



Chris I. Stavri

KNOW

YOU CAN

CHANGE

A Path to Psychological and Spiritual Development

KNOW
YOU CAN
CHANGE

CHRIS I. STAVRI



KETER
BOOKS
• London •

Chris I Stavri has asserted his right under the Copyright, Designs and Patents Act 1988, to be identified as author of this work.

Published by Keter Books 2015
31 Wetherby Road, London, EN2 ONU, United Kingdom

First published 2015

Copyright © Keterbooks 2015

All rights reserved. No part of this book may be reproduced or transmitted, in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage or retrieval system, without prior permission in writing from the publishers.

No responsibility for loss caused to any individual or organization acting on or refraining from action as a result of the material in this publication can be accepted by the publisher or the author.

This book should not be relied on as a substitute for proper medical consultation. The author and publisher cannot accept responsibility for illness arising out of failure to seek medical advice from a doctor. The intent of the author is only to offer information of a general nature to help you in your pursuit for emotional and spiritual wellbeing. In the event you use any of this information in this book for yourself or others, the author and the publisher have no responsibility for your actions.

Printed in Great Britain by Berforts, Stevenage
Cover image: www.depositphotos.com
Cover design by Mercedes Simón
Typesetting by Jonathan Baker at Seagull Design
Edited by Jane Hammett

Contact the author, Chris Stavri:
chris@harleystreetcounselling.co.uk

A CIP catalogue record for this book is available from the British Library.

ISBN 978-0-9931572-0-2 Paperback

CONTENTS

Introduction	1
Know	4
1. Body and Image	9
2. Ego	16
3. Persona	23
4. The Shadow	28
5. Thinking	33
6. Running Away	38
7. Fantasy and Reality	44
8. Resistance	51
9. Demand	60
10. Guilt	65
11. Abuse	70
12. Addiction	78
13. Fear	84
14. Anger	91
15. Remorse	98
16. Self-Confidence	104

17. Commitment	112
18. Trust	117
19. Self	124
20. Life	133
21. Laws of Life	139
22. Relationships	149
23. Responsibility	159
24. Compassion	165
25. Creativity	172
26. Inspiration	178
27. Dreams	183
28. Signs	193
29. Astrology	199
30. Intention	205
31. Faith	212
32. Love	219
Meditation	231



The aim of this book is to help you to:

- * Achieve change
- * Understand the *ego*
- * Overcome negative emotions
- * Triumph over the past
- * Create better relationships between yourself and others
- * Live according to your true potential
- * Live positively, with love and harmony
- * Rediscover the *real self* that resides within you
- * Know who you really are and why you are here
- * Understand karma, free will and levels of consciousness
- * Be aware that we are governed by cosmic influences
- * Achieve spiritual connection.





INTRODUCTION

I have written this book to help you make changes to your life and to give you what I have received so far, along my journey to spiritual development and as a practising psychotherapist. I know the reason you have this book in your hands is because there is something you want to change. Perhaps you want to change your job, your relationship or your daily life. Maybe you want to change something about yourself or improve how you relate to others. Whatever it is, this book will show you how to implement these changes and modify your current situation.

Everything changes. You have changed while you read this paragraph. Every second, change is happening within us and around us. Our cells are changing with our every thought and, as our cells change, we change. Our mind has an effect on our body and, for that reason, it is extremely important to capture our thoughts. What you think controls your cells, your feelings and actions, and creates good or bad outcomes.

First and foremost, change begins with you saying to yourself, “I want to change” and “I am changing”. It is that simple. If you believe it with conviction and purpose, change will inevitably begin to happen in your life.

If you are finding it difficult to change something, then it is probable that some sort of fear is holding you back, and causing you to believe it cannot change. I have designed this book to help you find out what may be stopping you from bringing about changes in your life, and to help you make changes that can transform your

life for the better. More importantly, the aim of this book is to help you rediscover yourself, the self that resides within you that is lost and dormant and that is crying out, with every passing day, to be acknowledged and brought back to life. This self is the *real you*, which seeks progression, development and release from the bondage of the ego in order to serve your true vibration and purpose. The root cause of many people's misery lies in the fact that the self that exists within their soul is closed off and controlled by unconscious forces, which are usually acted out by the ego. Therefore, awakening the self and uncovering its purpose is the closest I have come to making any sense of mankind's journey and the meaning of life. Reconnecting with the self and breaking away from the bond of the ego is, without doubt, the biggest change one can make to bring about a sense of realisation and fulfilment. Furthermore, when one lives according to the self that resides within, other positive changes will occur in one's external life which could seem – to the outside viewer – miraculous, but which are in fact a natural effect of inner change.

The Structure of this Book

This book is structured into a series of chapters that include topics ranging from the physical body and the lower part of the psyche, up to the higher levels of consciousness and spirit.

The first part of the book revolves around the subject of the *ego* and the emotional complexes that we need to deal with and understand in order to move into a higher state of being; for nothing can change without awareness. Here, we observe how the unconsidered elements of our emotions can control us, and how the deep-rooted unconscious forces contained within the psyche have an enormous influence over us. It is then necessary to explore the hidden things within us that are uncomfortable to look at, in order to shift our level of perception. Where there is darkness, there you will find light. When we recognise what is holding us back, we can then step forward to improvement, progression and freedom.

Later, the aspect of the *self* is considered in depth, along with our purpose as individuals, how to realise our potential and improve our relationships. Our accumulated experiences are not only related to this life but also to past lives; therefore, the concept of karma is included too, for the purpose of gaining a wider perspective on life.

The final part of the book discusses the supernatural and spiritual realms, our higher levels of consciousness and our ability to connect and commune with something greater than ourselves, so we can attain guidance in our spiritual journey.

The themes described above are divided into chapters, which are intertwined and relate to one another. However, each chapter can be read by itself as they deal with complete, standalone topics. Nevertheless, I recommend reading through this book at least once to gain a clear overview and to get the most out of it. Then I would suggest that you reread with greater detail those chapters that interest you the most, to bring about the desired changes to your life.

Each chapter is divided into three parts: theory, practice and devotion. These contain a description of the subject matter, a practical exercise and a devotional prayer. When these three elements are combined, they bring about balance and harmony. The theory and explanations are designed to give you a general guide to, and analysis of, the different areas of life, from the most physical to the spiritual. However, they should not be taken as all-inclusive, for each person's life is unique. Please be aware that in most examples the term 'he' is used with intended gender-neutral meaning, although 'she' is sometimes used instead. The exercises will help you find clarity and solutions to problems that are preventing you from being yourself and changing your life for the better. You can use the prayers as part of your meditation and as a tool for positive self-development.

I have also included a guided meditation at the end of this book, which is easy to follow and learn, to help you relax and increase your consciousness and clarity of mind.

My hope is that something in this book will make a lasting impression upon your soul and help you achieve any changes you desire: then it will have served its purpose. Finally, I would like to ask you to embrace the mystical journey of life.



KNOW

*When you connect to the knowledge of the Universe
that resides within you, you know without doubt.*

You, I and every human being have the knowledge of the Universe. We have the knowhow to create the most magnificent buildings and engineer aircraft, to travel into space and to generate the scientific and biological advances to transform our cells and heal our bodies. This is just the start of our great capacity. As humans develop further, we will be able to do these things without any biological or scientific procedures. We will all be able to fly to any end of the Universe without the need for a rocket, as some do with astral journeying; heal our own bodies without surgical operation, as some do with psychic healing; and live in the most wondrous house that we could ever imagine, like the inner temples in which people who are psychologically and spiritually developed live. Some people have demonstrated these extraordinary capacities, such as healers with their healing powers, psychics who foresee prophecies, people with the ability to have telepathic communication, people with X-ray vision who can look through solid walls or into a person's body, or autistic children with astounding talents for science, maths or art. All these examples tell us much about what is within human capability.

The knowledge of all that is, that has been, and that is to come, is within every human being. We all know everything. As we learn something new, we are merely remembering, for all is known. Nevertheless, we have to relearn what we have forgotten in order to progress.

For the time being, humans are still on the early part of the journey to rediscovering their incredible potential.

First, we have to understand that the world that we share is a world that we have all collectively shaped, and that the human race as a whole is in its premature stage of development, far from a state of remembering and knowing. As we can see, it is a world fuelled with fear, doubt and hate. I am sure that this is not the world you want. You want to be in a world that is full of love, peace and harmony. Well, you can be. All you need to do is rediscover what you know and use your knowledge wisely to change yourself. As you change, by natural progression, the people around you and the world will also change for the better.

What a lot of us are not aware of is that there is another world. You have probably heard of it. It is called the universal world. In the universal world, you can make wonders happen and have anything you want for your life to become more fulfilling; whereas, in the common world, as we know it, almost everything is, unfortunately, based on man-made illusion, which leads many people to suffer an inescapable life of misery, hatred and disturbance.

To become aware of these instabilities that are in our common world, let us try a little experiment. Stand still right now. Yes, now! Stop whatever you are doing. Look – that’s it, just keep watching. Watch the people around you for a few minutes and become more attentive. I am sure you will see things in a more interesting way. Watch what is going on as if you were an invisible alien who has just landed where you are right now. Watch the people as if they cannot see you. Try not to stare at anyone; do not let them see that you are watching and observing them as they go about their daily lives.

What did you see? I am hoping you have seen clearly that something is not quite right. Let me tell you what I, sadly, see in our world: I see people who are unhappy, divided, fighting, despondent, and in discord with families, friends and nations. Many of us comprehend that these situations are totally unnecessary. Nonetheless, there seems to be no way to stop it.

“Why is this?” you may ask. The reason is because most of the human race is simply still very much in a childlike stage of development. Many

people appear to be grown-ups, but in reality they are adolescents in grown-up clothing who think, behave and react like juveniles. However, behind all that, I also see the spark of life in each and every one of us, and the potential for people to grow and create a better world.

Know You Can Change aims to help you develop and meet the world and others from the point of love and harmony. If you want change, you can have change. I am not offering you a magic wand, since you will have to work for it. We all reap what we sow; hence, from now, you can start to sow the seeds of change to reap a more harmonious way of living.

Change comes from choice. You can either choose to continue living a life of illusion and dissolution, accompanied by hate and misery, or you can choose to live a life of love, peace and harmony. The choice is yours, and I know you have made the right choice because you have this book in your hand and you are reading this. The *real you* has made the choice for you beforehand. Your real self, which resides within you, has consciously drawn your attention to this book. The self is an integral part of this book, and you will become more familiar with this term as you read on.

Finally, to know is to acknowledge and to remember who we really are. It is of major importance to our development that we do all that we can to reconnect to the real knowledge that resides within us. In this moment in time, you know the answer to your every problem and to your every goal. The aim of this book is to help you unleash the knowledge you have within you, and live to your full potential in this lifetime. The art of self-remembering and self-knowing starts today.

My dear reader, I wish you a wonderful journey to self-development and understanding of life principles. Above all, I know that you know you can change.

Bless you.



Know

*I know I can change,
from a negative way of being
to positive and uplifting ways.*

I am in this world,
but not of this world:
I am from the universal world.

The universal world
is loving, kind and caring.
It brings me love and harmony.

I am starting to let go of
all the old beliefs and ideas
that no longer serve me.
As from this moment,
I have changed.

I change to living my life
according to who I really am.
I am a spark of the infinite Universe.



I

BODY AND IMAGE

Beauty is a quality that emanates from within.

The body is the vehicle that we reside within. It is a masterfully engineered piece of equipment and, without doubt, a wonderful work of art made in heaven.

Unfortunately, most people consider the body to be of more value and concern than the essential *psyche*, a word which means ‘mind and soul’ in Greek, and thus, they overlook and override what is crucially the most significant aspect to one’s greater wellbeing. Many people judge others and themselves according to the external beauty of their body and, because of this, many have used their physical attractiveness to gain success and riches. All of this emphasises how much value and importance is placed upon physical appearance.

Look around you. There are all types of bodies and faces. Actually, there are billions of bodies and faces in this world, and yours is one of them. I find it incredibly sad that so many people do not like their face or their body. In effect, they do not like or accept themselves. However, it is not surprising that so many people feel self-conscious and sensitive about their body image, since we are constantly bombarded by sexual images in the media and photographs of unrealistic-looking celebrities and models. We see these images as the ideal that we should aspire to look like, believing that if we do not match up to these standards, then we must be inferior and therefore not good

enough. If you have this mindset, then it is time you began to change it, because it is ludicrous, demeaning and damaging to your self-worth. You are a valuable and beautiful person just the way you are.

Unfortunately, from a very young age many people become fixated upon 'celebrities' and seek to be like these impractical screen idols. Celebrities become iconic role models that people believe, in their fantasy, they should emanate or be like. People captivated into believing these unrealistic ideas become detached from who they really are. Your body is special and unique, and you would be wise to admire yourself just the way you are.

Nothing is Without Reason

Many people just accept their bodies without questioning why they have that particular body. Let us ask some questions, such as:

- * Is your body a reflection of your healthy life habits?
- * Or perhaps, have you created the body you have now due to bad diet or lack of good exercise?
- * Could it be that the body shape and size that you have now, be it large or small, has been formed or disabled for a specific reason?
- * Maybe your body has changed due to illness or a terrible accident. What could be the reason behind that?

When we ask ourselves questions like these, we can gain an insight into the task that has been set up for us to learn from, or into the challenges that can help us to develop.

At birth we are given a particular DNA that provides us with the body type suitable for us to carry out certain tasks. For instance, a natural athlete like a sprint runner would have a muscular and slender body type, suitable for that field of sport, while a large and burly man would have a strong body to manage heavy loads on a building site. On the other hand, people may develop an unnatural body and become excessively overweight due to their life habits and

circumstances. On closer inspection, an overweight person might have suffered either abuse or abandonment as a child, and has then gone on to create a large body in order to protect himself against intrusion and to feel safe. Later, as an adult, he might become a therapist who is 'larger than life' and projects a protective figure for others. As a result, whether or not he is conscious of this, he could have fulfilled the task set prior to his birth. If we see things from this perspective, then nothing is without reason.

By taking the time to examine our circumstances, from the point of view that something much more significant is at work than what appears on the surface, we can find a deeper understanding to our lives and liberate ourselves from what once seemed like an incomprehensible and meaningless life.

Foundation of the Body

The way we feel about our body or face comes down from what we were made to believe about ourselves as children. Throughout this book, you will come to understand that these early messages have made deep impressions upon our minds, which either scar and disable us or help us progress. Let's take the following example: imagine a seven-year-old boy being constantly stuffed with bags of crisps, sweets, fizzy drinks, large portions of chips and giant hamburgers, finding himself sitting in front of the television watching *Superman*. While doing so, his friends turn to him and ridicule him for his oversized body, because he does not match up to what a 'superman' should look like. How does that boy feel? Terrible, without doubt, with the added discomfort of believing himself to be 'bad' and worthless. He didn't ask for the junk food that was given to him: he got used to eating what he was given. At that age he wouldn't know any differently; he would eat what his mother gave him, without questioning her, especially if it also tastes good. However, when a child is always fed poor-quality food, his mind is becoming set to hate his body – and himself – and to have low self-esteem. Something similar happens to

little girls who watch too much of the wrong television programmes or read teenage gossip or fashion magazines. They begin to believe that, in order to be accepted and beautiful, they must be stick-thin.

Most people dislike their bodies and their faces because society imposes unrealistic images of how we should look. When we see these images, we do not stop to think that they have been digitally altered to look as immaculate or as 'perfect' as possible in order to manipulate our minds. There is no need for anyone to consider that they are any less worthwhile because of their looks, because these models are, in effect, an artificial end product.

In reality, our body is a vehicle that carries our soul around. Therefore, it is wise to take care of it, appreciate it and maintain its good health, so the soul can have a longer stay here on Earth. But how many people actually do this? Not many! Most people dislike their bodies and faces. And no matter how successful they may appear to be, they are not happy in their own skin, not only because they are not living according to the expectations and standards set by society, but more fundamentally because they are not living according to their essence, the true self that resides within them – which we shall examine later.

Love your Body

We should love and care for our bodies. They support our soul and carry us wherever we go. You have been given your specific body for a reason. Now it is up to you to find out what that reason is and embrace it with love.

Exercise

1. Look at yourself in the mirror. Just take a moment to watch your body, from the base of your feet up to the top of your shoulders. If you don't like your body or your face, it is understandable that you may feel uncomfortable with this exercise to begin with. The longer you work on it, the more accepting you will become of your body. Stay in the present moment without judgement, just observing your body.
2. As you look at your body in the mirror, ask any of the questions below, keeping your focus on just one question at a time and paying attention to any answers that may come to you:

- * Why do I have this body?
- * Is this the body I am supposed to have today?
- * What is the purpose of the body I have?
- * Is this body serving my true purpose?

You can also ask questions relating to areas of the body where you feel pain, for example:

- * Why does my back hurt?

You might be overloading it with your life habits or your emotions.

- * Why does my left knee hurt?

You could be holding yourself back with the past.

- * Why does my right leg hurt?

Perhaps you are trying to move forward too quickly.

- * Why do I feel pressure in my chest?

You could be pushing yourself too hard and may need to slow down.

KNOW YOU CAN CHANGE

* Why do I find it difficult to breathe?

You may feel anxious, trapped or need to say something to someone.

* Why does my body feel tired?

Your body is simply telling you to take a break.

* Why do I feel a sense of unease around my stomach?

You are probably emotionally over-worried.

* Why is my heart aching?

More than likely, you are feeling pain over a loss or a deep need for something that is not happening for you.

* Why do I have a headache?

You may be putting yourself under too much pressure or overusing your mind.

3. As you are in front of the mirror, asking your body a specific question, you can take yourself into a state of meditation. Allow images or words to come to your mind as you enter into a dialogue with your body. This way, you will get a direct answer. Ask the questions without judgement and listen to any answers that come to your mind. One answer may lead to another question until you have built up a whole picture of what your body is telling you. You may feel the answer, hear it, or you may even see a picture in your mind's eye.
4. Repeat this exercise regularly in order to develop your ability to read the messages your body is giving you. Over time, you should feel more accepting and confident regarding your body and appearance.





Prayer

My body,
thank you for all the support
you have given me.

From now on,
I will think of you,
I will take care of you.

I will give you the right food
and healthy exercise.
I will not overwork you,
I will rest you.

I will talk to you
and listen to you.
I will meditate with you.
I will take you to restful places
where there is peace and harmony.

I have a beautiful body,
especially made for me.
I love you,
my body.



2

E G O

The ego is the servant of the master, the self.

Much has been written about the ego. I have come to understand the ego through its dual function as the foundation of the psyche and as the servant of the self. As one begins to develop to a higher state of consciousness, by natural progression, one will begin to distinguish the function of the ego from the principle of the self. Unfortunately, most people live according to their ego, as if it was their true core self. Metaphorically, the difference between the two can be compared to that between the Moon and the Sun. The Moon, the ego in our case, is just a reflecting screen of the real light that comes from the Sun, the true self.

The ego is a working component that we need for our own survival within the human race. With the ego we dress, conform and conduct ourselves according to the culture, creed and society we are in, and we adapt to whatever rules and regulations are being applied. From the moment we are born, the ego is conditioned by its experience and environment and responds to those subjective impressions and attitudes. From then on, the ego's chief duty is to give continuity to what it experiences. It has been proven by many psychologists that during our formative years, up to the age of seven, the majority of our programming is established, and as the ego grows it develops a sense of continuity through memory. Early experiences create certain