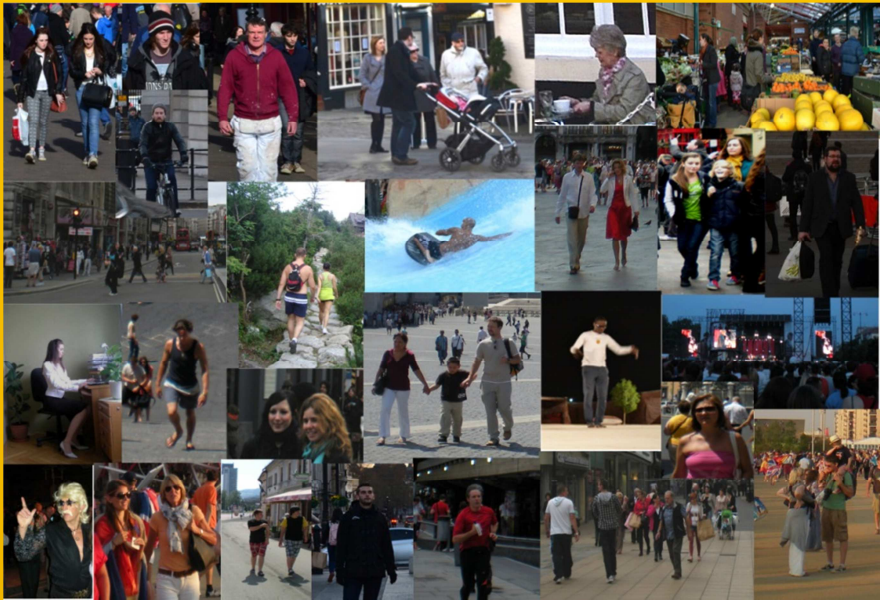


KRISZTINA MILAK



Life in practice

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What can you gain from Life in practice?

Be happy and content from now on in everyday life as well. You can acquire happiness and contentment by using simple methods from a person who has learnt them at the university that is present all over the world and that has been offering counselling to the United Nations as well as directly from the former personal counsellor of the Kennedy brothers.

I am a happy person who lives in harmony with herself and the world.

I have written this book because according to the wise, someone who already has enough knowledge of something - in the present case of reaching happiness and maintaining harmony - is entitled to pass it on to the World.

Why can this book help you?

I am going to show you how you can accomplish happiness and satisfaction in everyday life.

You may learn such methods with this book that shall impact all the key areas of life.

This book combines content that is considered spiritual and other material in a way that you can easily understand and put into practice in the everyday life of the modern world.

Moreover, I am going to clarify several phenomena present in everyday language and help you to really understand and apply them in daily routine.

This book helps if you are lost in the cavalcade of many spiritual trends and theories.

I recommend this book to everyone searching for their path and who is looking for prompt and effective solutions to make the most of their everyday life.

You can learn the real utilisation of your mental, spiritual and physical abilities to improve all areas of your life. All this is supported by many practical examples.

This book gives you the comprehensive and precious knowledge that comes from over twenty years of experience

How I came to creating Life in practice

In my life so far I have been asked to give advice on life issues, business matters and nutrition by many people including my family, good friends, acquaintances and, in many cases, complete strangers.

Some of the things I have heard are: My grandchild is not doing well at school, my father is an alcoholic, my partner is idle, I have not been studying what I really want to (for example: to be a master chef, a dancer), according to my parents or my brother I have no musical talent in particular, and my voice is not good enough...

Out of thousands of questions, one has come back to me more and more often, that is: 'How do you do it?'

In the past few years, these requests, questions have become everyday occurrences and are part of my daily routine to such an extent that I have felt it is time to share my experience thus far more widely.

The story of writing this book can be traced back to sometime during my kindergarten years when having left my mother's twenty-four hour care, I

saw a bigger world unfold, one that I could experience alone. I remember clearly that the observation of people and myself began here. Instead of afternoon naps I listened to the conversations of the kindergarten teachers, I would have liked to get up, go to them to highlight for them where they were practicing the game called life incorrectly. Naturally, it is most likely that they would have laughed at me since I was three or four years old and they would have sent me to some shrink saying that there was something wrong with this kid. Similarly to the way it happened to some extent in school because they did not manage to limit my way of thinking and openness to conform the school settings. In addition to this, I was unwilling to absorb at school what I found unnecessary information. So this is how I became considered to be dyslexic. At the age of six I was still trying to maintain my openness. Though my teachers tried to break me away from this by all means, which they managed to do temporarily, since a lot of my time was spent in my childhood trying to live up to external expectations. Needless to say that it was unsuccessful, for deep inside, I never really cared. In this way I was able to preserve my inner world as

it really was. My parents also played a significant role in this, especially my mother, my interest in other cultures and customs existed during my whole childhood. My mother - as the seventh child in a country family (country meant in the best sense of the word) - bears such knowledge that reviving groups living in harmony with nature and feeding from ancient cultures, or schools are trying to revitalise only now. What is very important as well is that she fed my two siblings and me with love by teaching that if this element is part of our lives, everything else turns into externals, with love's strength the gap can be bridged and the problems can be solved more effectively. Thanks to my father I learnt mind control and autogenic training already at the age of eleven or twelve.

I slowly got the hang of school life, only the Hungarian grammar lesson remained mumbo jumbo for me, which limited my options regarding career choices at the age of fourteen. By then I understood I wanted to help people to feel better in their lives and to have their personality and talent unfold more fully. This is how I got into hairdresser's school where one week of school alternated with one week of practice. I enjoyed the latter a lot since finally I

had the chance to meet and talk to people of all ages. Being between fifteen and sixteen of age and having the time and the capacity to read what I was interested in without any pressure, I fully realised that there had been nothing wrong with me in primary school and I became a voracious reader of spiritual books and magazines. The thought that I would also write a book one day came into my head.

The next ten or twelve years were spent in finding my true self and working on intensive self-improvement.

In parallel, I studied and worked at an economic vocational school and I graduated as an economist from college. During this time I also assisted in the family business - the idea of which came to me - with my increasing professional knowledge and all my strength.

During the last year of college I quit working in our family business and set off to gain more experience in the field of bigger ventures. Truly great spiritual masters arrived in my life in this period. 'When the student is ready, the master appears.' Thus, I wanted and had the chance to learn from a number

of people possessing a great deal of knowledge and experience. I wish to highlight the importance of Enüd McGiffert who worked as a life coach for the Kennedy brothers and the King of Jordan. No wonder that her activities and personality made a big impact on me. I was fortunate to get to know the wisdom of Celestine Prophecy through her. We went through the revelations from week to week with a group of people. Additionally, I went to the first lecture at Brahma Kumaris World Spirit University with her. Its pureness, lack of violence and wisdom struck me at once so intensively that the university has become part of my life. I am going to write about the experience gained there later on.

There was a point when I started to feel that in a few years' time my fields of interest would later be intertwined within me and I would spread my wings as one field of interest is backing up the other. It has taken me five or six years to prepare and be ripe for this stage. During this time I have acquired a lot of spiritual experience and knowledge mainly in the course of the four years I have spent in England. I am going to tell you more about this later in more detail.

Life in Practice

So now you can also see what path has led to writing *Life in Practice*. You may know that from a child growing up among disquieting, narrow financial circumstances I have turned into a truly happy, determined person who lives in harmony in today's overburdened and noisy world; someone who now thinks that she is ready to give the methods and exercises she has found to the world more widely and thus serve the welfare of mankind.

I have done this so that you can reach this path in the easiest and fastest manner.

If I have succeeded, you are going to succeed, too!