

**THE 6 COMMANDMENTS OF
CHARISMA: Being Appealing at the
Touch of a Button!**

by

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Note:

We address people of every gender, even if we only use the masculine form for readability.

Athanasios Nasopoulos aka Zeus

THE 6 COMMANDMENTS OF CHARISMA: Being Appealing at the Touch of a Button!

CHARISMA COMMANDMENT NO. 1: The secret formula for success!

We don't want to fuss around for a long time! In order to successfully integrate the following tips and tricks into your life, I will give you a small formula. If you don't take this formula seriously and don't take it into account in everyday life, you're welcome to scroll and unleash your charisma potential elsewhere. If you're still reading, be curious. The formula is:

Always give your full 100%!

Yes, you've read that right. That's the formula. Everything you learn in this chapter is meant very seriously and has massively improved the way one can deal with fellow human beings.

"Half a thing is not half as good as a whole thing. Half a thing can be worse than nothing at all." Gerald Dunkl

If you don't invest in your full strength, you'll only get things half done. So, have fun, soon-to-be Charisma Genius!

Awaken your hidden charisma!

Are you familiar with those situations in which you feel intimidated or insecure? And your day doesn't go as well as it did in your prime? Would you like learn a technique to be more confident and stronger at the touch of a button?

My name is Athanasios Nasopoulos, and in this chapter, I'll tell you secrets on how to successively build and sustain your inner charisma!

With this knowledge, you will not only use your newly learned charisma in everyday life. You will meet your colleagues and supervisors more confidently and your partner will wonder where this inner power comes from! The more self-confident you become, the more joyful, easier and more fulfilling your life will become.

More than 10 years ago, the journey of my charisma personality development began. Hundreds of participants of my workshops have so far taken the charisma formulas home with them and received fantastic life results within a very short time. Even in my private life, this knowledge has proven itself in my private life. Whether it's in my partnership, with family or

with friends. They all benefit from it all the time. Today, I can say quite clearly: Charisma is vital and can be learned!

But how did I happen to choose this path? A quick question to you: Did you like school? The most common answer is, "No", and the reason wasn't the teachers but the students. I used to think that popularity is the only result of charisma...

It's been 15 years ago now. It was a pleasant summer day and I was on my way to school. On the one hand, I was endlessly looking forward to my friends. On the other hand, I was accompanied by a certain fear. Compared to other children, my friends and I were not among the "cool people". So, I walked into the school grounds, greeted my clique in front of the classroom and we joked around. I can still remember these vestibules, with pine-green floors and dark wooden walls. There were two escape doors and not a single window in this room. Little by little, all the students gathered shortly before the beginning of the lesson. The class mallets had arrived already, and it was obvious that they were talking about us. This scared the hell out of me because I didn't want to endure the typical strokes or a punch in the pit of my stomach. Nobody liked that!

When the school bell rang, we relaxed and the lessons began. As long as the teacher was present, everything was fine.

During the break, we stayed in front of the classroom. There were teachers present. Marius and Nils had a heated conversation. Nils was a popular boy and many courted his attention. Suddenly, the conversation became aggressive. Nils got violent and threw Marius to the ground face down. And just as he lay on his stomach, the supposedly popular boy jumped into the air and landed with both knees in Marius' neck! A loud cry made many horrified glances fall on this spectacle.

I saw this helplessness of Marius and, above all, I felt something very bitter: an incomprehensible fear. That moment, I realized that popularity had two sides of the medal and fear had nothing to do with attraction. Therefore, please pay attention to the following tip:

CHARISMA COMMANDMENT NO. 2: Become a magnet of happiness!

If you want to be charismatic, put your bad moods on a pyre and burn them! That's not just a tip but a heartfelt request! Because for those who go out into the world with a bad mood, a smile won't be given a smile voluntarily! And as you know, no one is admired who always shows a frowning forehead, lowered corners of the mouth and crossed arms!

Happy people attract luck!

And if an unfortunate person crosses your path, then know that he only longs for happiness! Now you might be wondering how to get rid of those unpleasant thoughts that accompany you on a daily basis. That's why I have prepared the charisma commandment No. 5 for you. There you will find the secret of everlasting happiness!

After I had accepted this code of honor, many doors opened. Years later, I met these supposedly popular boys from school again. For those who had subsequently chosen the happy path, their lives kept their honest popularity open to them. Not so for the others...

Small things are big things.

Charismatic is the one who respectfully treats his fellow human beings, therefore I present commandment no. 3 and 4 to you here:

CHARISMA COMMANDMENT NO. 3: Mindfulness is your middle name!

Basically, humans always live in groups. We form communities, e.g. in cities or in flats, in order to strengthen each other, to survive and for many more reasons. If we're excluded from this community, we'll look for a new group or try to get back into the old one. One of our deepest basic needs is belonging.

"The community of human beings is not natural, but for the sake of the good and the will."
Epicurus of Samos

We love being noticed. It is a form of belonging. If you give your fellow human being your full attention, you will conquer his heart and thus appear charismatic! It is a key factor for a successful conversation:

If you want attention, you have to give it first! Who serves, will earn!

"God gave us only one mouth, but two ears, so we can listen twice as much as we should talk."
Johann Wolfgang von Goethe

CHARISMA COMMANDMENT NO. 4: But everything in one.

I want to tell you something: We both have something in common! It's fantastic that you take the time to shape your personal path with your learned knowledge. This is just how my journey began, too"

Snap! That was a little formula for a charismatic person!

Find common ground!

People of the same kind stick together.

If you believe that opposites attract, I would like to draw your attention to the first moments of a partnership: Even fundamentally different partners initially look for strong equal traits.

Lights on or lights off?

Do you know those people who enter the room and, literally, turn the light on? Those who fill the room with energy and attract everyone's attention?

And do you also know those persons, to whom the light only switches back on when they leave the room? The first are charismatics, and we won't even talk about the second kind.

"Charisma: distance with strong radiance." Michael Marie Jung

Some of my fellow human beings ask me regularly if charisma can actually be learned. Typical expressions are, "This is a talent! Somebody got that in the cradle.", "Either you have it or not.", or "I can't do it..."

These are clear "turn the light off" expressions. Which commandment was broken? Commandment no. 1!

However, instead of asking "if" you can actually learn charisma, I'd like to give you the next tip on having a closer look at the "why" because charisma is less about the familiar surrounding than you might believe.

An example: Just like when we learn vocabulary in school, we've studied and copied our surrounding's wisdom and behavior. Sometimes, we do that completely unconsciously. Do you recognize the situation within you or when you're with others, in which a person exactly reflects her parents' behavior without noticing it, even though the parents are not actually there, for example, when they're trying to teach their child proper behavior?

Those are familiar processes that we have laboriously learned. Mainly, through repetition.

Es geht sogar so weit, dass ich diesen Text in Deutsch schreiben kann und du alles verstehen wirst. Weil du es gelernt hast.

"The mother of all didactics is the repetition." Christine Bernhardt

Please, do not misunderstand me. Habits are very useful, it was life-saving for our ancestors! Through constant repetition, the primitive man became better in his skills, thus avoiding the dangers that lurked on unfamiliar paths. When he was forced to leave well-known paths, however, that meant change to him. Since he now had to pay attention to new dangers and sharpen his senses, it cost him energy!

Today habit still comes in handy. However, if we want to change, e.g. become more charismatic, we need energy to achieve it, as we have to re-learn our vocabulary.

Our society is full of "light off expressions". We hear them daily throughout our whole life, "You're too late.", "Your work is no fun.", "The weather is shitty.", "The train is late." Basically, these are all negative comments! This is a massive violation of commandment no. 2!

Few people only come up with the idea to look in the mirror in the morning and tell themselves, "You look awesome today!" WHY? Because maybe it's not really the case. Attention: Please note commandment no. 1!

Everything that you've talked yourself into ready will become reality someday. Life cannot be fun anymore, like this, can it? However, the "turn the lights on-people" think and speak differently! Everything is possible for them. And that's what makes them so attractive! And now we get to the question, "How do they do that?".

CHARISMA COMMANDMENT NO. 5: Get used to your own charisma.

We're continuously learning. However, if we always join the "light off" utterances, our brains won't receive any new information, with which something inside us and in our environment can change.

"The purest form of insanity is to leave everything as it is, and to hope that something will change." Albert Einstein

So, you have to fill the memory in your head with content that makes you happy. So, instead of going through the situations that always make you unhappy and strengthen your pattern, try changing your habits! Replace your negative thought with a positive experience right away.

If you don't feel like travelling by train, then take your car! If this is too expensive for you, then make a carpool. If you don't like society, then ask yourself, "Why?", as behind every withdrawnness, there is a justification holding you back from your personal luck. Pay attention to commandment no. 1 and 2 again!

If you change your mindset, your feelings and your life will change, too!

For a long time, your brain has learned the “lights off vocabulary”, and must be reprogrammed now. You won’t unlearn the vocabulary, however, over time you will prefer the happier “lights on vocabulary”. All it takes is a little practice.

Determination

I don’t want to beat the bush for long: Determined people are attractive. They show willpower and overcome any obstacle. Willpower isn’t innate. Determined people have decided for one thing only: their vision!

When I stepped up for my vision, I noticed something significant: All of a sudden, there were tons of people around me who didn’t think this dream was possible.

You certainly know this situation in which you believe in your own cause. As soon as you have decided to hold on to an idea, be it a dream or a vision, doubters gather around you and do everything to talk you out of your plans.

These skeptics didn’t come out of nowhere, they were always around you. Now, let me remind you of the charismatic commandment no. 5: Sometimes, change means letting go of friends, acquaintances or even relatives.

Keep in mind that they doubt your vision because they love you. They question it because they might lose you due to your change. Besides, you wouldn’t continue to confirm them in their being, and they would have to change as well. And as you know, change costs energy.

"Where would we go, if everyone said, where would we go, and no one went to see where we would go if we went." Kurt Marti

CHARISMA COMMANDMENT NO. 6: Find your vision!

"None of us comes out here alive. So, stop treating yourself as a souvenir. Eat delicious food. Walk in the sun. Jump into the sea. Tell the truth and carry your heart on the tongue. Be silly. Be friendly. Be funny. There is no time for anything else. " Anthony Hopkins

Now, the question is whether we waste our energy unnecessarily or make good use of it. Look at the great thinkers and visionaries of humankind: Whether it was Nikola Tesla, Leonardo da Vinci, Newton, Einstein, Marie Curie, Nelson Mandela, Steve Jobs, Elon Musk or Mark Zuckerberg – everyone has believed or still believes in their vision. And they have implemented it. That made them attractive or rather strong-willed.

"The charisma of an idea is far more important to its effect than its rational content."

Gregor Brand

What is your vision?

Which signature do you want to leave on this earth? Once you have found it, you will become a magnet for people!

"If you want to move something, be the movement." Unknown

Attraction is a by-product of your life's vision. With this knowledge, your willpower and your 100%, you will master your way gracefully. Before you enter a room, your fellow human beings will talk about you and long for a personal talk with you. I wish you endless success on your journey to charisma!

About the Author:



**ATHANASIOS
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[Athanasios Nasopoulos](#) (born 1990) is a studied communication designer, body language coach and passionate communicator. For over 10 years, he has dealt with the handling of people, the impact of the human body in public and the deciphering of hidden body messages. Today, he regularly gives workshops and seminars and lectures all over Germany on the topics of mindfulness, self-confidence and body language.

Athanasios Nasopoulos lives in Stuttgart and enjoys traveling regularly throughout Germany. His journey through the world of mindfulness and body language has taught him something significant, "We all are body language experts already. To use this hidden knowledge, we only lack the acceptance of these abilities. As soon as we fully perceive ourselves, our perception of the outside becomes much better."

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