




КАК ПОЛЬЗОВАТЬСЯ ЭТОЙ КНИГОЙ




1. Почувствуйте свое состояние. Какие ощущения в теле? В каком вы настроении? Постарайтесь углубить дыхание и расслабиться.

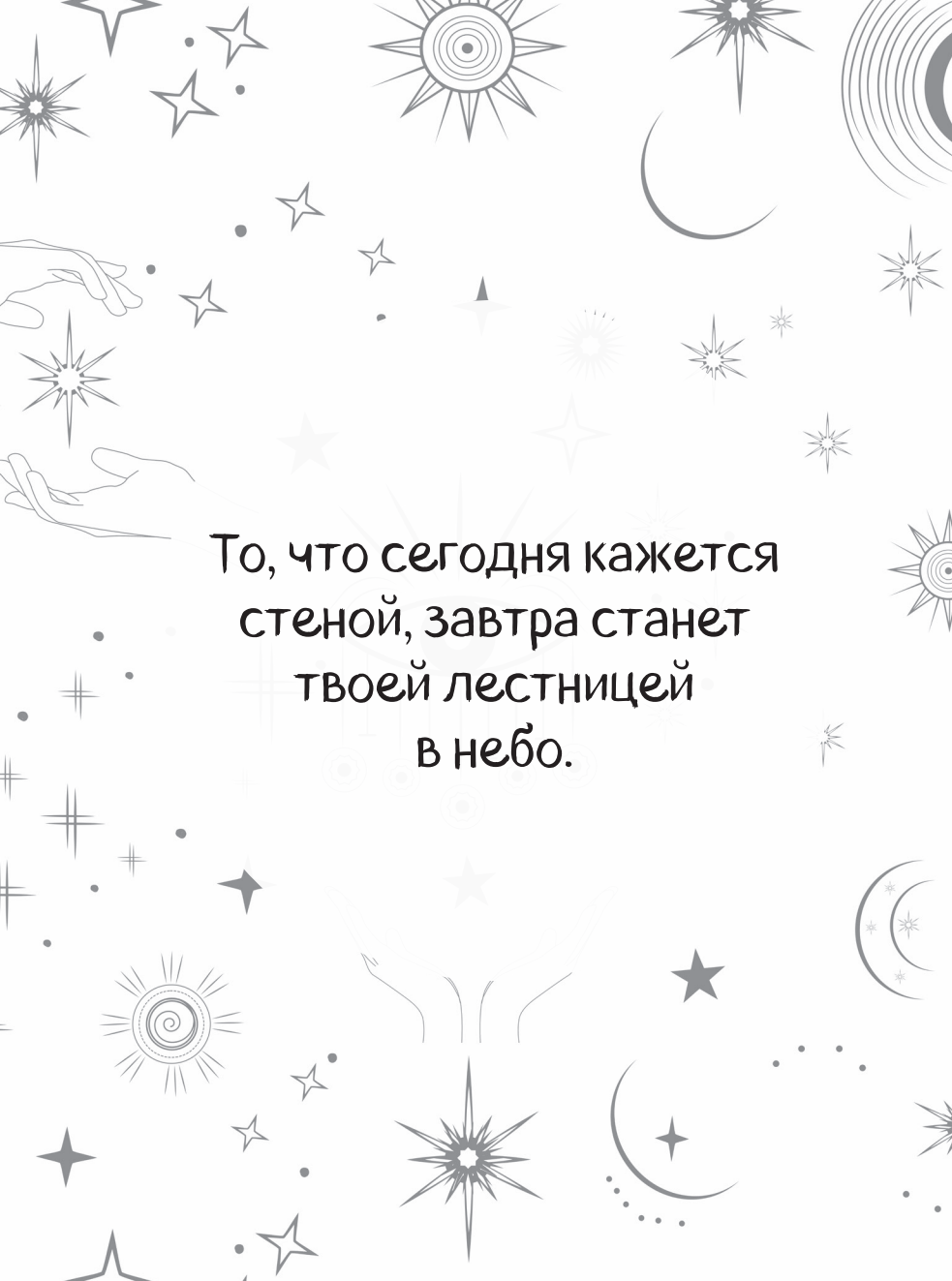
2. Сосредоточьтесь на своем вопросе.

3. Откройте книгу на любой странице.

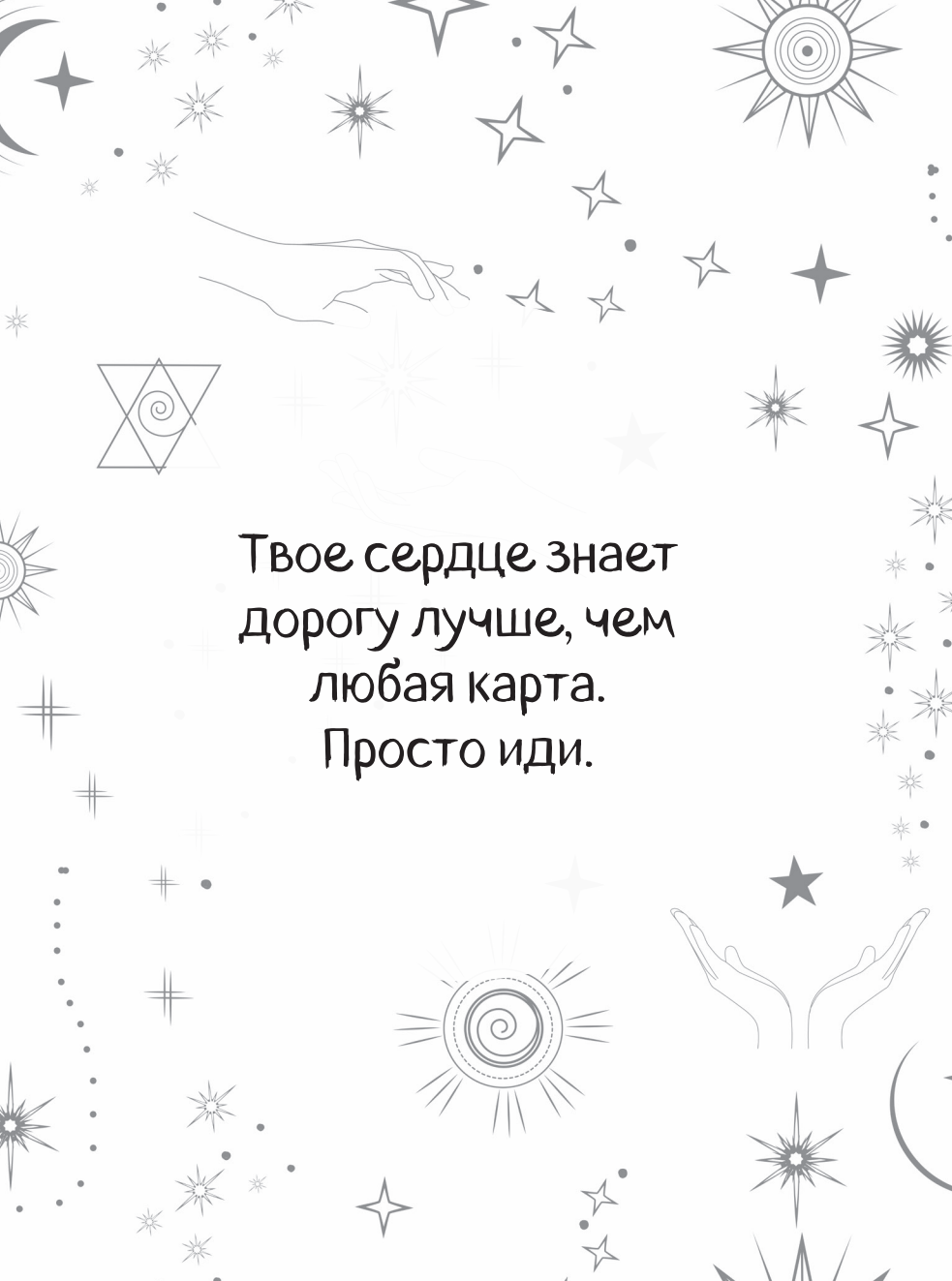
4. Интерпретируйте ответ. Как он вам отзывается?



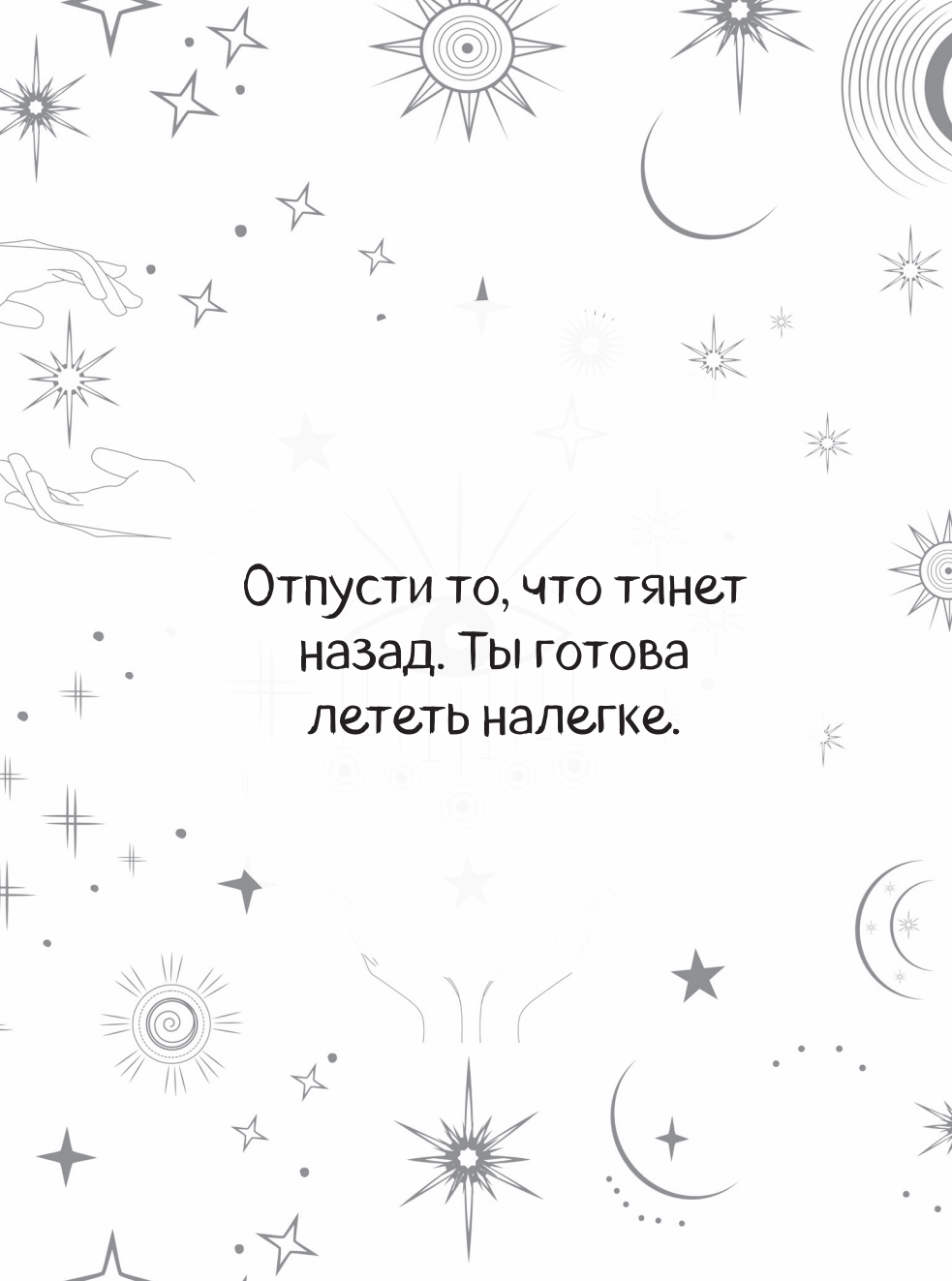
5. Чтобы уточнить ответ или задать новый вопрос, закройте книгу и снова сконцентрируйтесь.

The background is a light gray with various celestial and symbolic icons scattered throughout. These include five-pointed stars of different sizes, some with long, thin rays; suns with concentric circles and radiating lines; crescent moons; and several hands in various poses, some reaching upwards. The overall style is minimalist and line-art oriented.


То, что сегодня кажется
стеной, завтра станет
твоей лестницей
в небо.



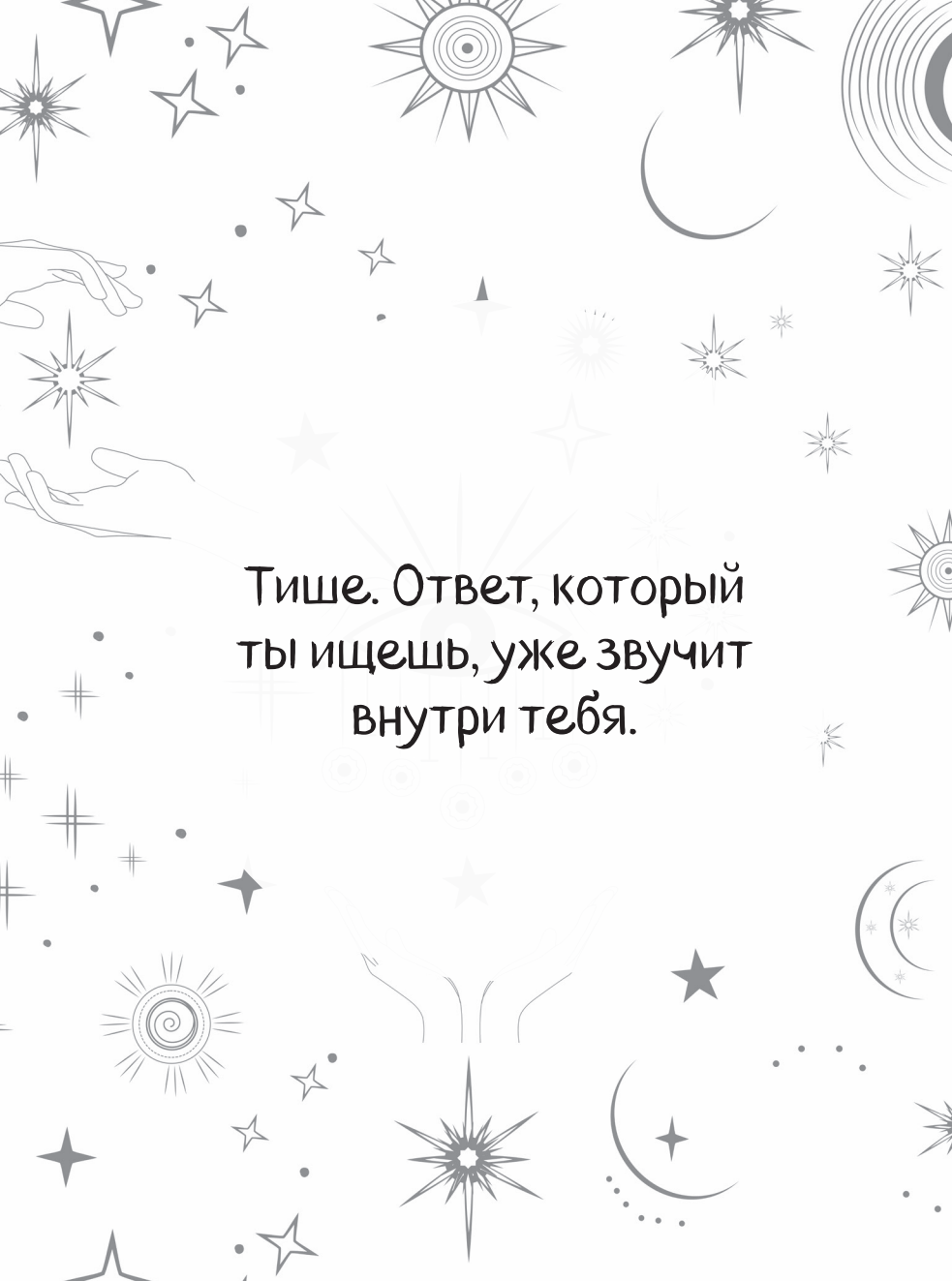
Твое сердце знает
дорогу лучше, чем
любая карта.
Просто иди.

The background is a light gray color with various celestial and symbolic line-art elements scattered throughout. These include: a large sun with concentric circles and rays at the top center; a crescent moon in the upper right; several multi-pointed stars of different sizes and orientations; a hand reaching out from the left side; a pair of hands reaching upwards from the bottom center; and a large, faint sun with rays behind the text. The overall aesthetic is clean, minimalist, and ethereal.

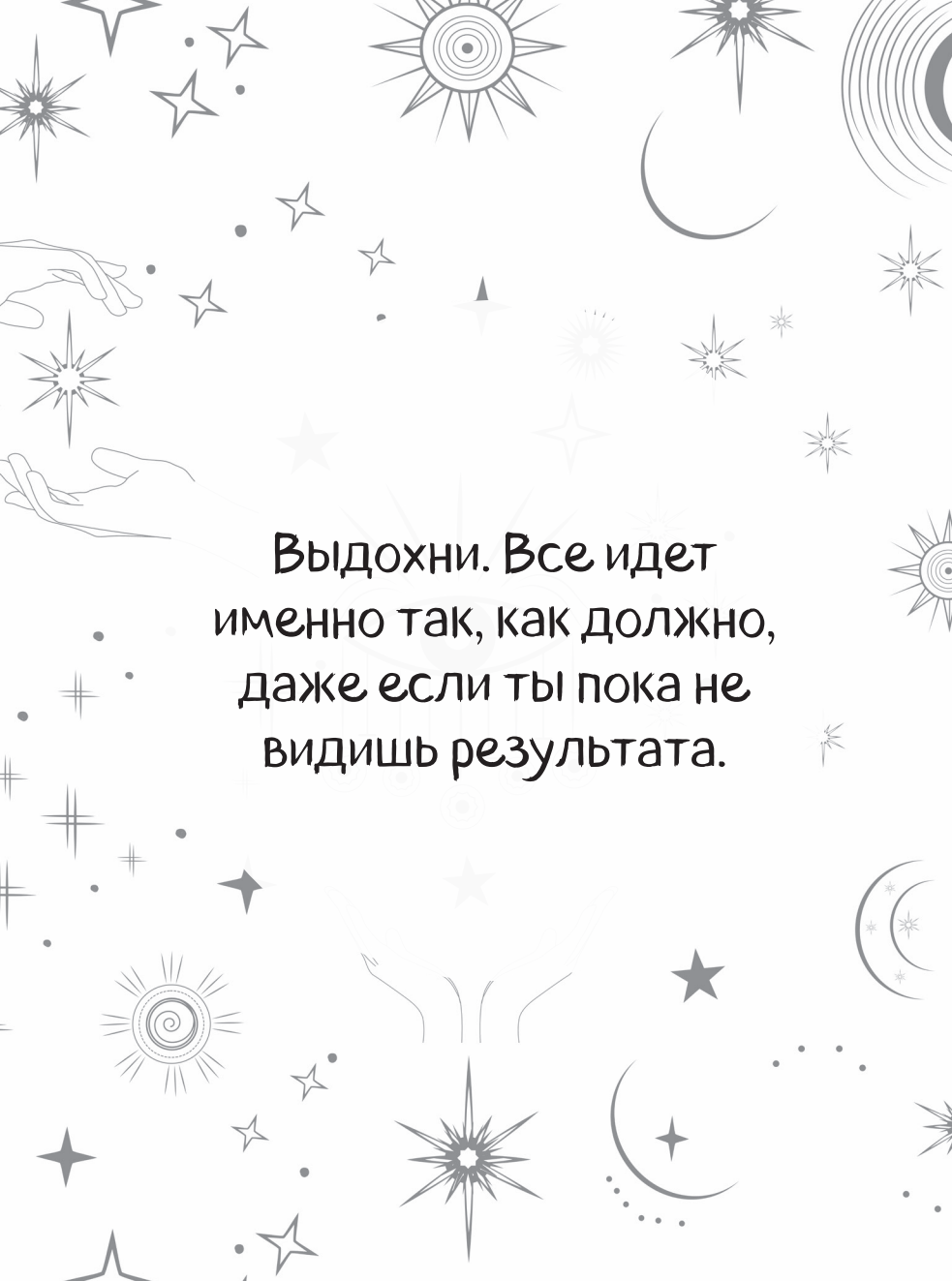
Отпусти то, что тянет
назад. Ты готова
лететь налегке.

The background is a light gray with various celestial and symbolic icons scattered throughout. These include a crescent moon in the top left, a sun with rays in the top right, a hand reaching out from the top center, a Sri Yantra (a complex geometric figure with a spiral) on the left, and another sun with a spiral in the bottom center. There are also several pairs of hands, some open and some in prayer, and numerous different styles of stars and sparkles. The overall theme is spiritual or metaphysical.

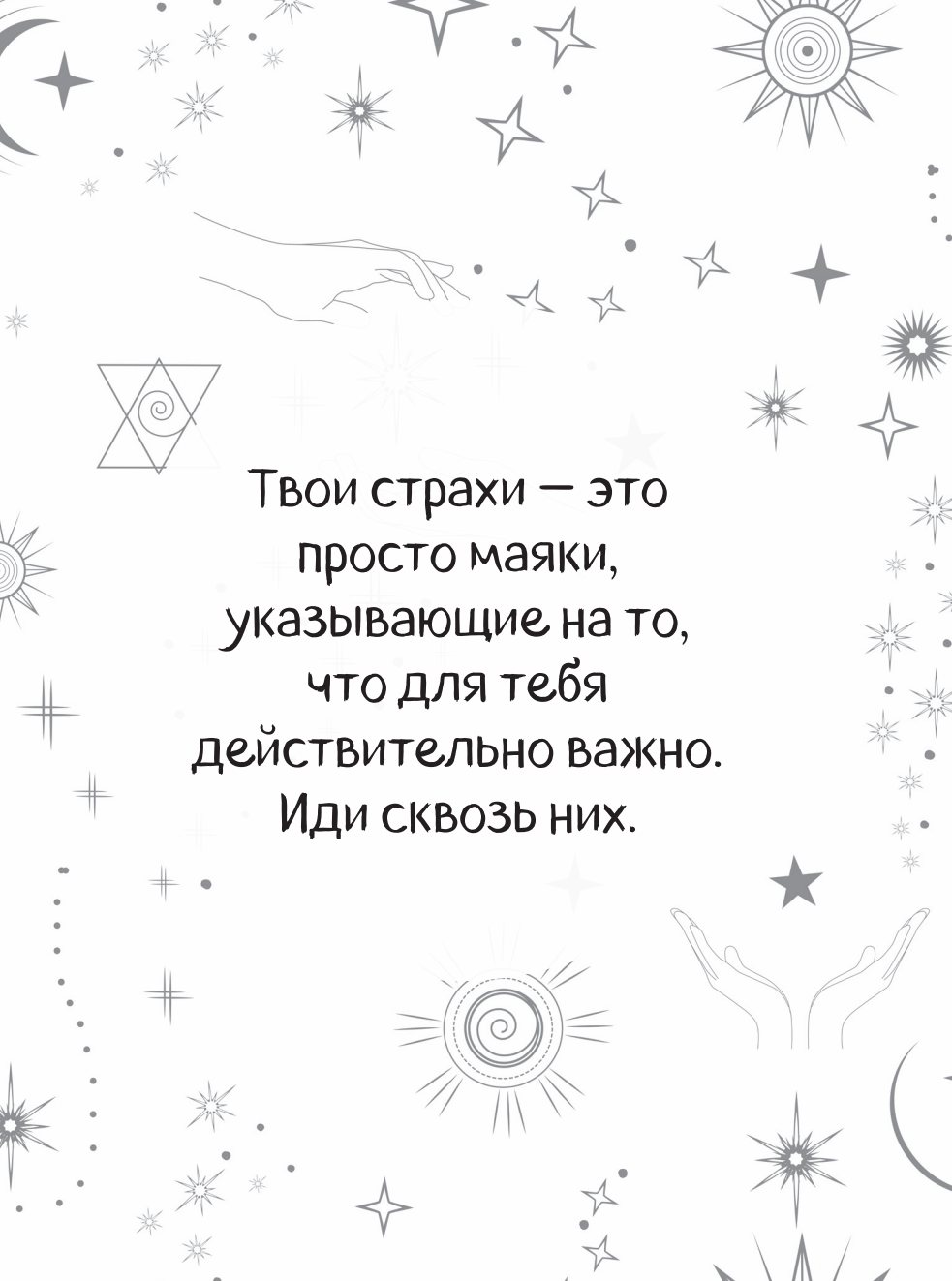
В каждом услышанном
«нет» прячется дверь
к твоему самому
главному «да».

The background is a light gray with various celestial and symbolic line-art elements. There are several suns with rays, some with spiral centers. There are crescent moons, some with small stars inside them. There are many different styles of stars, some with long, thin rays and others with shorter, thicker rays. There are also several hands, some with fingers spread, some with palms up, and some with fingers pointing towards the center. The overall style is minimalist and elegant.

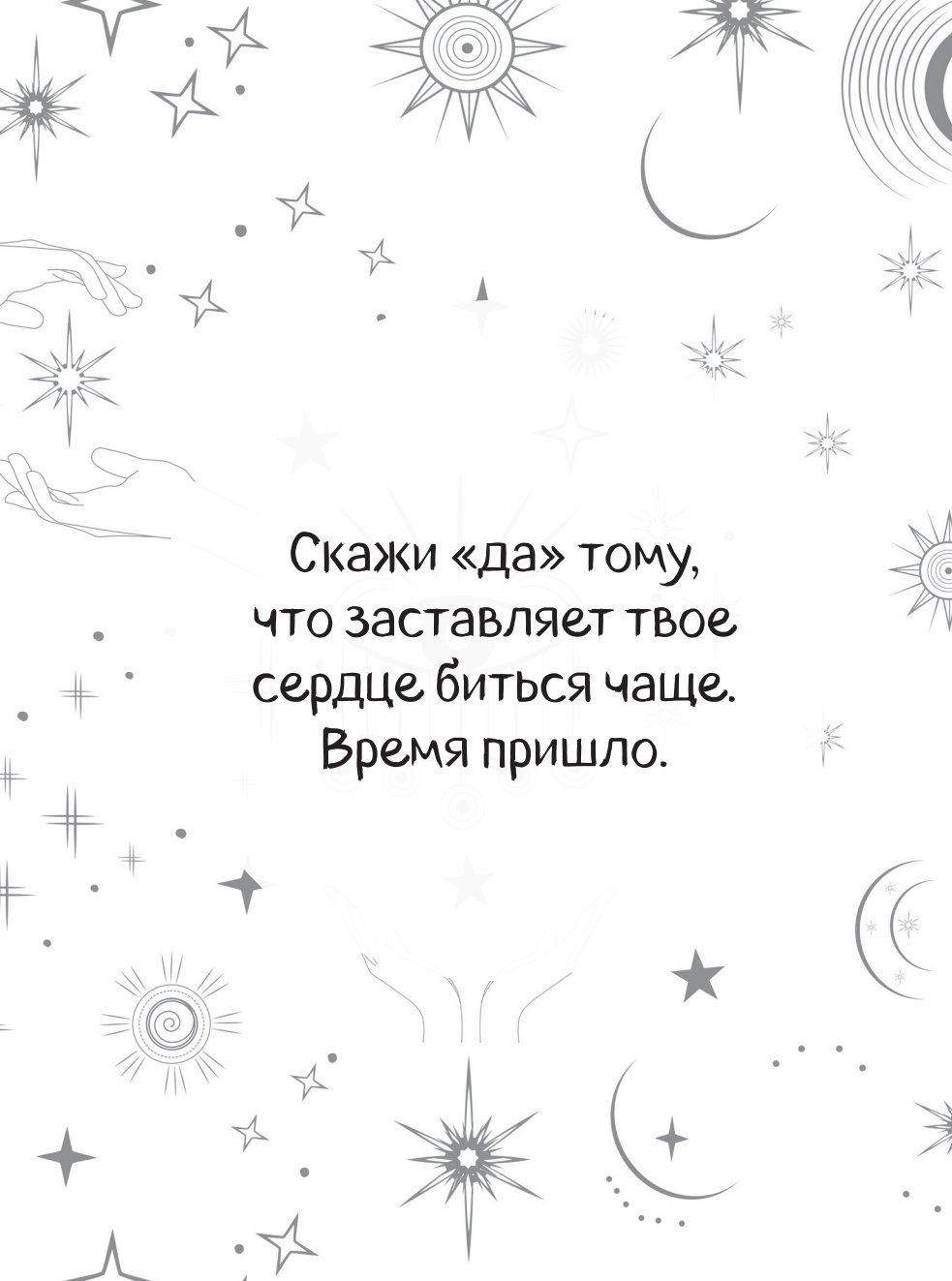
Тише. Ответ, который
ты ищешь, уже звучит
внутри тебя.

The background is a light gray with various celestial and symbolic icons scattered throughout. These include five-pointed stars of different sizes, some with radiating lines, suns with concentric circles and rays, crescent moons, and several hands in various poses, some appearing to hold or release particles. The overall style is minimalist and line-art based.

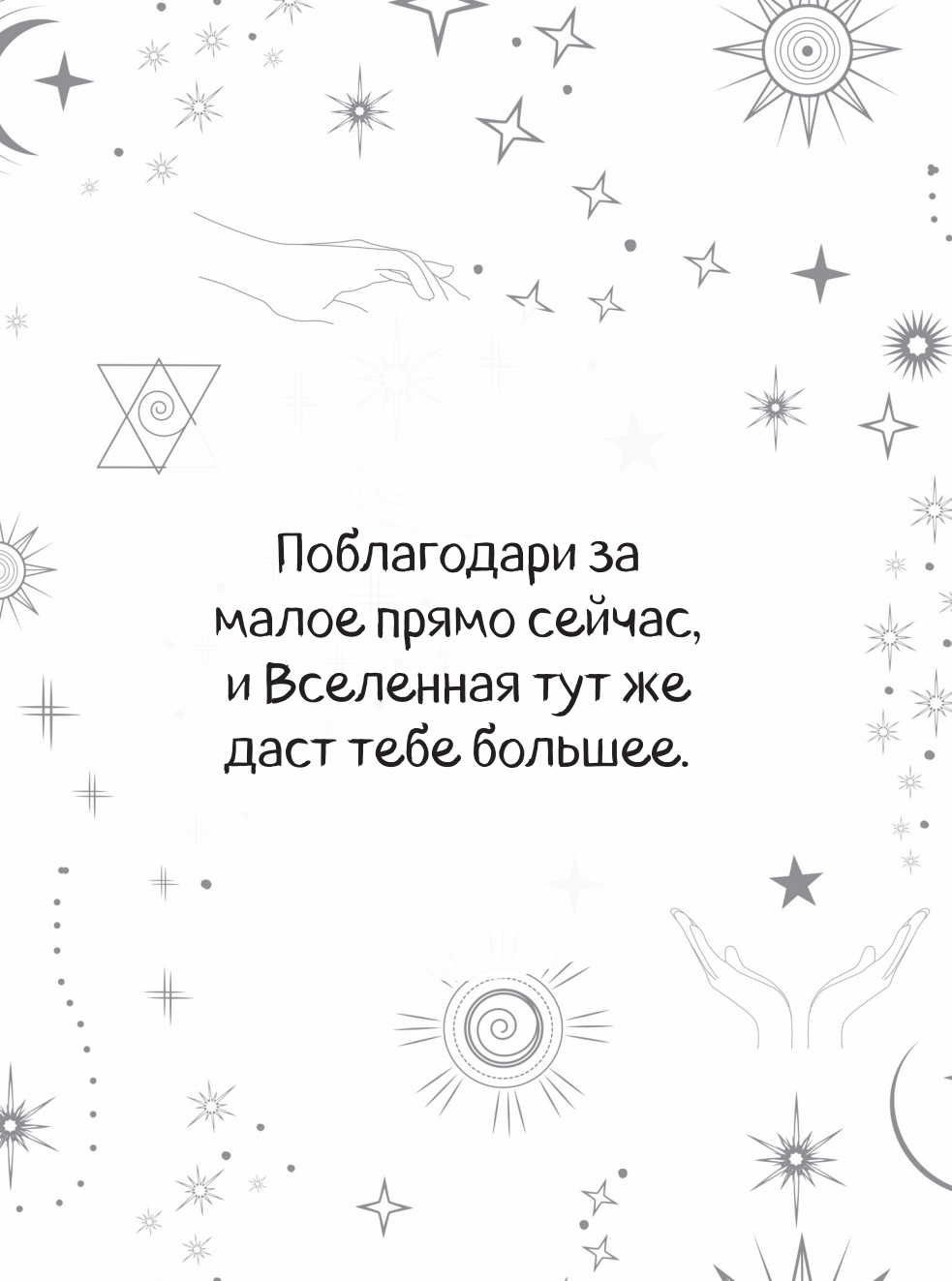
Выдохни. Все идет
именно так, как должно,
даже если ты пока не
видишь результата.



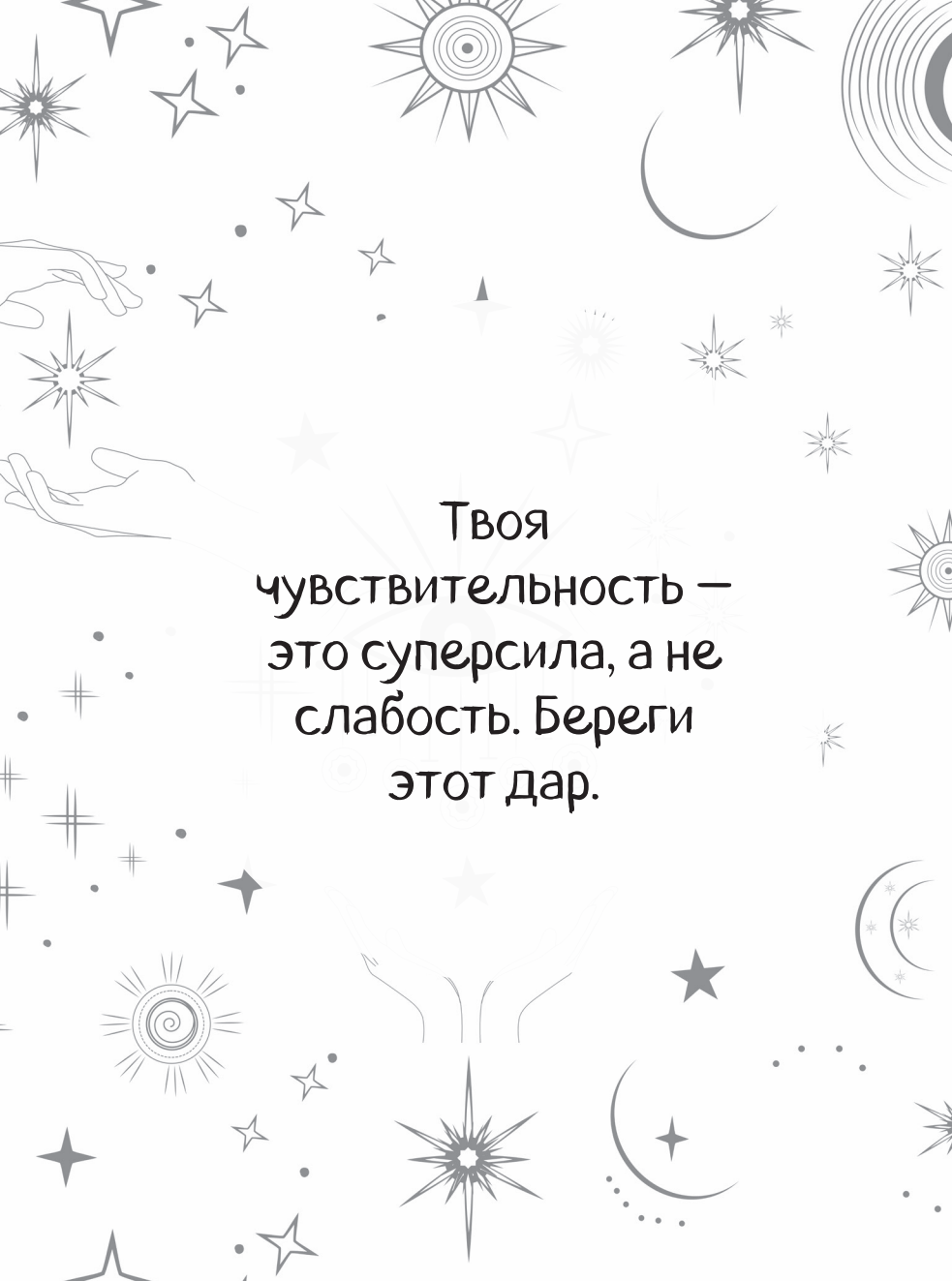
Твои страхи — это
просто маяки,
указывающие на то,
что для тебя
действительно важно.
Иди сквозь них.

The background is a light gray with various celestial and symbolic icons. There are several suns with rays, some with spiral centers. There are crescent moons, some with small stars around them. There are various styles of stars, including simple five-pointed stars, multi-pointed starbursts, and small dots. There are also line-art drawings of hands, some reaching out or holding something. The overall theme is dreamlike and inspirational.

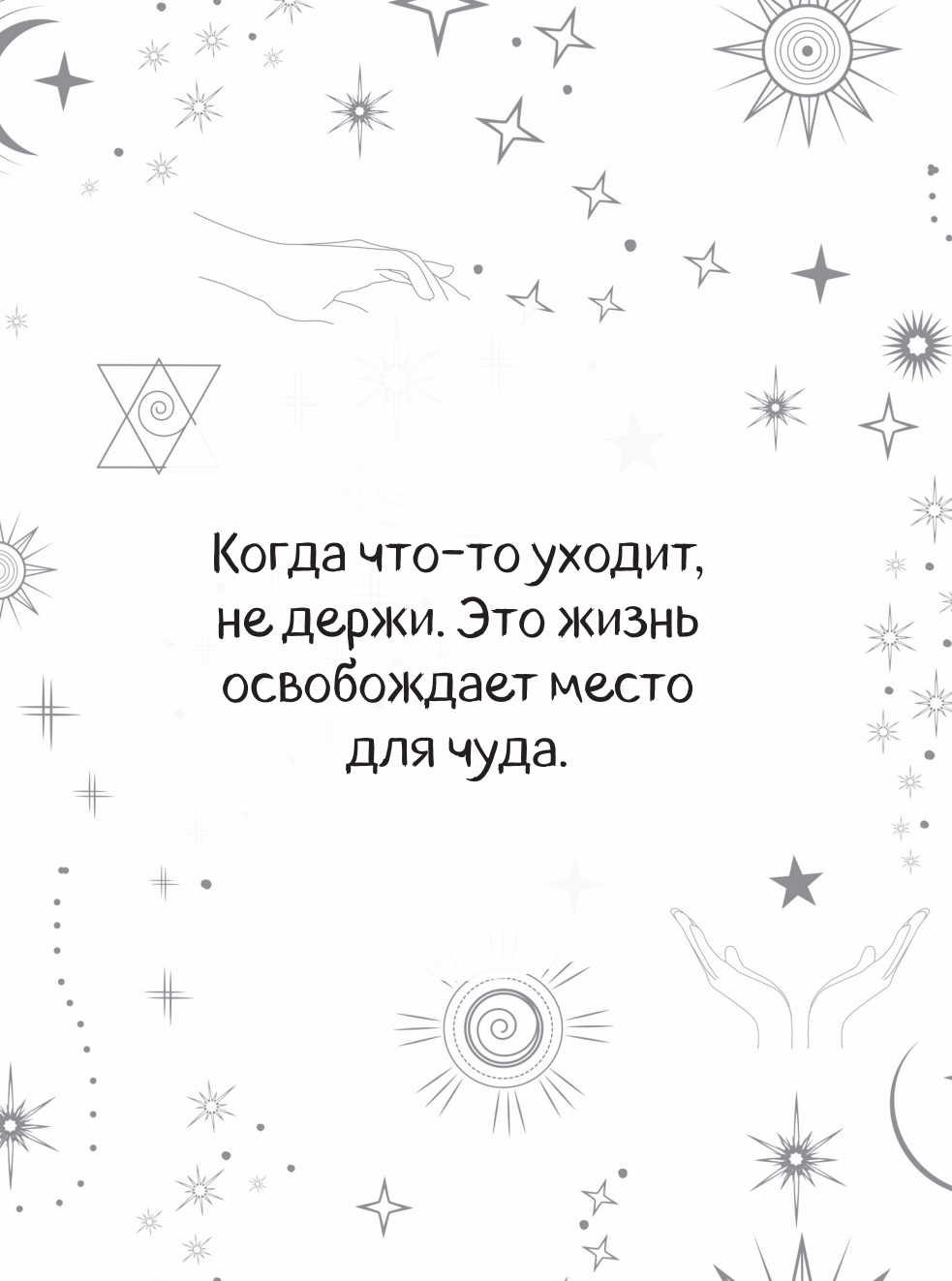
Скажи «да» тому,
что заставляет твое
сердце биться чаще.
Время пришло.

The background is a light gray with various celestial symbols and hand gestures. At the top left is a crescent moon. At the top right is a sun with a spiral center and radiating lines. In the center, a hand reaches out from the left towards a small star. Below it, another hand is shown in a gesture of offering or prayer. At the bottom center is another sun with a spiral center. At the bottom right, two hands are shown in a gesture of offering or prayer. The background is filled with various stars, some with long tails, and a spiral symbol inside a triangle on the left side.

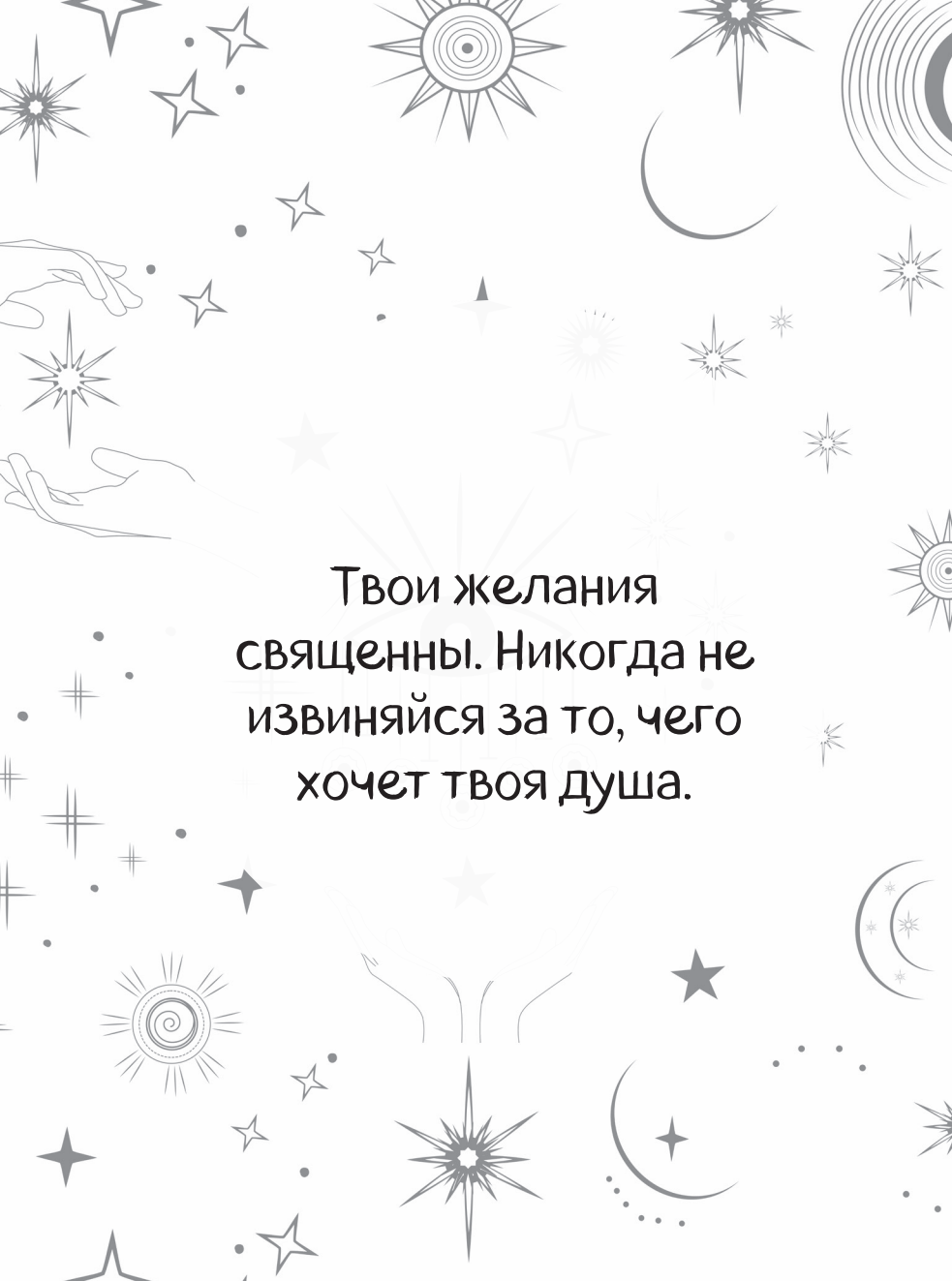
Поблагодари за
малое прямо сейчас,
и Вселенная тут же
даст тебе большее.

The background is a light gray color with various celestial and symbolic line-art elements scattered throughout. These include five-pointed stars of different sizes, some with long, thin rays; suns with concentric circles and radiating lines; crescent moons; and several hands in various poses, some appearing to hold or release particles. The overall style is minimalist and elegant.

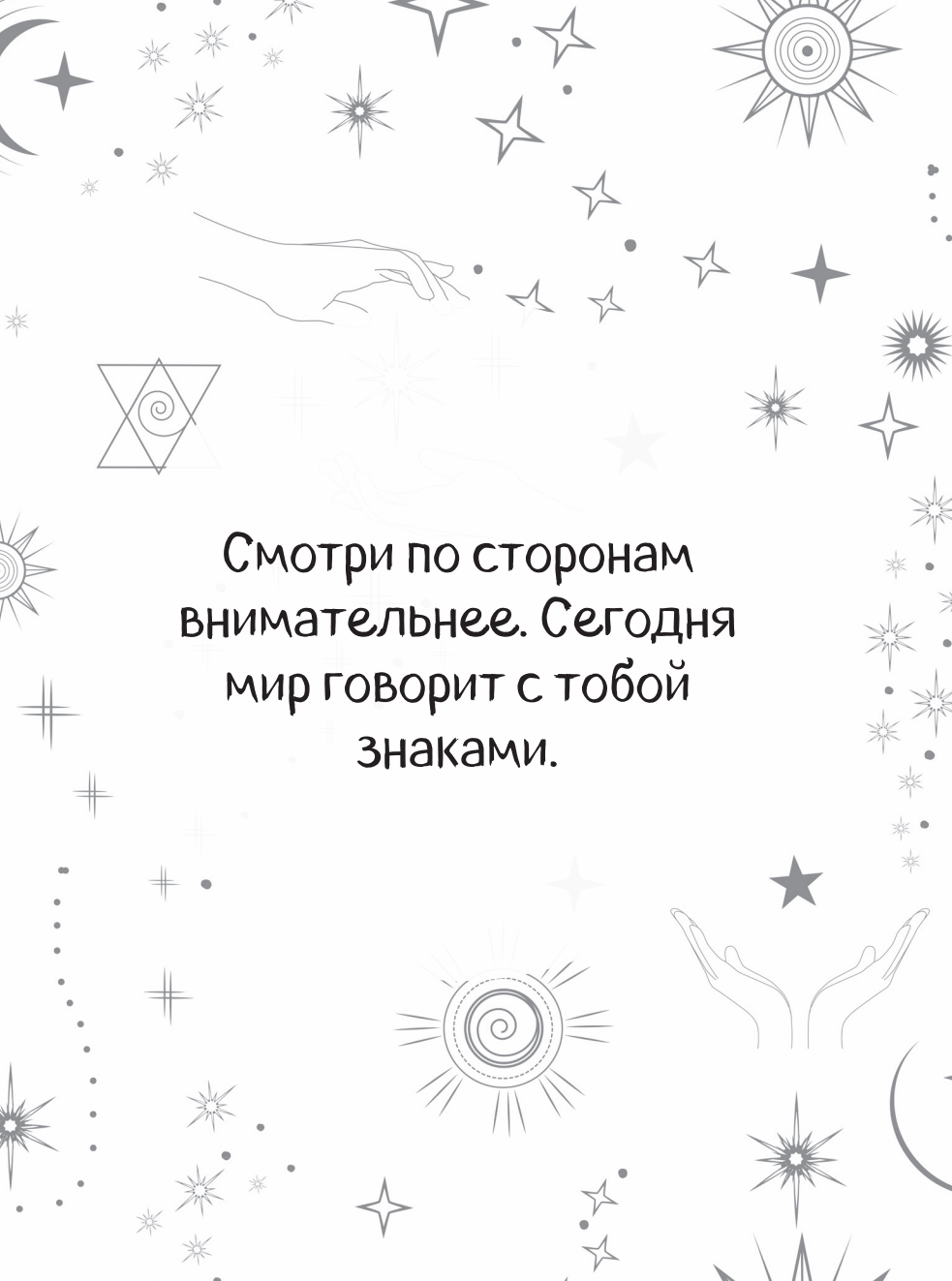
Твоя
чувствительность —
это суперсила, а не
слабость. Береги
этот дар.



Когда что-то уходит,
не держи. Это жизнь
освобождает место
для чуда.

The background is a light gray with various celestial and symbolic icons. There are several suns with rays, some with spiral centers. There are crescent moons, some with small stars around them. There are various shapes of stars, some with multiple points and some with concentric circles. There are also several hands, some with fingers spread, some with palms facing up, and some with fingers pointing towards the center. The overall theme is celestial and aspirational.

Твои желания
священны. Никогда не
извиняйся за то, чего
хочет твоя душа.



Смотри по сторонам
внимательнее. Сегодня
мир говорит с тобой
знаками.