

YOANN MERITZA

# OPEN THIS LAST DOOR

The manual of full spiritual control

*Dedicated to my parents:  
Constant Georges MERITZA  
(1929-2011)*

*Josiane MERITZA  
(1936-)*

*and to the one who shares my life  
my partner Sophie*

**Special thanks :**

## **A FEW WORDS ABOUT THE AUTHOR**

Yoann MERITZA is a coach and an essay writer specializing in personal development. He is also the author of the bestseller "How to reprogram your subconscious mind?"

He was born on March 28, 1978 in Bonneville in Haute-Savoie and grew up in Cluses in the same department. He studied accounting and trained as an SME-SMI collaborator where he learned NLP (Neurolinguistic Programming). He has participated in numerous internships and seminars on communication and is passionate about personal development. Self-taught at heart, he continues to perfect himself in communication and the study of human nature by following in the footsteps of many authors of the same theme such as Napoleon Hill, Norman Vincent Peal, Florence Scovel Shinn or Doctor Joseph Murphy.

He creates his own method by synthesizing from his many readings on the subject and brings readers to a broad understanding of the field of personal growth by a simplified approach for assimilation at all levels, his concern being always the precision of the theme chosen and to provide novice readers with clear and affordable answers at all cultural levels.

Son of a veteran and former soldier, he is also a member of the 27ème BCA and UNC-Alpes friendship.

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# Introduction

Some time ago, I had an interview with a literary blog in which I was talking about my life as an author and my books.

During this exchange, I announced my plans to write a new opus the following year and that I was doing a year-long break, and somewhere, I lied to myself, because I write the one -this.

Why this decision? It was stronger than me, a sudden urge, who knows? Perhaps also the desire to share with you all that I have learned and what I still learn. During these few months in which I took a break from writing, there have been changes, life is constantly evolving and I have become a professional coach.

Some people will say to me “then! During the few years that you had written books, you weren't a coach? ”, I will make the following modification to this question" I did not have the certification of coach and my books were not books of coaching, but of philosophy of life! (Understand this nuance!)

I will add this, and as a coach, I learned it during my training. It's a hint that should “tilt” in your mind. I even invite you to think about it often. We are all coaches, the only difference is that I have learned and I continue to do so, to improve myself! The rest is just a certificate giving me an authorization to exercise this function (in administrative terms).

I will give you some other clues that we are learning in the coaching profession. And these are the basics of what we are taught.

- We are still learning: What I mean by that, whether you are a novice or not, learning new techniques is an integral part of the job. We are constantly learning, and besides, I always receive training requests from private organizations. I still attend seminars, I read books on the subject, and I often watch videos, and that allows me to dig deeper on the subject.

Some will tell me that by dint of digging, I will find oil! It's a bit of an idea, but I will develop!

- A coach is never an expert in several areas: The one who claims to know everything is "the coach of nothing", and in this sense a certified coach has very few areas where he improves, and for my part, I only specialized in three areas around personal development and I continue to learn from these three areas.

- A coach always acts with humility, respect and wisdom: Especially in personal development, and understand these two words "PERSONAL DEVELOPMENT", our field is not to compete with each other by saying "you are not as good as me! "

I open this parenthesis to make things clear, and even if some are at a more advanced stage than me in terms of coaching, you will never see a certified coach say that he is an expert in a field, that would imply that he has nothing more to learn, and on the whole, we all respect each other, novices or not. We don't have all the knowledge, but we have the basics, and this is more important than anything else to progress.

The gist of everything I just mentioned is this, we are all the coach of our own lives, and you will understand this by reading this book in its entirety. My role here is not that of mentor (I don't like that word), but rather of guide or messenger, because all that I know and all that I continue to know, you will have it now here.

To return to this book, everyone will have their own idea on the subject, I respect everyone's opinions of course. All the information you have will be brought to your attention is only that which I have at my disposal.

You will notice, by reading my books, the evolution of the information provided, it is never all, but it is always a little more.

Let's get to the point since this is what you are waiting for!

Some time ago I met someone who showed me a book called "The Spirit's Manual". No one else knows this book, it has never been published, but it contains a treasure trove of wisdom.

It is a very old manuscript and a translation of a text in Italian, it includes detailed instructions and diagrams. All I know about it is that it has been passed down from generation to generation and it would be difficult for me to give you the exact date of its creation.

I no longer have this book. It was only given to me for a few hours because, as the owner said, he should not leave his home.

Also, this book, which has only a hundred pages, is part of a collection of twelve works. Each of them has very specific instructions, and whoever holds these books would also have very great knowledge, not to say very great power.

Many people have tried to find these books that have been the subject of territory conquest for thousands of years, without success.

These books are not for everyone, and to read them you have to be very open and believe in them. I only had one copy of one of them in my hands, or rather, I had the translation of one of these books that have traveled from country to country and from generation to generation . They include many translated texts, the origins of which most probably date back to very ancient times.

Some skeptics will say "How do I know?" ", I am only transcribing the words of its owner, because unfortunately I do not have all the details, and yet, I would like to tell you more.

The originals have never been found, but there are more or less precise translations of which I do not know who currently has them.

What follows is just an interpretation of everything I have read from this book. There is a lot of information missing, some has been adapted and researched. I have read a lot of books on the subject including "The Secret" by Rhonda Byrne, and the text contains a lot of information, but which does not include all, It lacks some important elements.

I will be very brief in this manual which is intended to be as simple as possible, precise and short (I will try), I will give you just the essentials of what you need to know, but it will be up to you to work on this knowledge. Here you are the coach, you are in charge of your life.

We cross many doors, these are the ones of our evolution. They lead to success or failure when we decide to push them. We all experience this moment of hesitation when we