

Enikő Sághy

Divine Self-Awareness Handbook

Part 3.



Anikó's story

Enikő Sághy

DIVINE SELF-AWARENESS

HANDBOOK

Part 3.

1. Long journey

I come from very far. And this doesn't just mean the distance, but also my development. I lied, cheated, I was cunning and unreliable, I made promises, I didn't keep my word and I could go on and on about my qualities I partly saw them from my parents or they are genetic, and my ego used the other part so that the survival programmes can work. With the Divine Self-Awareness method I managed to find my true values and to transform the above mentioned qualities into wisdom, self-awareness and knowledge.

2. My encounter with the Divine Self-Awareness

I was in a „neither with nor without you“ relationship, when my best friend recommended that I should go and see Enikő, she thought Enikő could help me. We talked a lot with Enikő at the first time. At the first time we talked a lot about, among other things, the energy laws, as well as how the fundamentals of a relationship are determined by the beginning: in a

pure relationship that is built on love, later in „pauper” times, what forces can be activated, how the present can be nurtured from the pure emotions of the past.

Later my struggles with a boy became more and more bitter so I went back to Enikő and asked her to look at the cause at a deep conscious level too. So the first meditation took place. It was a cathartic feeling when in a meditative state, at a deep conscious level, I saw that the games we played with the boy reflected my pusillanimity. With the Divine Self-Awareness technique I resolved the pusillanimity along with other shadow-qualities I brought from my childhood. Thank so this the boy had nothing to reflect, and needless to say he disappeared from my life. Later, although in a different way as before, he reappeared a few times, when I had to face my pusillanimity again. This is when the Divine Self-Awareness method became authentic to me. I started attending women support groups, talks, block-release meditations and initiations.

3. Running from Divine Self-Awareness

I was attending women's support groups and talks for years, but mostly I was just sitting there and listening, I hardly let anything in. I was living my twenties wildly, my ego was raving, and I only used the Divine Self-Awareness method when I was up to my ears with problems. With the alchemy of the soul I always managed to release the then relevant shadow-qualities, "thanks" to which everything settled around and in me, for a while. As my divine power became activated, miracles immediately started to happen in my life. Not only were my problems magically solved, but also something physically significant happened to me immediately. Of course, I didn't realise this at the time, perhaps I wouldn't have noticed it if people around me hadn't drawn my attention to it. Nonetheless, I was wasting my time and collecting bitter experiences for years. Today I have reached „51%“ of my self-discovery, I said yes to life and to my spiritual development. I regard the Divine Self-Awareness method as an opportunity with which I can create a quality life and not as an obligatory assignment.

4. Calling

I graduated as a biologist from university. Those were really trying and hard years, I wanted to give up in every exam period. It was mother who reminded me that I had felt the same way the previous semester and it had been worth pushing on. With her help and emotional support I struggled through 12 semesters. Even after university I wanted to stray and leave my path many times, giving up the results I had achieved with great effort. My ego did not give up its power games: in every new hobby I saw a „new calling” from making plasticine jewellery, basket weaving to sewing. After the initial success I didn't feel the dedication with which I could have done either of them for a lifetime. Once a friend of mine drew my attention to the fact that, although she liked coffee and red wine, she would not want to enroll in a barista or a sommelier course just to learn everything about her passion in such depth. She asked me why I didn't put this wanting to know all desire into my profession, since this is the nature of being a researcher.

This did open my eyes somewhat, but the real breakthrough, the 100% conviction that „YES, this is my path!“ was still yet to come...

5. My other half

There are some who find „Mr Right“ straight away, and there are those, who through long years of bitter experience can appreciate the partner assigned to them. I belong to the latter. Great loves, passion, disappointment in the end, endless tears, pain and bitterness characterised my relationships. Looking back it's no wonder, because I didn't appreciate, respect or even love myself. In my relationships I was looking for feedback about my own values, femininity and beauty. So, based on the principles of either „like for like“ or „opposites attract“, men always reflected the qualities that were necessary for me to face along my journey of self-development. In my relationships I realised my selfishness, conceit, pusillanimity, lack of self-esteem, power games, as they reflected their pride, emotional blackmail, jealousy and lust upon me. I used my sexuality and body as a tool to confirm my beauty

and inner values, completely ruining the sanctity of my feminine quality. These games lasted about ten years, during which time I became somewhat purified and it became clear to me what kind of man I imagined myself with. Then, as I increasingly experienced my lovability, the sanctity of my femininity, the pressure, that men should reflect my values, ceased to exist.

I asked God many times under the starry sky to send me Mr. Righth, the other half assigned to me, who is – pretty please – a spiritual man, so that we can speak the same language and we can grow together. One summer I started to make progress in my self-development, I faced many things, I got purified, I felt great in my skin, I was in harmony and I almost enjoyed being alone.

I spent one summer with a wealthy party, where money didn't matter. I started to like this lifestyle very much and very slowly the world started to turn upside down for me. Being shallow became more important than intrinsic values.

By „coincidence“ I met Enikő, who sat me down to talk and she shed some light on the fact that how much my real values had shifted, how I had misused

and abused the honest and pure love of others', and where my life was going if I kept this up. I was in tears because of the realisation, shame and pain I felt for hurting those who only treated me with true, honest and pure love. This cathartic realisation jolted me back to my reality, into the world of real values and gave the opportunity that I could meet a boy and fall in love with his soul. If I had met him before my conversation with Enikő I would have definitely looked past him as I was busy and occupied with shallow, superficial and material things. Thank you for being in the right place at the right time!

6. The rural dream – the turning point

My partner and I dreamt a lot that one day we would break away from the bonds of Budapest sublets and we would have our own home, a house. Having come from the countryside we both missed village life and we had a feeling almost at the same time that would happen if we moved to the country, started farming and created a small self-sufficient farm. Then came the idea that my Partner would leave the „multinational“

field and he would try the full-time farmer's life. Of course this required financial resources, which we did not have at the time.

As I mentioned before I almost always participated in the women's group, but I hardly took in what I heard. Lucky for me an inner force made me go every month. So it happened at the following women's group that I told everyone the plans we were making and that there was an agricultural tender that if we won our plans would come true. I didn't believe that it would work. I asked my Higher Self to show me why I didn't have faith in the success of the tender. I saw on a deep conscious level how my ego started using in its survival programme the „I have everything“ and its opposite, the „I'm small, I'm stupid, I can't see, I can't hear“, lies to get energy from others. At a raised vibration level the alchemy happened with my shadow personalities, I experienced the real values that operate my faith, trust and self-esteem. I released all obstacles that resisted in me. As I mentioned before spiritual block-releases have always had spectacular results in my life: I was certain about my divine power again, because a miracle had happened, we received

the allowance from the tender, from which we bought our first car, a piece of land in the country with a little grape press house and a wonderful panoramic view. Although, we didn't have a bathroom for years, we did have a huge garden, bees and our dream came true: we finally had our own house! BUT I didn't really enjoy it! I got everything I had asked for and yet I sat heavy-heartedly month by month in the women's group. I always went with the same problems, the ladies were tired of listening to my lame issues with which I struggled, because they saw and knew that I was capable of making changes in my life, but I wouldn't do anything. At the same time in these group gatherings I could watch the rapid and quality changes of those with much more miserable and painful life stories. Oh, and I always had relationship problems. Nothing was good enough for me. My partner couldn't do or say anything that would have measured up. I almost ruined our relationship, my „stupid cow“ behaviour wasn't enough, I wasn't willing to do anything for myself, using the Diving Self-Awareness method, so that I could appreciate and live my life happily. My ego continued to play its ascetic and self-destructive

games. More radical means were needed so that my ego could crush. Enikő, being a medium, always unfolds, reflects, teaches, confronts us in a way our Higher Self „requests” and the way the great „Creator” provides the energy space for it. She always receives the strength, so that she is able to descend to the deepest depths of our hell to reflect the darkness and greatness of our shadows with the light of universal love, with which she leads us to face the games of our ego, our rockhard resistance, our falsehood, our hunger for power etc.

The time came that with her yelling and screaming she „had to” point out how I desecrate my life with the games of „nothing is good enough for me”, „I deserve everything”, „I can push and pull everyone as I please, as my ego dictates”.

I managed to overcome and alchemy the games, stubbornness, resistance, pride etc. of my ego. As a result of this the ice started to melt! I was finally willing to do something for myself and for my well-being: one day I had a bad feeling about one of my colleagues, I sat down at home in the grape press house, even though I had a thousand things to do. I pulled myself together and said to myself that I didn't

care about the circumstances, the countless chores, I would immediately start working with this bad feeling! It was fantastic that I didn't carry it for days, but I almost immediately released it. As I saw and alchemied the shadow qualities of mine my colleague reflected and my relationship with her got solved, I understood what the others were talking about in the women's group, what it meant to have free will: We are able to change our old and familiar games and the bad feelings any time, or we can stay in it and continue to suffer.

Despite my realisation I didn't do as much for my well-being as often as I would have needed. Therefore the self-destructive part of my ego went to the extreme, it brought up my biggest fear: cancer. Enikő saw right away that this could be a way out for me, because this is something of such a magnitude that would finally force me to work on myself. And it happened so, because I took Divine Self-awareness seriously from then on, it became part of my everyday life. That's when I realised that the inner urge that drove me to attend the women's group meetings was no other than the promise I had made to myself: to get

to know myself, and to accomplish what I was born to do. Because I used free will, I took my destiny into my own hands and I seriously practised the Divine Self-Awareness method, I unblocked and solved my biggest fear perfectly.

The hard work hapenning on the physical plane, the room and the stove in the winter that got cold by the morning. bathing in a basin, or the usage of an outhouse helped me a great deal to let go of the power of the ego and to learn humilty. The spiritual inner journey to self-discovery helped me become concrete so that I could realise: my profession is my calling and research is my path. Following this realisation a former colleague of mine contacted me about a large-scale research project and, knowing my drive and pace of work, she would like me to become part of the new team.