

Why the “Heartfelt Contribution” Matters

My website is multilingual, offering content in Italian and Spanish. To reach a wider global audience, it is essential to expand into English as well. However, translating my book “*Self-Stalking*” and other materials requires a professional native-English translator—an important but expensive step, usually costing between 8 and 12 cents per word.

For this reason, I introduced a “**Voluntary Contribution**” button on several pages. Every donation directly supports high-quality translations, helping make my work accessible to an international community interested in **rejuvenation, wellness, and spiritual growth**.

A brief introduction: I was born in Lviv, Western Ukraine, into a Russian family. After living and working in Chechnya, I settled permanently in Italy in the year 2000. My life experiences, along with the teachings of the **Carlos Castaneda warrior lineage**, have shaped my path. I focus not on consumerism but on what truly contributes to **personal growth, transformation, and inner awareness**.

This website is dedicated to **natural rejuvenation**, built upon three core pillars:

1. **Modern scientific medicine**
2. **Innovative physical training and functional movement**
3. **Spiritual development and mental consciousness**

These three elements come together in my free downloadable PDF, “*A Modern Scientific Approach to Rejuvenation*.”

The images featured on the site—a boxer, an energetic woman, and a couple training together—may suggest a focus purely on fitness. In reality, my method integrates:

- intelligent, innovative, and sustainable physical activity;
- balanced, natural nutrition, far from restrictive or trendy diets;
- mental clarity, emotional balance, and a spiritual perspective in which death is understood not as an end, but as a **transition of consciousness**.

I am now developing the full English version of the website to share this path with new readers from around the world.

Welcome—may you find inspiration, knowledge, and practical tools to enhance your wellbeing and support your journey of transformation.

Sergej Davidov – Selci, Lazio, Italy
