



GYVENIMO RYTAS

Awareness school

The Key of Happy Life

**WITHOUT IT, ONE IS NOT REALLY LIVING,
JUST EXISTING IN SLOW DEATH**

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PREFACE

Dear reader, first of all, I want to establish the basics of our communication. When interacting for the first time, strangers address each other as Mrs./Mrs. or Miss. I sincerely desire to be as close as possible to everyone who touches the experience conveyed in this book. Therefore, with all love and respect, I ask for permission to address you as simply and openly as possible. Sincerely thank you.

The purpose of this book is to help those who want to create a happy life for themselves. If you are reading this book it means that there is a situation in your life that you needed to look for something we call happiness. But what is the happiness? Do we even know who is the person we are trying to make happy? Who is that person we need to give that gift of happiness? And what's in that gift? The deeper we delve into these questions, the more difficult it seems to get the answers. Everything seems kind of fine, we are living our lives, we are alive, we have income, roof over our heads, but yet something is not quite right, something is missing. Where does this sense of emptiness come from?

Everything that I have written in this book, I have experienced, lived through, and tested in practice myself. For a long time, same as many others, I always knew who had to fix my life. Who else if not ME MYSELF? So I was fixing it. However, over time, I noticed that the burden of life was getting heavier and heavier, life was getting more and more complicated. From time to time I stopped to think how wonderful it was to be a child You give your hand to your dad and you are free. Jumping puddles and playing carelessly. No worries. You just live freely. In childhood, we didn't know how things should be, so we didn't even think whether it was good or bad. In childhood we all are free. But a person grows and makes more and more rules. The first rules are passed on to us by our parents: do this, don't do that, this is allowed and this is forbidden. We grow and feel how life gets more complicated. Troubles and tensions start to arise.

You start to think then: is this right or wrong? Will my parents and my teachers like it? Will I succeed or not?

One day I realized that I've become completely confused. It seemed to me that I just need to solve this one problem, and my income will increase then i will be able to be free. Yet with increased income my expenses have also increased. I have even more things to worry about without even knowing it. I created a monster, a magic dragon of desires, and I began to sink into despair trying to fight it. I would

satisfy one of my wishes, and three or four would appear in its place. As in that fairy-tale, when you cut off the head of the dragon, and three new ones grow instead. I've started to run out of money to satisfy my desires. Tension was building up at work, I brought that tension to my family and after sometime it start affecting my health...

I realized I had completely lost my harmony. I started to watch the world more closely and saw that everything around happens harmoniously. After winter comes spring, after the spring – summer. But there is no harmony in my life. Spring comes and I don't feel it. Summer comes, but I am cold, I feel bad. There's tension inside me. I start to think: what is it? Why in nature everything is so balance but yet in my head its chaos? Who is in charge of the nature? Why no one is making sure I have the same harmony in my life?

When I started raising these questions something vibrated inside of me. I felt a shudder coming from within. I felt that there is something, something is reacting. I thought: if there is something, maybe that something will help me?

I didn't find the answers then, but the information started to come in. I start noticing books I have not seen before, seminars i haven't heard of. I figure that there are self-improvement techniques that will help to fix everything. With the greatest enthusiasm I rushed to handle everything again: I can do everything MYSELF!

I started the fight with myself, the race against everything around me. I don't know how many techniques I tried over ten years, but I always wanted something more, something new. The best knowledge ultimately vanished without being materialized.

What results did I achieve? Everything that caused tension in me I pushed somewhere deep into myself. Things seemed to be as if getting better. But it was self-deception. The day came when everything that I had tucked deeply into myself festered and came out with such force that it tore off all the masks. I saw clearly that I had become neither better nor calmer or more harmonious. I felt utter helplessness. I realized: I am incapable to manage my own life. In that moment the struggle with myself faded out. I just relaxed in despair because I no longer knew what to do next. It was this state of mine that led me to hear the decisive words of the teacher while attending another seminar, because of the self-struggle I have not been able to hear it before: „Seek God. You will never take care of life yourself“. I didn't believe in anything, but I saw that there are people around who are feeling really good. And they were complete with nature. But I am a complete failure. At that time I said: “That's it, I give up. If someone is up there, if you can help me, please help me.” Soon the truth preached and the Holy

Scriptures was confirmed in my life: knock and the door will be opened to you, ask and it will be given to you, seek, and you will find. In my deep state of equanimity came my inner spiritual guide, I felt infinite confidence in him. I gave in completely. I was reborn in that moment. Today I call it the true birth of a man. Then I began to receive answers to the essential questions. Why does the best knowledge from the best teachers die? Why only two percent of people, is learning something new, practice it on a daily basis, and only those two percent get a chance to be happy? What was opened to me deep in my heart came along with the title *The Key of Happy Life*. I received the answer, after which I started doing what I am sharing with you today. That's when my eyes opened. I gained significant perception and knowledge, and at the same time a strong inner stimulus to pass it on to others. But how to find the time for that? I said: "Oh Lord I am the owner of the company and I am an expert and consultant in building insulation, I lead seminars for municipalities and contractors. You have already taught me to do this. But how will I have time to do all this?"

And right then a miracle happened. It only took three days and everything was resolved. My deputy, a great friend of mine, with whom we had worked together for twelve years and never had fallen out, brought a resignation notice. "I can't work with you anymore because your spontaneous decisions make the work no longer pleasant, – he admitted. Your decisions have become very strange. You say – go and do it. But how can this be done without any analysis, without any calculations?" I suddenly realized: he has to run the company. "Don't look for anything. Just take it and lead it, after all, you have been in charge of everything in this company for so many years", – I said. That minute my real life started. I got the opportunity to do what is meant for me. I got the chance to awaken souls for happiness.

The series of four seminars "The Key of Happy Life" was born in somehow incredibly free, harmonious and simple way. I didn't create them, they just found expression through me. What is being taught in these seminars? The fundamentals, basic knowledge leading to a unique composite of perceptions and practices, without it all other practices and techniques weaken and even lead to energy loss! It is a consistent, cohesive, reasoned, complete system of knowledge that opens to the mind the possibilities to see a different reality of the surrounding world and itself. This very knowledge helps to get a better understanding of the information obtained in other seminars and to apply it in real life. Such new seeing allows us to take new steps into life, which is dominated by inner peace and completeness, sincerity and gratitude, forgiveness and trust, physical health and vitality. These seminars are interrelated and form an overall set of knowledge needed for future change, so it's worth learning everything in sequence.

So here I am conveying to you a very important message, without it I have ruined my life and now I can clearly see how many others are doing the same.

Without the Key of Happy Life, any practice becomes ineffective or even destructive, any path leads to routine and stalemate, and leads to crisis. Your life will not lead to peace and completeness until the Key of Happy Life will become the essence of your daily routine. Without the Key of Happy Life, human is not born for real life. He only exists on the journey to death.

Now it may seem to you that I give too much importance to myself. But this knowledge is not from me. How a pencil with which the poet wrote the poem, can be proud of itself? I only pass on what has been opened to me and instructed to pass on. Will you embrace that? Are you ready to be born for real life? Look for answers in your heart...

The aim of this book is to convey to each person, as simply and comprehensibly as possible, this basic knowledge, the essential principles of happy life that were unlocked to me manifested and prove itself in every person's life. Thank you for giving me the opportunity to share what I am allowed to share.

With love,
Robertas Karvauskas