past emotional traumas and memories that are not serving us anymore but rather are stopping us from being who we truly are! We could become much healthier and happier people!

. . . And that’s how my spiritual journey began. A journey of healing, struggling sometimes, learning, struggling again, but I had my eyes on my Purpose. I was constantly looking for the truth.

First, I began by detoxing my body, fasting. Then I started consuming natural food, staying in a clean environment, and doing balancing mental and emotional practices, yogic breathing, and meditation. It took me about twenty years of research and study. I tried different spiritual techniques: Tai Chi, Reiki, energy healing, yoga, etc.

Finally, I was able to find a reliable and practical tool to be able to:

- ❖ figure out how to stay healthy and emotionally balanced
- ❖ what my personal gifts and talents are
- ❖ know my Life Purpose
- ❖ know my Destiny
- ❖ create more luck in my life
- ❖ harmonize my relationships within my family
- ❖ start a new loving relationship
- ❖ bring and share my abilities with the world

❖ and do what I truly enjoy, and eventually make it profitable.

How would you like to have a healthier and happier life, a life that brings you Joy, that you share with your friends, family, and coworkers, partners, or employees? I did all the hard work for you, and now it's possible for you, my friend, with much less effort!

**Book your FREE consultation with Elena to learn how you
can use the Life Purpose Report to transform your life NOW.**

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