

A close-up portrait of an elderly woman with weathered skin and grey hair, smiling warmly. The background is blurred, focusing attention on her face.

STEFAN LOGAR

THE ART of
happiness

Discover your true power that aligns you with being happy
and centered no matter what life throws at you

Copyright © 2019 by Stefan Logar

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

Dedications

To my loyal readers and clients all over the world.

Thank you for putting your trust into me.

A heartfelt thank you to the team and Business partners who always give their very best to make our company the #1 premier brand for Digital Life Enhancement.

To all my mentors and coaches and teacher on the way.

I wouldn't have reached true inner happiness without you.

Working through what life had offered me wasn't easy.

To my Late Wife - with your final lesson you gave me the power to understand happiness and I will always keep you in my heart.

To my Family, with your unconditional Love and Empowerment you supported every step of my way!

Thanks to you, I managed it.



the beginning

OF A PROFOUND REALISATION

I didn't know it back then!

This decision, this one moment in
time triggered a cascade reaction
of unbelievable magnitude

May 2014. The first of May 2014. A Thursday. My last day in a corporate job. I had been self-employed for 4 years by now, next to keeping a full-time job just for security.

My life was stressful, to say the least. With a newborn baby at home + a 3 years old toddler and a depressed wife, things were difficult. Get me right, I am not whining about it. It is in the past...

Bear with me, so you can understand and learn how to truly attain happiness if you seek to live out a life on your own terms. And in which you do not allow anything or anyone to disrupt your happiness. Because it is your choice to be happy.

Back to my story...

It was setting the stage to a profound realization.

One that changed the lives of thousands in the years to come.

I briefly mentioned that my wife wasn't happy at all, didn't I? And she was living it out on an even more unhealthy way of life. But that matters not really... what did was this one question.

I asked her: "What would make you happy?"

Little did I know back then, that it was neither my responsibility nor my duty or anything in my power to give her happiness.

She said: "I want to go home." I looked at her, and said immediately: "Ok, pack your things, and all we need for our kids, you are going home."

You got to know, she was born and raised in the Philippines. And after a very mentally and physically abusive first marriage, she was stranded in Switzerland. We met a couple of years after her separation and in the middle of a brutal divorce fight.

Going back home was the logical decision back then, and it was a tuff one too. She left behind the 14 years old boy from her first marriage. She took our two boys with her and left me behind as well.

I was thinking, I need to support them and make sure money comes in. So, I can't go now. I need to build my business first. And when it is stable, I can follow. The plan was, to move within 1 year to the Philippines and reunite with my family.

Moving my Children and my Wife to the other side of the planet wasn't very easy. Yet I knew it was the right thing to do. For the sake of us all.

If I only understood back then, what I do understand now...



three years later

IT TOOK ME THREE YEARS TO
FOLLOW MY FAMILY

Summer 2017. I finally got my company to a stable level. I went on a holiday to see my family again.

We reconnected and fast, the damage this decision had done, became clear to me. I knew it would take years of dedication and focus to undo at least a part of it.

If you have a dream, a lifestyle that you want to achieve, be sure that you know there is a price to pay. And you got to be willing to pay that price. No matter what.

After a short visit, I flew back to Switzerland and prepared my move over to the Philippines.

In December 2017 I arrived for my final stay.

We spend a splendid holiday time, new year, and birthdays together.

We worked day and night to rebuild our relationship and the relationship with our children.

Even better news arrived, my Wife was pregnant. We expected a baby girl. Our first girl.

We were ecstatic, to say the least.



emergency

MARCH 28TH 2018,
A DAY I WILL NEVER FORGET

March 28th, 2018, we arrive at the E.R
at Brokenshire Hospital
in Davao City. After 5 Minutes examination,
it was clear. The Uterus was going to rupture if
we didn't operate immediately.
The decision was made and just a
couple of hours later,
the C-Section was on the way.

During the operation (I was in the OR) I noticed strange spikes in the respiratory-system monitor.

The doctors said it was nothing to worry about.

My Intuition told me otherwise and should be proven right.

Just minutes after my Wife returned to the hospital room, I was waiting with the newborn baby in my arms. She collapsed with Heart failure.

The doctors were able to bring her back, but a two-month odyssey started. On May 17th, 2018, due to healthcare related antibiotic-resistant pneumonia (lung-infection) my Wife died.

Leaving me with the newborn baby and 2 boys behind.

They just got back their father, and now lost their mom.

Plus, this stupid amount of bills for the hospital.

I am telling you, this was crushing.



the great fall

WHAT WOULD I DO NOW?

I walked out of the Intensive Care Unit.
They just turned off the monitors and life support.

My head was spinning, my legs shaky.

What would I do now?

How would I tell my Kids that their mom was gone?

My first call was to my mentors.

I told them what just happened. And they listened. They were there for me, with their attention and support.

Sharing what happened, was my way of making it real.

From then on four weeks of falling apart and hiding began.

But I swore to myself, that for the sake of my children, and the life I was going to build for them, I would pull myself together.

That moment I realized also, how unhealthy that sounded.

I wouldn't allow it to be.

I sat down and worked through 6 terabytes of coaching and mentorship data, in the search of an answer to my predicament.

After 64,731 hours + of personal development and coaching, as coachee and coach. I knew the answer was in front of me.

I worked tirelessly on finding a way to regain my inner choice towards happiness no matter what.

And to build up the resilience and strength to go healthy, strong, and fast through what had happened.

Then I found the answer! Hidden in bits & pieces, in single sentences of hours of teaching material.

More than 10 different coaches and mentors added material.

World-Class trainer and speakers talked to me and supported it.



the big secret

I FOUND THE WAY!

The way of dealing healthy and honest with what was going on. While attaining true, strong, inner happiness that shines outwards as well.

And more... I knew from the moment it started working, that this was something life changing for any situation.

No matter what life would throw at me or anybody really... this was the way to handle it. Handling it on a level, that you wouldn't allow anything to stand between you and your life.

No matter how hard it would get.

This is the story on how I found a key to long-lasting happiness. This is the secret.

And I boiled it down into an easy to follow 4 step sequence.

If you haven't watched the videos yet, or you got this eBook from someone or somewhere else than my specially designed webpage for it. Then go and check it out here:



THE ART OF HAPPINESS VIDEO SEQUENCE

Now the following chapters will help you understand these four steps...



1. full acceptance

THE ART OF SAYING YES!

This is one of the hardest things you
ever be asked to do!

Accept everything for what it is.

Say Yes!

Yes, I experienced this now!

Yes, this is real! And done!

Yes, it is my past now!

Yes, I survived it!

Now, it depends on whether or not you can actually do something about your situation. Some things are simply out of our control. They are beyond what we could ever do.

Like the death of a loved one. It is one of these things, like the weather, that we cannot directly influence or change. It is out of our power to do so. (for now)

Maybe you know this old saying: “accept the things we cannot change, the courage to change the things we can, and the wisdom to know the difference.”

I think it is even a prayer.

With true acceptance comes the responsibility to own and live up to the full circumstances and all its consequences.

All of it.

Only when we fully embrace a situation, experience etc... we can free us from its influence over us.

The hardest part, however, is this: Saying yes to any given situation, accepting it fully... and then actually mean it.

To do that... after acknowledging whatever has happened. You need to understand that it has passed already, it is over and done. Now it is up to us to do the final step on acceptance.

Reliving what was going on one final time and taking the time to really do so.

For me, it was to relive the last days with my wife again... the agony of watching her suffer. The moments when everything collapsed, and they couldn't help her anymore.

The 20 Minutes she needed to pass over, while I was helping her with a guided HoOponoPono.

Go through what happened to you in great detail one more time!
When you have done this, it is time to make your yes real, with step number 2.



2. feel deeply

AND ALLOW IT

Emotions are real!

Denying them, pushing them aside,
ignoring them, or being dishonest about them will only give
you a hard time.

If you really want to obtain lasting happiness,
that comes from an inner place of love and peace, then you
need to allow yourself to feel deeply.

Whatever you've been through. Whatever hardship you had to endure! No matter how tuff it got. Allow yourself for one moment to feel it all.

Understand that the worst is already over. You survived it. You lived through these experiences. And you came out on the other end of them. To take their power over your life, reactions, emotions. You need to feel them one last, intensive time.

They can't hurt you anymore now, you already been through it all. The Memory is just an echo of what really was.

When I realized this, I fell apart one more time. The last time! I felt all the anger, and I allowed myself to not only feel it deeply, with shouting loud out, and crying, and fighting. I also allowed my mind to move angrily.

But then I switched, from anger to love. From hatred against all that had let me down, towards forgiveness. For my own sake.

Then Sadness came... I cried for many nights in a row... until I changed and remembered the things that made me laugh, love, and happy.

Then I felt the disappointment and frustrations of things gone wrong, of discussions we had in the past. Of Fights and misunderstandings.

And I relived all those emotions and I switched again, into understanding and forgiving. Into knowing that it all was meaningless and holding onto it was even more so.

That way I moved through all emotions... I allowed them their very own domain. I gave them dominion over me. For a very brief time. Only to switch it back to me.

Take over responsibility for your own emotions and emotional states you are in. Allow them. Feel them deeply.

Connect. And then switch, into love.

Understanding.

Forgiveness.

It will heal you!



3. integration

WISDOM, VISION, FEELING, POWER

I felt better, at least a bit.

2 Steps, that I crystalized out of what happened. And I felt better.

But there was this daunting strange feeling left behind. And I knew on the spot, I wasn't done for a long shot.

I knew, even with so detailed working through all emotions, states, and feelings that had bubbled up, I had to do more.

I had to make sure, these emotions were to be properly adhered. Embraced. Given a space of their own.

You know, some experiences, some stories, will be with us a lifetime. And if we to ignore the place they have, the emotions attached to the experience will always overwhelm us again and again.

I found a way, on how to take the power from them. Once and for all. Integration.

Giving them a dedicated space inside of you. A universe if you will, of their own.

Imagine a space a library that is inside of you... in the shelves are no books, but little portals in bottles. Inside of them, you can see into your past experiences.

These shelves are organized by experiences you've made and got their emotions attached to them. These emotions are in little bottles arranged around the portal bottle.

But the bottles are not closed, sometimes the emotions are not even in the bottle yet.

This is your job now. Go back, remember what emotions you lived through, or may even be reliving again and again. Based on what happened to you. Now find a bottle, create one if you must. Do it in your mind. And fill it with the emotion.

It is very important to understand: You are not locking them away. You are not bottling up. You gift these shelves to the emotions. It is all theirs. A space inside of you, where they can be what they are.

Anger can shout in that space, day and night. You just won't pay attention any longer. As this is not the space you want to be in.

You can, if you feel like it, relive any of these emotions, and then close the bottle again as soon you had your share.

Integrate each one with these steps:

1. Tell your emotion you love it. You love it truly and deeply for being there for you and helping you work your experience out.
2. Gift it officially this shelf, with the experience and all the other emotions. And its new home, these beautiful awesome mind-bottles that are made only for them.

3. Tell them, that you understand and let them be in their space always, taking them with you wherever you go. Acknowledging their being as part of you!

4. Tell them that your focus is somewhere else now. You heard them, you felt them, you understand, and you love them for it. But you got to focus on what you want. Love, Light, and Happiness.

Do this with any and every emotion, feeling, urge that shows itself to you in regard to your experience.

Then you are ready for the last step. Be patient with yourself. It took me 3 weeks to properly integrate all that came up.

It is well worth the time and effort!

Once you are done.

You are DONE.



INHALE
THE FUTURE,
EXHALE
THE PAST.

4. letting go

THIS IS A TRUE ART

And this last step to:

- make peace,
- find inner true loving happiness,

And it will only work if you did your job right on the past 3 steps.

Letting go of the experience does not mean to deny it. OR forget about it.

The opposite rather.

Embracing it as a part of you.

And then understand totally. It is the Past. It is unchangeable. It is done. And so, you can give it space inside of you it deserves, but no longer your attention.

Letting go means to let the story and experience be what it is, without trying to make it into something else. Without fighting it.

It comes naturally when you did the past 3 steps. And yet it needs some time to arrive in your conscious and subconscious mind.

Emotions will keep crawling out of their bottles, falling from their shelves. This is the time when you go through the four steps for a moment again. With your focus only on the emotion that came up.

You will be faster and faster, after every time, and then it will stop. It will stay tidy and clean. And you can revisit this portal, watch it calm and peaceful, see the emotions attached, and say thank you. From the bottom of your heart.

And all you will feel is love!

This is the moment you have won. You let go.

Will it be easy? No, it was hard like nothing else I ever had to do.

Will it be worth it? Heaven yes!

Being able to decide every day to be happy, no matter the circumstance, changed my life totally.

It gave me control, and nothing that happens outside of me dictates my life anymore.

Giving you the chance to reach this for yourself is my greatest joy. Be strong! Be open! Be fearless! You are worth it all. And you have the right to claim your inner happiness as well!

Remember. I am here for you.

To follow up on this promise, you can join up into the online **Masterclass – the Wealth Creation Formula – here.**

Just click the link and build a powerful foundation to lasting wealth, happiness, and empowerment for anything you want in life.

JOIN ANOTHER PILLAR FOR LASTING HAPPINESS
AND CREATE A LIFESTYLE OF YOUR CHOOSING
[CLICK HERE!](#)

With Love and my deepest Gratitude for you being alive

Stefan Logar

The World's First Digital Life Enhancement Expert