



# ANCIENT KEYS OF JOY

Discover The Ancient  
Secrets of Authentic  
Happiness

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# **Ancient Keys of Joy**

**Discover The Forgotten Secrets of Authentic Happiness!**

**How To Unlock The Unlimited Joy Within You and  
Create The Reality Which Resonates With The  
Deepest Part of Your Being**

**Learn Ancient Meditation Techniques  
Fully Adapted to Modern Age**

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## **Translation**

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- ✓ *What is the best time of day for meditation, and should I meditate at the same time every day?*
- ✓ *There are many meditation techniques. How will I choose the one best suited for me?*
- ✓ *I often fall asleep during meditation. What should I do in such cases?*

- ✓ *I live in a family where it is difficult for me to take time off to meditate, and due to other reasons, I don't have the necessary requirements for meditation. The only time I can meditate is before I go to sleep and I can only do this lying down. What should I do?*
- ✓ *I'm afraid of opening up in meditation because I feel that it is leading me into the unknown and certain feelings appear (mainly fear), which don't appear otherwise. I'm afraid of the unknown because I feel I can't control it. What should I do?*
- ✓ *I have been a smoker for a long time now and I'm aware that it is not a healthy habit. Do I need to quit smoking in order to meditate successfully?*
- ✓ *Does diet affect meditation?*
- ✓ *I understand that I affect my reality with my thoughts. However, at times when I feel bad or am angry, I find it hard to focus my thoughts on something positive and keep it positive. What should I do in such situations?*
- ✓ *How does meditation affect health?*
- ✓ *I have been meditating for quite some time now and I try to have thoughts and ideas that I want to manifest in my life. I feel better and better and joy is ever more present in my life. But my problem is that I feel guilty because of this. What did I do to deserve this?*
- ✓ *Is a belief in God a prerequisite for the successful practice of meditation?*
- ✓ *Sometimes during meditation I feel great, but sometimes I feel extremely bored and it seems like nothing is happening. Sometimes an avalanche of unrelated thoughts prevents me from entering the meditative state. What does this mean?*
- ✓ *Is an initiation necessary in order to practice meditation successfully?*
- ✓ *What is the best age to start meditation?*
- ✓ *During meditation, thoughts of duties and obligations come up, and such thoughts make me feel constrained and make me lose my concentration. What should I do?*
- ✓ *I started meditating some ten days ago, but I seem to feel worse than I did before I started to meditate. Does meditation have anything to do with this?*

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*To Katarina & Petra,*

*“From joy all beings have come, by joy they all live,  
and unto joy they all return”*

*The Upanishads*

## **Instead of an introduction**

From ancient times, the greatest minds of different cultures have left us a message of the unlimited joy that resides within us all. They also left us the guidelines and methods to unlock this joy within us and to make it as lasting as possible in everyday life.

Compared to the period several thousand years ago, the past hundred years or so have created the impression that a lot has changed. In the technological sense, it certainly has. However, man's desire for a joyous and fulfilled life has simply gained a new external form, and the methods to manifest this desire have simply changed its „packaging“.

Regardless of the shape and form, all that people want (and all they have always wanted) to achieve by fulfilling their goals was to feel better, and to come a step closer to a happy and satisfied life — regardless of the goal in question.

Yet despite the ancient wisdom which humanity has had at its disposal for millenia, a joyous and fulfilled life still seems to be reserved in advance only for the ‘chosen ones.’

Why do people think this way?

Why do so few people live a joyous and fulfilled life in spite of the unlimited creative potential *within all of us*?

Which group do you belong to?

Do you wake up in the morning with a feeling of enthusiasm for life, or is your first thought ‘Oh no, here comes yet another day’?

Would you like to improve your life somehow, but you feel you don't have the time or necessary conditions at this time?

Are you (like so many others) waiting for ‘better times’ (which will probably never come if you just keep waiting)?

\*\*\*

Pause for a moment and ask yourself these extremely important questions:

- ✓ *Would you like to feel the presence of joy and inner peace in your life?*
- ✓ *Would you like to start creating the life you have always dreamed of, a life you have always felt deep inside belonged to you?*
- ✓ *Would you like to live with a feeling of purpose and passion for life?*

If your answer to any of the previous questions was 'yes', then this book is just right for you!

\*\*\*

Here are just some of the amazing secrets, tips and techniques you will learn in this book:

- ✓ *What having unlimited joy within us means, how to "unlock" it, and why you don't need reasons and excuses to be joyous...*
- ✓ *What true success is, and what it depends on...*
- ✓ *What the thing we call 'our reality' really is, and how you can affect the reality you live in,*
- ✓ *What 'thoughts' and 'emotions' are, what their role is, and how and why your thoughts and emotions are interconnected...*
- ✓ *How you can use your thoughts to create the reality you truly want to experience...*

- ✓ *How you can 'speed up' the creation of the reality you desire...*
- ✓ *How to know what kind of reality you are creating at any moment...*
- ✓ *Three big mistakes that prevent people from creating the reality they want to live...*
- ✓ *How to easily create the habit of conscious thought control...*
- ✓ *What positive thinking is ...*
- ✓ *What 'beliefs' are, how they are formed, how they affect your life, and how you can reprogram them in the direction you desire...*
- ✓ *How your environment affects you and your new ideas about the reality you wish to create, and how to deal with it...*
- ✓ *What 'problems' are, how you create them, and how you can greatly benefit from them...*
- ✓ *What heart desires are, how you can become conscious of them, how such desires are connected to your life purpose, and the difference between your heart desires and the desires others have imposed on you...*
- ✓ *How to set goals, how to relate to them, the point of setting goals, and the goals themselves...*
- ✓ *How to break out of the monotony of everyday life and live with a feeling of freshness...*
- ✓ *How to relax rapidly through an ancient and simple relaxation method...*
- ✓ *What meditation is, the benefits of meditation, and how meditation helps you become aware of and unlock the unlimited joy within you...*

- ✓ *The difference between the meditative state and meditative techniques...*
- ✓ *Two ancient (perhaps the most oldest known) meditation techniques, explained in detail, fully adapted to the modern age in addition to many other meditation-related information (all you need in order to be able to meditate successfully)...*
- ✓ *How to create time for meditation (if you think you don't have it)...*
- ✓ *Is it ever too early or too late to begin meditating?*
- ✓ *Do you need to believe in God to meditate successfully?*
- ✓ *Is a 'guru' necessary?*
- ✓ *What 'enlightenment' is, and do you even need it...*
- ✓ *Who are 'we', and what stops us most from knowing our true selves...*
- ✓ *What is the difference between your personality and your 'real I'?*
- ✓ *And a lot of other useful information...*

**PART ONE**  
**THE JOY WITHIN**

## **Chapter 1**

### **Do we need a reason to be joyous?**

*“The kingdom of God is within you”*

*Jesus*

From an early age, we have been taught that we need to fulfill certain conditions or behave in certain ways in order to receive our parents' love and affection. If we didn't behave the way our parents wanted us to, we knew the consequences.

In childhood, our relationship with our parents was one of the main 'causes' of joy, and if our parents were displeased with our behaviour or us in particular, our 'supply' of joy was cut off.

In this way, most of us learned that we first have to fulfill others' expectations in order to *deserve* a small dose of joy. We placed conditions on our joy and made it dependent on outside events, and in doing so, we strayed from our 'true self', our true nature, and thus from our one and only unlimited source of true joy.

However, joy is not something we have to deserve; joy is not something we have to earn — joy is already within us. Joy is our true nature, and our job is to find our own best way to 'unlock' it and make it as real as possible in our daily reality. Joy does not have to be deserved or earned, but simply *allowed* to flow through our lives.

\*\*\*

Imagine you're going to a bank where you own an account with a certain amount of money in it. The bank clerk tells you that you first have to please

him if you want him to pay out your money — the money you already have in *your* account.

How would you feel, and what would you think of such a bank clerk?

You'd probably become very upset and ask yourself where he got the right to place conditions on access to your own money.

But why would you ask yourself this in the first place?

You'd ask because you are *conscious of the fact that it's your money*, and that, apart from certain formalities that banks require when withdrawing money from an account, no one has the right to blackmail you in such a way. Something that's yours belongs to you and you instinctively object every time someone tries to take it from you, or restrict your access to it without your permission.

Despite the fact that many people don't think like that, I guarantee you that a similar situation is happening with the amount of joy present in your life. Each one of us has an unlimited amount of joy on his or her 'bank account', but due to a *lack of consciousness* of this fact, we allow all kinds of 'bank clerks' to ask us to please them on a daily basis before they give us something that's already ours! We are even supposed to feel grateful about this.

But it doesn't have to be this way. By becoming increasingly conscious of ourselves as beings whose true nature is precisely unlimited joy, we bring ourselves into a state from which we can more consciously steer our lives in the direction of the life we've always dreamed of. The Universe doesn't play games with us, and will never give us dreams that we can't fulfill. There are no exceptions to this.

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*“Inherent in every intention and  
desire is the mechanics for its fulfillment”*

*The Rig Veda*

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