

# 5 Secrets to Unlock Your Irresistible Soul Power

Release the Limitations and Master Your Destiny

*By Olga Aura*



[www.iamfullyalive.com](http://www.iamfullyalive.com)



2011 Olga Aura. All rights reserved. No part of this E-book Manual may be reproduced, photocopied or transmitted by any means without permission of the author. Olga can be reached at [Olga@IamFullyAlive.com](mailto:Olga@IamFullyAlive.com)

**Disclaimer:** This E-book manual is intended for informational and educational purposes only. This manual is not intended as medical or therapeutic advice. The author, nor the sited lecturers, mentioned in this manual will be held accountable for the use or misuse of the information contained in this manual. Thank you and enjoy!



## *Contents*

<i>Preface</i>	<i>I</i>
<i>Introduction</i>	<i>II</i>
<i>Secret #1</i> <i>Discover the Hidden Blessing in Being Stuck</i>	<i>7</i>
<i>Secret #2</i> <i>How to Read &amp; Follow the Treasure Map</i>	<i>19</i>
<i>Secret #3</i> <i>Release the Ties that Hold You Back</i>	<i>26</i>
<i>Secret #4</i> <i>Recharge Your Power Centers</i>	<i>29</i>
<i>Secret #5</i> <i>Rewrite Your Story</i>	<i>35</i>
<i>Resources</i>	<i>38</i>
<i>Author Biography</i>	<i>50</i>



## Preface

I am honored to introduce Olga Aura's "Unlock Your Irresistible Soul Power Now" because there are a lot of great things about Olga. One thing I know for sure is she is a gold medal winning gymnast and has the energy of....I can't even give it a name! She is phenomenal, and since she has been here in the US, she is often asked, "Olga why did you come here? How did you not get back on the bus and return to Ukraine?" People ask her that all the time. Why did you stay in America? Well, from what I know of my friend Olga, I feel that at a very young age, the young age of 14 years-old, she had a vision, and today she is living her vision.

Before she could start living her vision she had to overcome some life obstacles, such as bipolar and bulimia. Those are tough for a 14 year-old to deal with. Now, since overcoming those obstacles, she has become a radiant, potent woman of power. She has created a prosperous and thriving business, doing what she loves: mentoring others to release their inhibitions and shine their true radiant selves.

Olga has worked with top Cirque DuSoleil performers like Elena Gatilova, and the raw food celebrity Elaina Love. She has even mentored the bestselling author, Seth Braun. Olga touches everybody's hearts and she has touched hundreds of visionary leaders worldwide through her videos, CDs, and EBooks (like the one you are reading right now). Olga is the best mentor for those who are called to make a difference. She frequently appears on the radio and in magazines. If you want to find out more about Olga, just visit her website <http://www.iamfullyalive.com> You'll see she really is fully alive and she lights up any room to do what she does best - helping others to be their very best.

Joe Johnson

'Market What You Know' Expert



## Introduction

If you want to make a Quantum Leap in your life and in your business, but it feels like a lot of work and you don't even know where to start, I can relate. The picture Joe Johnson has painted in the introduction is accurate: yes, I have been blessed with great achievements and success. But it definitely did not come overnight.

As long as I can remember, I was quite shy during childhood. Oftentimes, I would even call myself rather clenched up, almost like a puppy that has been beaten with the newspaper too many times. That kind of shyness is the opposite of being in your power. Now I can tell that a lot of this had to do with my environment: power being misused in my household, in my community, in my country, and in the world in general. In all truthfulness, for a long time I was not a woman of power at all and I didn't even think I would become one.

As a matter of fact, I didn't even become a woman until I was 22 years-old, because that is how long it took me to have my first menstrual cycle. In order to heal, I had to look behind my symptoms and be willing to deal with the root cause of my pain. Behind bipolar, bulimia and not having a menstrual cycle, I discovered a deeper core belief system that was generating these health challenges for me. The limiting belief was actually on the level of my soul, where, as a young girl, I had made a sacred agreement with myself: "I will not become a woman, if being a woman means being beat-up all the time." And so I didn't.

What secret agreements have you possibly made that fuel the limiting beliefs operating in your subconscious? When did you give your power away? Somewhere in your family history there has been the experience of being emotionally, physically or sexually abused. It might not have even been in your personal life, but in your mother's life or your grandmother's mother's life. Embryology science has proven that you have actually experienced what your grandmother has experienced. Each woman is born with a set number of reproductive eggs, which means that when your mother was in the womb of your grandmother, she already had the egg that would become YOU inside of her.

Therefore, if your grandmothers went through the experience of World War II or the Holocaust and the experience of being persecuted, executed, or exiled, you too have experienced that on some level. And you wonder why you are playing so small in the world, why you are hiding in an oversized body, why you start projects but don't complete them, or why it feels like your life is passing you by.



What if the “Why” is a valuable protection mechanism. At one time or another it might not have been very safe to let your true colors shine – your soul. Perhaps you were misunderstood, ridiculed or rejected in your family or at your job, and because of this you put your soul power into hiding in order to fit into your community. But this also means that you had to become someone else – wearing a mask.

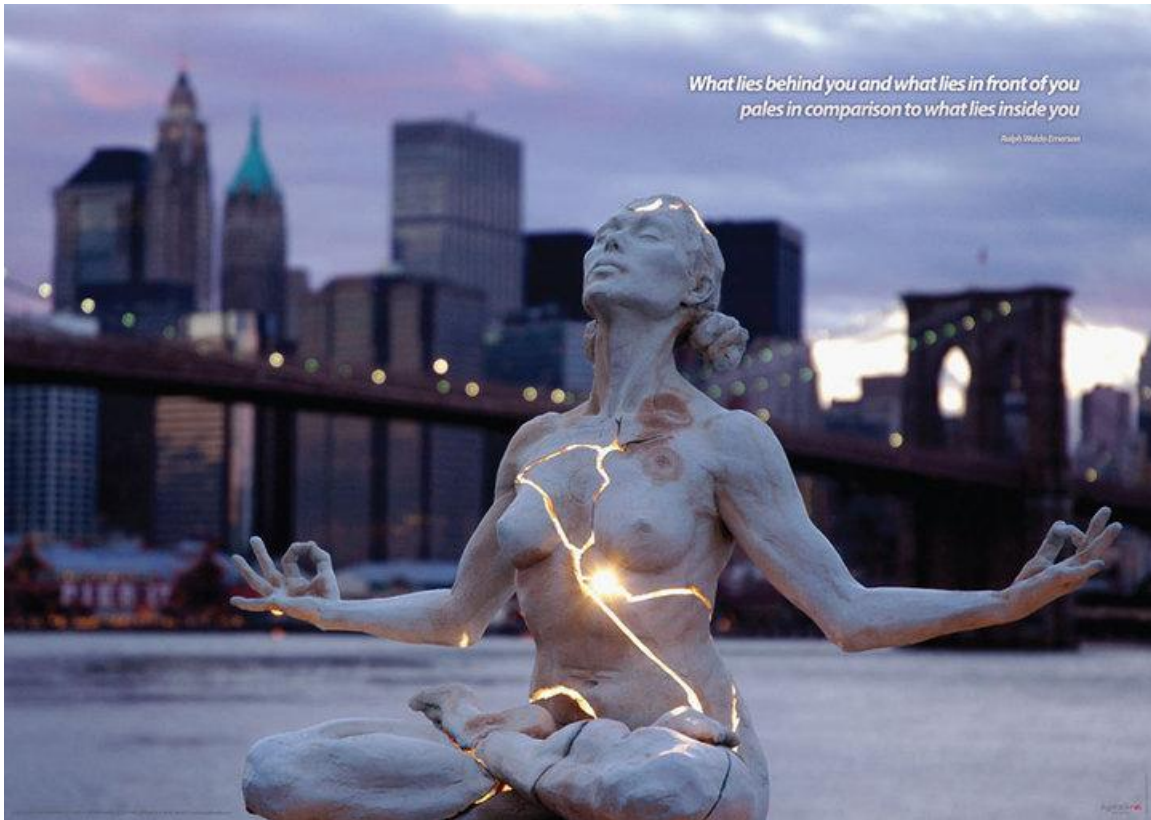
If you are holding this program, you must have been drawn to it for a special reason. Trust that reason. This book opens up a deeper conversation, not just scratching the surface of another diet or self-improvement regimen. This book may present ideas or a learning style that are different from what you are used to. It will be intellectual, but also deeply experiential, which means you’ll be able to ‘experience’ a subtle shift in your life *right away*. Open yourself up for a mind-shift as well as a soul-shift.

To your irresistible soul power,  
With love,  
Olga Aura

Pacifica, CA  
August 2010

## Secret #1

### Discover the Hidden Blessing in Being Stuck





# Chapter I

## The 3 Levels of Healing

The first step is to go inward and investigate what has been holding you back. What is a repeating theme in your life? More than likely, it is connected to an energy block in your system, which I call your *core limiting beliefs*. Although you may not be aware of it, these beliefs govern your life. Becoming aware is the first step, but, although contrary to New Age philosophies, awareness alone is not enough. **Action** is necessary if you are to succeed in clearing out what clogs you.

If you want to make a Quantum Leap into success and prosperity, you must realize it's not just about money. Prosperity is a state of mind that governs your vitally alive body, to provide a thriving worldly home for your soul; your intimate relationships that are supportive, nurturing, and consistently work; your career which doesn't feel like 'work' because you love it so much and affords you all the money you can spend.

If you have been struggling with issues like extra weight, body pain, addiction, infidelity, divorce, lack of life purpose, or money problems, this book is for you. All of these are actually symptoms of energy blocks. By 'energy' I am referring to your vital force, also known as your creative juice or your irresistible soul power.

Even skin conditions are connected to blocked life-force power. These represent irritability which is occurring on the inside and showing up externally. Issues such as chronic illness, joint or digestive track inflammation or depression reflect the same: a state of internal war and a power struggle with your own radiant power. This book will help shine a light on the specific ailments in your individual system, as well as in your family constellation. After reading you will have much more clarity as to how *exactly* you can clear these ailments (energy blocks) and bring forth your radiant, confident, sexy Self to take your business to the next level.

There is only so much that I can cram into the beginners course, and I promise that throughout the program I will show you how you can take it further.

As you go through sections 1, 2, 3, 4, and 5, you will begin to see a new picture of whom you are and who you have always been, and realize that you are not defined by your physical limitations. You will be so happy to remember that you are a spiritual being on a mystical journey; you are on an adventure to experience more freedom, more



prosperity and more success.

My goal with this book is to *take you there*.

Before I started writing this, I checked in with my higher source and contemplated the question, “What do you, the reader, need to hear from me right now?” The answer I received was very simple: I am to share with you the map of the ‘magic kingdom.’ This map will take you from where you are right now, across the river to the *other side* – this IS your Quantum Leap.

**I was already given the image of who you are becoming - you are standing on your own two feet in your power, you love the way your body feels and looks, you attract better quality people into your life, you have a greater confidence and radiance about you, and you sing your song for the world to hear. I was told it's a done deal, you just need to show up...and you did. Thank you, thank you, thank you. The inner work you do uplifts us all.**



So, are you excited for the adventure?

Let's go for it! Whatever your challenge has been, I invite you to take a moment right now and close your eyes for a second. (Like I said, this reading and learning style will be experiential as well as intellectual. This is the experiential part). Please close your eyes for a moment and take a deep inhale and then exhale through the open mouth with a sigh. Let everything go!

Don't skip forward into this paragraph until you paused for a deep breath.

Now, remember a recent personal situation or a relationship issue where you had felt disempowered and upset. Whatever comes to mind first, trust that this memory, image or feeling that pops up is the right one for you to explore now.



At face value, what is happening on the physical level in this situation? Be it health, money, or love-related, are you in pain, broke or arguing?

Einstein said that you cannot solve a problem on the same level that the problem was created. What does that mean to you right now? What level is Einstein talking about? To use an example: you can diet and exercise like a mad woman trying to lose weight, but if you are only approaching the 'weight problem' on the physical level, it will 1) take a very long time, and 2) be ineffective because the weight will always come back.

Why is this so? Although the symptom of your unhappiness may be on the physical level – the body, the ROOT CAUSE is at a level beyond the body. One of my mentors uses the image of the Russian nesting dolls which stack up into each other. The physical body is encapsulated by the emotional body, which in turn is encapsulated by the spiritual body or the Luminous Energy Field.





Consequently, the healing approach which will ultimately yield the most lasting results for you is that which includes all three levels of healing – body, emotions and the soul. To use the weight issue again: usually what first happens is that you visit a nutritionist and trainer to exercise your *body*. Over time, you may see results, but you still might be unhappy. In this case, you would go to a psychologist and dig deeper into your patterns of *emotional* eating and self-sabotage.

I judge that you, the reader, are of great intelligence, and some of this you may already know. However, even psychotherapy can take up to ten years to resolve an issue solely on the level of the mind and emotions. There is a more direct, faster route.

The Luminous Energy field literally houses the archives of all your traumas and historical family wounds. These memories (or imprints) are like computer programs in your system. When triggered by an event in the present day, the imprint will act itself out as it always has. For example, your boss yells at you and the imprint of a little girl who was abused as a child is triggered. On the emotional level you are immediately hit with a wave of overwhelm and frustration and the limiting beliefs fire up like a chorus: “you are weak, you are stupid, and you will never get it right.” On the physical level, your normal coping mechanism is to eat cookies in order to numb out the internal chaos.

It is now understood that you want to, first and foremost, clear the “software” that has been running your life. Once you erase the personal and historical family imprints at the soul level, the mental beliefs will also readjust. In turn, your physical reality will shift as well. ***The physical symptoms of illness, overweight, gambling, addiction, infidelity, divorce, or any other issue in your life, will subside once there is a shift on the level of the soul.***

Now take a deep breath. Again, exhale through the open mouth with a loud sigh. Let it all go. You are doing great!



## Chapter II

### The 5 Prison Cells That Keep You Stuck

Now let's look at the bigger picture. In this picture you will see that whatever is happening in your life and in your relationships right now is *not personal*. As a matter of fact, doing so will feel so good, like a huge weight off your shoulders, because it is not about you.

Imagine you are a spiritual being on a soul flight. You are a beautiful bird that is soaring through all the different experiences in your life, passing by the different cities, countries, relationships and careers you have already experienced. It has been quite an adventure already. Can you see it? You have made it through. You have the perseverance and the juice to continue forth! You have power like a fearless jaguar that leaps through hoops of fire!

But have you noticed how, once in a while, you get stuck again? Maybe you get stuck for a day, a month, a year, or a whole lifetime. You get stuck because you *forget* the bigger picture of who you are. You get stuck on the physical and the emotional level. Remember, it's very hard to break through this with actions on the physical plane alone, no matter how persistent you are. With only physical actions, you may still feel stuck, like in a prison cell. If only you had the key to get out.

I have identified five prison cells, or the five energy blocks, where we all are stuck at one time or another on this spiritual adventure. There are more, but for the purpose of this book you will learn the first five. These prison cells are not personal, they are universal, and I invite you to investigate them as such. You may be able to identify multiple prison cells where you have already "done time."

We go through all of them during our life – and that's the path of EMPOWERMENT.

#### **The 5 Prison Cells**

1. Chronic Body Pain
2. Weight and Body Image problems
3. Sexual/Reproductive issues
4. Unfulfilled Life Purpose/ Depression
5. Scarcity/Business Blocks



These are the prison cells where **your soul might be doing time**. Where in your life do you feel most restricted and chained up?



## **The first prison cell is chronic body pain.**

This is when your life force is suppressed. As in the case of autoimmune disorders (inflammation of any kind), digestive issues and cancer – these are symptoms of you turning your own life force against yourself. A state of war *within* is created. Great fire, heat, inflammation and pain is the result.

Imagine your life force is like a speed train, it's extremely powerful. However, the train is locked up inside a cage, and every time it tries to gain momentum, it inevitably rams up against a wall. This is the pain that you feel in your body – a tremendous power rams up against the wall of your bone house when obstructed. Ouch! Self-attack.

When you unlock and set your 'power train' free and express yourself fully, then your body will heal effortlessly, and you will become unstoppable.



## **The second prison cell is being overweight or underweight.**

In the past, if you have experienced unwanted advances from the opposite sex, you will naturally want to 'cover yourself up' in extra layers in order to hide. Or you become very thin and invisible, again, in order to hide. Battling weight issues is a coping mechanism against something that you can't control. If you have been abused, shamed or misunderstood, you will want to hide. The catch is, you could be hiding your whole life.

Constant worries about food and body image are a side track in which you can loop around and get stuck for years. It's a distraction from living out your passion in the world. You know it's a trap when you start telling yourself, "I'll become a Yoga teacher when I lose weight and actually look like one." Or, "I'll start dating again when I lose weight, fit into a dress size 8 and look desirable."

Running around this proverbial "track," *preparing* to live your life, can last for years on end. You are reading this book for a reason – it is your permission to live your life NOW! The secret to breaking free from the overweight/underweight prison (and every prison) is to take ACTION.

Start teaching Yoga, go on more dates, do what scares you the most, because it holds the key to getting out of 'prison.' You'll figure out how to handle the attention and new people coming into your life once you reveal just how powerful, smart and loving you are.

## **The third prison cell is sexual reproductive issues.**

It is trendy these days to 'dig up' sexual traumas in the family. The general camp is divided into those who believe a person's (mostly women's) memory of sexual trauma is real, and those who believe that the story she suddenly 'remembers' is a lie. I am not so interested in the 'story' as I am in the opportunity it provides to heal a whole family lineage.

First off, the original trauma does not even have to be directly sexual. It could be emotional, verbal or even energetic, to cause deep pain for a young person. In today's western society we are too sophisticated and domesticated to 'fight dirty' out in the open (even though every family has plenty of dirty laundry). A young girl could easily pick up on the fact that mommy drinks a lot of wine in order to forget something. Or, perhaps it doesn't only start with mommy, maybe her mother's mother was abused (not necessarily as severe as rape) during the Holocaust. Now, the trauma to the deep, feminine, receptive and trusting part of oneself is being passed forward through



generations, and nobody has ever talked about it. Until now, you are the one who has chosen to rise up and say “This stops with me.”

Second, it's important to understand that trauma affects the person's life force - that primal electricity and creative potency of all that lives and reproduces. When your life force is blocked off in response to a trauma, it goes underground. Impotency and infertility can follow, or a frustrated sexual power can manifest as infidelity, aggression, or addictive habits of any kind, such as gambling.

Third, it is not the memory itself or the story that is most important. Whether it was imagined or real is not the point (after all, the veil between imagination and reality is very thin). What is important is that you get to *re-write* your story. Whatever it was, as horrid and traumatic as it was, do not get stuck in the story, you must move *past it*. Ask yourself: What is the new story for my life and my family? What is the legacy I want to leave behind? Is it one of a victim, or one of a victor?

Once you clear the energy blocks and liberate your soul power, the creative life force will come alive again and you will be able to create a new story for yourself. Even more so, -from a larger perspective, you will be able to create whatever you want in your life. Whether it be a baby, a book or a business, you will be able to do it.

## **The fourth prison cell is unfulfilled life purpose & depression.**

This is a common place where the ‘wounded healers’ hang out. By claiming your personal power, you have dealt with your fears of being seen and heard in the world. So many of us hide in our lives, I certainly did. You too might have been a gifted, sensitive child who was misunderstood or abused. As an abused child you were afraid of being noticed, unconsciously thinking you would be hit if you were seen. Consequently, you hide in the secret corners of your existence – ‘perfecting’ your craft, collecting a pile of certifications in the latest healing modalities or writing articles and reports that never see the light of the day. Isolation is a protection wall that keeps the harm away, but it also keeps the love away.

Maybe you are quite a gregarious creature and do not isolate yourself at all. Being depressed however, your spirit is pressed down and stuffed in a box. Even though people may always say you are incredibly fun and extremely caring, you might feel that nobody *really* knows you. The authentic 'you' is still hidden from the world, and as a result, you feel that you have no voice, no energy or courage to be your authentic self. This manifests in an inability to speak your feelings, express yourself creatively, do what you want with your career, and live your dreams.



Depression and fear of letting your true colors shine is a valuable protection mechanism. More than likely you are a highly intuitive, sensitive and creative creature who has been misunderstood, mislabeled and even ridiculed for your abilities and unusualness. Now you isolate yourself and depress your true nature so that you are able to fit in and be safe. Once you unlock your personal power, you will no longer base your self-value on the opinions and influences of others. You will be able to speak your truth and shine your light freely with compassion and confidence.

### **The fifth prison cell is scarcity or business blocks.**

This is when your personal power is restricted and shows up in the financial arena. It must be understood that everything is energy. When money is not flowing it's likely connected to your own spiritual power being kept under the lid. Take the lid off, clear the energy blocks and everything will begin to flow in your life.

Lack of money is inherently a self-value issue. Have you forgotten the omnipotence of your origins? Are you a Queen who values her services at the hourly rate of a beggar on the street? How do you relate to the gifts you have been given by God? This is a very important aspect of who you are and how you see and define yourself.

My friend and a wise woman, Joe Johnson, once said, "I am more than I appear to be." YOU too are more than you appear to be. Unlocking my soul power was a personal choice, made with great intent and thought. Retrieving personal power can very often be a gift, allowing you to put your charisma and talents on display. To be truly powerful, however, is not only being charismatic, but to be a master of your destiny.

What if you have outgrown your family of origins? What if the story of where you come from, what your skin color is, what you are worth and what you will achieve in your business and life is NOT predetermined? What if YOU can write a new story, different from the one into which you were born?

And what if, you are the one who breaks the chain open that your parents couldn't. Yet, you breaking free will liberate them too – all those who came before you and all those who will come after you, your children's children. You are the author of your success. You can do it!

These are the five prison cells which we all go through at different times in our lives. You may be able to identify one prison cell you are currently in. Remember that they are just symptoms; they do not identify or define you. Another way to look at prison cells



are as guide posts along your journey. Whichever one you identified as most prevalent, this is your guide post which is showing you *exactly* where you are to find the creative life force which has been humming for all these years under the surface. It's time to put your beautiful authentic self on the map.

Rise up and say: "Whatever the story has been, it's not personal. The story does not start with me, but it will stop with me." This is the power and soul juice you possess, that fire in your gut which you can apply to crack open the prison chains. Yes, your grandmother's mothers once lived long ago, back in the times of the Holocaust, inquisition, witch-hunting, rape, abuse, and torture. Yes, history exists, but that's not where you will focus your attention. You have studied your wounds enough.

Today is the turning point when you flip the switch and make a choice to step into your spiritual journey and proclaim, "Yes, I AM more than I appear to be. I am a spiritual being having a human experience. I have what it takes to break the chain. I am the link in the family history that cracks open. It stops with me. And the coming generations will not have to deal with it. It is done!"

#### *Mary's story*

*I was recently privileged to work with an amazing woman of power. Her name is Mary (the name was changed for privacy) and she was stuck in a prison of extra weight, or that's what it seemed like to her when she first contacted me. Once we started working deeper, Mary became curious about the root cause of her overeating and weight gain. She didn't want to do another diet, she wanted to understand what was behind the curtains, what was happening at the territory of the soul. What she realized is that her 'energy block' was connected to being sexually abused as a child by her brother.*

*However, what Mary also realized very soon is that the original trauma was not about her brother, it was actually about her mother. She discovered so much anger toward her mother. She blamed her for not being there and not having protected her. In reality, Mary was blaming her mother for not having done the work around her own sexual abuse and passing it on to her daughter, Mary.*

*The most powerful revelation was that once she recognized the original wound and came to heal it, the cycle of abuse stopped with her. Mary is a mother of two beautiful young girls and they will not have to face the same pattern of sexual power being misused, because their mother had stopped the cycle.*



*Mary stepped into her power as a radiant sexy woman who no longer had to hide from unwanted advances. She found freedom!*

*The big bonus for Mary was that once she healed the sexual trauma in her family history, 80 lbs melted off her hips within a year, and she has kept it off ever since. Having become a woman of power, Mary now loves the way her body looks and feels. Part of this success is due to the Sexy and Confident in 21 Days course Mary also participated in, where she learned how to nurture herself with fresh food and ceremony time. Mary now wears her favorite dresses and goes out on more dates.*

*I celebrate Mary and her courage to break the cycle, and I also acknowledge that her mother (and her mother's mother) did not have the tools and skills to clear the family history of trauma. They did not have the resources like this book and CD. I applaud you for reading and for being open. You are a small percentage of fearless, amazing, creative women and men who are willing to release their inhibitions and live their dreams. Thank you for the work you are doing, it uplifts us all. The work you are doing right now will pay off in a BIG WAY throughout your whole life.*

*Here is Mary two years later...*

*"My life transformed in a way I never imagined possible. My husband and I have mutually dissolved our marriage. I just moved into my dream house on the beach. My Yoga studio is thriving. And I feel like a million dollars dating the man of my dreams!"*  
*Mary took a chance. Mary took action. From her action came a new life. She wrote a new story for herself and her family where everyone came out a winner.*

If you are stuck in either the 'Excess Weight' or 'Body Pain' prisons cells, then you want to break free, feel vibrant and confident and spread your wings. And that's exactly what you'll walk away with from the Sexy and Confident in 21 Days course. It will be a powerful Quantum Leap for you as it has been for hundreds of people around the world.

<http://www.SexyAndConfidentIn21Days.com>



## Secret #2

### How to Read and Follow the Treasure Map





# Chapter I

## The Fastest Way to Quite Your Mind is to Breathe

Your breathing is the body's barometer that will show you exactly where your energy blocks are and where your all-powerful creative life force is stagnant. You are about to go on a treasure hunt. Your body is the map. The breath is the guide that will lead you to the GOLD within.

Note of caution: it's likely that you will encounter walls of numbness and possible pain that shroud the GOLD. These are the same walls you learned about earlier – the prison cell walls. Now you will discover how energy blocks actually manifests in your unique body.

The first step is to take a deep breath and see how far it travels down your body. Go ahead; take a deep inhale, just for fun. Exhale.

Does the breath travel past your chest and into your belly? Or does it only go as far as your chest? It is very likely that wherever your breath stops, where you are unable to feel it traveling beyond that point, is the location of a possible energy block. That's where the river of vital energy that sustains you is clenched up.

And when you exhale, could you fully empty out the belly? Could you release so that a new in-breath can pour into the empty cup and fill you up afresh.

Remember the basic point that if 'you don't breathe, you die.' In other words, if you don't breathe fully, you can't live fully. Money, sexuality, health problems is simply a symptom of you clenching the flow of life – holding your breath.

If you have a hard time breathing deep into certain body parts, they become diseased and die. Pent up energy is at the root of your lower back pain, digestive problems, depression, and sexual dysfunction. You are powerful beyond measure, an unstoppable spiritual being like a hummingbird in flight. Like everyone else, you just have a kink in your system.

Imagine a garden hose with a kink that obstructs the water flow so you can't water your garden. This is a metaphor for your life. When your life force is obstructed, your life, cash, relationships and health dry out. You might be having a hard time creating what you want in your life because there is not sufficient water pressure in the hose to water



your 'Garden of Dreams.'

Wherever the breath can't travel, is where the kink lies. As the pressure builds up inside, your own energy is turned against you, and the dam will need to burst open sooner or later. The key to understanding all this is by knowing that the root cause of your pain is within you. Instead of a horrendous illness trying to take over your body, it is actually your own power being turned against you which is causing the pain. You've seen your grandmothers die of cancer and your close friends struggle with depression and illness. They take medication and chemotherapy, trying to kill this 'scary thing,' but ultimately they are killing themselves.

Cancer, in my experience, is your own suppressed frustration and anger eating you up; it is raw sexual life force misguided.

It is popular in the New Age movement to embody only the 'angelic' part of you. You may lock the 'anima' part up in the basement, but it doesn't simply disappear. Rather, it begins to act out at times you will find most inappropriate, or it will fester inside and literally drive you crazy.

### **Catch the 'kink,' or the energy block, before it festers into a problem**

How did a kink get into your system in the first place? Imagine yourself as your own child, and something traumatic happens: you are crying and your breathing speeds up, you are scared, panting and trying to process this trauma through your body. Think of a gazelle in the wild that just barely got away from a lion. She is breathing heavily; her muscles are twitching as the body instinctively releases the stress hormones from the system. An hour later the gazelle is back to grazing in the open field.

If we were not socialized creatures we could release trauma this quickly too and not develop illnesses later in life. But we live in a culture where everyone must oblige to a certain behavior. If you are this babe then, and upset for a valid reason, what happens next? Most often you are quickly told "boys don't cry," "girls must keep their emotions quiet," "get over it," or "stop crying or I will give you something to cry about." Does this ring a bell?



When you are told to shut up at this age, what do you do? Remember that you are just a babe and still need the adults to feed you, love you, and nurture you. Your survival depends on your ability to fit in, especially at that age.

In this case, you do as you are told. To stop the crying you hold your breath, shut your mouth, clench your jaw and make fists with your hands just to hold the pain in. You also clench your perineum, vagina and reproductive organs. By clenching the 'garden hose' at the top and at the bottom (at the mouth and at the perineum), not a peep can leak out.

Congratulations! You have successfully created a new restricting pattern of responding to natural human emotions of grief, anger and rage, as well as joy and ecstasy. This new restricting pattern of responding becomes a new neuropath way in your brain. Now, the response to clench will fire automatically anytime there is an intense emotional experience aroused. This includes orgasms.

Imagine that, after decades of unconsciously clenching your jaw and contracting your muscles, what has been created is a body armor of tension that will not go away no matter how many massages you receive - this is a neurological and psychological phenomenon. All of life is movement, and the body armor prevents free-flowing movement. Just like a willow tree in the breeze - you don't move, you break.

That is why you cannot orgasm fully or enjoy your life in its entirety. In order to fully orgasm, you must first soften the layers of hardened anger in your body which you haven't allowed yourself to express for decades. Then, the layers of the beautiful sadness will come forth; enabling you to release all the tears you have been unable to shed. Softening and coming home into the sweet yellow underbelly of your tenderness is required if you want to heal what ails you. Only then can you experience the ecstatic pleasure of being fully alive.



You are an amazing, radiant, sexual being who feels the world so intimately and passionately. Perhaps you have been medicating yourself because somebody once said that you are too sad, too emotional, too loud, too passionate, or too inconvenient for the rest of the world that is numb.

But you are changing. You are thawing out. Thank you for the hard work you are doing to come alive. It uplifts us all.





## Chapter II

### Soften the Wall Around Your Heart that Keeps the Love Away

So how do you undo the muscular armoring? You breathe.

The only way to reverse the armoring is through a focused breathing practice. When you feel the most stressed out is when you want to breathe and release the tension. Simply set aside 20 minutes for deep breathing, the kind of breathing done through the open mouth, allowing you to sigh and make sounds.

I was recently at a yoga class and the yoga studio owner, a dear friend of mine, walked me over to the side and whispered, “Olga, we got a complaint that your breathing is too distracting and too loud for the other yoga students.” How funny, you don’t have to even be a 3 year-old to be told your sounds are inappropriate, you can be a 30, 40, or 50 year-old and still will encounter the general state of numbness in the world, even in a yoga studio of all places.

Although you are no longer a 3 year-old child, the world will still tell you to quiet down. You are going to laugh aloud and enjoy your life and somebody will not like it. Most likely this is a person who is not breathing fully, and you being fully alive is going to step on their toes, just a little too much. So they are probably going to want to persecute you, execute you, and exile you, the same as witch hunting, but we are in modern times now.

I invite you to breathe with sound, especially at times when you are feeling stuck in the prison cell that is most prevalent in your life - infidelity, divorce, overweight or illness - and do not know how to deal with the rising emotions. Your choice is to either push these emotions down again into the prison cell by whichever mechanisms you utilize (food, medication, etc), or you have the option of actually breathing and letting the emotions come through you, so you do not become sick.

How would a baby breathe when she is upset? She would make sound, she would cry, her mouth would be wide open, and she would probably laugh afterwards while her whole body shakes. If you do not have a quiet place, there is always somewhere to do this privately. Get into the car and drive to a secluded parking lot or park. Put music on and let yourself loose: breathe, cry, scream, and get it out of your body. Or go to the



ocean where nobody can hear you and simply connect with the natural elements, allowing that amazing life force to flow through you. This is the key to your health, your relationships, your success, and your money.

Recently, I was also privileged to work with another woman of power whose experience provides an example of how breathing turned her life around, specifically in the area of money and career. Elena came to me because she has had a 6-year contract with Cirque DuSoleil and was working in Las Vegas as the top performer, but she was feeling stifled.

As if she lived in a glass fish bowl with a glass covering, she could not express herself and felt as if she was giving her power away. Elena was also struggling with lower back pain, low self-esteem, and had developed some addictive habits as well. After starting to breathe with sound every day and keeping her accountable to do so, she reported back, "The most amazing things started to happen." By creating flow in her body through breathing, she created more movement in her life. It is all one and the same. What I love most of Elena's story is that she received a new contract with Cher, the famous 60 year-old female singer who is probably breathing big time - she looks amazing, she is singing her song, dancing her dance, and is fully alive. This story provides proof that your next crucial step has to involve full breathing with sound, exhaling, crying, laughing, and all the emotions that arise as a result of it.

Elena actually had a 20-minute practice that I instructed her to do with a CD I gave her. You have the same CD as part of this program. You can download it in full and for FREE here <http://www.IamFullyAlive.com/5SecretsProgramDownload/>

Elena would set up her day by doing the guided movement meditation first thing in the morning. After three months she became more alive, vibrant and confident in herself. Elena's relationship with her husband transformed, which was crucial since much of her frustration, lower back pain and low self-esteem were also connected to an inability to fully express herself at home with him.

You are on a golden soul journey. This is who you are, uninhibited, unstoppable. You are a jaguar woman or a jaguar man moving through your life, breathing and sourcing from that ferocious fire inside your heart. Just like Elena you too can go for your dream career, write a book, start a new business or take your existing business to the next level.

If you want to release your inhibitions, tap into your irresistible power and fulfill your destiny, for a limited time Olga is accepting private clients. You must apply for a VIP Laser Beam Session here - <http://www.IamFullyAlive.com/VIP/>

## Secret #3

### Release the Ties that Hold You Back



The next step I want to share with you, step number three, which will help you release the ties that bind you to the past and keep you from skyrocketing into the future.

At times, the chains keeping you from being fully alive are bound to someone or somewhere from the past. How do you release these ties that bind? They often revolve around you being a woman or man of power who becomes bogged down by having the same arguments with the same people, like a broken record.

Usually, these are situations you can predict: already knowing what your spouse will say back to you in a particular circumstance, and already knowing how you will react in return. Or it may be noticing that you are stuck in a victim role and constantly complain. For example, if you believe the rain is intentionally pouring on you, instead of seeing the bigger picture that it is raining to water all the plants, trees, wells and oceans. Although you want to stop this complaining, knowing you are better than it and that you are not a victim of your life, you are so entrenched in this pattern that you do not know how to



get out. How do we break these cycles and release the ties that bind?

Right now you are going to have a personal experience of untying this bind. I would like you to reconnect with the issue or particular challenge you chose at the beginning of the book to be explored at this time. We are going to do a 15 minute meditation and see what lies behind this challenge.

You have the option of reading the meditation instruction as outlined below. Or you can download an Audio recording of my voice guiding you step by step. The recording is a BONUS included in this course. You can download it here <http://www.IamFullyAlive.com/5SecretsProgramDownload/>

Right now I invite you to take a few breathes in, exhaling out. As you breathe, I would like you to notice: where in your body the particular issue with which you struggle resides? Just notice, and pay attention to that body part. With eyes closed, breathing in and out of this body part, simply bring awareness to it as you notice a color that resides there. Allow whatever colors or images that first arise, without censoring, and notice what emotion resides in this body part. There's nothing you have to do about it.

Next, I invite you to remember the first time you felt this emotion and conflict inside yourself. How old were you? Allow images or pictures of a situation to arise before your eyes, like a movie from the past, just noticing, do not engage. What are you seeing, who is in the room, how old are you, what are you wearing, who is around you, are there adults, how is this precious child feeling?

In this situation, what is happening to her? She may also be experiencing you, seeing your presence as a shimmering light in the periphery of her sight, or as a warm presence enveloping her from this present moment, journeying to visit another part of yourself.

Just notice, what is this precious child feeling again? What is her body like, is she clenching up, is she sad, is she angry, or is she joyous? While allowing her to experience those feelings, offer her your support very slowly, and with great tenderness and kindness. Cradle her in your arms, lift her up and take her outside of that room and situation, to a place of nature where you like to go.

With a sweet tender voice, lay her down and let her know that you are there cradling her. Unclench her little fists, legs and feet very tenderly, brush her hair back with your hands, wipe her face, whisper sweet words of love and embrace this precious part of yourself, noticing how she or he is now feeling.



Thank the precious one for allowing you to come and visit. I would now like to ask this young part of yourself if she has a gift for you at this time. Allow any images, feelings, thoughts, or symbolic objects to arise in your mind's eye as the answer to your question, and receive the gift. Now, both of you rise up and look around, noticing if the people who may have been present in the room at the time of the trauma or conflict before you uplifted this child and took her outside, are still there.

For the final step today, I would like to share with you the three folds of forgiving that will allow you to release the ties that bind. First, forgive that someone or somewhere that has created trauma and pain for you. Take a deep breath in, and with your exhale release the anger and injustice you may feel. Next, take another deep breathe in and blow a prayer or a blessing toward this person, forgiving them and also asking for their forgiveness. Ask them to forgive you for holding them accountable for your anger and pain and tell them, "I release you and I bless you so that you may go and continue your development and spiritual rounds. You are no longer tied to me by past memories. I release you and I bless you."

The final third fold and perhaps most important one is this: I invite you to forgive yourself. Forgive yourself for forgetting your own omnipotent source. For getting caught up in the story of being a victim of abuse, a story that is no longer real.

**You are a spiritual being, and no matter what mistakes you think you have made or have been made onto you, the truth about who you are is unchanged.**

Say to yourself: "I forgive myself and I love myself. The truth about who I am is unchanged." Slowly come back to the room as you rotate your wrists and ankles, stretching your jaw, opening your eyes gently. Notice any changes in the room around you. What has changed? Perhaps it is you that has changed - there's been a subtle Soul Shift that will ripple out into your life and your business.

## Secret #4

### Recharge Your Inner Power Centers



The most paradoxical part is that the majority of people will stop here, after step #3. Let's recap the secrets to Unlock Your Irresistible Soul Power you have learned so far:

1. Discover the blessing in being stuck.
2. Learn to read and follow your body signals.
3. Release the ties that hold you back.

Most people will stop here and not go into the most crucial final two steps:

4. Recharge your power centers.
5. Write a new story of who you are becoming – take ACTION.



So far you have understood that if you want to succeed in life you must release the old baggage you've been carrying around - you are to forgive and let go, to release a particular person who may have caused you pain and done you wrong, or whom you have done wrong and have thus been bound by guilt and shame.

One of my mentors, Dr. Alberto Villoldo, leads expeditions down to the Amazon in Peru and helps people heal their family history and create a new life. I love his analogy for the root cause of many problems in our lives.

You have already learned that your current issue is really a result of an earlier trauma – the original wounding that created an energy imprint. Villoldo describes it by imagining that your original wound is like an electric socket. Like every electrical socket in your house, these energy imprints in your aura have an electrical cord, and you must learn how to release or cut the cord. You have just learned how to do this with the instructions in Secret #3.

However, most people will stop here and not **clear the actual electrical socket**, or the affinity that attracted your difficult situation in the first place. For example, why did you get divorced and then remarried to another person who was just like your father or ex-husband? Why are you attracting the same financial stress or the same emotional abuse? You may be constantly cutting cords by getting a new job or getting a new partner, but if you never clear the actual energy imprint, you are just spinning your wheels. After you clear the affinity – or the 'electric socket' - in your energy field, you must recharge your power centers and call in all your strength, courage, and gold.

The methodology to clear faulty energy imprints as well as to recharge your power centers is taught in our advanced live course – Shine Your Gold Now. Many students have come to take this effective approach into their daily lives, transforming their businesses, relationships and health. Those who are healing practitioners have also added this methodology to their existing healing practices to better serve their customers.

Here is an excerpt from the Advanced Course materials to introduce you to the rich and colorful world of your Irresistible Soul Power - how Soul Power can be lost and how important it is to retrieve it.



### **3 Causes of Illness**

In the wide circles of medical profession, West and East, it is agreed that there three classic causes of illness. They are as follows

#### **1. Disharmony**

The first classic cause of illness is when a traumatic loss experience takes place, for example - divorce, losing a job or losing a home. Very often a person will develop something serious such as cancer, digestive problems or depression. Disharmony obstructs your power, and when your power decreases, you are left vulnerable to illness.

#### **2. Fear**

Fear is not good for you, big time. Walking around in a chronic state of worry, anxiety or restlessness causes stress and diminishes your sense of well being. Decreased well being affects your immune system and you can no longer fight off viruses.

The first two causes are not big news to you. You already know that disharmony and fear lead to illness, even the mainstream western media talks about it. However it's the third classic cause of illness that is the most serious from the indigenous perspective.

#### **3. Soul Loss**

Soul loss implies damage to the essence of who and what you are, and it occurs in response to a trauma: when a child is born, but a child of a different sex was expected and the whole family turns away; when a child is neglected or abused at school; or experiences of molestation, rape, war combat and betrayal. The soul is a very sensitive energy "fabric" and it responds to any strongly-held emotional state. The horrors of the human experience are sometimes so great that large chunks of a person's soul will dissociate and disappear, leaving the person less than they were.

#### **Common Symptoms of Soul Loss**

Depression

Financial disharmony

Addiction to food, alcohol drugs, etc.

Anxiety, fear, confusion

Eating & Digestive disorders

Chronic fatigue

The inability to feel the full range of emotions

Sexual dysfunction

Loss of memories or entire periods of life

Themes that go on throughout life (example: not being able to trust men)

Feeling like you can't move forward



## **Post Traumatic Stress Disorder IS Soul Loss**

At times of trauma, a natural coping mechanism arises in which parts of you split off and dissociate in order to survive. Psychologists call it Post Traumatic Stress Disorder.

Once parts of you dissociate, it's as if you are left with holes in your soul.

You spend years trying to fill up these holes with food, alcohol, work and relationships. These behaviors are also coping mechanisms and the problem is that they only weaken your sense of self and your immune system. When the defense system is weak, you are an easy target for intrusions which come and plug right into your “holes.”

## **Intrusions**

Physiologically, the intrusions may be germs, bacteria, viruses or parasites that leach onto your gut and feed off of you. There are also invisible energetic parasites that feed off your *life force*.

Have you ever had the experience of **not** behaving like yourself? These might be sudden bouts of confusion, anger, promiscuity, depression or relapsing into an addiction. More than likely you had picked up an **intrusion**. Even more likely, you had been living with it for years without knowing.

What are you to do? Just as you would see a doctor for antibiotics, it is important to see a specialist who clears energetic intrusions.

## **Case Study**

Recently, a client came to me – a brilliant scientist, and she has been unable to hold an intimate relationship all her life. She had also relapsed into drinking and smoking, which she had tried to quit for many years. In our first session I discovered that there was a third presence in the room that looked like an older man, with white hair and a cigar.

When I asked my client if she knew who it was, she started crying and said it looked like her father who is dying from liver cancer.

It turned out that this older gentleman was “feeding off “his daughter's life force, so much that he was even smoking “through her” since his body could no longer sustain the habit. During our second session, we cut the dependency cords and cleared the intrusion. Shortly after, my client reported to me that her father, out of nowhere, apologized for all the abuse he caused in my client’s childhood. She was speechless as she didn’t think it was possible for her to come to peace with him before his death.

But it was during our third session that the most profound work took place. We did a Soul Retrieval where we called in the fragmented parts of my client and weaved together the fabric of her soul. One of these parts was a girl of 11 years old sitting in the corner all alone. She had left, “split off” because it was not safe in her house. Her uncle had molested her, but her father turned the blind eye. All her life, this incident was



never acknowledged or discussed.

Acknowledged for the first time, this precious child-part was willing to come back “home.” But she had a couple requirements in order to make it a **safe** place for her to come back to. First, my client was to do a **Cleanse** to clear the alcohol out of her system, because that is why this child-part was left in to begin with - all the adults were drinking and it was **unsafe**. Second, my client had to develop new skills of protecting herself in the world, besides social isolation. So we installed the **Bands of Protection** for her.

A few months later my client came in for a follow up. She had started dating a wonderful man, she hadn't had a drink, and she was gardening again, all of which brought so much joy into her life she would have never even dreamed possible.

It is possible!  
And it is possible for YOU too!

Do you feel like you are flying with one wing? The truth is that you can't keep putting your future on hold. Who you are is too precious and too valuable. Your time to shine is now!

Do you want more freedom, more confidence and more success in your life without the burn-out? Take advantage of our Advanced Virtual Live Course – Shine Your GOLD.

Go here <http://www.IamFullyAlive.com/Gold/>

There you'll see the Gold System spelled out for you. “G” is for Ground in the body, or clear the body channel. In this beginners course, secrets # 4 and #5 are just the beginning of the GOLD System, so you would be getting an advantageous start. I will also share with you how you can take it further.

Dr. Villoldo and I were talking once about the fastest and most efficient way to make a Quantum Leap. We agreed that one can approach the transformation purely on the physical level of the body. However, that is the slowest way to create change. Instead, address the transformation on the level of the effect and not the cause.

It was Einstein who said ‘You cannot resolve a problem on the same level that you

© Olga Aura 2011

[www.IamFullyAlive.com](http://www.IamFullyAlive.com)

[olga@iamfullyalive.com](mailto:olga@iamfullyalive.com)





experience it.’ In other words, the challenges you face on the physical plane – business, health, relationships – cannot be solved affectively with a purely physical approach.

Challenges can be taken to the next level, beyond the physical – to the mental intellectual plane. Many progressive cultures did exactly that with the blossoming of traditional psychotherapy. However, psychotherapy can still take ten years and \$100,000.

What is the next level beyond the mental intellectual? It’s the territory of the Soul, which has been the focus of this beginner’s program. When you work at the territory of the soul, you move very quickly, almost at the speed of light. You operate at the Alpha state of the mind; it’s unlike anything you have ever experienced.

The greatest discovery I have been privileged to witness in hundreds of clients over the last 12 years is this: the ultimate technology to ensure a successful Quantum Leap in a person’s business and lifestyle, which involves all three levels:

Body Freedom  
Mind Set  
Soul Shift

That is how the GOLD method was born – it incorporates all three required levels of transformation. For example, when you want to access a prosperous Mind Set, you’ll want to cultivate a clear body vessel to expedite your success. Clogged up body channels cannot transmute the high frequency of thoughts and beliefs of prosperity.

However, when your body channel is clean, when you are “G”rounded in the body, (letter "G" in the GOLD method), things start to happen rapidly. The “Free Your Body” Dietary Blueprint is part of the GOLD method that allows you to clear the body channel. It is not an intense cleanse and does not involve fasting, but you will learn exactly what and how to eat for the specific purpose of unlocking your irresistible soul power and fulfilling your destiny. If you are constipated, it’s hard to fly, right. And it’s amazing the immediate shift you will feel in your life once things begin to ‘flow’ on the inside.

GOLD is an acronym for a complete comprehensive 4-step system. You can learn the more here <http://www.IamFullyAlive.com/Gold/>

## Secret #5

### Rewrite Your Story



As you come to a completion in this course, what have you learned? You have discovered your core inhibitions as well as how to release the ties that hold you back. You have also learned that even if you 'cut the electric cords' that bind you, it will be useless unless you remove 'the electric socket' all together.

So how quickly should you clear the energy imprint after you have become aware of it? The answer is - immediately. Here is why.

Once you clear the energy imprint you will free yourself from the plague of your current challenge (be it body pain, scarcity or depression). More importantly, you will recover the power and life force inside of you that is stuck in the prison cell. Unlocking your Irresistible Soul Power will fuel the success of your business and your relationships. By no longer operating from the 'little inhibited me,' you will be guided and propelled forward by your Higher Self.

With all the prison cells and traumas you might be locked into, life can be very hard. Dragging your feet, constantly pushing, and feeling tired and overwhelmed, is like flying with one wing. These feelings are valid though, because parts of you may have fragmented off at the time of trauma, and since then you have been running on only one cylinder instead of eight.

When my client presents an issue, this is WHY I immediately clear the 'electric socket,' or the energy imprint; I want her or him to fly with both wings. Freedom is not just getting by financially or not having a disease, but it's having all the spiritual GOLD you deserve that's available to you. This is how you can ensure your professional and



personal success.

Therefore, whether you want to create a new business, a book or a baby, you want to clear your energetic obstacles and inhibitions, unlocking your irresistible soul power. Go for it! You can do it!

Secret #5 is probably the most important step, when you get to rewrite your story. What does this really mean?

If you look at your life as if it were a movie, what role are you playing? Are you the lead actress who is a Victim of injustice? Are you a Rescuer trying to heal everybody and their mama? Or are you the Villain bitching and bossing everyone around?

Whatever role you have been playing in this movie of your life is fine, because the truth is, you are not who you seem to be in this movie. You are not an actress or actor, but actually the DIRECTOR of the movie. You wrote the story, you are directing it and the best part is - you can CHANGE the story anyway you want.

You can Rewrite you story.

Once upon a time there was a Heroine or a Hero on a Journey. Let's say you are a Hero who was born into a set of particular challenges and took on the role of a Victim, a Rescuer or a Villain. (Which one are you right now?)

I am going to give you an example of how one woman with an old story in which she 'played' a Victim, was able to rewrite her story so that she now plays a woman of power - from Victim to Victor.

Edwene Gaines is the best-selling author of [The Four Spiritual Laws of Prosperity](#) and Minister in the Unity Church. She travels around the world and administers to hundreds and thousands of people. However, when she was young she was sexually abused. For a long time in her early adult life she was stuck in the story of someone who had been wronged and is now broken.

Edwene was a chronic complainer, but the truth is that she was actually crying out for help. You see, at the time of sexual trauma, it is very likely that a part of Edwene's essential Self fragmented off so that she could survive the assault. That dissociated part of her may have gone into a tiny 'prison cell' of shame, unexpressed rage and loneliness. She was stuck in that prison cell until one day a kind friend and mentor told her, "Edwene, if you don't get off this victim stuff, I can't be around you."

Edwene, a skilled counselor and minister, had done a lot of inner work up to that point.



She was not a beginner, but she had not done the most important part – the Secret #5 in this book. She was now ready to rewrite her story. Looking at the story she had been living, Edwene decided that she is a woman of power who came into this life with a specific purpose - to learn what it is like to misuse power. This lesson was learned early on in her life. Therefore, the situation of abuse was a blessing in disguise.

The blessing was that she no longer had to be afraid of her own power. Because her own heart was tempered with from this traumatic experience, she knows how it feels from the inside and will simply not have the capacity to misuse the power she possesses. After this liberated Edwene to unlock her Irresistible Soul Power and speak her truth, she would no longer be apologetic for her passion and power. As a woman of power, she was free to fly with both wings.

Naturally, the story of the victim fell away because she remembered that she is a spiritual being on a mission. Rewriting her story and changing her life has enabled her to be a woman of power for the last 40 years - she became a bestselling author, owns her own retreat center and has all the money she can spend. And so can you.

What is life trying to teach you through your particular challenge? Where is your Irresistible Soul Power still locked up? How are you pushing loved ones away? How do you turn what was once a source of anger and wounding into a source of compassion and power so you are able to harvest the gold and fulfill your destiny?

I had promised that I will show you exactly how to take what you have learned in this beginner's course further. What I have put together is the pinnacle of all that has brought me health, love and wealth. This has proven to be effective not just for myself, but for others as well. It is a learnable system that simply rocks! If it were not for many testimonials from people around the world, I would never make such claims.

Once, my husband Vladi and I were coming back from Harbin Hot Springs in Northern California and I began to laugh. I was so grateful that he and I were able to eat delicious food, make films, sit by the creek and swim in the hot pools. Honestly, I wouldn't be able to have such a blessed life were it not for my willingness to apply the GOLD system in my own life. In reality, I didn't work on the GOLD system, it worked on me. For that I am grateful. Nothing would make me happier than to pass forward the secret treasure which has been gifted to me. From the sheer fact that you have now read this entire book, I know that you are ready to receive the next step.

If you are reading this book, I can make a good guess that you are very gifted and talented. The world needs your gift, and you do not need another certificate or program to perfect yourself. Quit trying harder, because there is another way, and the spiritual laws make it easier for you. I have been blessed to be given these laws and have put them together into a step-by-step system that anyone can learn. It is effective, easy,



and something you can apply everyday in your life. You do not need to give your power away to anyone else – to psychics, healers, and so-called gurus. You are your own guru and these are the tools that, once you learn and practice, will enable you to become a master. Then, you will bless others with the wisdom and the generosity of your heart.

This is an open-ended book. Here is what I will leave you with - a call to ACTION. You are a woman or man of power, and it's your time to reveal your ancient face. Write your new story.

Believe.  
Begin...

### Resources to Help You Write a New Story and SOAR



#### Feel Sexy and Confident in 21 Days

Tired, out of focus, constipated, stuck? This is a perfect place to start to get unstuck and quickly. Imagine you going out dancing – you look and feel so good! And did you know that your business prosperity and your relationships directly depend on your self-confidence. When YOU feel juicy, babe – and everything flows.

Feel Sexy and Confident without Dieting or Boring Exercises. Take the adventure that will liberate your body and mind. Register for a special discount today [www.SexyAndConfidentIn21Days.com](http://www.SexyAndConfidentIn21Days.com)

#### Shine your GOLD Now!

On the verge of a new project, new career, writing a book? Want to make the leap, if only you could have the guarantee you would land on your feet like a cat.

Clear energy blocks that hold you back. And access your omnipotent power to launch your life and/or your business into the next level. Go for the GOLD is a map to more clarity, confidence and certainty about your soul's calling.





If you are ready to bring transformation to yourself and others, as in a complete Soul Shift, authenticity, courage and full self-expression then this virtual Rite of Passage is for you. Hot topics like how to activate your Money G-spot and meet your Jaguar protector and guide are included.

<http://www.ShineYourGoldNow.com>



### **Jaguar Adventure & Mentoring with Olga**

Do you wonder when will things finally click and you have a *real* breakthrough? Where are you right now? And what is stopping you from living the life of your dreams?

Activate your inner fire, learn how to harness the precious gold inside you and purposefully direct this gold into the life you were born to live.

This is the path of a Spiritual Warrior and the Mystic. If you are a motivated vision seeker who is ready for more freedom, more success and more prosperity, then you are a good candidate for this exclusive program.

By application only.

Please apply here <http://www.iamfullyalive.com/vip/>



## Additional Mystic Adventures

...Because I love you

You have chosen to travel the path of a mystic. All of life is your sandbox. Now let's PLAY! Multiple Rites of Passage will unfold on your path this year. Embrace them. Call for guidance and support. And develop the skill to write a New Story for yourself **every time** you are summoned to make a LEAP - be it in romance, business or in your health.

Here are 3 examples of a Rite of Passage each inevitably leading to the writing of a New Story. Enjoy. And let me know what parts bring up the biggest Aha for you.

You are the one you have been waiting for!  
In the spirit of freedom, creativity and prosperity,  
Olga

## Lift the Veil

### *Spirited Sexual Adventure Into the Wild Wet*

**Kauai is the wettest place on Earth.** It's my 30<sup>th</sup> Birthday. And Vladi and I track deeper into the lush jungle. The smashed guava fruit and sweet mangoes beneath our feet perfume the canyon. Dragonflies are making love to purple orchids. Sticky. Wet.

**Destination: Hanakapiai waterfall, 1600 feet high.** We can hear the roar from a mile away. But nothing could have prepared us to stand face to face with her magnitude and



the deafening power. We are encapsulated and hypnotized by the perpendicular sheer rock walls all around us. This is a hidden place. It is sacred. Tired from six hours of hiking, red mud up to our knees, Vladi and I are happier than ever. All the trouble was more than worth it. Way more.

**I kneel onto the sharp-edged rocks and offer my humble prayers to Hanakapiai** - then dive into her pool of deep blue. Freezing. The breath leaves me like a swift hummingbird, searching for hidden treasures below. But as I get closer to the vortex of feisty white water hitting the pool at a seemingly 90 mph, my mind buckles "No, no, this untamed force will crash your skull. Stop. Go back. Now."



**Like a frightened donkey my legs go paralyzed.** I maneuver around the giant column of raging water and climb onto the big slippery rocks *behind* it, against the cliff wall. Vladi joins me there. Together we begin to breathe rhythmically, hands clasped above the head in a prayer lock (free video about breathing and personal power here <http://tinyurl.com/23zlkrb>) . In my mind I invite the untamed force of the waterfall to enter me like a lover.

**Hanakapiai feels very feminine and unstoppable in her nature.** Yet tender. She is the divine feminine that knows no fear. She has no shame or guilt for being the passionate power that she is. She roars into my heart “I am who I am”. She quivers in my belly “I am who I am”. She cries through my eyes “I am who I am’.

And I remember who I am.

**Now I know I can do it.** I know I have emptied myself of *myself* enough to become a proper receptacle for Hanakapiai and not be killed by her. So I scream on the top of my lungs. And LEAP into the waterfall.

**I emerge on *the other side* of the white water veil.** The jungle looks ten times greener and bigger than before. (if that’s even possible) Every cell of my body is crazed with excitement, hands and fingers stiff, inner thighs trembling as if I am having an orgasm with a 1600 feet tall wild lover who is a woman and a man all at once. And as I look up, way up at Hanakapiai - everything stops. Like watching a movie in slow motion I can see the singular water drops fall frame by frame from the top of the cliff down into the foaming vortex below, slowly...very...sl..o.w..l...y.

**Inhale.** The tiny hummingbird returns back into my chest, bringing sweet golden nectar of wisdom from another world. Instantly I know that I will write books, make movies, teach and take many others beyond the veil. (I even went topless for the occasion here ;) <http://tinyurl.com/23zlkrb> ) And I am grateful to live out loud and to be of service as such.

**The moral of the story:** Life shatters us like the seed shatters the shell. Untamed happiness and joy can often feel scary. Because the ‘little me’ literally cracks open and undergoes a mini-death. An orgasm can be a type of mini-death. In that moment fear and contraction give way to a waterfall of pure goodness, pleasure and love. This



waterfall is far too great to hold down or control. Doing so will only lead to a build up of neurosis, illness, accidents, bankruptcy and general misery. Fear does not work. People always say 'you have a choice between love and fear'. Over the years, having fought God and thus dragged myself through the self-made pits of the pits, I no longer have a choice. And I don't fuck around. LOVE is my only option. I dive in.

## Articles by Olga

### A TINY GREEN PEA

In the spring of 1999 I had attempted suicide.

It was a lovely May morning in the Appalachian Mountains and I was on my way to pay college tuition, which I did not have.



A woman with a big crooked nose, black hair, and a hairy wart on her chin looks at me across the desk. A large gold tablet with her University Registrar title separates us. Anxiously, in my broken English, I begin to tell my story, hoping she will understand the human struggle of working three part time jobs, picking through dumpsters for clothes and food, and washing dishes late at night at restaurants so I can put myself through school in America. Still, it's not enough money.

The hairy-wart lady pulls the tiny clerk glasses down to the tip of her nose as her thick southern draw floods over my trembling bones: "Is all this about you not having the money again? I thought we had agreed to a full payment... TODAY!" I shrink to the size of a tiny green pea on the cold chair. My eyes begin to blur, hot tears of shame burning my cheeks... I don't know how to win this woman's heart, I feel so defeated and helpless.

I run out of the office, uncontrollable sobs cracking my ribs wide open. My defense mechanism against helplessness is to beat myself up: "I am so stupid, stupid, stupid, stupid!" The downward spiral sucks me in. The raising thoughts, like a pack of hungry hyenas, attack the raw heart: "Nothing will ever work out. Nothing will ever change. What you are doing is not good enough. It will never be good enough!" Crying, I run. The enemy is on the inside. And still I run...

I don't see the yellow daffodils, the college sweethearts holding hands, the hummingbirds zigzagging through the morning sky. Inflamed with shame I run into my dorm room and slam the door behind. One by one I yank out the dresser drawers and dump everything onto the floor – underwear, skirts, journals, bottles of medication for Bipolar... The spinning grey ceiling is nauseating... I want out!



On an impulse I chug down three bottles of painkillers. I simply want to fall asleep and not have to ever wake up to a life of a tiny green pea on a chair. Curled in my bed, deep asleep, a mystical vision comes to me:

My dorm room is flooded with luminous white clouds. The walls, the Appalachian Mountains, and country borders have all dissolved and the white light extends out in every direction. I too am dissolving... like a fluffy cloud unraveling in the rising sun.

There is a ringing in my left ear; it expands in rippling circles inside my head. The past and the future suddenly disappear. Poof! Time is gone. There is only light...

I close my eyes... Cold water drips down on my face. It is my mother's tears. She is grieving the death of her unborn grandchildren, the songs of life unsung. Eternity passes... Innocently I think I have died, if this was my time, but it was not.

A gentle androgynous voice from the belly of the Earth whispers, "No matter what mistakes you think you have made, the truth about who you are is unchanged."

In that moment the weight I have been carrying on my shoulders dissolves. At luminous white clouds I see that nothing is broken. Nothing has to be fixed. The whole universe is a warm swirling soup and I am one ingredient in it – a tiny green pea. And I am okay with that.



## A BIRTH AT A FUNERAL: REWRITING THE VICTIM STORY

Aunt Tanya's hands begin to tremble, "What do you mean 'no grave'?" "The mortician brought the body," Peter motions to a tall thin man with black hair standing next to the casket. "But the Russian guys from the church did not dig out a grave. There is nowhere to put the body." Wrinkles forming on his forehead, Peter points behind him to a small green lawn with tombstones lined in long rows...



Aunt Tanya has crossed the tipping point, and the dam breaks, waves of raw grief flooding the parking lot. "Mother died and I can't even let her rest in peace. Why did I bring her to America?!" Other relatives are quickly gathering around Aunt Tanya. Like scolded animals they stand in the cold, their tails tucked under. Helpless, they are ready to crawl back home to lick their wounds and come back tomorrow.

A switch flips inside of me. I walk straight up to the mortician. His name is Sam and he had already called the cemetery office from his cell phone. "All of their diggers are out for the day. We all have to come back tomorrow," he says. My eyes widen in disbelief, "So that's it?!" I look over at my family; they don't speak English and seem so helpless. A caldron of red rage begins to boil in my gut. I turn sharply back to Sam. "Can you please dial the cemetery office again?" The phone rings twice and an American man with a calm voice answers, "Green Hills Cemetery, this is Thomas, how can I help you?" "Yes, Thomas. I believe you can help me. I am the granddaughter of Mrs. Ivanova, whose burial ceremony is supposed to be happening right now."



"Oh, I am so sorry; there has been a terrible mix up. We apologize, this has never happened before," Thomas pours out his sincerities. "The problem right now is that all of our guys are out for the day and there is no one to operate the machinery." Impatiently I interrupt, "Thomas, what if your grandmother's body had to be dragged back to the freezer because there was no grave for her. What would you do?"

Silence... "Yes, I will do my best to have a grave for you today," Thomas reassures me. I hand the phone back to Sam and walk up to the family. My teeth are chattering. Even though it never snows in Sacramento today it is much colder than the winters in the Rocky Mountains. As I get closer to the crowd, all eyes turn toward me...

...Their matriarch had died; there is no one to lead them. They seem lost. Aunt Tanya has stopped crying. It looks like she has stopped breathing too.



“The funeral will take place today.” My voice is shaky, cold wind making the hair stand up underneath my red wool poncho. “Really?!” Hopeful sparks fire up in grandpa’s eyes. “Yes, I just spoke with the cemetery office on the phone and they said...,” before I could finish the sentence, Sam walks up from the back and hands me the phone. “It is Thomas.”

Everyone waits in anticipation while I smile into the phone, nod and hang up. “We can all come back at four o’clock this afternoon. Everything will be ready.” Even Aunt Tanya smiles for a brief moment. “Thanks be to God, thanks be to God,” she whispers pulling up her long black linen skirt as she marches toward the car. “You did it!” Peter wraps his arm over my shoulder, “You did it!” I am happy to hear him say this, but he has no idea where my courage has come from.

It was only one year earlier that I was sitting with Rose, a medicine woman with a big scar on her upper lip. Her home smelled of lavender and there was always a pot of herbal tea simmering on the stove. Rose wore colorful skirts from Peru and white feather earrings that tangled in her long curly black hair. Somehow she always knew what was on my mind.

“Are you still not talking to your parents in Ukraine,” Rose handed me a cup of tea. I take a slow sip, trying to decide if I want to go into the whole story. Every time I call home Dad is drunk, pestering me on why I am not a banker or a lawyer, or married to one. Mom is crying on the phone that she will never be a grandmother because I am 22 years old and still have never had a period.



“I feel so frustrated when I talk to them. They never acknowledge what it is that I want to create in my life. It’s like talking to a wall; I end up in tears every time. I need to break away from them to become my own woman.”

“Is that why you drove up the mountain to see me today?” Rose curled her legs up onto the sofa and threw a red wool blanket over her lap.

“Yes. I need your help with starting my body’s bleeding cycles. The European endocrinologists diagnosed me with Amenorrhea and gave me hormone shots, American gynecologists gave me birth control pills and the result is that I’ve gained 30 pounds and developed acne. I’ve tried herbs, acupuncture, hypnotherapy. Even the alternative doctors think I don’t have my period because of gymnastics.”



“And what do you think?” Rose’s answers always come in the form of questions. “It’s true, I have abused my body and now there are repercussions to pay. What do I expect, right? After training under incredible amount of stress, forty hours a week for ten years while starving myself, taking laxatives, diuretics and vomiting the little food I ate, I expect my body to still function as normal. That’s not going to happen... And still, why all my gymnastics teammates married now and have babies? And I am the only one not bleeding?” Furious, I jumped off the futon and paced in front of the stone fire place. Large aspen logs crackled at my feet like playful puppies.

Huge windows line the whole wall on the right. Last night’s heavy snow is glistening in the sun. How did my dilapidated old red Honda Civic make it up the winding dirt roads in this weather? And why did I come here?

“I need to go for a walk. All this analyzing is driving me crazy, after ten years of therapy I am still stuck” I pulled on my brown fake-leather boots and headed for the big



sandalwood entrance door that Rose brought from Egypt. Supposedly it was once a door to a pharaoh’s tomb. But, young and angry, I slammed the door behind my back with zero reverence.

Rose had built this mammoth house twenty years ago when she decided to settle down with her husband from all their world travels. He died of cancer before the house was finished. Rose has been living on the top of the mountain alone ever since. She says the land keeps her busy; she is a fantastic gardener. One spring a hungry bear came trumping into her garden, and she actually fought the beast. That’s how she got the big scar on her lip.

I grew up in a European city. The land never called me. Until recently, I started having dreams where trees talked to me. I knew Rose had a giant ponderosa pine on the cliff edge of her property. I decided to hike up there.

A blanket of virgin snow, studded with silver boulders, covered the canyon before me. Billows of steam curled out from my mouth. Gazing over the vast landscape, the tension in my shoulders bubbled up and stretched into a smile. Aaah... Tiny yellow birds zigzagged in the crisp air, serenading the Rising Sun, while my moving feet rhythmically crunched the deep snow beneath, ‘hrum, hrum, hrum.’

Half an hour later, huffing and puffing, I finally climbed up the hill and wrapped my arms around the ponderosa pine. Ten feet away from the tree was a sharp hundred foot drop. Last summer a lone traveler was camping nearby and fell off this cliff in the dark. But I knew I was safe. The old Ponderosa Pine would protect me. I burrowed my nose



deep into her bark; it smelled like butterscotch candy. “Grandmother Ponderosa, you grow your roots deep into the Earth and your branches high into the heavens, please help me,” I prayed.

“I am stuck. No matter what I try, I feel bound to my illness. It’s like I have made a contract not to become a woman.” I was becoming angry. Eyes closed, as if I did not want anybody to see me so low, not even myself, I screamed and stomped my feet like a helpless child. Finally relieved of the tension in my chest, I sobbed quietly.

“You must forgive your father, child. Your own anger is what’s hurting you,” a quiet thought passed behind my closed eyes. And I swelled up with tender memories...

Hysterical screaming is coming from the living room. My trembling hand carefully gliding against the rough wallpaper in the dark hallway, heart pounding through the pink flannel pajamas, I step into the blinding light.

What I see in front of me is Dad wearing only blue boxers, dragging mom by the hair. He bangs her head on the coffee table until the table shatters, wood shards scraping his large muscular hands. I can’t see Mom’s face, only her hands, flailing through the air like the flags of a sinking ship. Dad’s bleeding arms are wrapped around her neck like two Amazon boas. For a split moment he looks right at me, his eyes are yellow.

I freeze, and float high up from the ground like a balloon. Looking down I see the whole room as if it’s a movie: closed red velvet curtains hide a secret world of domestic violence, broken dishes on the floor, the TV is on with the static black and white zigzag waves humming, the house plants ripped out of their pots, dirt mixed with blood on the Turkish rug, and a man beating a woman.

I see a seven year old girl in the doorway, clenching her jaw and the sleeves of her pink pajamas. Her private thoughts are audible to me, “I will never become a woman, if being a woman means being beat up all the time.” And she didn’t.

“Forgiveness is your lesson, child,” the Ponderosa Pine whispers into my chest. “Your anger is not your own. Your mother and her mother were beaten; your father’s mother and her mother were beaten too. The men carried home the world’s violence. The women ate the poison. Your grandmothers have died horrible deaths because suppressed anger ate them from the inside. But you can break the chain that binds you all. Your forgiveness will set you, everyone before you and everyone after you free.”

In my heart I knew this to be true. And I knew what I had to do.

Filled with new hope, I thanked the Ponderosa Pine. Turning to walk back down, I was



overwhelmed by the sweeping grandiosity of the snow-covered Rocky Mountains before my eyes. Mesmerizing! The far away smoky blue hills rolling for eternity, the morning fog rising from the canyon like a fleece blanket over a newborn baby.

The gift of being shattered inside lies in my ability to stretch so wide as to embrace the extreme sadness in the world as well as its extreme beauty.

...Now I stand at Grandmother's grave. Aunt Tanya is wailing while the Russian pastor reads from the Bible, looking up into the cold grey December sky between the paragraphs. A dozen or so relatives, all in black, encircle the freshly-dug grave. To the right side is a plain brown casket, decorated with plastic flowers because fresh flowers are too expensive. A beautiful young cherry tree stands at the head of the grave, right by the cemetery chicken-wire fence.

In spring this tree will be pregnant with fruit, heavy branches sloping down over the tombstone. The sight of this naked young tree makes me happy. Warm tears of joy trickle down my face. And there is something else -- a black wet stickiness gathering between my legs. I am being undone, I am giving birth to a new life, at age 22, for the first time, I am bleeding. At my Grandmother's death, a new matriarch is born.



## About the Author



Olga Aura has a laser beam vision for seeing instances of great destiny and the practical step-by-step system for you to master it. Unleash your deep power into a prosperous business, bestseller, or a blockbuster as Olga guides you to make a quantum leap and reach your GOLD.

For over 25 years Olga honed her Destiny Mastery System in the Soviet Olympic Reserve, then with the Tibetan monks, Peruvian sages and with hundreds of successful clients and students from all around the world. Now Olga is a proud CEO of her own visionary empire. Married to her Soul Mate she is the author of "Master Your Destiny".

But it wasn't always this way. Olga is no stranger to life challenges. Inducted into the Soviet Olympic Gymnastics reserve at age five she came to the U.S. on an exhibition tour when she was fourteen, and did not get back on the bus. Just like that Olga started a new life.

It is at this time that our heroin hit an identity crisis – retired from professional competitive gymnastics she did not know how to birth the new Olga. She needed a 'Spiritual Midwife'. But most highly successful women don't want to burden anyone with their trouble, and I was following that same perilous journey. You go through the deep forest, you go through the dark night of the soul, and you fight the dragon in the cave. Olga attempted suicide when she was 18, however, that sort of crisis was really a jolt to true spiritual awakening.



Olga experienced what those seeking enlightenment might call an Ego-death. And it was in that moment that Olga recognized the necessity of **spiritual mastery** in order to create the life of her deep desires – a sense of belonging, a family, and a visionary business. Olga’s spiritual mastery training began right away. Her visa was about to expire. And the only way to stay in America was to get married. She had three months to find her soul mate and fall in love.

The problem was that Olga has never been in love. Matter of fact she had a wall around her heart for decades that kept people away. Now Olga had to take the wall down and let love in. That’s when she had a prophetic dream where Arnold Schwarzenegger was walking through a field of golden wheat, waving and smiling to her. And she knew right then that her soul mate was in California. She hitch hiked up and down the West coast (Arnold failed to say *exactly* where to go). She had five marriage proposals in that Summer of Love, but none of them were ‘the one’.



Officially an illegal immigrant on the run Olga washed up in San Francisco where she won a part in a cutting-edge theater production. But she didn’t know anyone there, and did not have a job, a home, or a car. Wondering on Union Square, it was a full moon at midnight, Olga noticed a tall, dark, handsome prince standing right there, quietly admiring me. He greeted her in Russian and Olga’s jaw dropped open.



The two grabbed each other's hands and started spinning around like children, right there on Union Square, looking up at the stars and the full moon, overwhelmed by joy. They haven't let go of their hands since and have been happily married for over seven years.

