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[Mind, Body, & Spirit – Susan Mears Literary & Film Agency](#)

Interview with the Author Melinda Asztalos PhD

Written by Eileen Flynn

On meeting Melinda Asztalos PhD, it is impossible not to see that this powerful woman is a force of nature and a fountain of wisdom. Her life has been marked by a staggering commitment to personal and spiritual growth and it shows in her deep understanding and compassion for the human condition. It is this depth of understanding that has produced the remarkable book 'The Crack' a much-needed book that presents the feminine approach to grasping the intricacies of being human and the indispensable yet heavily misinterpreted ego. Melinda is without doubt destined to compliment the likes of Eckhart Tolle, Ram Dass, Wayne Dyer, Deepak Chopra and Jon Kabat-Zinn in producing a remarkable and fresh perspective on the ego and on the true self, on how we can best understand them, and more importantly on how to experience them. She teaches us in a comprehensive method how we can diminish and eliminate ego-dominance, and how we can create space within ourselves, and within our lives. 'The Crack' is a manual to living as clear consciousness in human form, to relishing our human

potential for conscious self-acceptance of all what we are, our shiny and our broken parts alike.

Melinda exudes a confident, calm and kind air, and as a breakthrough counsellor, she has transformed the lives of many. Born Hungarian, she lives in Flanders/Belgium since 2003. She always had a voracious interest in human movement, and she was fascinated by the secrets and the power of the body-mind connection. She explored her talents in different sports and became a dedicated yogi upon realising that the poses she naturally used as a child to bring her comfort were in fact very real and advanced yoga poses. Melinda has had the incredible privilege of following comprehensive courses, initiations and retreats, with the greatest Buddhist Lama's including His Holiness the Dalai Lama. On top of studying Anatomy, Physiology, Psychology and Kinesiology, next to a variety of other subjects throughout 12 years of university education, Melinda also completed her PhD where she researched the body-mind connection and developed the concept of mindful movement that became the foundation of her method of consciousness development "The 3M System". In the scientific paper Asztalos et al. "Sport participation and stress among women and men" *Psychology of Sport and Exercise* (2012/13, 466-483), Melinda made her contribution to the massive challenge of bringing together Science and Spirituality as she introduced the concept of mindful movement in Science and made her first public attempt to locate the true self. Melinda is the living proof that "The 3M System" works, and in 'The Crack' she shows how anyone interested in spiritual and personal development can benefit from it. This book fills important gaps left open by other books and complements existing methods of consciousness development, fulfilling its purpose to help the great awakening of humankind.

Behind the spiritual teacher, Melinda is a prolific learner, reader and music lover. She loves soft jazz and is in awe of Leonard Cohen. Mentions of her life cannot be complete without highlighting her feline soulmate Kicsike with whom she takes a walk most every day in the nearby woods and fields to greet the sunset. *"I am blessed with a little piece of Nature-paradise at a short walking distance from my home. My heart overflows with gratitude as I submerge in Nature's embrace and I share the experience with Kicsike, who is the manifestation of the beauty and the*

abundance of Life. My soul cannot help but soar as I am freed from all complications of being human and I live the simplicity of being".

