

F R E E G U I D E

5 Truths That Will Transform Your Life

Love · Abundance · Purpose · Inner Freedom



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A Letter to You

For two decades, I have been on a journey I did not fully choose — and yet, in hindsight, every step was necessary. There were times when something felt deeply missing, even when life looked successful from the outside. I did not always know how to truly love myself, how to navigate relationships without losing myself, or how to step into real abundance without inner resistance.

What followed was a long, sometimes challenging, always transformative journey — through shadows I had never dared to face, through therapy and inner work, through salary negotiations that terrified me, and through the deep work of becoming more fully myself.

This guide is a distillation of some important truths I have lived and learned. Not theories. Real life — and the wisdom of extraordinary teachers who helped me find my way.

“The outer changes in life begin inside, in us.”

— Kārlis Kalns Paradise

What You Will Discover Inside

- Truth 1: Love Is a Practice, Not a Feeling
- Truth 2: Abundance Starts in Your Mind
- Truth 3: Your Inner Critic Was Once Your Protector
- Truth 4: You Are Not Broken — You Are Learning
- Truth 5: Your Vision Is Waiting for You to Believe It



Love Is a Practice, Not a Feeling

We have all been sold a beautiful lie. The movies show us falling in love as the destination — find the right person, feel the butterflies, live happily ever after. But real love requires something the movies rarely show: inner work.

Relationship therapist Dr. Jed Diamond describes four phases of love. The first — falling in love — floods us with hormones and hope. We unconsciously believe this new person will fill every unmet need. Then reality arrives. The rose-tinted glasses come off.

Phase three is where most relationships either break or grow: conflict, disappointment, misunderstanding. One of Diamond's own teachers confessed that the first 15 years of his marriage were quite difficult. Fifteen years. Not a flaw. A normal human growth process.

From my own experience:

I have had to face hard truths about how I show up in close relationships — defending myself, dismissing others' feelings, going silent when things felt difficult. I thought I was a good listener. I was not always. What I carried were old patterns that made certain kinds of feedback feel like an attack. When I finally learned to sit with discomfort and truly hear another person without flinching — relationships changed. And if you ask my wife, I sometimes still don't get it right.

“When a partner asks for something, that is an invitation to become closer — not a criticism to deflect.”

The Practice:

- When your partner expresses a need, pause before reacting. Take a breath.
- Try saying: “I hear you. That matters to you, and you matter to me.”
- Look at recurring conflicts as invitations into your own inner work, not as battles to win.
- Real intimacy begins where your defences end.

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Abundance Starts in Your Mind

Growing up in Latvia after the Soviet collapse, I absorbed a quiet but powerful belief: money is always scarce, and people who have a lot of it must be doing something shady. I did not choose that belief. But I lived inside it for years.

My own turning point:

I was once negotiating my salary with a company chairman. The company had missed its financial targets that year, yet I asked for a significant raise because I had taken on more responsibility. He said no and walked toward the door. Something newly built through years of inner work kept me calm. I told him with respect and kindness that I was prepared to leave. He stopped. Turned around. And came back with a very good offer — along with a new level of respect in how he treated our relationship from that day forward.

What changed was not my skills or my resume. What changed was my inner relationship with my own worth. For years I had carried a quiet fear that my wellbeing depended on the approval of someone above me. Dismantling that belief took therapy, practice, and courage.

“The moment you start valuing yourself, the world starts valuing you.”

— Lisa Nichols

Rewiring Your Money Mindset:

- Notice the stories you tell yourself: “I can’t afford that” / “I’m not worth it.” These are programs, not facts.
- Rewrite them: “I am learning to attract abundance” / “Money is a tool for creating good.”
- Each morning, visualise the life you are building — feel it as if it is already real.
- Write five things you are grateful for each day. Gratitude trains your brain to see abundance.

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Your Inner Critic Was Once Your Protector

There is a voice inside many of us that says: you are not enough. You are too much. Who do you think you are? That voice can feel like an enemy. But what if it was once a friend?

Carl Jung spoke of the shadow — the parts of ourselves we push away and suppress. These parts do not disappear. They live in our relationships, in our reactions, in our patterns. The inner critic, in particular, was often formed in childhood as a way to protect us from rejection, shame, or punishment.

Peter Levine and Arielle Schwartz, pioneers in trauma therapy, teach us that our defences — our avoidance, our armour, our silence — were intelligent survival strategies. We do not fight them. We thank them. And then, gently, we invite them to rest.

“What we once suppressed as too much can become our greatest source of power.”

Working With Your Shadow:

- When your inner critic appears, ask: “What are you trying to protect me from?” Listen with curiosity, not judgment.
- Notice which traits in others irritate you most — these are often aspects of yourself you have disowned.
- Bring your body into the healing: breathe, move, spend time in nature. Trauma lives in the nervous system, not only in thought.
- Healing is not linear. Falling back into old patterns is not failure — it is the spiral of growth.

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You Are Not Broken — You Are Learning

Mindfulness is not just a relaxation technique. It is a radical act of self-acceptance. When we are truly present — not judging, not fixing, just witnessing — we begin to meet ourselves with a kindness that transforms everything.

Tara Brach's RAIN practice offers a beautiful entry point: Recognize what is happening. Allow it to be there. Investigate with gentle curiosity. Nurture yourself with compassion. This is not weakness — it is the most courageous thing a person can do.

Many of us carry a deep feeling of not being enough — especially those who experienced criticism or emotional neglect in childhood. That wound is real. And it is also healable.

Science confirms what the great teachers have always known: regular mindfulness practice literally reshapes the brain. You are not stuck. You are neuroplastic.

“The question is not how to fix yourself. It is how to learn to love yourself as you already are.”

Daily Self-Compassion Practice:

- Spend 5 minutes each morning with box breathing: inhale 4 counts, hold 4, exhale 4, hold 4. Repeat.
- Keep a daily journal — write what you notice, what you feel, what you are grateful for.
- Practice loving-kindness meditation: send goodwill first to yourself, then outward to others.
- Replace “I am not enough” with “I am enough, and I am growing.” Say it until you feel it.

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Your Vision Is Waiting for You to Believe It

At the heart of transformation is one truth that every great teacher arrives at: it matters most how you feel about yourself. Not what you achieve. Not what others think. How you feel — right now, from the inside.

Dr. Joe Dispenza teaches that we must not wait for outer circumstances to shift. We begin feeling confident and free now — and the outer world follows. Our brains cannot fully distinguish between what is vividly imagined and what is real. When we rehearse a future self with emotion and commitment, we build the neural pathways that make that future possible.

Vishen Lakhiani (Mindvalley) calls this “conscious engineering” — the deliberate rewriting of stories we carry. Michael Beckwith’s Law of Resonance teaches: we do not attract what we want — we attract what we are. When your inner frequency rises, your outer reality reorganises around it.

Oprah Winfrey and Lisa Nichols — both rising from profound adversity — point to the same source: gratitude, visualisation, and above all, an unshakeable sense of self-worth cultivated daily through practice.

“Wealth begins not in the bank — but in your mind and body.”

Building Your Vision Practice:

- Each morning, ask: Who do I want to be today? How does that person feel?
- Write your vision in present tense: “I live with purpose, love, and ease.”
- Use affirmations daily — ones that feel like a stretch but not a lie.
- Take one small action each day that reflects the person you are becoming.



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For 20 years I have walked a path of deep personal transformation — through professional reinvention, profound inner challenges, and a continuing reconnection with myself.

I created Bedaba to share the tools, stories, and truths that genuinely changed my life. My work draws from somatic therapy, mindfulness, shadow work, and lived experience.



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“Your transformation begins from the inside.”

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