

The RUŠ Method is an original and unique Czech method

RUŠ is the abbreviation of Czech words meaning quick and efficient change of reality (*in Czech: rychlá a účinná změna skutečnosti*). “ZS” was replaced by letter Š, hence the RUŠ Method.

I wrote this book for as many people in the world as possible to know that finally there is a functional, very efficient and unique system – the RUŠ Method. It can finally free you from your problems so you can enjoy a happy and full life.

What you do with the opportunity is your decision alone.

What do I appreciate/value most in the RUŠ Method?

That it makes us free, independent – not reliant on anybody, not even ourselves.

That it can solve any problem – mental/emotional, physical, or spiritual.

Note: Your missing limb won't grow again, but you'll be happy even without it.

I feel that the RUŠ Method is a gift for mankind.

It is the key to the life that we all long to have.

The method has been referred to in various ways – Freeing/Escaping from the Matrix, Quickly to Happiness, Quickly, Entirely and Forever, A Driving Licence for Life, Instructions for Man, Cleansing of Problems, Mental Mercedes, Cancel What You Don't Like, Cancel Your Troubles with the RUŠ Method, Therapy by Acceptance, Therapy of the Mind, Therapy through Experience, Instructions for a New Man, Therapy by Thawing Problems... and a Nobel Prize method.

The method also leads to self-condemnation being overcome and consigned to the past.

I will be happy when...

Happiness is a feeling inside.

It's clear we want to be happy.

Many think their happiness depends on something or somebody – “I will be happy when I succeed, when I get a better work position, when I pay the debts, after my operation, when I get married or divorced, get the car/house of my dreams, when my mother-in-law dies...”

For sure – a new house will most likely bring you happiness. But after some time, the happiness will fade.

Where actually is the feeling of happiness? Somewhere outside our body? No.

The feeling of happiness is inside us, like every other feeling – both pleasant and unpleasant.

So it would be ideal to have the feeling of happiness inside us regardless of events. I can almost hear your brains screaming “that's impossible!” But it really is possible.

Only one question remains: are you going to believe the old phrases and dogmas you have learnt or will you choose to be happy? The choice is yours alone.

You are responsible for your life – nobody else: not your parents, siblings, partners, neighbours, doctors, healers, God, or even the government...

A bit inconvenient, isn't it? But we are all responsible for our own happy life. And we all choose how long to be unhappy, ill, scared, angry, envious, jealous, or ...* (*insert your own problems and feelings).

Or adopt a better approach – read on to understand how to free yourself of negatives.

Where do my negative feelings come from?

When I don't like something, it's my problem.

One day a little child has a negative thought about something/someone or himself/herself. The negative thought creates a corresponding unpleasant emotion. And the same negative thought can also be felt as a negative physical feeling – it is individual to each of us where we feel it on the body and what kind of emotion it is.

Example:

The most common negative emotion is fear. When I ask people where they feel fear, they say: "in mid-chest, in the stomach, in the small of my back, in the spine, all over the body, I have weak knees..." Well, we are all individual.

Exercise:

Now stop for a while and think about this: Where in your body do you feel fear?

You can feel it in more than one place. The feeling can be strong, but also so weak you don't normally notice it in everyday life.

When I first think of a particular negative thought, an unpleasant feeling develops in the corresponding place in my body. Maybe I ignore it, but it's always there.

A misbalance – more or less energy than should be there – arises every time I consider this negative thought, so the same particular place in my body is repeatedly stressed. Sooner or later a health problem will arise there.

When I find the negative thought or thoughts that cause the health problem, and "cleanse" them from the unpleasant emotions and physical feelings, my body will spontaneously heal. Such process often looks like a miracle.

From my point of view, we call everything what we do not understand a miracle.

Example:

I'm three years old and my father returns from work. He looks at me angrily and I think "He's angry with me." It is my free thought that creates my bad feeling, I "know" he's angry with me. Then my brother comes who – God knows why – doesn't notice our father's anger and instead says hi. And I create another negation: "Dad loves him more than me" or "Dad loves him and doesn't love me", or something similar. Nevertheless, Dad just came home a bit moody and I took it very personally.

See how perfect we are in our mind's creation? By the way, the programs above cause one of several types of jealousy that troubles us in adulthood.

All of my negative programs remain inside me until I deal with them/erase them effectively.

I must reach the point where no bad feelings accompany this thought.

Actually, it's a kind of educational program from the Universe. It is as if the Universe said: "Karel or Eva, Jack or Jill, this causes you bad feeling, this prevents you from absolute happiness, do something about it – deal with it!"



Three things are crucial for the success and speed of any activity:

- 1. Intention.** It is always the most important in our lives. However, after achieving the first level of development (see **Development of an individual**), you won't need it anymore.
- 2. Efficient, practical work** on what we're focused on or on myself. It is necessary to work and watch the results. In cleansing I feel better and better. Many work hard, but have weak results. Either they use the wrong technique, or use it wrongly, or are prevented from results by an inner belief.
- 3. A number of negative programs.** Some have lots of them, others less – it's individual. By working on myself I reduce them until I have none. And I'm doing better and better in a particular area.



After cleansing all the negations, everything goes smoothly, naturally, and easily – practically by itself. This is the X-th dimension of my being – and that's what's going on.

YOU HAVE A FINITE NUMBER OF NEGATIONS ☺.

Every way has separate steps.

When an obstacle comes, just take another step.

What doesn't work

Milliards of people in the whole world are suffering.

If they don't confront their problems, they continue to live with them.

The decision when to solve the problems is their decision alone.

Absolute most people deal with problems in four useless ways:

1. **Attack**

I attack those who annoy me or who make me nervous/make my life worse. I attack in words or physically, or another way. The more I attack, the more I exacerbate/magnify **my own** bad feelings. The next time it happens, I'll have worse feelings than before – because I magnified the feelings.



Example:

A female client, 65 years old, from Slovakia. Her husband drinks wine every day. He had an appointment at alcoholics anonymous, but didn't go. She discusses with him and shouts at him not to booze every day. She tells him every day that he's a habitual drinker.

The cause was her fear he would die and she would be alone – like when she was nine and her Dad died. We dealt with it, and from then she didn't annoy her husband anymore and did not have to force him by her own fear to die of alcohol as soon as possible. Now it's away.

Resume

First, briefly how we operate:

I named what I did not like by a thought which created a bad feeling in me – and so I created a negative program. But it tends to realize/happen/materialize again and again – until I deal with the “problem” to perfection. I will find this out when I try to think of the situation again and I’m absolutely OK inside, without any effort or pretence.

The final aim is to have inner peace – regardless of events. In all areas of my life. In this state I enjoy every moment in full, with fantastic intuition. It’s a natural child’s state. Just observe a little child without blocks/negations. That is the aimed-for state.

By dealing with the negations in me, I don’t get “emotionally flat/blunt little idiot” as someone with negations can fear. On the contrary, in a stressful situation I react better than others who are stressed/twitchy/panicked/ don’t know what to do and they either do something stupid or nothing...

And how can you know if you’re close to that child’s natural state? Easily. Can you laugh, really, from the bottom of your heart? Mess around like a child? Jump? Yell for the hell of it? Even with people around?

And now at length.

We all seek happiness. Ideal happiness is an inner state, independent of anything or anyone around us/“outside”. Our unpleasant feelings – emotional and physical – prevent us from happiness. Such feelings were created by our negative thinking (in our mind/quietly) and negative words (out loud) in an original/first situation/in our childhood.

I have a bad feeling after my own negative thought. The feeling is as strong as the situation is unpleasant for me. The next similar situation “just” exacerbates my thought which I set in the original situation, including the bad feelings.

In other words, in a similar situation my freedom is “defeated” by my bad feelings which are exacerbated in me. The stronger my bad feelings are, the less I can do what I want – the more I am controlled/usurped by the bad feelings.

You know, it doesn’t matter at all what the reality is/was, but it’s important how I feel about it/how I named it in me. When I have a bad feeling from a fantasy/made up story, I don’t try to persuade myself that it didn’t really happen – I deal with it in me, otherwise it haunts me/burden me/makes me unfree continually.

The negations could originate in me (for those who believe in reincarnation: exacerbate in me) from conception to maximum 16 years of age.

I take advice from Karel Nejedly who gives me advice after his experience with over 10 000 clients: dealing with relationships is easier and much faster than dealing with a specific problem.

So, I don't search in my unclean subconscious (even if I think how cleansed I am) for the cause of my current problem, but I deal with my BASIC RELATIONSHIPS first. I set the decision/intention "I LIVE AN IDEALLY HAPPY LIFE" because this decision covers/contains absolutely everything I want, or I could want in the future.

Please note! If I obey those who tell me that I mustn't have an intention, I have two options:

1 – I fight problems I have inside because they intensify gradually. Almost everybody lives like this.

2 – I know that I will get inner peace/happiness/enlightenment without an intention. I haven't met such a person, but I know a lot of people who persuade others about it for a long time. Yes, it's possible, theoretically. I just write about this possibility to have complete information.

If I work with the intention "I live an ideally happy life" and then I work hard on myself using RUŠ, this is what will happen: quite quickly I deal with basic negations which prevent me from living the aimed-for intention – so I reach a state of peace and calm, realizing I no longer need intention.

However, with a "small" intention/a low bar I – even using the RUŠ Method – muddle in a never-ending mess with poor results. Here I could be helped by dealing with why I want so little. So I deal with my low self-confidence, false modesty... In my cleansing I follow the CHEAT SHEET/the instructions punctually.

I deal with BASIC RELATIONSHIPS exactly according to the order listed in the chapter BASIC RELATIONSHIPS.

Before dealing with any relationship, I set a specific intention for the situation/work.

For example: "My relationship with my Mum is solved quickly and well"

I deal with BASIC RELATIONSHIPS exactly according to the CHEAT SHEET – A RELATIONSHIP chart. Step by step, sentence by sentence. I read it from the cheat sheet, every sentence, every word, every letter. Everything and punctually.