



**MuZen of the Soul**

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# Erika László

## MuZen of the Soul

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Translated by | Mónika Bognár  
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*To see and hear what is inside of me —  
instead of what should be.  
To say what you feel and think —  
instead of what you should.  
To feel what you feel —  
instead of what you ought.  
To ask for what you want —  
instead of always waiting for permission.  
To take risks in your own behalf —  
instead of choosing to be only “secure” and not rocking the boat.  
(Virginia Satir 1916-1988)*

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I wrote this book to you and for you.

Pass it on to others to make their life better, too.

Thanks and gratitude,

**Erika**

# INTRODUCTION

I believe introductions are rarely read because everybody wants to get right to the point. So I will keep it short.

We live in an instant world..., we want everything instantly, let us play the lion, too!  
Instant soup, coffee, love, sex, etc.

I wonder how much value these things represent. Everybody knows that instant soups don't taste as good as mom's cooking because what is missing is the essence – the process of making it and the love that it is made with.

In today's instant, rushing world, we may miss the point unless we pay close attention.

I think life is much more than struggling through the days like robots, getting up, working, going home, sleeping and spending the entire life like this.

The purpose of this book is to show another way and to provide the possibility to create a much better life for yourself and your environment than what you live today.

I would be so happy if the world turned to a direction where more and more people realised: it is possible to live differently – better – than what we are used to.

I hope I will be able to show you that life can have – or actually it does have! – a magical side, and if you take advantage of this magical ability within yourself, you can also turn your everyday life and your whole life magical.

I truly wish from the bottom of my heart that you succeed and also show a good example for others to follow!

With love,

**Erika**

## ABOUT THE AUTHOR

Erika László has long dedicated her life to helping people reach their goals and accomplish their dreams by making them aware of their superconscious nature.

She has held different trainings, courses and consultations in three languages to clients and students from 24 countries of the world. She is the creator of the unique SuperConscious Self-Coaching™ system and co-owner of SzuperC Ltd. (Hong Kong), as well as co-founder of the SuperConscious community. Author and creator of the card system and book called SuperConscious Chakra Cards™, as well as the developer of other self-development and communication trainings.

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