

**REDEFINE YOUR REALITY**

*Awaken To Light*



**Shafin de Zane**

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**I  
Have  
Learned  
So much from God  
That I can no longer  
Call  
Myself**

**A Christian, a Hindu, a Muslim,  
A Buddhist, a Jew.**

**The Truth has shared so much of Itself  
With me**

**That I can no longer call myself  
A man, a woman, an angel,  
Or even pure  
Soul.**

**Love has  
Befriended Hafiz so completely  
It has turned to ash  
And freed  
Me**

**Of every concept and image  
My mind has ever known.**

**~Hafiz**

# **Part I: Introduction**

## THE END

***The world of the seen manifests from the unseen world, and the known comes from the unknown. Those who create reality on a conscious level know the power of the inner world --- Wallace D. Wattles***

This book begins at the end. If you think that's a literary stunt, I assure you it is not. I have tried my best to do it otherwise, but it simply proved to be an impossible task. Now, I know it doesn't matter to you much, because what do you care, you bought this book because you became reasonably convinced in some way that it's a good book, reasonably certain that it's going to be a well guided journey, and hopefully you will learn some good concepts. So you are not the one who has the problem here. I do. The problem is this...

My problem is, this book is not just a book with some interesting concepts, it is the blueprint of life. This book was not written because I wanted to become famous, but because I was guided into writing it (by whom? Well that's something you will understand in a little bit). The purpose of this book is not to entertain you, or enlighten you with some latest discoveries, or give you some half good self-help advice, but to completely redefine your reality, bring spiritual healing and help you fill your days with miracles, love and light!

And how is that going to happen? Well, to begin with you'd definitely have to start with the big picture which will allow you to see beyond the obvious. Which will help you realize that all the other things that follow are not the imaginings of some LSD induced mind, but the absolute truth. For you to truly realize that, and not just read through the words here, I need you to understand first, the true nature of your being, the nature of the God concept, and the nature of reality. Ergo: I need to begin at the most complicated and last part of the book, somehow give you the big picture first and then go on to explain the easier parts.

See my problem now?

See if this was a live workshop right now, this wouldn't be a problem, because I'd know exactly when to jump on and off topic, answer your questions when you got that confused look on your face and guide you through the process when you are falling back. You'd first learn about your personality, learn to decode your emotions and feelings, and learn to be able to generate emotions at will. Then move on to understanding attraction, how to create instant magnetic connection with anyone you want, how to move up the ladder of sexual ecstasy, and how to transcend sex eventually to higher realms of being. Finally, you'd learn the financial knowledge that would change forever the way you think of money and wealth, redefine your livelihood, and startle your subconscious to find your true mission in life. And in the end you'd get to understand how all of these are interrelated, how you can use each part of your life to transcend into higher levels, how it is all part of the grand plan of all that is.

Now you will learn all that here in this book, and much more, with one tiny little hiccup. The hiccup is, I'd have to give you the bigger picture first, show you all of it, explain how everything is interrelated, make you understand the nature of reality, explain the bigger picture of why you are learning this; so you understand not just on the surface level the concepts that will follow, but learn to see the correlation between your emotions and the process of creation, sex and spirituality, money and you.

Now that is what I call a "writers nightmare"!

Anyway, since it has to be done and since I have found no easier way to go about this, let me start off with the book that will quite likely change your life forever... But before we start, once again, I'd like to remind you, this is not your everyday self help advice, this journey is quite possibly going to be way beyond what you have ever experienced (especially if you are a beginner at this kind of knowledge). So please take this journey seriously, don't make this your bedtime read that you fall asleep to. Invest some time on yourself, and give it your full attention.

So to start off, tell me, how many times have you heard the phrase "seeing is believing"? Quite a few times probably. Now let

me tell you something terribly simple; this is one of the few things I have learnt that has changed my life. The phrase "seeing is believing" is a lie! Its one of the biggest lies ever told. The correct version is "Believing is Seeing"! Sounds weird? Don't worry it will unfold soon.

To redefine your reality, you have to first learn to see things that you have never seen before. Now when I say "never seen before", I don't mean they were never in front of you. They were always in front of you but because you did not believe, you did not see.

My work with you will start by teaching you to see things of this kind, things that other people don't see. Things that most people will never even accept that it's possible, let alone observe. Once you learn how to do that, I will show you how to redefine your reality according to your desire. And finally I will show you how to go beyond all concepts of "making things happen" to allowing the universal intelligence to guide your way!

However, before I tell you what this process is going to look like, let me tell you how it's going to feel like. Here is something you need to remember: This is not a "feel good" process! Over 90% of our work is with the subconscious mind and the subconscious will do everything to prevent you from healing yourself spiritually, getting out of your comfort zone and taking the warp drive into success! This is guaranteed! I have not met one person, who has taken this journey and not faced resistance from within and outside. This will sound wacky at first but it is my duty to inform you that the road you have chosen will take you through the doors of infinite possibilities and boundless joy to a place of everyday miracles. But, you will be tested first... You will learn more about the tests at the end of the first chapter.

Now because you create your own reality (as you shall learn very soon), your consciousness acts on your behalf and brings about favorable or unfavorable events to help you move through life. The tests that I mentioned above are designed to keep you in the comfort zone because your subconscious doesn't yet believe that you are ready for a warp drive.



Think of it as a training ground for an astronaut: before you are allowed to travel through space and land upon unknown planets and quite possibly become famous, you will be tested by means of various training programs and exercises and missions. This is to figure out whether or not you are ready for such an amazing yet challenging experience.

Similarly your subconscious also conducts tests for you to see whether you pass them or not. It's quite easy to be mediocre, most people are. It doesn't take much to have a decent job, and marry a decent man or woman, have a kid, occasionally take the family on vacations and feel that you are living a happy life. But that is not what I am about to teach you here.

The journey you are about to take will be anything but mediocre! This will be most amazing journey that you have ever embarked upon. This will change the way you think, the way you talk, the way you dress, the way you live, and most definitely the way you love! Your whole perception of reality will be redefined and you will be taught how to harness the awesome power that is within you.

You will learn to be whoever you want to be and whatever amount of wealth you want to gather. You will no longer accept mediocrity and you will rise above the world that you know now. This means that quite possibly you will lose your friends that you have now and slowly the faces that you are familiar with will also begin to disappear. It is not an easy task to keep up with the speed that you will start moving in. This is not a joke. So buckle up and congratulate yourself. If you take this journey seriously, this book is going to change your life!

As mentioned in the beginning, I shall first cover the basics of redefining your reality and give you the big picture of how it is all interrelated. And I will give you as much as possible without holding back anything. The only constraint is your level of readiness here. This book is going to teach you some of the most powerful knowledge ever made available to mankind and while the message is simple, learning it is not easy. I could expand this

to a 700 page book and give you all the knowledge that you will need to learn. But this is not the time.

It will take some time for you to go from this level of learning the basics to going into a more advanced level. And no matter how much I try, you try or anybody tries, you will only understand up to a certain extent at any given time no matter how much information is available to you.

There is a reason behind everything and your level of progress has brought YOU to ME. It has brought you today and not any other day. It has made you read these words today and not any other day. And you will finish this book the day you are ready to go into the next level and not any other day.

This book will first cover the nature of reality and an overview on the process of spiritual healing. Next you will be shown how to redefine your inner self. This is the most important step as once you have redefined your inner self, everything else becomes relatively easy. After your personality and inner self, I will redefine attraction for you. For any normal human being, man or woman --- love, sex and relationships are the single most powerful motivators. It is what we think about, worry about, and fantasize about more than anything else with the possible exception of money! In this part you are going to learn the theories of attraction that will give you the freedom to choose; anybody, anytime. You will be a different man (or woman). Guaranteed! When we have taken care of your love life, I shall help you redefine your perception of money and work. You will learn how to find the livelihood where work and fun becomes synonymous, where day and night lose its meaning and where money is no longer something you work for, it works for you! Finally after you have learnt all these powerful methods and concepts of taking control of your life, of writing your own destiny, I will present you with a rather peculiar situation: to surrender! In this level, you will graduate from the magician to the miracle worker. You will learn to harness the cosmic intelligence in your life and live in harmony with it. But that is not until the very end, so relax and enjoy the journey.

Now, there is a point that I want to remind you one more time before we end this introduction, do not forget: *this is only the basics*. There is a long way to go and a lot more to discover. The journey you are going to take with me right now is in the world of the unseen. And in this world, there are a lot of things you will not even know that it exists until you believe. And when you will begin to believe, you will discover that we really are moving through this mystical universe like little blind mice. Totally unaware how infinitely magical it is, how all things are so deeply interconnected, how men and women are perfect partners in an amazing cosmic dance... and we keep running around trying to make a living.

Sometimes when we have experienced a little glimpse of the magic, we become “spiritual” and find comfort in the seclusion of our mind, when *truly* we are just afraid of what we might have seen. We become afraid of the depth of being, the energy of love, of God... and we become spiritual; not realizing that we are really frightened of all that is out there.

So at the end of the book, just keep in mind this one thing: This is only the beginning! This is only going to help you break your eggshell that has provided you a small but secure and comfortable place to hide for so long. Once you are out, it is up to you which direction you will fly, how far you will go, how high you will soar.

So where do you go when you have finished reading the book that covers the beginning? Well, as the ancient Chinese saying goes “the teacher will arrive when the student is ready”. Believe in it. Paulo Coelho says “when you truly want something, the whole unseen universe conspires to help you in achieving it”. Therefore, once you have finished this book, once you have truly understood what contains within it and if you wish to go further, any of the three things will happen: you will know where to go or, a new teacher will arrive or, you will find me!

So without further delay, let us learn how to Redefine Your Reality...

## **Part II: Nature of Reality**

# NATURE OF REALITY

*Miracles are a retelling in small letters of the very same story, which is written across the whole world in letters too large for some of us to see ~ C. J Lewis*

## **The Emerald Tablet:**

In Alchemy, it was said that the most important instructions for turning lead into gold was so simple that it was written on an emerald tablet. However there have been countless books full of complicated instructions, symbols and pictures just to interpret those few lines of basic instructions.

This is the nature of all great truth. It is often simple but not easy to see through. And the truth that will give you the freedom to create your desired reality is also the same. It is simple yet so powerful that it is devilishly difficult to see through. Now here is the single most important piece of message that contains all that you need to know for Redefining Your Reality and creating the life that you want:

## **Reality is manifestation of your consciousness.**

Now quite possibly, this makes as much sense as saying the answer to all life and the universe is "42"! And that is why you will have to put substantial amount of effort and time to understand what it truly means. This will contradict thousands of years of false beliefs and cultural brainwash. And chances are most people around you will have no idea what this means. My goal here is to give you a basic understanding that the objective reality that you see around you and live in, does not exist independently of you and is not uncontrollable. It is very much a manifestation of your innermost beliefs and desires. It is a product of your own consciousness.

Now the first obvious question you might want to ask is, if that is so, how come my life is so horrible, how come I am living in poverty, how come there are so many struggles... and so on. Well, a simplified answer to that question is: because reality is a

manifestation of your consciousness, it is simply a reflection of what you are consciously or subconsciously focusing upon.

Now I will introduce you a concept at this point, (knowing fully well that you will quite possibly reject it or forget about it, which is why I will repeat it throughout this book), and that is: you are the CREATOR (primarily of your own life and secondarily of all reality). You are! But here is the problem, you have no idea about what amazing powers you hold and therefore going about creating many random things, some pleasant, some unpleasant.

Think about a little child left alone in a room with many boxes of crayons and paint and papers and canvases. Now the child does what with it? It goes and paints all over the wall, scribbles everywhere, puts paint on its own clothes, or just generally messes up the room. But what if it was a master artist left in that same room, with those same ingredients? What would happen now? The artist will create a beautiful picture.

What is the difference? The child and the artist are both creators, both are creating *something*, but one knows how to control, focus and create something interesting, the other does not.

Now if your life is not what you want it to be, if it's full of scribbles, and paint, and messy, that's alright. Just because you have done that in the past does not mean that you can never learn. The child can very well grow up to become that famous artist, clean up the room and create the masterpiece. It's only realizing that you can. It's knowing that you have all the same ingredients; all you have to do is learn to use it in the right way. It's realizing and accepting two key elements:

a. You are the one who has scribbled all over your room and made it messy, NOBODY ELSE. There *IS* nobody else. You are the only one in the room. (Unfortunately for a lot of people this is the hardest thing to do. Its much easier to blame the paint which fell off and messed up everything from the "very beginning" i.e. your childhood, its much easier to blame the brush which is low quality i.e. your personal, educational, professional sad story, its

much easier to blame the canvas which is hard to draw on i.e. life is hard.)

b. With correct training and intent, you can very well learn to create your own beautiful work of art. It may be a little difficult in the beginning. It may take a little time to clean up the mess that you created over so many years. It may be a little frustrating first. But it is very much possible to learn to create. And guess what? It's easier than you think. See it is in the interest of the universe (or God, or nature) that you learn faster how to create than slower. So you will get help on every step of the way...

The moment you truly accept that you can create and redefine your reality, things will begin to change. You will be taken to heights and depths that you never imagined of. You will see things you have never thought existed. You will meet people, read books and find messages that will keep telling you the same things over and over. When you see that happening, you will know that the wheels of a great invisible machine have started to move. And it is all triggered by your consciousness. Sounds wacky? Don't worry this is just the beginning. You will understand why this happens in greater detail in the following chapters.

So let me first briefly explain to you how reality works. Don't worry too much if some of it sounds far out and unbelievable. As I mentioned before, this is thousands of years of brainwash and belief system that you will have to undo. This is not going to be easy. However, I also know that deep down you will feel that all this sounds vaguely familiar. This is because of two reasons:

- a. This information is already buried within your greater consciousness! You just don't realize it. Because of the nature of your physical being, this knowledge is locked up. Why? That is something I cannot explain in this context. When you are ready, you will find the answer yourself.
- b. If you had not reached a level of awareness already, you wouldn't be reading this book. You did not find this book by accident. There was a reason. And the reason is that you

have reached the level of awareness where you are ready to receive the information that is going to be given to you.

So even if you don't realize it at the moment, by making a subconscious choice of buying this book and by reading it, you have already tapped into a strong current of events that are going to occur very soon. It is only a matter of time when you realize the full significance of your decisions.



# REALITY AND CONSCIOUSNESS

*All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident. ~ Arthur Schopenhauer*

One more time, memorize and imprint this in your brain: **Reality is manifestation of your consciousness.** It is created directly according to your needs, wants, and desires. Your consciousness is not just collection of your neurons inside your brain. You are not just a random combination of chemicals. And death does not bring an end to you! Your consciousness or your soul is indestructible. It does not die with your physical body and your being is not limited to time frame governed by birth and death. Your consciousness began a long time before you were born and it will not end at the time your physical body dies. This is not the first time you came to this earth, and it will not be the last time you are going to be here. Your soul is going to live forever, through many different life times, in many different bodies.

So what is the purpose of all this and how does this relate to Redefining Your Realty?

Before I give you the answer, I'd like you to understand that what I am about to tell you now is NOT an exact description, it's an "understandable" version at this point. Do not take what I am saying right now literally because it is simply an over simplified cartoon version. More importantly remember that the words like space, time, dimension, beginning, end, part, etc are not only senseless but also quite misleading. So every time I use these words remember I am just using them to get an idea across and they are not to be taken literally. I am also purposefully staying away from concepts like interconnections, inter-dimensions and interrelations to avoid complication.

In a very small little nutshell, here is the story of your soul. *You were created as an extension of the "Source"*. The source is what we call God, the one, the supreme power, Allah, Bhagaban, the Great Spirit, all that is, nature, etc.

The concept of God however, as popularly known, is highly anthropomorphic and distorts quite a bit about the nature of the source. The source is the collective being. It is the creator. And it exists in a timeless dimension. It is impossible to tell how or why or when the source was created but it will suffice to know at this point the nature of it. The nature of the source is to create. That is why it is called the creator. We are the extensions of it. Note that we are the extensions. Not experiments, not servants, not guinea pigs, but extensions. We are part of the source!

Out of this source energy, the extension energy or our souls are created. However when a soul is first created, it is immature and needs to grow. The earth (among other places) is the training ground for the souls. This is where we learn lifetime over lifetime lessons we are required to learn before we transcend to higher realms of being and eventually merge back with the source.

From the beginning, here is how the process goes: first our soul is created in the soul world and given sufficient training to survive in the physical world. This is the period when we live lifetimes in simple structures like a rock, or a tree. Once the soul is matured enough to handle the complexities of higher level being, we are assigned a human body in an environment that suits the purpose of the lessons that we are going to learn. Then we live a life time in that environment with complete freedom to act. One day this lifetime ends and we go back to the soul world where we rest and meet our soul mentors to take inventory of the achievements and mistakes. Finally after a period of recuperation and rest, we again choose a new human body within a new environment and the whole cycle repeats itself (until we no longer incarnate as humans but transcend into higher realms).

Every life span is designed to learn a specific set of lessons. Remember, the ultimate purpose of the soul is to become developed enough to go higher and eventually become one with the source. Each life time aims to develop certain aspect of the soul and it depends on the soul itself how long or how many lifetimes it is going to take before it is ready. Now here are two things that are critically important for understanding the process of redefinition:

- a. The soul needs to learn to effectively create matter before it becomes one with the source.
- b. The faster the soul can grow and develop itself, the better.

Now you are a multi dimensional being who has one level of consciousness aware in this physical reality, the one that is temporarily amnesiac about the existence of the other ones. This is the one that you are currently conscious about or what you know as your *self*. Then there is the one that is “looking after you”, the one that is your higher self in the soul world. The one that is you but you are not aware of. If this all sounds confusing, it’s normal. Read on and slowly and it will all make sense.

Think of it in this way, the physical reality is a simulation game which you have designed yourself. Let us say this game is called Earth. Now you have taken a part of your consciousness put it inside the game and made sure it doesn’t remember that there is any other reality outside the game. Now don’t forget, you are part of the consciousness that’s inside the game (who doesn’t remember you anymore) and as it grows, you grow as well. Let us call the one inside the game Self and the one outside Higher.

Here are the rules: Self has complete freedom to act inside the context of the game and Higher cannot (or does not) influence Self’s behavior or actions. However, Higher can change the game context within reason as he is the one doing the designing. Lastly, Higher cannot communicate with Self directly unless Self has grown enough to understand the nature of the game and is ready to use combined power of himself and Higher. So Higher designs the game in whatever way he deems appropriate to facilitate the growth of the Self (and therefore growing himself) by staying out of the game.

Now bear in mind, growth of Self is not necessarily achieved by designing a game full fun and no difficulty at all. So Higher has to keep designing the game in a way that ensures that Self can constantly grow, even if it means he has to put Self in a lot of difficult situations. Every challenge helps Self grow and in turn let Higher grow as they are the consciousness of the same soul.

Now if you were Higher and one morning suddenly find that Self is becoming more and more aware of the powers within himself and learning how to redefine reality. In other words, Self is becoming aware of Higher and seems like he is ready to take it to the next level. Now this is a definite sign that Self is growing very fast. What do you think Higher would do in this situation? Think...

He will make sure that Self gets clear indications within the game that he is on the right track. But before he does that, Higher will test Self a couple of times to finally check his readiness. Once Self has passed the tests, Higher will help Self more and more changing the game context according to Self's wishes. The more Self can redefine reality with the help of Higher, the more both of them grows and in turn the soul grows. See, it is in everyone's (self, higher, the universe, God) interest that Self (who is at the edge of creativity or the ground level force) grows faster and learns its lessons. The faster Self (and in turn Higher) grows, the closer the soul gets to the Source Energy (or God).

So let's get back to business. Do you somewhat get an idea about how to redefine reality according to your wishes? Let me help you out: it is through consciously focusing on the creation process. The nature of reality is every thought seeks to manifest itself into its physical counterpart. Back to our previous example, if Self can communicate anything to Higher with focused intention, Higher will help Self by bringing about enough opportunities and favorable situations. Why? Because Self is learning to create in this way. He is learning to redefine reality. He is realizing what awesome power is within himself. And in the process both Self and Higher is growing as a soul. So Higher is going to do anything to help Self as long as Self has the persistence, awareness, belief in himself that this is the truth and not some figment of imagination.

Before we move on to the next section, here are the key principles I want you to remember when you are learning how to Redefining Your Reality.

The nature of reality is simple: We think and we create what we are thinking about. Every single thought is an impulse of energy. Having said that it is also important to remember, only thinking about something will not bring about a change in the reality. A burning desire (focused intention) and the willingness to do whatever it takes no matter what (no matter how many tests are given), will set things in motion. Desire is the fuel of creation. When you *truly* desire something, (based on your deepest truth, and not because of some form of external validation) you are in essence learning to create, manifest, and materialize. This is the way you grow. This is why you are given all the resources of the source energy to manifest what it is you want.

However, the moment you have made a definite decision to achieve something, all you are doing is tapping into a strong current of creativity. Now it is your duty to know exactly what you want and start taking actions towards that goal. Its like the moment you make a definite decision, you are given a big white canvas and many different colored crayons. Now it is your duty to have a clear picture in your mind about what is it that you want to draw and have the patience to draw it every day, bit by bit. The more you draw the picture the more colors you are given to give definition and depth and accuracy. Your duty is simple: everyday draw a little more of what is in your mind. As you do so, the whole universe starts helping you make the picture come into life. Once you have finally finished it, your picture comes into reality and becomes alive.

So here is a personal challenge to you: I guarantee you that the moment you are thoroughly convinced what you just read and you make a definite decision to bring about a change in your life, you will get some clear indication that you are on the right way. This might be in the form of another teacher who will come and tell you the same things I am saying. Or you will face a test that will determine whether you are truly ready or not (more about tests in the Winner or Wannabe section). Or some other definite sign that will indicate you should start to take action. This has happened to everyone who has ever tapped into this knowledge. And it will also happen to you.

So have you fully grasped what you have just read about? If not go back and keep reading it until you are able to see through the fog of your physical senses. Don't be confused by the simplicity and brevity of it. This is the secret of life. The key to redefining reality. Your passport to eternal freedom.

See you in next chapter...

## Journey of Two and Half Thousand Years

***As a man who has devoted his whole life to the most clear headed science, to the study of matter, I can tell you as a result of my research about atoms this much: There is no matter as such. All matter originates and exists only by virtue of a force which brings the particle of an atom to vibration and holds this most minute solar system of the atom together. We must assume behind this force the existence of a conscious and intelligent mind. This mind is the matrix of all matter. ~ Max Planck, Father of Quantum Theory and winner of Nobel Prize Winner in Physics in 1918***

***...this world is indeed a living being endowed with a soul and intelligence ... a single visible living entity containing all other living entities, which by their nature are all related. ~ Plato, 4th century BC***

*(Certain parts of the following chapters have been taken from live question answer sessions that were conducted with students or workshop attendants. The questions that were asked are also included here for easier understanding.)*

Now that you have a basic understanding of how reality works from a metaphysical point of view, it's time for us to see how this understanding has become such an unusual knowledge for about 99.9% of the world population. But before I start with the next part of our journey, I'd like you to remember something. The next phase can get a little technical, sometimes even downright bookish, and a lot of times you may even doubt that it is necessary for our journey of awakening, and I'd like to assure you that it is. What I am about to tell you now and in the next few sessions will show you how the familiar world that you know of is much stranger than you think. That so many things that you claim to be absolute are nothing but relative points of view. That this time-space reality is much more magical and miraculous than we think and now we are able to realize that from a truly scientific point of view. And finally for you to understand the *true* nature of reality, you'll need to first have a firm grasp on the nature of reality *as we human beings see it*. The next few sessions will teach you that.

As each day pass by, science and spiritual knowledge is coming closer to overlapping each other more and more. What were once polar opposites are increasingly pointing towards the same thing. Increasingly we are able to co-relate our transcendental

experiences under deep meditative states and results found in strict laboratory conditions. More and more we are able to understand the ancient teachings that have been left for us by our ancestors thousands of years ago *in the light of present scientific breakthroughs*.

On one hand it is truly exhilarating. Never before we had so much of scientific insight into the nature of reality, into the deepest parts of matter where there is nothing left but pure energy, into the distant galaxies at the edge of creation millions of light years away. Never before did we have access to such knowledge from a truly scientific perspective where we are no longer required to *believe* but we are able to verify, measure, mathematically represent, predict and explain most of what we observe and also much of what we cannot observe. Yet on the other hand we are making a full circle back, much like re-inventing the wheel, and re-discovering most of what was already told to us by the great teachers and ancient civilizations. However, we are now able to verify all that we believed beyond a shadow of doubt with precise mathematical equations and under laboratory conditions, explain it with clarity to scientists and lay people alike, and use our findings in everyday life from using credit cards to running spaceships. That much, I guess, is truly unique achievement of our civilization today.

And then there is a little hidden agenda on my mind.

See, the world that we are about to travel into is the world of the unseen, a world where rules of this known physical reality is not only bendable but also re-writable, a world of infinite possibilities. However this world is also beyond the capacity of your finite, time bound, human mind. In fact, your conscious mind is the primary obstacle towards any higher spiritual development due to its attachment to the time-space reality. The only thing it is capable of understanding, at least in the beginning, is that which is obvious through the five senses, that which has a reference to past experiences, that which is logical and rational (in its framework of belief system).



But that is a big problem because the world we are going into is neither logical nor rational for our common belief system, most of it is not within the reach of the five senses, and it does not have any reference to what you experienced in your past.

Therefore, just like anything else it's not comfortable with, the conscious mind is most likely to simply block your progress by one of its many clever ways like labeling it as unreal, or impossible, or unbelievable. So my goal in the next few chapters is also going to be to convince your conscious mind thoroughly that what we are about to dive into is not only in the realm of deep spiritual knowledge but its parallels are also in cutting edge scientific discoveries. That the world that you think you *know* is very different from what your five senses are able to convey to you. And that the truth is not only stranger than you think, it is stranger than you *can* think!

(Although I would like to mention that the bridge that connects these two seemingly opposite fields of knowledge does not yet exist. We are very close to building that bridge, but it's not yet there. At this moment in time we will simply have to gather whatever we can from the parallels of science and direct personal experience – which you will surely go through on this journey. And this is the problem why the militant materialists will vehemently oppose that we are all crazy, abusing science to fit our own “lame” understanding. It's like we are talking to a group of people who do not have eyes and do not even know anyone else can have something called eyes. We are trying to explain what the color purple looks like and what sense of bliss a beautiful purple orchid can induce within us. These people know about electromagnetic radiation, light, from their books, they know *about* “light” which travel at certain speed, they even know how to perform complex mathematical calculations about speed of light and its properties. But the idea that you can actually “see” light or that you talk about this color purple or that it can make you feel these strange things like bliss, wonder, rapture, even love, is simply preposterous!

(So how do you convince these blind people what color purple means? Or that what they are talking about through their

complex mathematical models is what you are actually *experiencing*? You can't. Not until they realize that they *are* blind and go through an operation maybe that will allow them to "see". And when they do that, no explanation will be necessary any longer because now they know. The only person who asks about what light is, is a blind person, remember that.)

Now before we go forward, please remember, this knowledge will deprogram thousands of years of stubborn beliefs and brainwash, so it is expected that your mind will block some of it. Do not skip a part if you are not able to understand it on the first go. Remember, whatever your mind resists is where there is most potential for development. Do whatever it takes to make it a part of you.

If you are ready, let us begin.

What I am about to reveal to you today is what has happened pretty much in the last two and a half thousand years and how those events have shaped the way we think, live, perceive reality, fight, love, and pray. As you will see, as we progress, what you are learning now is not really anything new. This understanding has been around for thousands of years but has been suppressed over and over by different parties with vested interests. However, as is the nature of all great truth, you can suppress it for a while but what is known deep within the soul cannot be fully extinguished no matter how much you try. And that is exactly what has happened. Also with the progress of modern science and our ability to see deeper and deeper into space and matter, the "secret" that was suppressed all this time also started to surface not just in transcendental states of mind but in leading laboratories around the world.

However, this is not to imply that the whole world is now ready to accept or even understand this level of knowledge. It has been a very long time that the global brainwash has taken place and it is still continuing. Matter of fact, this *fundamental misunderstanding* about the nature of reality and our role within it has become so pervasive and deeply ingrained in our psyche that even the most well meaning teachers and preachers and

scientists and doctors base their teaching and healing upon it. And what happens when you base your entire understanding of reality on a misconception is quite apparent if you look at the world today where millions are killed in the name of God trying to establish who is right, healing means constantly injecting different chemicals into your body without full understanding of how it will affect you, countries at war trying to establish who "owns" which part of the map, and some of the most creative human minds creating movies and TV shows that show torture, struggle, killing for fun and drug use in the most hypnotic way which millions of others pay money to go and watch. If these people knew the power of their minds and what they are inviting into their lives by immersing themselves in this type of negative programming, they'd seriously reconsider their choice of entertainment.

These days it is said that this is the "New Age" and we have made great progress in the last 200 years or so. While that might be technically correct, the progress is analogous to a group of teenagers discovering an abandoned warehouse full of powerful guns, bombs and drugs. The result is the world we have today where we have the power to kill, destroy and alter things and people and environment, but we entirely lack the foresight or maturity to realize the repercussions of these actions both on us and the environment around us. But then that is how we have chosen to learn our lessons, and that is how we shall learn.

Anyway, the point I was making is that we did not get to this stage overnight and the history of how we got to this point and cascading even further down at enormous speed is very interesting indeed.

When we look back at how it all started, we have many choices of where we could start. We could start at 1000 B.C. with the ancient religion called Zoroastrianism that was once the dominant religion of then Persia and which influenced many of the western and eastern religions that flourished in the future. Or we could also start with Rene Descartes who gave birth to the *most fundamental misconception* (we'll get to that in a bit), or we could also start with Einstein who single handedly overturned the

way we think about time, space and matter. However, to get a wholesome idea about how the world has shaped itself into today, while keeping it not too detailed or irrelevant, let us start at a time when some very interesting events happened in different corners of the world, in some inexplicable way, around the same time. The time was 600 years before Jesus Christ was born.

The sixth century BC was a very interesting time for the world because simultaneously, as if guided by an invisible force, the Greek philosophy began in Greece. Buddha was born and founded Buddhism in India that would later travel all over Asia including China and Japan (many years later). And all the way in China, Lao Tzu founded Taoism. Now remember this little insignificant little trivia because as we go along you will notice the startling similarities between these different schools of thought and religions and wonder how is it that they could all come about in the same century, in different parts of the world separated by thousands of miles at a time when it was close to impossible for one having influenced the other. While there is possibility that these dates are not entirely correct and got mixed up in history, at least for now this is what we know to be true from multiple accounts of historians and authorities.

Anyway, for our purposes right now, we are going to focus only on Europe because it is the Europeans with their western philosophy who would later colonize and dominate all over the world and shape much of the way we think today.

When we look back, the origin of most of western science including physics, chemistry and biology can be traced directly to this period of time when the Greek philosophy began to flourish. At this time the Greek philosophers did not have separation between religion, philosophy and science and a lot of them did not even see matter and living things as separate and regarded all things to be manifestation of one source entity. The sages who taught this were known as Hylozoists or “those who think all matter contain life”. Now it’s important to understand that they did not necessarily say that material objects had separate life or identity, but that they had life as they were all part of an overriding universal entity.

One of the most well known hylozoist figures was Heraclitus of Ephesus who lived around 535–475 BC. Heraclitus is known for his doctrine of change being central to the universe, that everything was constantly changing and nothing is the same in two different moments. He taught that this change happens from dynamic interplay of the opposites and that there was a fundamental unity that transcends all of opposites which he called Logos. He taught that the Logos is the fundamental order of all. Heraclitus is famous for saying: "No man can cross the same river twice, because neither the man nor the river is the same." Heraclitus saw a universe that was in constant state of becoming, changing and growing.

Then there was the other school of thought at the same time in ancient Greece which was the Eleatic School who were in direct opposition with the philosophy of Heraclitus. The Eleatic School was founded in the early 5th century BC by Parmenides. The school took its name from Elea, a Greek city of lower Italy. The main concepts of the Eleatic school evolved in opposition to the theories of the early Greek philosophers, who explained all existence in terms of primary matter, and to the theory of Heraclitus, who said that all existence is in perpetual state of change.

Parmenides claimed that any change is impossible and the truth cannot be known through sensory perception. This is because the perception of things or appearances is deceptive. What exists must always exist. And we arrive at the knowledge of this underlying, static, and eternal reality through mind and thought, not through sensory perception. He also claimed that there was a divine principle that rules above all men and Gods. This divine principle was first known as the unity of the universe (very much similar to Heraclitus and also in startling similarity with Taoism in China which calls it the Tao).

However, later on another Eleatic philosopher Xenophanes changed the belief to "God is one, supreme among gods and men, and not like mortals in body or in mind". Although Xenophanes came up with this concept to reject the idea that the gods

literally resembled humans in form, because of his development of the concept of a "one god greatest among gods and men" that is abstract, universal, unchanging, immobile and always present, that we see the beginning of a trend that ultimately lead the concept of spirit and matter dualism and the difference between "mortals" and God.

Eventually, in the next couple of hundred years or so, the Greek philosophers sort of mixed and matched these two influential schools of thoughts and came up with the middle point that that the divine unchangeable principle (being, or God) is manifest in certain things and not others and change is possible in the realm of spirit and not matter. Finally the clearest expression of this spirit and matter separation was found in the philosophy of Democritus and his teacher Leucippus who gave birth to the belief that all matter is made up of various indivisible elements which he called atoma or "indivisible units", from which we get the English word atom. With Democritus, we see the clear separation between spirit and matter take hold.

Leucippus and Democritus taught that *real* matter was made of *perfect* atoms which were eternal, perfect and infinite in number. They reflect an ideal state of being that we "mortals" are not capable of understanding since we have to rely upon our faulty senses. For them, there was absolute perfection in the *real* world but we are never going to truly experience that because of our senses.

Democritus also denied that "the void" can be equated with nothing. This was in opposition with Parmenides, who denied the existence of motion, change, or the void. Parmenides argued that movement was impossible because one must move into "the void" and the void does not exist and cannot be "moved into". Amazingly, as you will see as we go deep into quantum physics, which would not come about until 2400 years later, that it is downright mind blowing the similarities between these ancient philosophies and what we know conclusively today with our cutting edge technologies.

Anyway, with Democritus and early atom theory we find the separation between spirit and matter, ideal world (of Gods?) and mortals take hold that would stay until the 20<sup>th</sup> Century in our modern world.

The next important milestone in our history is the third century B.C when Aristotle created a comprehensive system of philosophy encompassing morality and aesthetics, logic and science, politics and metaphysics which would be the basis of western science and philosophy for the next two millennia. One of the key teachings of Aristotle at this point is how he understood the nature of our soul. While he acknowledged that we do have a soul, he equated the soul with the actions of a human life. In his view the human soul was something that is a substance but not like ordinary matter, it is immovable yet is able to determine and control the actions of the body. However the most important part of this understanding is that the soul *cannot* exist without the human functions in the same way you cannot call an eye a real eye if it cannot see (maybe it's a painting of an eye). So in view of Aristotle (which is still dominant in our current way of thinking) the soul cannot be separated from its function and action. And when the body dies the soul perishes the same way as a computer dies if you take away its keyboard, mouse and monitor. In other words the computer simply stops *being* a valid computer since it is no longer usable.

This concept of soul was quite opposite of what Aristotle's mentor Plato taught. For Plato, the soul was eternal and unchanging (out of time dimension we can imagine), pure and indivisible (not made of parts but of original source), simple and coherent (did not fragment into parts).

In words of Plato, "...therefore, we may consequently state that: this world is indeed a living being endowed with a soul and intelligence ... a single visible living entity containing all other living entities, which by their nature are all related." —Plato, *Timaeus*, 29/30; 4th century BC.



Some of the reasons why Aristotle's philosophy was so wildly successful and Plato's was not are because even in his day (and up to today) Plato was viewed as sort of an extreme idealist who was a bit removed from reality. After all, he believed that our soul was perfect unpolluted and eternal and existed beyond material reality. This was a little too idealistic for us "mortals". On the other hand, Aristotle believed that the soul was indeed a substance and it was what controlled human "doings" like movement, and this soul perished as we perished. This was, as you can imagine, more understandable and gained quick popularity among the mass population. Secondly, Aristotle also strongly favored questions regarding the mind and soul, and perfection of Gods creation and saw the pursuit of understanding matter or natural science as secondary. Thirdly, he proposed an incorrect cosmology which put the Earth at the center of the universe. This scientific concept, as proposed by Aristotle and Plato was later adopted as dogma by the Roman Catholic Church because it placed mankind at the center of all creation. Scientists who disagreed with this concept, such as Copernicus and Galileo even 1000 years later, were considered heretics. Also since Aristotle was perhaps the philosopher most respected by philosophers before, during and even after the Renaissance, the scientists of the day often took Aristotle's erroneous positions as absolute. Eventually as the Church ruled throughout the middle ages, the doctrines of Aristotle prevailed strongly until the Renaissance in the 14<sup>th</sup> century.

In 1543, Nicolaus Copernicus published in his book for the first time that it was the sun, not the earth that was in the center of "heavenly spheres" (solar system). However, being a shrewd politician, quite prudently he waited until he was in his deathbed because he knew that the Church would definitely destroy him.

Proving Copernicus correct, about fifty seven years later a man called Giordano Bruno revived the concept of hylozoism along with defending the Copernican theory. He declared that God is the source, cause, medium, and end of all things, and therefore all things are participatory in the *Godhead* or source energy. Unfortunately Bruno's ideas were entirely rejected by the Roman



Catholic Church and he was eventually burned at the stake for various heresies.

After the Renaissance, people slowly began to show more and more interest in science and nature and eventually the Italian astronomer, physicist, mathematician and philosopher Galileo Galilei combined mathematics with physical sciences and therefore is known as the Father of Modern Science. However, Galileo's support of Copernicanism (earth revolved around the sun and not the other way around) was very controversial within his lifetime. The geocentric view (the earth is the center of the universe) had been dominant since the time of Aristotle, and the controversy created by Galileo's opposition to this view was a potential threat to the Catholic Church. Galileo was eventually forced to take back his heliocentrism (the sun is in the center of the solar system) and he spent the last years of his life under house arrest.

A century later, in the seventeenth century, Rene Descartes who was a highly influential French philosopher, mathematician, scientist, and writer, known as the "Father of Modern Philosophy" based his view of nature on the division of two separate realms: that of the mind (*res cogitans*) and that of the matter (*res extensa*). Descartes suggested that the body (and the world as well) works like a machine, that it has the material properties of extension and motion, and that it follows the laws of physics. The mind (or soul), on the other hand, was described as a nonmaterial entity that lacks extension and motion, and does not follow the laws of physics. With this the scientist of the time was encouraged to pursue studying the natural world of matter that could be studied through analytical methods of science and leave alone anything dealing with the spirit or soul to the realms of religion and the church. This worked well because now the scientists could work more freely without challenging the validity of the Church's doctrines.

Descartes is best known today for his famous saying "cogito ergo sum" which is the Latin of "I think, therefore I am", which you will eventually realize is *the fundamental misconception* that is responsible for much of our wrong world view today. This is the

one saying that has enabled most of the human world today to identify themselves with their mind alone which is the primary obstacle to all spiritual development. (I would like to add here that the philosophy of Descartes is not as simple as it may appear here. There is a lot more to it and "cogito ergo sum" does not simply say that thinking is the ultimate proof of being but serves as the basis of a logical argument that is beyond the scope of this book. The effect of this idea though influenced humankind in ways, I believe, Descartes neither foresaw nor wished for.)

Next on our historical development, Sir Isaac Newton was born on the same year Galileo passed away and apparently discovered gravity by observing an apple falling from the tree. Whether this is an actual fact or a myth is unknown today. However, following the "world is a big machine made up of smaller components" concept, Newton published his famous book Principia in 1687 where he described a mechanistic universe where all objects moved within three dimensional space according to the 3 laws of motion. Space was considered inviolate that didn't change regardless of what happened to anything external. And all changes happened in time that was viewed as another dimension that flowed continuously from past-present-future regardless of space and matter.

He also described gravity as a natural quality that all matter seemed to possess and exerted this force on all other matter. That was a little strange theory but since all laws of nature were seen as laws of God, and since there was no better theory, it was not questioned at the time. In Newton's view, in the beginning God had created all the matter and the force that acts between them, giving birth to the laws of motion which constantly works upon each other. Hence from this point all the way up to late nineteenth century the world was viewed as a giant machine with many smaller parts that are all separate and can only interact with each other through some form of force. Words like consciousness, mind or soul were entirely avoided and were thought to have no effect whatsoever on the way the world works.

To give a cherry topping to the whole spirit matter division, in 1859 Charles Darwin published his theory of evolution which was instantly accepted all over the world. Darwin's theory described our origin and evolution to the accidents of hereditary variations. This was easily understood and accepted since people could relate their experience with cross breeding between cattle and crops, pets and plants. Since now it was understood that we evolve and survive purely through random processes of heredity and only the fittest survive, there was no more need to include in this theory any sort of divine intervention or God. One of the well known followers of Darwinism Ernst Mayr wrote "When we ask how this perfection is brought about, we seem to find only arbitrariness, planlessness, randomness and accident..." However as we find later on, Darwin himself did not believe in Darwinism in the later years and indeed this randomness is not at all what it seems.

Newton's mechanics reigned as the ultimate theory for all natural phenomena until the late 1800s when two brilliant scientists Michael Faraday and Clerk Maxwell noticed that Newton's laws did not apply in certain types of phenomena namely electricity and magnetism. Eventually these two great men would give birth to electromagnetism and electrodynamics. Electrodynamics was based on the realization that light is basically a form of electromagnetic wave traveling through space. They also replaced the idea of force into "force field", the difference being while force simply said that two objects either attracted or repulsed each other, the force field concept explains that the object (with its positive or negative charge) creates a disturbance in the surrounding space and if there are other charges in that space, they would feel the attraction or repulsion.

However Newton's mechanics was such widely accepted at the time, even Maxwell tried to explain the electromagnetic phenomena in mechanical terms as a stress that was happening because of a strange medium called ether that filled space.

It took Einstein to finally recognize that no ether exists (at least not the one the scientists of the time tried to find) and electromagnetic waves were something that couldn't be

described mechanically and they could travel through space without any medium at all.

And with this we are ready to go into our understanding of modern physics that would flourish in the first 30 years of twentieth century spearheaded by the genius of Einstein and finally include the weird world of Quantum Physics, Quantum Mechanics, Super Strings, Time Travel, Tunneling and “voodoo effects” at a distance! If you are ready for some serious mind bending, we can start digging a little deeper.

*Question: How come we only hear these things in fragments in the history classes in high school or college but never in detail that made sense?*

On one hand, don't forget that there has been a lot of systematic *cleansing* over the last couple of thousand years just to ensure that general population do *not* get the big picture or connect the dots. On the other hand, the big picture itself has become understandable “once again” in the last fifty to sixty years or so. Yet another reason is when you open up the *real* history book about the last two thousand years, a lot of blood and gore spills out of it and *that* cannot be too favorable for the “unpolluted” mind I'd imagine!

## Waves of Light

To keep it simple and cheery, let us start with something most of us think we understand pretty clearly: time. It started somewhere at the moment of creation (whenever *that* was), flows constantly from past to present to future, and maintains its speed regardless of what you are doing within it, “ticking away” diligently in a spaceship wheezing by at a speed close to the speed of light in the same way it does for you sitting in your living room watching a baseball game... Or does it?

In 1905 a 26 year old patent clerk from Bern, Switzerland submitted two papers to the German technical journal *Annals of Physics* then headed by Max Planck, one of which dealt with a phenomenon called Photoelectric Effect which is not terribly relevant for us right now, and the other was the famous relativity theory. Having received these two papers Max Planck realized that the world of physics and indeed the world we know of “real and objective” has been changed forever by this young man called Albert Einstein.

So what it is this famous theory that made Einstein the most famous physicist of all time? Well, the gist of it is that it shows us two important things: a. time and space are not two separate things but very much interrelated and b. it gives us rules that govern the world of things moving at very high speeds and explains some strange phenomena that occur when things approach the speed of light.

But to get a well rounded understanding of what exactly Einstein explained and why it is important to us, we will have to again go back a couple of thousand years to see how our understanding of space, time and motion, the three basic ingredients of our physical reality has shaped over time.

Let us start with motion. Why motion? Because as you will eventually realize, from a scientific point of view, motion really is the key to understanding anything else. When you understand

motion you will also understand how the world works. Motion is what makes everything happen.

Think about it. If there was no motion *nothing* would happen. The universe would come to a stand still and die. The universe is constantly in motion from the tiniest particles of matter to the largest galaxies in space. The microscopic sub-atomic particles at the heart of matter are moving at incredible speeds within the atoms giving birth to all matter which in turn accumulates to give birth to the planets and the stars and all its constituents and inhabitants which in turn are all in motion interacting and influencing each other.

Consider this: the earth is rotating daily on its axis at 1000 miles an hour along with its yearly rotation around the sun at the rate of 20 miles a second. Then there are other lesser known movements of the earth, for example, while it is popularly believed that the moon revolves around the earth, the truth is they revolve around each other. The solar system is again moving through the Milky Way at 200 miles per second and the Milky Way is moving in relation to other galaxies at the rate of 100 miles per second.

As you will see, since motion is inseparably tied with our understanding of space and time, if you understand motion, you'll understand space and time. And from here you'll see that Einstein's Theory of Relativity does strange things to our ideas of motion which in turn changes everything we know about space and time. So before you understand true genius of Einstein and the strange things that theory of relativity does to space and time, you will need to understand motion.

A question that human beings have pondered for a very long time is what is the natural state of motion in this world? The answer to that question is very different depending on who you ask. The ancient answer to this question is interesting because it is a mix of science, philosophy and theology. The ancient physicists and astrologists divided the world in two realms: Heaven and Earth. This was the time when Aristotle described in his cosmology with the Earth at the center of the universe.

In earth, which was made of crude matter in the realm of the imperfect, the natural state of motion was to be at rest as close as possible to the center of the earth (which was also known to be the center of the Universe at the time). It is an obvious answer by observation since you can see all moving objects coming to rest as close as possible to the center of the earth and notice that it takes some force to keep something moving.

In the heavens (the stars, heaven, spirit, Gods) on the other hand, the natural state of motion was described to be perfect circular motion that moves continuously.

Aristotle and his predecessors strongly believed in the notion that in the celestial realm everything moves in perfect circles. But as later observation showed, the planets don't move in perfect circles at all. Sometimes the planets move back, goes forward, sometimes it even goes in loops etc.

Around 100 AD Ptolemy proposed the idea that the heavenly bodies actually moves in circles within circles called epi-circles. The idea was pretty much the same as Aristotle except now he described the heavenly realm that has circles within circles. This idea stayed for almost 1500 years until the Copernican Revolution.

In 1543 Nicolaus Copernicus published the "heretical" idea that the earth is not in the center of the world (geocentrism). His model also had circles upon circles, but with the sun at the center (Heliocentrism). It is called the Copernican Revolution because for the first time Copernicus showed that earth was not a special place in the universe after all but just a planet revolving around a star, in other words, the universe did not really revolve around mankind.

Next in our story came the German mathematician Johannes Kepler who observed that heavenly bodies don't move in perfect circles but ellipses. Kepler showed this not through verifiable mathematics but through observation only as he had no way to prove why this was the case.

In the late 1500s came the father of modern science Galileo Galilei. He discovered the first astronomical telescope, observed the moons of Jupiter and discovered that there are other planets like earth with similar systems. This was a huge discovery as once again it verified that the earth is not a very special place in the universe and there are other systems just like our own. Galileo also stated the law of Inertia that declared that the natural state of motion is to keep moving in a constant speed in a straight line (which eventually Newton would mathematically prove). Finally he observed the sun and saw the sun spots. This was another big discovery as it showed that the sun also has “blemishes” and the heavenly bodies are not perfect.

Sir Isaac Newton took many of his ideas from Galileo and advanced them. His *Philosophiæ Naturalis Principia Mathematica* is said to be the greatest single work in the history of science. In this book, Newton described universal gravitation and the three laws of motion through which he proved, for the first time, that the laws of physics are the same for both terrestrial (on earth) and celestial bodies (the stars, sun, moon etc) and it is from this we will see how all of this relates to theory of relativity, Einstein and our understanding of the universe.

Newton's 3 Laws of motion describe how objects move in response to the external forces:

The first law says that an object moves uniformly in constant motion unless there is an external force working upon it.

The second law describes mathematically how forces cause changes in motion and shows that force, mass and acceleration is related.

And the third law states that every action has an equal and opposite reaction. If you push something, it pushes back with equal force.

Along with the 3 laws of motion the other famous discovery of Newton was gravitational laws. The popular story around it goes



that one day Newton was sitting under an apple tree when an apple fell somewhere around him (or on his head as some say) which lead him to ask himself the question: could it be possible that the same forces that caused the apple to fall towards earth could also be responsible for the moon to circle around the earth? And Newton showed that indeed that was the case and the moon and apple are both being pulled by earth. He proved this not just by observation but also quantitatively and from this he declared that all objects in the universe attract every other object with a force called gravity. (The strength of the force depends upon how big the object is and how far the objects is, from the other object its exerting its force upon.)

Next Newton wondered what kind of path planets should follow when they move about in the vicinity of the sun subject to universal gravitational laws. Well, he didn't know how to answer that question so he *invented* Calculus to understand how the universal gravitational forces influence the planet. Through Calculus Newton mathematically verified the observations of Kepler that the motion of planets should be elliptical orbits and not in perfect circles.

The most important realization at this point is this: there is a set of laws that work for everyone independent of location and independent of motion. This is known as the Newtonian or Galilean Relativity Principle. And the essence of relativity can be summed up in a single sentence: The laws of physics that are valid in one place are also valid for any other place in uniform motion. In other words there is no difference in laws of physics regardless of whether you are on earth, or floating in outer space in a distant nebula, or on a planet 20 light years away from earth. The laws of physics are the same.

Now all this is fine until you ask the question what is the speed of a certain object, for example a flower vase that you are throwing out towards your partner hoping to do some minor damage? The answer is: its all relative. Speed with respect to what? Your partner, the earth, the sun, the solar system or the galaxy? Depending on what is your reference point, the answer will change (remember all of these bodies are moving with respect to

each other). And this troubled Newton. He tried to find *something* that he could hold as stationary and with respect to which he could find some sort of absolute motion but he could not. In the end he regarded space itself as physical, immovable and stationary. While there was no scientific basis for this idea, he held on to it based on theological grounds because to him, space represented the divine omnipresence of God.

The next big breakthrough in our understanding of space, time and motion came a little indirectly through James Clerk Maxwell who was a Scottish mathematician and physicist. His most significant achievement was the development of the electromagnetic theory. Maxwell's equations, as it is known now, demonstrated that electricity, magnetism and light are all manifestations of the same phenomenon: the electromagnetic field. Maxwell demonstrated that electric and magnetic fields travel through space in the form of waves at a constant speed: the speed of light. (Visible light is only a very narrow band on the electro-magnetic spectrum which our eyes are capable of translating.)

But then came the question, if light consisted of waves, through what medium is the wave traveling through? Water waves travel through the waves of the sea, sound travels through waves of air, but what about light? What medium does light travel through? Also the other, even more difficult question is, if light travels at a constant speed (186,000 miles per second or 1 foot per nano second which is denoted as speed  $C$ ), it travels at that speed relative to what? Remember the problem, if you throw a flower vase and ask what speed it is traveling in, the answer is relative to what? So if light (all electro-magnetic waves) is traveling at speed  $C$ , what is the reference frame here?

Let's take the easy question first, what medium does light waves travel through? To answer this, the 19<sup>th</sup> century scientists evolved a hypothetical medium called the "ether". In describing the qualities of ether, they described it to be something that had to pervade all of space and matter. It had to be extremely tenuous, cannot have much resistance, since otherwise its resistance must be felt by anything traveling through space. It

also has to be very stiff since light travels through it in extremely fast speed. (Why this is so is a little more technical. Imagine plucking a guitar string. The more tightly the strings are tuned, the higher the pitch. The reason the pitch is higher is because the wave lengths are shorter and packs more energy. In short, waves on stiff mediums move much faster. Therefore, for something like light that travels at the tremendous speed of 186,000 miles per second, the ether needs to be extremely stiff.)

Now as strange as this medium is with its opposite qualities like something that can stretch through all space, with almost no resistance, yet being extremely stiff, this theory was the final achievement of Newtonian physics since it provided explanation for all known physical phenomena and it also gave a fixed frame of reference which, if you remember, was very much necessary to describe any speed in the Newtonian model.

Now apart from the fact that this wonderful substance called ether was never actually proven to exist, the ether concept provided certain problems that couldn't be answered. Now at this point you might be wondering with all your wonder, why is it that the scientists of the 19<sup>th</sup> century had to go through all the trouble to invent something as strange as ether, why didn't they just say that light travels through empty space? The reason is, the moment you try to consider that light is traveling through empty space, the question arises: relative to what? Which brings us to the second and more difficult question, light is traveling at speed C relative to what?

The easy answer to that question is: light is traveling at approximately 186000 miles per second (speed C) relative to the source of the light. For example, you might say that if you light a candle, the light is traveling at speed C relative to the candle. That is a good answer, but a wrong one. To see why this is a wrong answer you'll have to see how the scientists found the answer.

There is an interesting thing called a double star system in astrophysics. A double star system is a system of two stars orbiting around a common center of gravity. Now if light travelled

at speed  $C$  relative to the source, the light emitted at different times from the star (approaching or receding away from earth at different parts of its orbital path) would travel towards us at different speeds and we would see strange images of the star sometimes scrambled, sometimes more than one etc. But this is not the case. Through this observation scientists proved that the speed of light has nothing to do with the speed of its source and whether its coming towards or moving away from the observer.

Then what is it? To what reference frame light is travelling at speed  $C$ ? The answer at the end of the 19<sup>th</sup> century was that light travels at speed  $C$  relative to ether which is the fixed reference frame that pervades all of known universe.

This gives us a problem. If light is traveling at speed  $C$  relative to ether that means the laws of physics only apply to light when there is this special place pervaded with ether. Remember if you say the flower vase is traveling at 20 miles per hour it means nothing in laws of motion if you don't describe with reference to who or what. But for electro-magnetic waves, 186000 miles per hour means something as it means it is moving with respect to ether. That is a problem since now there are two situations, one of which follows the Galilean relativity principle (which is the laws of physics that are valid in one place are also valid for any other place in uniform motion) the other does not.

Anyway, the scientists moved forward with this weird proposition called ether for the time being and explained all observable natural phenomena with the Newtonian Laws of Motion. All was fine and everyone was happy with this idea until someone was smart enough to raise the question, if there is this medium called ether that pervades all space, and earth is moving through it, how is earth, then, moving through the ether? Because if ether *does* exist then earth must also be moving through it (and in the process creating some sort of a ripple in the endless sea of ether), or for that matter *not* moving through it.

To prove once and for all whether ether exists or not, in 1887 at the then Case Western Reserve University, two American physicists Albert Michelson and Edward Morley performed what

became one of the most important and famous experiments in the history of physics.

The principle behind this experiment was quite simple and elegant but extremely difficult to execute. The scientists Michelson and Morley reasoned that should there be a sea of ether that pervades all of space, the movement of earth through this sea of ether should be analogous to a ship moving in the sea. To measure the speed of a ship in a calm sea the sailors drop a log of wood overboard and measure the unreeling of the knots on the log line. Michelson and Morley reasoned that should earth be moving through a motionless sea of ether, we should be able to drop a "log" in the ether and detect earth's motion in the same way that sailors detect the motion of the ship. The "log" they chose for this experiment was a beam of light.

The idea was this: if earth is moving through the calm sea of ether, it must be creating a wind or stream in that sea, and if light waves are really traveling through ether, depending on which direction it is traveling (upstream or downstream), the speed of light should be slightly changed the same way a swimmer's speed is changed depending on which direction he is swimming.

(Specifically, the two scientists calculated, the difference would be about 40 miles a second since the velocity of earth in its orbit around the sun is 20 miles per second. As the exact speed of light is 186,284 miles per second, the difference would be 186,264 miles per second when light is traveling against the ether stream and 186,304 when light is traveling with the ether stream.)

To carry out this experiment, first Albert Michelson created a prototype of a device he called Interferometer which he later perfected with Edward Morley by investing a considerable amount of time and money on it. This instrument was so delicate that it was capable of detecting difference of even a fraction of a mile. The Interferometer consisted of a group of mirrors in such a way that a single light beam could be split in two and sent in opposite

directions. The whole experiment was so delicate and precise that the results were way beyond any doubt.

The result of what became known as the “most famous failed experiment” to date was simply this: the difference in the velocity of light was simply zero regardless of their direction. Instead of providing important insights into the properties of the ether, it simply presented to the scientific community a nightmare of a dilemma!

There are only two explanations for this result: there is no ether or, only earth among all things in the universe is not in motion! To say that both the explanations were embarrassing for the scientists of the day would be an understatement. For many, in fact, it seemed easier to assume that the earth was motionless than to say that all electromagnetic waves were traveling without a medium whatsoever. This was *not* an amusing situation.

One of the theories that were proposed to explain this was that earth’s gravitational field somehow “dragged” the ether around with it in such a way that would locally eliminate its effect. How would we conduct an experiment that would show us if indeed this was the case?

The answer came from an astronomical phenomenon called *aberration of starlight* which answers the question do we have to look at different directions to look at a same star if we look at different times of the year as the earth goes about in its orbit around the sun in different angles. The answer is yes and the reason we have to look at different directions has to do with the motion of earth and the motion of light. The reason is the same as why you have to tilt your umbrella when you are running through the rain. If you are walking slowly or standing still and the rain is falling directly overhead, you keep the umbrella straight above your head. But if you are moving fast and the rain is still falling straight, you have to hold the umbrella at an angle to keep yourself dry. Why? Because from your perspective it appears that the rain is falling at an angle since you are running through it.

Now what if you are dragging a big bubble of surrounding air with you (like the earth dragging along the local ether with it)? What happens then? Well, then although from your perspective (as you are running through the rain), it appears that the rain is still falling at an angle but when it enters your bubble of air, it would get dragged along and eventually fall on your head vertically and not in an angle.

In the same way, if earth was indeed dragging the surrounding ether along with it, the star light would enter the local ether field and always appear at the same place and we would not need to look at different angles and different times of the year. Since that is not the case, the idea of a local ether field being dragged along by earth's gravitational field is also proven to be incorrect.

Over the years other versions of the experiment were carried out with increasing sophistication but with the same results. Different theories were put forth to explain the existence of ether but all eventually discarded. The bottom line was the same: either there is no ether, or earth among all things in the universe, is not moving.

## Black Mirror of Einstein

The reason Einstein is known to be one of the greatest creative minds that ever lived, and arguably the most famous scientist of all time as well, does not come from the fact that he was able to solve a problem from within the established framework of science or by discovering something in the laboratory by accident. The genius of Einstein came from the fact that he thought about a physical phenomenon entirely in the privacy of his mind and solved it from a place that is not even humanly observable. Einstein simply refused to take any *law* for granted and allowed himself to see things from an entirely different realm of understanding.

Albert Einstein was born in Germany, on March 14, 1879. His family moved to Italy later and Albert continued his education in Switzerland and eventually enrolled in a Polytechnic School in Zurich. He wanted to become a teacher in physics and mathematics. In 1901 he graduated but was unable to find a teaching post anywhere primarily due to his unconventional ways of learning. Eventually after almost two years of looking for a job, the man who would become the most famous scientist of all time, accepted a position as technical assistant in the Swiss Patent Office. And it was in this patent office, which allowed him much spare time to swim in his world of thoughts, he produced the famous theory of relativity in 1905.

Among all the people who wondered about the dilemma brought about by the Michelson-Morley experiment was young Albert Einstein. His curiosity about light apparently began when he was only 16 years old and he performed his first thought experiment which involved a mirror, a beam of light and Einstein himself.

The idea was this: he asked himself since light is a wave and it travels at speed  $C$  (186,000 miles per second), what would a light wave look like if he traveled alongside light at the speed of light? More specifically, as he was shaving, he wondered if he held a mirror in front of him and traveled at speed  $C$  in front of a light wave, what would he see in the mirror?



The answer is he would see nothing on the mirror since there is no light to be reflected as he is moving at the speed of light itself. The mirror would be black. What would he see if he looked at the light wave? Well, the answer that Einstein came up with was that he'd see something that looks like a stagnant wave. But this was unacceptable as there is nothing in known physics that allows the possibility of something like a stagnant light wave.

In 1905 working in the Swiss patent office, he published a paper called "on the electrodynamics of moving bodies" (translation of the original German title) which eventually became the special theory of relativity. The relativity principle is a little difficult to perceive at first because it does strange things to space and time. And intellectually you might find these ideas unacceptable, because it will defy your 5 senses. So try to keep an open mind as we go through this.

Simply put, in this monumental paper, he declared the following 2 postulates:

1. Laws of physics are the same for all observers in uniform motion.
2. Speed of light is independent of its source or receiver.

What does this mean? Well it means many things but in our context here are some important points: Firstly, it means that he basically declared that ether was fiction. It was simply not necessary to think of a medium like ether (or ether like medium) to explain electro-magnetic phenomena (light). He also discarded the idea of any fixed or stationary reference frame in the universe. He recognized that in this restless universe the only way to describe the movements of the stars, planets, galaxies, nebulae etc is with respect to each other. In space, where there are no directions or boundaries, it is meaningless to look for a "true" velocity or speed by using light (or ether) as an absolute. As the great German mathematician Leibnitz said about two hundred years before Einstein, space is "the order or relation of things among themselves."

However, Einstein did not stop with this. Along with discarding the idea of ether (absolute space) and some absolute frame of reference to measure absolute speed of an object, he also discarded the idea of absolute time! Now this is where it gets counter intuitive. From a steady, constant, unvarying, one directional, universal flow of time flowing from an infinite past to infinite future, Einstein turned it into something that is entirely relative depending on who is observing it.

Just like space is an order of things within it, time is an order of events within it. Just like in space there is no direction or boundaries, for time there is no fixed direction or boundaries either. Time, Einstein shows, is subjective. The reason we all (in planet earth) agree upon a standard time is because we are all pretty much operating under similar circumstances and moving at very slow speeds with respect to each other. If we operated under very different circumstances, time as we know it *could* get seriously jumbled.

Now this is probably a very difficult concept to grasp for now but if you accept this simple idea: laws of physics are the same for all observers in uniform motion, then you will have to accept these strange ideas. And that is the heart of theory of relativity.

To clarify that "simple" idea here is a little example for you. Imagine yourself playing a game of table tennis in an airplane that is moving at a constant speed of 300 miles per hour. Now as you can intuitively imagine regardless of what speed the plane is moving in, as long as it is moving in a constant speed, it is quite difficult to tell from inside of a plane what the actual speed of the plane is. In fact, if you fell asleep and woke up with your window shutters down, you would not be able to tell if the plane is at all moving. Is that understandable?

*Yes, that has happened a lot actually. Sometimes on long flights I wonder if we are just standing still on thin air! Why does that happen?*

Well it happens because there is no absolute speed and in your reference frame (which is the inside of the plane), your speed is

zero at the moment. The only time you will be able to feel the movement is when the plane is accelerating or slowing down or changing direction or experiences some friction with the clouds.

Now back to the table tennis game, as you can imagine if the rules of physics was not the same for all observers in uniform motion, it would be very difficult to play the game simply because the ball would be flying faster in one direction or slower on other or simply fly away in a different direction from what you intend it to follow. But that is not the case. And that is not the case because the laws of physics are the same for all observers in uniform motion, *regardless of their relative speed* from each other. So it's the same for me playing the game on the ground in earth, or you in air traveling 300 miles an hour, or an alien being (if they have table tennis) in a distant galaxy that is traveling away from us at 90 percent the speed of light (or in their point of view, we are traveling away from them at 90 percent the speed of light). The laws are the same regardless of your relative motion. In *your* frame of reference, the laws of physics are the same even if in my frame of reference when I try to observe you, it can appear very different.

Is this understandable so far?

*More or less. I think I get the idea.*

Good. Any more than this would require a bit more basic understanding of physics which, although extremely interesting, is beyond the scope of our work at the moment. If you find this to really interest you, I suggest you take the time to study more on this by yourself.

Now once again remember, by 1905 a question that scientists have been pondering upon and conducting experiments on for decades is this: in what frame of reference is electromagnetism valid or more specifically *in what frame of reference does light travel at speed  $C$ ?*

The answer is, as Einstein very elegantly showed: the laws of electromagnetism are valid for all observers in uniform motion.

Or coming up with the answer for the question, to what reference frame does light travel at speed  $C$ , the answer is it travels at speed  $C$  with respect to *any* observer moving at uniform motion! Therefore all observers in uniform motion will *all* measure the speed of light as  $C$ .

Now here is where it gets very counter-intuitive once again: *all* observers in uniform motion will measure the speed of light as  $C$  or 186,000 miles per second, *even if* they are moving relative to each other.

Here is an example to make this a little more understandable. Remember the time your partner threw a flower vase towards you because of your less than satisfactory performance in life? Well, the question we asked at that point is what speed the flower vase was traveling towards you and we landed upon the question, speed relative to what? But now, let us make things uncomplicated and let's say the flower vase is traveling towards you at speed 40 miles an hour relative to the only person concerned here, you. Now like any intelligent human being you'd probably choose to run away from the flower vase (and any other thing your partner chooses to follow up with) to save yourself. Now let's imagine you start running away at the speed of 20 miles an hour and feel good about it because now the flower vase is traveling towards you at only (40-20 miles) 20 miles an hour.

Now for every day objects like flower vase or shoes or whatever else your partner deems appropriate for you, you are pretty much safe in the knowing that if you run fast enough, you could probably out run the object or at least get away from it, so the energy necessary for traveling the time it will take to catch you will not be enough for its weight. And you'd be correct. But what if, observing that you are being unusually athletic today and successfully being able to outrun the things your partner is throwing at you, she decides to bring out a laser gun (focused light) and shoot a beam of powerful laser at you? What happens now?

Well the bad news is, as Einstein's tells, no matter how fast you go the beam of laser will still travel towards you at 186,000 miles

per second. Now let us imagine you bring out your spaceship that you secretly built in your basement precisely predicting that a day like this might come. But not knowing the theory of relativity, you perfected it to an overwhelming speed of 300 million miles per hour thinking even bullets cannot catch up with you at this speed. The bad news is the laser beam will still travel towards you at exactly speed  $C$  (670 million miles per hour) and not one bit less.

*How is this possible? How can we be sure that this is correct?*

Well, we cannot. Not on this earth context at least. However, since our technological limitations prevent us from directly conducting experiments to measure this kind of phenomena, certain astronomical events have proved to us beyond doubt that this is indeed the case. By observing double star systems (stars that orbit each other) we have found that the light coming from a star approaching us is the same as the light coming from the star going away from us. Regardless of the observer or the source, light travels at one constant speed.

Now take a moment to think about this and see what questions come up to your mind. Remembering, special theory of relativity has been proven beyond a shadow of doubt, countless times, over and over to many decimal points of measurement. If you truly think about it, there is still something a little off in this idea. And I will leave it on you to find out what it is.

*The first question on my mind is what if I travel faster than the speed of light? What will happen then?*

Well, that brings us to the most famous equation of all time  $E=MC^2$  which basically shows directly that energy and matter is one and the same thing and indirectly that nothing can go beyond the speed of light. But to understand this clearly you have to understand something a little more interesting, namely how to live for 800 years!

*That would be fun. What do I have to do?*

Not much really, according to Einstein: run really fast. Let us see what that means.

In sub-atomic physics (which we will venture into soon), we know of a highly unstable particle called a muon. In laboratory conditions, at rest, a muon lives a fruitful life of about 2 millionths of a second and disintegrates into electrons and neutrinos. However, the interesting thing is when a muon is sent traveling through a particle accelerator close to the speed of light, the average life expectancy of a muon as measured by the scientists in the laboratory increases by a factor of 10. In human terms, it's like living 800 years rather than 80 years that we normally live. Why is this happening?

The answer given by theory of relativity is that for a muon traveling at 99.5 percent of light speed, time itself slows down by a factor of 10. Why is that? Because according to Einstein time is not a separate dimension that flows independently from space, but they are both tied together and what we experience is space-time. However once again, here is where it gets a little strange again. According to Einstein, not only time and space are interconnected, *all objects in the universe are always moving at the speed of light!*

*So how come we do not feel that?*

The reason we do not feel that we are moving at light speed is because (in our frame of reference) when we are stationary or moving very slow, in the time-space dimension, most of our speed is taken up by *time*. The reason it's apparent for the muon, is because as the muon starts moving faster in the space dimension, it moves slower and slower in the time dimension. However these effects, called relativistic effects by physicists, are only observable at speeds that are close to the speed of light. In our ordinary life, even if we were traveling in a rocket ship traveling to the moon, it would be nowhere close to the speed of light and hence we do not feel these effects.

Now before we go further, understand this part: for the muon not much is significantly changed. Even if we observe them to be

living 10 times more than their normal life expectancy, for the muon itself time is flowing normally. We observe time to be slowing down for the muon because *according to us*, the muon is moving at very high speeds. So imagine watching this imaginary life of a muon that is moving at 99.5 percent the speed of light. To us it would appear everything in the muon world has slowed down. It is simply moving in slow motion. Therefore, if every morning the muon normally goes to office in half an hour, now it takes five hours to do the same thing. To the muon life is same. To us time has slowed down for the muon by a factor of 10.

*So as it appears, I could live to be 800 if ran real fast, but the only good thing to come out of it would be making my neighbor jealous but I wouldn't notice anything different!*

You got that beautifully.

Now once again, coming back to space-time, according to Einstein the combined speed through the four dimensions (3 in space, 1 in time) is always that of the speed of light. If an object is sitting still (relative to us) all of its movement is through time. If an object is moving through space (relative to us), some of its movement through time will have to be diverted. If it starts moving very fast through space, like close to the speed of light, the relativistic effects become apparent and time slows down significantly.

This brings us to an understanding immediately and that is: *the maximum speed limit an object can reach is the speed of light* by diverting all its speed through space. When that happens all of its light speed through time is diverted to light speed in space and at that instant, time stands still. Hence the photons, the particle of light, never get old as time stands still for light. The photon that emerged at the time of the creation of universe is the same age today. Time stands still at the speed of light.

*But why speed of light?*

Good question. That brings us to the famous equation  $E=MC^2$  again. In this equation Einstein showed that not only space and



time are interconnected and interwoven, physical matter and energy *also* are interconnected and interwoven.

In this famous equation, Einstein showed that the energy (E) contained within an object can be calculated by multiplying the mass (M) of the object with the square of the speed of light (C). In other words, energy and mass are interchangeable and convertible (much like dollars and euros).

Before we go further I want you to know that of all things from the theory of relativity, the following aspect has been most often verified and experimentally applied by physicists. The increase of mass in high speeds is not an arguable theory but something that is an integral part of most atomic phenomena that involves particles approaching the speed of light.

Now the reason, according to Einstein, why nothing can travel faster than the speed of light is because of this: as we know the faster something moves the more energy it has to have. And according to this equation  $E=MC^2$ , the more energy it has, the more massive the object becomes (mass does not mean the weight of an object, in physics it means the *resistance to a change of motion*). But the more massive the object becomes the harder it is to accelerate and requires more energy. And the more energy it has, the more massive it becomes. And the cycle continues. So according to Einstein's equation, as something approaches the speed of light, it gets more and more massive, and it would require an infinite amount of energy to accelerate something and make it reach or cross the speed of light. Since that is impossible, *nothing* can go faster than the speed of light.

*But again, why speed of light? What is so special about light?*

You are going faster than I imagined you would. That question is precisely what I did *not* want you to ask at this point and that is exactly what you have asked. Well done! This is the question that has been asked by very few people in the last hundred years or so since Einstein came up with theory of relativity, and if you ask this in the universities you are most likely to be told "that is just how it is". And the reason we get that answer is because it is a



very uncomfortable question for most traditional physicists as it points to something that is capable of turning everything, our physics, this world, and the universe, everything we know as real into unreal. The answer will open the gates to some secrets that until now has been only in the realm of the great mystics and sages and felt only through the transcendental states of mind. Now you can understand it, not just through meditative states, but intellectually also through your conscious mind.

And since you have become ready enough to ask the question, I will give you the answer but not today. A scientific explanation of this will require a bit more solid foundation first so you are truly able to understand the significance of it. Also if you are really interested, I suggest you do some personal research into this matter. But be aware that you will probably encounter some pretty hardcore science before you even scratch the surface of the answer.

For now, I want you digest and think about what you have learnt so far, right from the beginning of 600 BC up until Einstein. Go through the course of history and really try to get a grasp of this enormous journey. Also at this point I want you to remember once again, why I am introducing these strange concepts to you. The reason is I want you to realize (even if on a basic level) that what you see is simply not how things are in reality. Just because you can observe something simply does not mean that is how it truly is. It means that your observation is nothing but your personal point of view. Reality is not only stranger than you think, most of the times it is stranger than you *can* think.

Tomorrow we will venture into a strange world of time bending and space warping.

## Time Bending, Space Warping: A Strange New World

Along with the great success relativity brought into understanding and explaining many of the physical phenomena that was until then in the realm of unknowable, it also brought with it questions of even deeper nature that had the potential to once again overturn the way we perceive reality. One of the things that troubled Einstein in the years that followed his publication of the theory of relativity (now known as the special theory of relativity) was that it only applied to objects that are moving at constant speed or uniform motion. It did not apply to objects that are accelerating or slowing down.

Also another thing that Einstein was uncomfortable with was the idea of gravity. Gravity, as you probably know, was mathematically and formally explained by Isaac Newton in the seventeenth century. To understand how Newton described gravity, let us first see how he described inertia.

Newton's Law of Inertia or three laws of motion is, once again, first: things at rest remain at rest unless there is a force acting upon them and things in uniform motion keep moving in uniform motion in a straight line unless there is a force acting upon them. Second: the necessary force required to accelerate a body depends on the mass of the body. And third, which is not very relevant right now: every action has a same and opposite reaction.

Now with the help of the first and the second law, we can pretty much describe most observable earthly phenomena of our daily life like baseballs, cars, rocket ships etc. But there is one strange circumstance where there appears no relationship between the mass of the object and rate of its acceleration. And that is when things are *falling*!

Galileo first discovered this and proved that without air resistance all objects fall at the same rate regardless of their size or mass. The reason a piece of paper falls slower than a pen is because of

the air resistance, should you drop them in a vacuum space without air, they will both fall at the same time. If you can take two objects that are of the same shape but different weights, you will find them to fall precisely at the same instant.

As you can see, this is a bit of contradiction to Newton's Laws of Inertia. Things seem to accelerate proportionately to their mass when traveling horizontally but when comes to vertical falling, they seem to have nothing to do with mass at all. Why should that happen? To answer this question Newton had to invent his Law of Gravitation.

In explaining gravity, Newton in 1687 described it as an inherent property of matter which reaches out through space and instantaneously exerts its force on *everything*. The amount of force exerted is dependent on how massive the object is and how far the object is. The heavier the object, the stronger the force (also the closer the object, the stronger the force). In other words, the reason things fall at the same rate regardless of their mass is because earth exerts smaller force upon small things and bigger force upon big things and thus everything falls at the same time. Strange but that is how it worked and the heavens also seemed to follow this rule pretty closely.

Now Newton himself was a little doubtful as to how inert matter could exert a force upon all other objects. He speculated that it is probably likely that there was some unknown force that was at play but since he had no way of finding out what that force is, he left it to the readers of the future to figure it out for themselves.

The reader of the future who'd end up solving this mystery happens to be Einstein. About 300 years after Newton passed away, the thing that bothered Einstein the most about gravity is the fact that somehow the force of gravity was always proportionate to the mass of the object. It simply made no sense to him that earth should always *know* exactly how much force to apply on what object regardless of how far it was. The second thing about gravity that Einstein rejected was that it could be instantaneously exerted upon via great distances. Remember that according to theory of relativity, nothing can outrun the

speed of light (including information which has to travel via some mode). Therefore according to Einstein, there is nothing called an “instantaneous communication” since it would require some sort of faster than light mode of information transfer and, according to Einstein, that cannot be.

The question that was speculated at this point is that should the sun in our solar system suddenly explode or disappear, how long will it take for earth to realize that the sun has disappeared (remember it takes about 8 minutes for light to travel from the sun to earth)? According to Newton, it would know instantly. According to Einstein that is impossible. So what is the answer to this question? To understand the answer fully, we need to go inside the mind of Einstein which, if you didn't figure out by now, was usually filled with quite unusual thoughts.

In this particular scenario, Einstein imagined an extremely tall building with an elevator where some scientists are conducting experiments. The elevator unfortunately comes off its safety belt and starts to fall freely towards the bottom. Now in the elevator, unaware of their impending doom, the scientists conduct an experiment concerning gravity and drop a pen on the floor. To their utter surprise rather than falling on the floor of the elevator, the pen remains hanging the same place where they released it at. Why did that happen? Because since they are all falling down, in accordance to Newton's Gravitational laws, it falls at the same speed as the men in it.

Now not knowing that their unfortunate lives are about to end sometime in the near future, and observing the floating pen, the men in the elevator make an incorrect assumption that they are somehow transported to outer space where they are far from earth's gravitational fields. Although it may seem quite odd to you or me, there is every reason for the men inside to make this assumption as there is absolutely no way to tell from the inside whether they falling into a gravitational system or floating in empty space.

Now Einstein takes this idea a little further, this time the elevator really is in space and some alien Superman like being rescues the

elevator and knowing that it belongs to earth ties a cable on the top and starts pulling it up. As they travel through space he constantly accelerates, meaning he goes faster and faster, so in this scenario the elevator is in a constant acceleration motion moving upwards.

Once again, the poor scientists having no clue from the inside of what is going on, conducts their experiments and finds that they are no longer floating and if they jump, instead of floating, the floor comes up from beneath. If they drop objects, they seem to fall. If they throw objects horizontally, instead of moving in a straight line (like in gravity-less situation) it goes on a curved path. So based on their experiments and having no idea that they are actually traveling upwards through empty space, they conclude that they are actually in quite normal circumstances on earth and the elevator is firmly grounded within earths normal gravitational force.

Now if you think about it a little bit, you'd realize that in a similar way, if the elevator was pulled downward with constant acceleration instead of upward, the walls of the elevator would change and now the scientists would stand on the ceiling and quite normally conclude everything is normal. In empty space there simply is no up or down. In earth what we call *down* is nothing but the direction in which earth is pulling us with gravitational force. If you were able to look at our planet from the mars, it would appear that the Australians in the southern hemisphere are actually hanging about upside down with their feet stuck to the earth and head towards the sky (and they could say the same about the northern hemisphere).

From these thought experiments Einstein came upon a very important conclusion in physics called the Principle of Equivalence which says that *it's impossible to distinguish between gravitational forces and acceleration* (or for that matter centrifugal force, recoil etc which are not relevant for us). And with this Einstein laid the basics of his General Theory of Relativity and declared "the laws of physics are the same for all systems regardless of their state of motion." This showed that non-uniform motion (like acceleration) is nothing unique after all

and it is still indistinguishable as long as it includes a gravitational system.

In other words, any observer can claim the rest of the world is moving by and they are stationary and there is no way to tell ones state of motion unless there is a reference frame of some sort. Yet in other words, back to answering the age old question: absolute motion simply does not exist. What exists is a relative relationship between different objects.

So do you have any questions at this point?

*Yes, what exactly is gravity then and how does earth attract everything around it?*

Good question. Gravity to Einstein was very different how Newton explained gravity (in fact Newton *did not* explain what gravity really *was* but described how its forces work). According to Einstein, the idea that absolutely all objects can “attract” absolutely all other objects stem from an illusion that the Universe is like a machine and all its parts exert force upon each other.

To Einstein, gravity is simply a disturbance in space (or more specifically in the space-time continuum but for simplicity I will refer only to space for now) created by an object. Simply put, any object regardless of how big or small, creates a warp in the fabric that is space. To visualize this, imagine a sheet of fabric upon which there is a bowling ball. Just like the bowling ball creates a curvature on the fabric, so does the planets and the stars like the Sun create a curvature in space.

Now imagine the same fabric with the bowling ball on it but now there is another tennis ball somewhere in the vicinity of the curvature. Now while the tennis ball creates a curvature in its own right, it also falls into the bigger curvature of the bowling ball and (in a situation without friction and other external forces) falls into an “orbit” where it begins to circle the bowling ball. This is exactly how earth orbits the sun and the moon orbits earth.

Gravity is not a force that is exerted by all matter; it is a disturbance in space. Or more appropriately, it is space warping to accommodate the object that exists within it. Just like fish disturbing the water as they swim, a planet, a comet, or a galaxy distorts the space through which it moves.

*Is this a mathematical theory or a real phenomenon?*

The answer to your question has different levels of truth, but for all practical purposes, it is a very real phenomenon.

*Is there a way we can practically experience or measure this space warping?*

Yes, in fact, the way Einstein reached his height of popularity is by putting his general theory of relativity to test by predicting a cosmic phenomenon which no scientist until then had ever dreamed of. The effect of gravity on starlight!

The premise of this test comes from the famous equation  $E=mc^2$  which says, once again, that all energy has a matter equivalent and all matter has energy equivalent. So written another way  $m=E/c^2$  will show how much mass a particle of light (which is a form of energy) has. And since light has mass, it will be affected by a gravitational field like all objects in the universe and it will be deflected from its path on its journey to earth.

But how do you test this theory? Einstein suggested that his theory could be tested by measuring the curving of starlight while it comes very close to the gravitational field of the sun. But how do we do that since the stars are not visible during the day as they are overwhelmed by the light of the sun? The solution was to measure the light during a solar eclipse when the stars remain visible as the sun is blackened out by the moon.

Einstein suggested a simple method: take the original position of a specific star some 6 months earlier or later before the eclipse, the light of one that has a path which will graze very close into the sun's gravitational field during the eclipse, and then take measure the same stars position during the eclipse, there should

be a measurable change. In 1915 Einstein predicted that this deviation would be about 1.75 seconds of an arc.

In 1919, Sir Arthur Eddington, the secretary of the Royal Astronomical Society of England, went to Principe island off the coast of West Africa during the solar eclipse of May 29, 1919, to test the predictions of Einstein and prove to the world once and for all the validity of his theory of general relativity.

Since Einstein put to test his entire reputation on this theory, people around the world anxiously awaited to see the results that Sir Eddington brought back. Finally after months of analysis of the photographs it was declared that the deflection of the starlight was found to be in perfect agreement with Einstein's prediction.

*It's funny that having been through so many years of school, college and university, until now I thought gravity was some kind of a force that earth had. However, I'm just a little curious at this point, and pardon me for asking this, how is this relevant to the spiritual matters that we initially started off?*

No problem, your question is very valid. The reason is as you can see, just like the warping of space which *is* gravity and which is also a very real thing, only we are not very aware of it as it is not "visible" to us, there are many other things also that we are simply not aware of since they are not visible or was not taught in school. What is happening here is I am giving you a foundation where you are slowly beginning to realize that "there are many things between heaven and earth" that are simply hidden from our everyday reality. Just like we think that space is some inviolate, objective "thing" which is not correct at all, there are many other "fill in the blanks" in our minds which are not correct either yet they provide us a philosophy of life that has created our personal and collective reality. In these initial few sessions, I am redefining some those fill in the blank assumptions and showing you the true nature of physical reality that has been verified in by our science over a long period of time. And even *that* is stranger than you thought. Now try to imagine what is



there in front of us as I open the doors to deeper and mystical secrets of this magical universe.

*I can't wait to get there!*

And you will, in good time. But before that happens, some preparation is necessary. Some deprogramming of the mind is crucial before you are able to accept what is waiting for you. Sounds fair?

*Sounds more than fair!*

Good then lets move forward.

Now that you understand how gravity *is* the curving of space, let us see how Einstein showed the effect of gravity of time. If you remember from our session on special relativity, Einstein showed that space and time are not separate dimensions but one that is a space-time continuum. And based on that, Einstein also predicted that objects in space will not only warp space creating gravity, but also slow down time, which is also another aspect of gravity.

He predicted that a clock on the surface of the sun will run somewhat slower than one on earth as the suns gravitational field is stronger than earths. On even stronger fields, like those which are much stronger than the sun, time will slow down significantly compared to earth.

One example of this kind of measurable slowing down of time can be found near the gravitational field of a star known as the "companion of Sirius". The companion of Sirius is a white dwarf. A white dwarf's is star that's mass is comparable to that of the Sun but its size is similar to that of the Earth, which makes it fantastically dense and gives it a tremendously powerful gravitational field.

Its field is so powerful in fact, that it is capable of slowing down time by a measurable amount. How do we know that? By measuring the frequency of its own radiation. And spectroscopic

observations have showed that the frequency of light emitted by this white dwarf is reduced by an amount that was predicted by Einstein's theory of general relativity. This phenomenon is also known to astronomers as the Einstein Effect.

So what did you learn so far?

*I have learnt that space is not merely emptiness; it is sort of a fabric that is interconnected with everything else. I also learnt that time and space are interconnected and strong forces of gravity can affect both space and time.*

To be a little more precise, it affects both together. In fact that effect is gravity.

*And I also learnt that while I was busy chasing women and making money, there was a whole other world that was right in front of me but I had no idea about!*

(Laughing out) Well done. Now you at least realize what you don't know, which is something most people will never realize.

Tomorrow we will talk about the world of the small. A place, where rules of physics we learnt so far, has very little or no significance. A strange world of quarks and leptons, non-locality and super-position, entanglement and instant communication.

Now before we end today, here is a poem for you that I think you will be able to enjoy if you have paid attention today. This was presented by W.H.Williams at a dinner in the honor of Albert Einstein on his visit to the California Institute of Technology on 1924.

*And space, it has dimensions four,  
Instead of only three.  
The square of the hypotenuse  
Ain't what it used to be.  
It grieves me sore, the things you've done  
to plane geometry.*

*You hold that time is badly warped,  
That even light is bent;  
I think I get the idea there,  
If this is what you meant;  
The mail the postman brings today,  
Tomorrow will be sent.*

*The shortest line, Einstein replied  
is not the one that's straight,  
It curves around upon itself,  
Much like a figure eight.  
And if you go too rapidly  
You will arrive too late.*

## Quantum Weirdness and Super Small

Quantum physics or quantum mechanics is a strange subject. As you will see, it is also the only branch of science (so far) that gives us a glimpse of reality as it *really* is. Through its complex mathematical equations, it paints a picture of a universe that has been known only by mystics and madmen until now. However, if it wasn't for the spectacular success of the practical applications of quantum mechanics, the so called scientific community would never accept these strange theories of reality. Since the principles of quantum mechanics is behind almost everything digital from TV remotes to credit cards to space shuttles, the militant materialists have no choice but to grudgingly accept that reality could be very different from what we thought before.

Richard Feynman, who was one of the greatest physicists since Einstein once said something that really captures the sentiment of scientists when they try to understand Quantum Mechanics. He said *"There was a time when the newspapers said that only twelve men understood the theory of relativity. I do not believe that there ever was such a time. There might have been a time when only one man did, because he was the only guy who caught on, before he wrote his paper. But after people read the paper a lot of people understood the theory of relativity in some way or other, certainly more than twelve. On the other hand, I think I can safely say that nobody understands quantum mechanics."*

The reason quantum mechanics is even harder to conceptualize than special theory of relativity and even general theory of relativity is because while theory of relativity totally overturns the way we understand space and time, it is still logical. Quantum mechanics is not.

Quantum mechanics is the theoretical framework for understanding the world of the super small, the sub-atomic world, and it deals with the behavior of matter and energy at the very basic level. When we think of those two words, matter and energy, we are talking about everyday things like tables and chairs, snowflakes and cars, light and heat etc. Our current scientific model is pretty successful at describing how these

things are constructed and behave in response to force. However, if you look deep into the heart of what these things are made of, we find that they don't follow any rules that we talked about so far, in fact the rules are so different that one could say it's a different world all together. The saying *truth is stranger than fiction* is very appropriate when it comes to quantum mechanics.

Let us begin with the world that we see all around us, the one that you see, hear, touch and smell. This is the material reality. In the material reality we are all separate beings and objects and genders and personalities etc. In this level everything is governed by traditional laws of physics, Newton's 3 Laws of Motion which basically says: things are separate and don't move or change by themselves unless (with some external force) you heat it, burn it, push it, pull it, or give it a nice strong kick. If you are only concerned with this level of reality, then you understand that everything has a physical cause and effect, everything is separate individual object, and if you want to make anything happen, you basically got to do it through some form of physical labor (or exchange of energy).

The material reality is the one that has the atoms and molecules and as you may have read or seen in the high school science book, it looks like a tiny solar system with electrons circling all around and a tiny nucleus at the center. Looks like everything is in order and it makes sense too.

What is the size of an atom? Well, it's small... very small. To give you a perspective of how small it is, imagine if a dot of an average pencil was blown up proportionately with an atom so that the atom was size of the dot, then the pencil itself will have to be approximately 100 miles long! As I said, it is very small. And as we go inside this land, where even smaller characters live their strange lives, the rules of classical physics breaks down completely.

As you look deeper into the atoms and molecules that make you, your dog, your car, the mountains and the stars, you see that the model that you were taught in high school is not at all correct.

There are no little balls of electrons circling the nucleus at all! What is there is nothing but a hazy cloud of electrical charge.

*Okay so if the electrons are clouds of electrical charge, I guess for my car to be a solid object, it's the nucleus in the middle that's the solid thing right?*

Well not really. First off, the nucleus in the middle is so small you can imagine a baseball in the middle of a huge empty stadium, the baseball is the nucleus and the empty stadium is the space that surrounds it.

And what is the nucleus made of? Well traditionally we are taught that the nucleus is made of neutron and proton and that's all there is to it. But as you look deeper within you see that even the nucleus is made of these sub-atomic particles like bosons, leptons, quarks, etc. At the most basic level, they are made up of pure energy... traveling at the speed of light 186,000 miles per second and flickering "in and out of existence".

And since sub-atomic particles are the basic building blocks of *everything*, we human beings are also popping in and out of existence all the time at the speed of light. Strange concept I know, but also true. The reason we don't see people "flicker" is because its happening way too fast for our five senses to detect (just like a movie is only a series of still frames going past too fast for our eyes to detect the still frames). And if you think this is wild, let me assure you this is only a mild surprise when it comes to quantum mechanics.

Broadly speaking, quantum mechanics deals with four categories of phenomena:

- a. The quantization of energy
- b. The wave-particle duality
- c. The uncertainty principle
- d. Quantum entanglement

I will briefly go through all four of them.

### a. The quantization of energy

The Latin word Quantum means “how much”. In quantum mechanics the word is used to mean that electromagnetic waves are composed of photons or little bundles of energy or light particles. This was described by Einstein through his famous photo-electric effect for which he received the Nobel Prize. The basic idea being that all electromagnetic waves are composed of particles or lumps or quanta of energy.

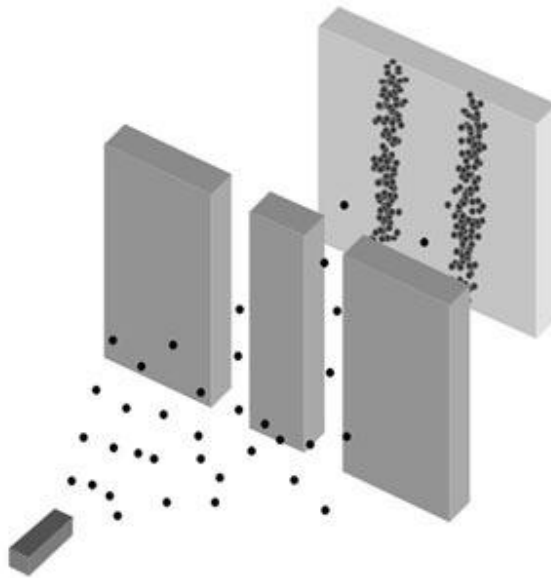
But there is a little problem with this idea of light consisting of particles.

### b. The wave-particle duality

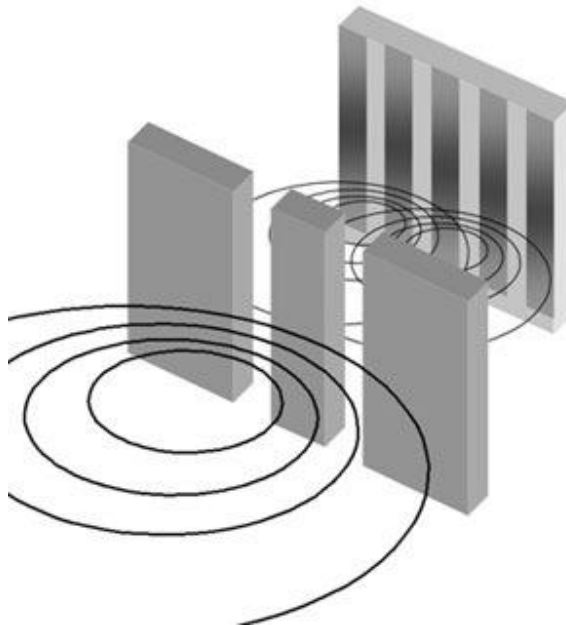
In early 19<sup>th</sup> century, an English physicist named Thomas Young devised an experiment that showed that light (or any electromagnetic wave) is in fact a wave! This famous experiment, about which Richard Feynman used to say that all of quantum mechanics can be understood by carefully thinking about this single experiment, is called the double slit experiment.

The double slit experiment involves shining light through a solid barrier where two thin slits are made. A photographic plate records where the light hit when the light goes through the slits on the barrier. The experiment begins with shining light through only one of the slits and as expected it forms a distinct band of light on the photographic plate. However when both the slits are opened, instead of making two distinct bands of light, like you’d expect from distinct particles to do, they create an interference pattern like a wave, as you’d expect water waves to do. This is a strange phenomenon but it gets stranger still. (See illustration on next page.)

## Double Slit Experiment

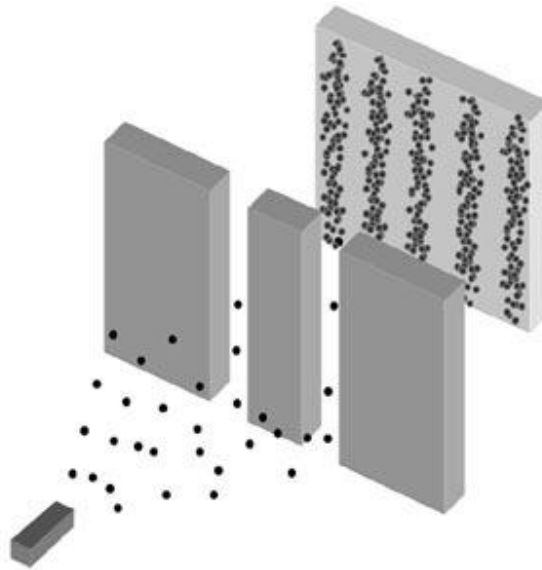


### Firing Electrons through 1 Slit Only

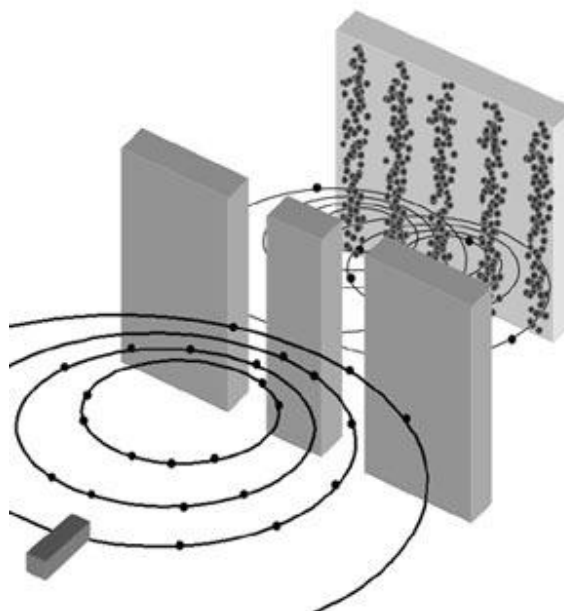


### Waves Going Through





**Firing Electrons through BOTH Slits**



**WAVE & PARTICLE**

To find out what really happened, let us imagine you used some of our advanced scientific equipment and started firing individual

photons one at a time. First you closed off one of the slits and every 5 seconds or so you fired 1 photon. As expected it creates a band of light just like before. Now you are thinking since you are firing a single photon every 5 seconds, when you open up both the slits it should simply make two different bands as there is nothing to create an interference pattern anymore (since the photons are being fired every 5 seconds and thus temporally separated). But that is not what happens in reality! Even if the photons are fired separately one at a time, they still somehow create an interference pattern. Think about that for a moment if you didn't fully understand the significance.

*If single photons are going through, how can they create an interference pattern? With what are they creating it?*

This is where it gets counterintuitive. They are creating an interference pattern with each other even if they are separated by substantial amount of time! I know it's hard to conceptualize but stay with me here.

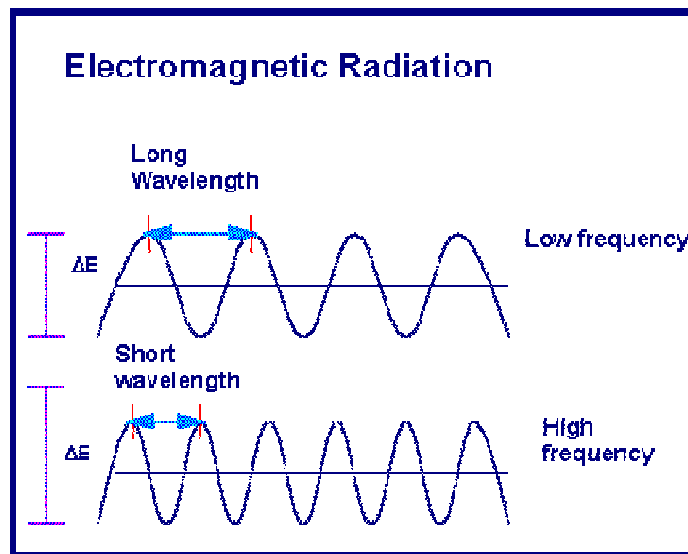
In the 1920's Davisson and Germer at the Bell telephone company performed the same experiment with electrons and found that electrons too exhibit the same wave like phenomena. A French prince named Louis de Broglie received a Nobel Prize for mathematically showing that *all* matter has this strange characteristic called wave-particle duality.

But wait, it doesn't stop here. When scientists developed tools sophisticated enough to "see" which slit the photon is really taking (in the double slit experiment) and tried to see exactly what is going on, the photon stopped acting like a wave and started creating two nice bands of light just like a particle would.

*What? I don't get it!*

Imagine a tiny little camera that is trying to capture the picture the moment a photon passes through one of the slits. If you "try" to do that, the photon stops acting like a wave and behaves like a particle.

To understand why this is so, you need to understand this simple concept about electromagnetic waves. All electromagnetic waves have a wavelength and frequency. The longer the wavelength, the more spread out it is. The higher the frequency the more energy it packs. Wavelength and frequency is inversely proportionate meaning higher the frequency, the lower the wavelength and vice versa. (See uncertainty principle below.)



### c. The uncertainty principle

In 1927 the German physicist Werner Heisenberg discovered what is known in quantum mechanics as the Heisenberg's uncertainty principle. Simply put what it says is if you want to find out about an electron you can only ask where it is or what is its velocity, but you cannot ask both at the same time. Why not? Because to ask that question you have to bounce something on the electron to "see" what it is doing. If you use a very high frequency light which will give you a more precise idea of its position, you will have disrupted its velocity because high frequency photons packs too much energy for an electron. If you use a very low frequency (long wavelength) photon which will merely touch the electron but not disrupt its velocity, then it will be spread out so greatly that you will only have a general idea of location. Uncertainty principle tells us that we cannot look at something without changing them. It has nothing to do with the

limitations of our present technology; it has to do with fundamental laws of nature. It only becomes a particle or a wave when I ask the question and try to observe it in some way.

Back to our double slit experiment, the reason the moment you try to “see” which slit the electron took, it starts acting like a particle and take one or the other slit. Why? The simple answer is because of the uncertainty principle, the moment we bounce a photon to see what it is doing, it stops being a wave and collapses into a particle.

Now when we ask that old question again, how an individual photon creates an interference pattern even when they are all temporally separated, we have no logical answer that has any understandable counterpart in our land of big. When we think of the quantum world, we are forced to go beyond our ideas of three dimensional space and linear time and accept that time, distance, space and movement is really a construct of our brain, an illusion if you are ready to accept it, particles do not really exist until there is an interaction with an observer. Atoms are not material things but we bring the thingyness by our act of observation. This is called the observer effect.

The observer effect simply states that all subatomic particles are really in states of potential (waves of probability) until they interact with some observer, upon which they collapse into a specific time and space point which we then call a particle. Before it collapses, it is non-local, everywhere and nowhere, a wave of possibility and potential.

#### d. Quantum entanglement

The last unusual phenomenon that quantum mechanics explains is quantum entanglement or “non local correlation”. While nowadays scientists are totally comfortable with this phenomenon, this was not the case for a long time. It was Einstein (along with Podolsky and Rosen) who discovered quantum entanglement quite by accident. In 1935, Einstein, Podolsky, and Rosen formulated the EPR paradox, to prove that quantum mechanics as a theory was incomplete. Einstein

famously called quantum entanglement as "spukhafte fernwirkung" or "spooky action at a distance". He believed that future scientists would discover that quantum entanglement was nothing more than an error in their calculations. As he famously once wrote: "I find the idea quite intolerable that an electron exposed to radiation should choose of its own free will, not only its moment to jump off, but also its direction. In that case, I would rather be a cobbler, or even an employee in a gaming house, than a physicist".

But Einstein was wrong. Quantum entanglement not only is real, it describes one of the most fundamental properties of reality. In a nutshell, quantum entanglement is this:

If you have two particles collide into each other where they change some information and energy, they will become slightly changed and forever entangled with each other in a way that even if you separate the two particles over great distances, let's say opposite ends of the universe, they will still remain connected and knowing the state of one will tell you the state of the other.

I will say it again in other words because this is so important. If you have particles X and Y and they collide, they will exchange information and energy and let's say become X1 and Y1. It's the same as you and me, when we meet and exchange information and energy, we are never quite the same people again because we have changed, forever. When particles meet, the same happens to them and if you take those two changed particles X1 and Y1 and move them to the opposite ends of the universe, they still remain eternally connected, instantaneously over space and time. In layman's terms, if you know what X1 is doing, you can tell what Y1 is doing, if you change Y1, X1 will instantly change too, even if they are separated by all eternity.

Now this "instantaneously over space and time" part is what Einstein was most uncomfortable with. Instantaneously over space and time meant two things to Einstein: unmediated and unmitigated. Unmediated means there is no energy exchange from here to there which will communicate the information about

these two particles (if it is instantaneous, there cannot be energy exchange involved because energy takes time to travel, specifically 186,000 miles per second). Unmitigated means the information that is being communicated is unchanged in quality (strength of signal) over space. This was completely unacceptable for even a monumental genius like Einstein because all information in our three dimensional universe is communicated by electromagnetic signals and like all energy exchange, it takes time for the energy to travel and it gets weaker as it travels through space. For quantum entanglement, none of those apply.

While Einstein died never quite happy with this “spooky action at a distance”, in 1964 John Bell proved it beyond doubt that quantum entanglement is indeed real. Nowadays it is accepted as a fundamental fact of nature that everything is connected with everything else. The reason Einstein was never comfortable with this idea of entanglement is because he was trying to explain this within the framework of space and time. But this phenomenon points us to something completely different, that true nature of the universe is beyond space and time, that what we see and are able to interact with could very well be a prison of our five senses. While we are able to observe and mathematically verify the existence of this “other world” where time and space has no meaning, which is the fundamental building block of our universe, our current scientific model is still unable to use its power due to certain fundamental limitations as if imposed by God. As the poet Robert Frost once wrote “Heaven gives it glimpses only to those, not in position to look too close.”

Today scientists cannot explain many things without using the idea of quantum entanglement and non local correlation. One example is our body. The human body is able to play a guitar, solve a mathematical problem, digest food, fight germs, and grow a baby inside along with millions of other tasks, all at the same time while being in perfect rhythm with the stars and the planets in the sky. Every activity that is going on inside the human body is co-relating with every other activity. Fifty trillion cells are performing an orchestra that allows the human body to function. And this is possible because these cells are

synchronizing with each other, instantaneously. Just like the universe, they too are entangled. Or just like the cells in a body, all components of the universe too are entangled.

To me, this is the most humbling, spiritual, profound discovery of our modern science. Never before we were able to observe such co-relation other than in deep meditation and altered states of consciousness. Now our scientists are telling us what the enlightened gurus have always told us. We are one. There is no separation. When one is changed, all is changed. You cannot alter one thing without altering the whole universe. And this has profound implications not just spiritually, but in the very practical ways we live life on this planet.

## **Part III: Redefine Your Personality**



## REDEFINE YOUR PERSONALITY

Now let us leave behind the nature of reality, the world of particles and light, and come down a bit to our everyday life of physical reality filled with love and hate, feelings and emotions, good and bad, divine and the diabolic.

The journey begins with you... The very first step for all redefinition starts with redefining your own self. You have to have a clear idea of who you truly are and how your mind works. What makes you happy? What makes you sad? What makes you angry? What are you afraid of? Which situations make you lose control? Why? These are the answers that you need to have readily available.

When you are getting ready for a life where you have the power to redefine reality, it is imperative that you know your strengths and weaknesses, take an inventory of what is available and clear out any fears, limiting beliefs and misconceptions that may be within. It's like flying an aircraft. You need to know that every part of your plane is at its best, that there are no loose nuts or bolts, there are no rusty parts and most importantly there aren't any dead bugs stuck inside your navigating equipments.

The first step of redefining your personality is understanding the meaning of your feelings and emotions. Your feelings are very powerful and they can color everything in your life. When I say feelings, I mean the way you feel when you are angry, or sad, or lonely, or frustrated.

Think about it: what happens when you are feeling angry? Doesn't it take you over and everything just feels like unfair? Even if you "consciously" want to feel good, when anger takes over, you either start feeling angry, or you have a really hard time controlling yourself. That is powerful!

How about when you feel lonely? Even if you don't want to feel it, even if you just want to enjoy whatever you have around you, even if you "consciously" decide not to be lonely, when loneliness

gets hold of you, nothing seems to work anymore. Every song makes you lonely, every movie makes you lonely, and every icecream makes you lonely. The whole color of your life seems to be that of loneliness...

But have you ever wondered how something that is so powerful, something that can completely take you over, color your entire life, and make you do things you wouldn't normally do... why is it in you? What is the purpose of these feelings? Why do you have feelings in the first place? Everything that your have in your body, all the hormones, every cell, every organ has a specific purpose. You have eyes to see, ears to hear and legs to walk with, but why do you have such powerful things called feelings inside that doesn't even listen to you?

Sometimes these feelings become so overwhelming that we go to doctors or psychiatrists and ask for help. We tell them that we feel depressed, or frustrated, or sad, or afraid and they give us some medicines to "take away" that feeling. But if you ask them this simple question, "why do we have these feelings that are so powerful?" they'll give you the weirdest look. They know how to suppress it, but they don't know what it means or what its purpose is. I am not saying you never need any medicines, but before you pop the next pill to relax you with some sedative or relaxing agent, you should ask yourself and your diagnosing authority: "What are these feelings for?" If you can correctly answer that, you will quickly realize your feelings and emotions are only the tip of the iceberg. There is something completely different going on beneath the surface.

So what are feelings for? In a nutshell, your feelings are there to give you direction and guidance regarding the needs, wants and desires that are met or unmet in your life. My teacher in the world of Hypnosis, the famous hypnotherapist Calvin Banyan gives an excellent example in his groundbreaking book "The Secret Language of Feelings". Here is the concentrated version of it:

Imagine you are driving a car in a foreign country. Imagine you are on the highway. You are enjoying your ride, watching the

beautiful countryside when suddenly a light starts flashing on your dash board. Now the little labels that indicate what the light is for is in a foreign language. So how would you feel? Anxious... right? So you pull off at the next gas station and fill up your tank with enough fuel and off you go.

You are merrily humming a tune when suddenly the flashing light comes back again! You feel really worried now. You pull off in the next gas station and fill up your gas tank to full. And from the counter you get some chocolates and some chips and you are on the way again. As you start munching down your chocolates and chips, the light starts flashing again. You feel frustrated now. What to do? Your happy mood is spoilt and you are feeling anxious and frustrated and you could really take a break from all this driving. And lo and behold, you see a nice pub on the road side. You happily pull over, rush in and order a nice chilled beer, some chicken wings and a pack of cigarettes. After a couple of mugs of beer and the plate of chicken wings, you say to yourself "I feel good!"

Unfortunately your happiness doesn't last too long and once you are back to your car driving on the road, that "awful" light starts flashing again. This time it really bothers you. You can't concentrate on driving, you are not enjoying the scenery and you got a headache. You start losing your temper and you really want to break this car down!

So what do you do? You stop at the next gas station and you decide to buy a whole 6 pack of beer to help you deal with the situation and when you are making your payment at the counter, the friendly cashier (who fortunately speaks English) asks you what is wrong, why you look so frustrated. And you tell her your big problem with the car, that it's probably broken, that you have filled up the entire gas tank and still the damn light would go away, and that you are going give the rental company a piece of your mind once you get back! The friendly cashier offers to help, goes to your car and asks you to show which light is flashing, and once you show her, she politely informs you that it's the water level that is low!

So you put some water in the right chamber and off you go. No more lights, no more headaches!

If you were a car, your feelings are the exact equivalent of the lights on the dashboard. Their purpose is to provide you with information and motivation that will help you maintain a satisfying and healthy life. Feeling good is the signal that the way you are operating in your life is working out and everything is ok. Feeling bad is the signal that some need is unmet and some action is necessary to satisfy the need. Feelings are the flashing lights on the dashboard. Unfortunately since most of us cannot read what it says, we go through life trying to solve it like the example above: filling our life with gas, when all we need is water.

I will briefly go over the common feelings we have and the meaning of them but before I do that, let me tell you what to do when you feel bad. Calvin Banyan describes the following steps for dealing with your feelings and emotions:

**First, identify the feeling.** Give it a name. If you don't know what the name of the feeling is you will not know what to do about it. There are **8 primary "bad" feelings** we commonly experience. These are fear, stress, anger, sadness, boredom, loneliness, guilt and inadequacy. Then there is the secondary feeling of frustration and the tertiary feeling of depression.

Frustration always follows when you take a wrong course to satisfy one of the 8 primary "bad" feelings (eating ice cream when you are lonely and need a friend). Frustration means what you are doing is not working so change your ways.

Finally depression comes when you have gone too far by not listening to the primary feelings, which were trying to tell you what you need and not listening to the secondary feeling of frustration which was telling you that what you are doing is not working. Depression sets in when you have gone too far on harming yourself by taking the wrong course of action. Depression means: You need a break and you need it now!

**Second, identify the cause of the feeling.** Look into the meaning of each feelings below and you will understand more how to identify the cause.

**Third, identify a satisfying response.** When you have taken a correct satisfying response, the “bad” feeling goes away. It’s as simple as that. When you feel lonely and you make friends your loneliness goes away. When you put water in your water chamber (and not anywhere else), the flashing light goes away! One important thing in this step is to do a reality check. Match with the meanings below and ask yourself “is really something going on that might make me feel like this?”

The meanings of feelings are as follows:

### **7 Primary feelings:**

**Fear:** Fear is a voice in you saying “I feel something bad might happen”.

**Stress:** You feel that there is too much to do.

**Anger:** Something is happening that is unfair towards you or someone or something you care about.

**Sadness:** You have lost some someone or something that is important to you.

**Boredom:** You do not have enough challenge in your life.

**Loneliness:** You need more meaningful relationships.

**Guilt:** Twin sister of anger. You have done something that is unfair to someone.

**Inadequacy:** You feel that there is something wrong with you.

**Secondary feeling Frustration:** What you are doing is not working. You need to change your ways.

**Tertiary feeling Depression:** I can't try anymore. It hurts too much. I need a break and I need it now.

### **A special note about Anger:**

Working as a Hypnotherapist, anger has become my favorite feeling. Now I know a lot of you who are reading this will start to frown at this point and I don't blame you for that. Anger is probably the feeling that has the most taboo attached to it. But it is also the one of the simplest of them all. Whenever I encounter anger coming out from my clients in my therapy sessions or in real life when someone starts getting angry, I instantly know that this person thinks something is unfair. And that is good. Anger is good!

Most people will vehemently disagree when I say this. How is anger good, they'll ask, what good can possibly come out from being angry? Well, I say, it could be many things! Social revolutions come out of anger, fair treatment movements come out of anger, independent countries are born because of anger, and in fact most fairness is achieved *because* of anger. Anger is simply a call for fairness. It tells you something is happening that is not fair.

Of course a lot of people do things that are not good using the energy of anger. But that is mostly because they don't understand the meaning of it and direct that energy towards something destructive. Anger itself is not bad. It is just a message and a call for fairness. What you do with that message that is either good or bad or ineffective.

Once again, due the importance of this really powerful energy, I would like to show you how to deal with anger:

In *The Secret Language of Feelings*, Cal says, there are three steps to deal with anger:

1. Identify the name of the feeling: Angry or any other name for it. Mad, angry, enraged, pissed off, hurt etc.

2. Identify the cause of the feeling: As mentioned above, anger comes from the perception that something is happening that is either unfair to you or to someone or something you care for.

3. Identify a satisfying response:

a. Do a reality check: Is your perception of the situation accurate? Is the situation really unfair? Often the answer is no, and that neutralizes the feeling automatically.

b. If the situation is really unfair, then make fair. That is why you have the anger. It is a call to make things fair. In this case this is righteous anger. And once you have achieved fairness, anger will subside.

c. If you cannot make fair due to some impossible situation, then forgive.

### **A special note about forgiveness:**

Now when I mention forgive, I do not mean forget. I do not mean accept it as fair. This is an intelligent kind of forgiveness. See, when you hold back these powerful negative feelings such as anger, it affects YOUR life more than anyone else. This is what is called emotional baggage. And it can be quite heavy. Imagine every time you held a grudge against someone, it's as if that person gave you a rock to carry in an invisible bag that you will have to carry forever. The idea being, one day you will find the right situation and then hit the person with that rock. Unfortunately, if you observe people who have a habit of carrying rocks, you will notice their whole life is so heavy that they have even forgotten to smile anymore. How can they? If you had to carry a bag of rocks everyday on your shoulder, would you smile very much?

For a student of redefinition, this kind of heavy baggage is highly unproductive. This holds you back and pulls you down. For lack of a better expression: it's a pretty dumb thing to do. What you want is to be able to throw away the rock every time anyone

tries to give one to you. Remember, you always have a choice. How do you throw away the rock? By truly forgiving.

See, in a situation where there is nothing that can be done to bring fairness, the most intelligent thing to do is to forgive. Because it frees YOU! Not anyone else. It brings YOU happiness, not anyone else. And as I said, this doesn't mean you have to forget, or go tell that person that you have forgiven, or accept the situation as fair, it is just a quiet forgiveness that you do to free your self. And forgiveness only comes when all other means making fair has failed or not possible.

***Whatever the area of your psychic wound, then becomes the area of your initiation –  
Carl Jung***



# HOW TO CREATE PERFECT HEALTH

*A healthy body is a guest chamber for the soul; a sick body is a prison – Francis Bacon*

There are numerous resources where you can find countless eating methods, diet programs, exercise regimes and nutritional information. Now I have a lot of respect for all the knowledgeable individuals who provide these insights, but I was terribly confused for a long time because each of them seems to be pointing to many different directions regarding one single question: what should we eat for a perfect and balanced health?

After years of research and going through numerous books I will finally present my accumulated knowledge to you. But before I do that, I would like to mention to you something that is more important than what you eat, more important than how much you exercise and more important than the medicines you take. And that is the influence of your thoughts and your talk on your health...

Before you decide that this is too “new age” for you or that your problems are all genetic or this couldn’t possibly be true, I would just like to remind you that there are many things in this universe that are happening right now that you do not understand and aren’t ready to accept. However just because you don’t believe or accept it to be true, it doesn’t stop being true. For example even though for thousands of years it was believed that the sun revolved around the earth, it didn’t become true, conversely there are still many things of similar nature that even if you don’t believe, they continue to be true.

Let me start with a simple law of attraction that is rooted (albeit quite indirectly) in very basic quantum physics: like attracts like. Things that vibrate on a similar frequency attract each other. Now what has that got to do with you? Everything! See everything that is around you: the dog, money, rocks, coffee cup, bacteria, viruses, elephants, your house etc are all made up of energy. On a quantum level we are all made up of pure energy. And also on a quantum level, everything vibrates. Everything is

particles of energy and everything is in a constant cosmic dance. And finally, all these "bodies" of dancing particles of similar vibrations attract each other.

Now if the paragraph above doesn't make sense or is a little hard to swallow for you, please find a good physics professor and ask him/ her if all this is true or not. Once you are totally convinced that this is not some mumbo jumbo new age stuff, we are ready to move on.

Now because of the way Law of Attraction works, you are always either moving towards health, happiness, wealth or you are moving away from it. There is no neutral zone. So how to take control of this process? As mentioned in the second step of redefining reality, you have to learn to train your thoughts. Every thought that you are having in your mind is either moving you towards health and wealth or moving you away from all those things. A positive thought attracts atoms together and grows; a negative thought breaks the atoms and pushes them away. Similarly everything that you say to yourself or to others either moves you towards success and health or moves you away from it.

So if you would like to allow your life to be filled with health, wealth and happiness, learn to always hold the most positive thoughts in your mind. Now I know this might sound like the usual self help advice, but this is of such great importance that it cannot be avoided. For the majority of the time if your mind is focusing on the negative then that is all that you will find and create in life. For the majority of the time, if your mind is filled with thoughts of health, wealth, abundance and love then that is what you will find and create in you life. There is no escape from this. So you can choose what you want. It's all happening right now.

So what happens if you are focusing half the time on ill health, scarcity and hardship, and half the time on health, wealth and abundance? Well, make a guess... If you have guessed that you would be going two steps forward, two steps back then you have guessed right. Which in other words mean that you'd be going in

circles. This is the typical life style of most people who are living a survival life time. They spend their entire lives just breaking even: in life, in relationships, in business.

Now in this context of creating a perfect health, it is imperative that you do not allow any negative thoughts in your mind or talk to people about negative things regarding your health. Not so long ago this is what I used to do. Whenever I felt a little feverish or had a headache I would tell myself "Damn I think I'm going to get a fever" or if someone asked me how I was doing I would say "Not so good mate, I got a terrible headache (even if it's only a mild one) and I got too much work to finish... etc". Not surprisingly, I frequently caught fever, and experienced headaches almost every other day. Every seasonal disease got hold of me. It was totally embarrassing to be sick so often.

It was only when I changed my mental talk and communication with others, things started to change. Now whenever I feel that I am about to get sick, I deliberately focus and visualize in my mind of activities that require great health like jogging in a nice park, exercising and getting hungry. Guess what happens? Other than minor colds I have not been sick in the last 4 years even once. This sounds amazing I know, but it's true. The law of attraction works in everything and all the time. Notice people who are constantly saying that they are sick and feeling unwell and not so happy and life is hard and what and what not... that is how their life is going to be. It's inescapable.

I know sometimes not expressing your suffering can be hard, and it is very tempting to get some sympathy from people around you. But think about it, what good it is going to do by telling the person next to you that you don't feel so well. Agreed, that they will have some sympathy for you, but what will they think about you? How wonderful and fun and charismatic you are? I guess not. Although we love to get that extra attention from people around us, it comes with a cost. First off, by focusing on ill health you are attracting more ill health. Secondly, the people who you are communicating to are not going to feel so great being around you. Think about it, when you are planning a party on the weekend and looking forward to having fun, do you want the sad,

sickly and negative people in your party? Or do you want the fun loving, positive and healthy people in your party?

So to be in a perfect health, you need to be able to block out all negative thoughts and talk from your mind. Unless you need real help, do not ever tell anyone that you are sick or going to be sick. It's not going to do anyone any good. Whenever you feel like something bad might happen, take necessary precaution but fill your mind with thoughts of health, wellness, vitality, and gratitude. If you can do that, you will attract those exact same things also. And poor health will be a thing of past.

However, mental attitude alone will not keep you healthy and give you a perfect body. What you eat is a very important factor in building a perfect body.

### **What you eat:**

Every month, around the world, there is at least 5 books coming out on the subject of what to eat. There is an overwhelming amount of information and most of them seem to contradict each other. To make it more confusing, the authors are all doctors and nutritionists and what not. So when I first started looking for some answers I was overwhelmed by all the answers that I got. Today I'd read this book and understand all about building muscles, and having stamina, and strong bones. Next week another book would come around with the latest research that if I did all those things, my ears will fall off in 2 years time (just kidding, but you get the idea).

All this continued for a while until I came across some genuine teachers who did not really write any books but lived lives of such vitality and health that made a lot of people very envious. What I present here is the knowledge I have gathered by modeling them, found out that it worked wonders for me and then backed it by research and further studies. So here what I have found:

To understand what food is the best for us, can help us perform optimally and nurture our body, I needed to understand how

exactly our body works and what it really needs. Unfortunately, our understanding of our body (as cutting edge as it is) is still in a process of trial and error. We know how certain things work but we have poor knowledge of why it works. We are still being updated by the medical industry every other day about how the last breakthrough research from last year has been now proven wrong and those of you who have followed it, your ears might fall off soon (well that might be a little far stretched but that's generally how it works). Obviously I couldn't rely on these people to tell me what to do.

So I went back. I went back a couple of million years ago to figure out exactly what were we designed to eat when there were no McDonalds burgers and KFC greasy wings. Before I tell you what I found, I want you to take the journey with me one more time so you can find out for yourself, what really is good for you...

Imagine we are getting into a time machine and going back a few of million years when the early humans where roaming the earth. This is before agriculture was invented and before we learnt how to domesticate animals. We don't know the exact date but we do know that these humans have no specialized weapons or tools and they live in small communities. So let's go back. 3-2-1 BOOM!

Imagine we are standing in primitive earth, its late afternoon. We start walking around and soon find a small community of primitive humans. Although afraid in the beginning, they soon understand we don't mean any harm and they make friends with us. Surprisingly we can understand their language (it's that cool time machine!). So we spend some time looking around with them. As we observe their lifestyle its soon time for dinner. Look what they have in menu:

They got some tasty vegetables (leaves and roots of plants).  
Some fruits and nuts.

As a celebration for guests someone quickly caught some fishes also.

And some eggs of a large bird that someone stole!

Mmm... I'm hungry! How about you? Now let's eat with them and discuss about their lifestyle. As you eat, you learn some interesting facts:

Their primary food is mostly vegetables, fruits, nuts, and roots. When the weather permits and they are lucky, they go out to hunt small animals or steal eggs of different birds.

Fishes are easy to catch when it's available.

They have no idea about rice or other grains (remember this is before agriculture was invented).

They find the idea of drinking some other animal's milk hilarious! They said that that's for those animal's babies, why should we drink it? (This is before cows were domesticated.)

They do not eat large animals simply because it's too dangerous. They have no use for salt or sugar, because it's already added in all natural food.

So... Any chance you understand what is going on? This is what we were originally designed to eat and survive on before humans invented different technology and altered their eating habits. Anyway, enough eating and learning, lets come back to the present and take a look and some other stuff... Ready? 1-2-3 BOOM!

So here is what we have learnt in our little trip: Our ancestors mostly survived on fruits, nuts, roots and vegetables. They did not eat large animals, rice, other grains, or dairy. They did not have added salt or sugar. Okay, so that's pretty primitive knowledge and how does that conform to our "cutting edge" scientific knowledge? Here is how:

Firstly, it is well known that our body is made of over 80% water. And you also understand that we constantly rebuild our body through the food that we eat. If that is so, then surely we should have a diet that is proportionate to our body structure, that can nurture our body and help it grow proportionately. And what food is that? It is food that is rich in water content. And there are only 3 types of food that is rich in water content: fruits, sprouts and vegetables. So your diet should definitely include at least 70% food that is rich in water content i.e fruits, vegetable and sprouts.

So how can you ensure that you are having an adequate amount of water rich food? It's pretty simple actually. Make sure that you have a big salad with each meal. Have some chilled fruits while you are snacking. Ask for a freshly squeezed fruit juice instead of a coca cola.

(The only thing to be careful about this point is that always have fruits in an empty stomach. This is because fruits are not digested in the stomach. It is digested in the small intestine. So if you have lots of other food in your stomach and then you eat some fruit, they are going to get stuck in there and start fermenting. So always have fruits in an empty stomach.)

Secondly, we now understand so much about cholesterol, fat etc. We all know now that red meat is not good for us and it is responsible for so many heart related diseases. But any idea makes the meat that we eat tasty? It's uric acid. And uric acid is responsible for gout, kidney dysfunction, bladder stones and a lot of other damage known and unknown.

Also meat of dead animals contains high levels of putrefactive bacteria. What is that? It's a kind of bacteria that is found in the colon of the animal. When the animal is alive, the bacteria are not allowed to go in the body. But after it dies they spread all over the body. And what does it do? It makes the meat tender. That's why the steak that has aged a little tastes better. This is the same type of germ that is found in manure. Charming eh?

Thirdly, let us take dairy products. Remember what our ancient friends said about drinking milk of other animals? They said it's for their own babies, why should they have it? That is precisely why we shouldn't have it. The breast milk of every animal has the right mix of hormones for that animal. The cow doesn't produce healthy hormones for YOUR baby. It produces what it needs for its own baby. Get that?

What is the purpose of milk? It's basic food for the babies who are too young to digest other food. And what does it contain? Powerful growth hormones so the baby can grow. How in the

world do you think a cow's or goat's growth hormone can help your baby??? It boggles my mind but with all our advanced knowledge, that is how we think. Do you honestly think that the milk of a human being and the milk of a cow are similar in content? It's entirely different. If you don't believe then please do your research.

Did you know that one third of the human population is lactose intolerant? Meaning their stomach cannot handle dairy products. Any chance you are getting a hunch why? Because we are not supposed to have that stuff! That's why. And babies around the world are forced to drink milk even when they throw up, get allergies, indigestion etc.

Unfortunately, I got some bad news at this point that you might not like. That is "No Dairy" means no cheese, and no ice creams. Okay, okay I know how difficult it is to imagine life without ice cream and cheese. But if you absolutely cannot give up any one of these dairy products, you can at least cut down your consumption substantially. Remember cheese is just concentrated milk. It might be tasty. But it doesn't do you much good inside. You can also switch to Soya or other vegetable milk products.

Lastly, do your research. Don't follow blindly into some new diet theory that comes out. This is an enormous subject and there is a lot more to cover. My goal was to show you what has worked for me and how our original design perfectly allows us to live healthy and happy lives with vitality and energy. You can choose to follow some and not follow others but before you reject something, please do your research. Sometimes some wise individuals will tell you that if we have consumed meat and other dairy products for so long, then there must be a reason behind it, and if everyone is doing it, it can't be so wrong. Just point out politely to the individual that: first off just because everyone does it, doesn't make it right. And secondly, the health and vitality of the human race has been a steady downward curve for a very very long time now. Over thousands of years, as a race we are becoming weaker and sicker and smaller and feebler. If everything that we did was so right, this wouldn't have happened.



Here is some of the timeless wisdom that I follow and you can choose to follow as well:

Eat only when you feel real hunger.

Learn to distinguish between genuine hunger and emotional eating out of boredom or loneliness or some other issue.

Have mostly vegetable dishes for lunch and dinner along with moderate quantities of fish or fowl

(I am a full vegetarian but that is for spiritual purposes and not for health. A quick note at this point: there is nothing wrong with having a balanced diet if you are only concerned about your health. In fact there is no substantial research backing to show that a full vegetarian diet is any better than a balanced diet. However, there must come a time when you will ask yourself is it really very spiritually mature to eat dead animals? As you grow spiritually, you become more and more aware of all the negative imprints/energy that brings about suffering. Humans are terrified of suffering but have absolutely no clue about what is the cause for it. Eating animals, for hunger or celebration, which have experienced the pain of death makes no sense if you truly want to attain liberation. You cannot forever remain blind to the fact that no matter how tasty, a sirloin steak is the flesh of a sentient being that was killed brutally for your pleasure. Eating such things comes with a price. And that price is not money.)

Have fruits and nuts for breakfast, snacks, and late night supper.

Try to minimize dairy consumption as much as possible.

Stay away from beef, mutton, pork and any other red meat.

Eat moderate amounts. Eat until your hunger is gone. Do not overeat.

Eat in a pleasant atmosphere with a happy state of mind. Try not to eat when you are angry or sad or depressed.

Learn to enjoy the process of chewing, smelling the aroma and feeling the taste of your food. Make it a ritual to go out on a date with yourself every week once. Eat alone and focus 100% on your food.

Do not eat something just because everyone else is having it. Remember "everyone" sometimes do a lot of stupid things.

Understand what you are eating and why. A question to ask yourself whenever you are feeling tempted towards something is: When I eat this thing, it will be part of my body, it will be a part of my blood, do I really want to make this a part of my body? Stay away from alcohol as much as you can. Stay away from smokers. They harm you more than they harm themselves. DON'T DO DRUGS! They do more damage than you can ever repair.

## THE INVISIBLE PLACARD

Every person in this world carries an invisible placard with him or her. This placard has the following information written on it: who he is, where he comes from, what is the purpose of his life, what he accepts and what he does not accept. When he meets a stranger in the bar or the workplace or at the supermarket, the stranger automatically reads what is written on your placard and treats you accordingly.

You will know what I'm talking about when you see some people around you automatically getting the same kind of behavior from everyone he meets. Some how everyone seems to get the hint that here is a man who commands attention, respect and admiration. It could be the other way round as well. It could say that the man carrying this placard is a clown of the first order and there is no reason to take him seriously. And then there are other people who have nothing written on their placard. It's just... empty. So when you meet this kind of empty placard people, you treat them according to how you think you should treat them.

Now which one of these are you? About 70% people of this world are the empty placard kind of people. They want respect and attention but they are willing to settle for whatever is coming their way. They will do everything to avoid confrontation and try to remain as unnoticed as possible. Moving without a clearly written placard is like going to the supermarket and asking the sales person to give you "something". You will get what *they* think you want. Not what you really want. This is not you. You, the student of redefinition, the alchemist, the adventurer, should always know who you are and what you want from the world. Someone who doesn't know what he wants from life is a weak man or woman, therefore incapable of harnessing the power to redefine reality. When someone meets you the first time, be it a homeless bum or a cashier at the supermarket, or a super model, he or she should always be able to read this on your placard:

I am a complete man (or woman)! And I am proud to be who I am.

I will not accept second best so bring out the best that you have. If you cannot do that, do not waste my time. I will NOT accept second best!

I have a definite purpose in life and nobody can distract me from my mission.

Mere beauty or riches do not impress me. And I will not make any compromise just because you look good or have a lot of money.

My respect is something that has to be earned. You are not going to get my respect just because you are rich, beautiful, smart, tall whatever.

I never qualify myself to others and I have the ultimate comfort being in my own skin.

I know what I want and where I am going and I remember that matter what crisis comes my way.

Learn to communicate these things to anyone that you meet. Not through words but through your actions. Treat everyone equally, irrespective of looks, class, financial situation, educational background. Don't fake it! Truly realize and remember that every human being is an extension of the Source. Just like you are. And until someone has done something to earn or lose your respect, everyone is same.

However some people might not be quite as developed as you. And some other people, due to their ignorance, might act like complete jerks. Treat them with patience. They just don't know any better. Also remember one of the key presuppositions of Neuro Linguistic Programming: people are not their behavior. Sometimes people are just in unproductive states that make them behave in unproductive ways. There are ways of changing

that. So instead of thinking what a big jerk the person is, think if there is any way of changing their unproductive state to a productive one.

And then sometimes you will meet some other people who are way more developed than you are and you might mistake them by judging their modest outer look. Be careful of this. Most developed souls have very modest backgrounds and way of life. Matter of fact, as you will notice, the more people are concerned with their outer exterior, the more insecurities and problems they have inside. Some of the richest and prettiest individuals I have met are so insecure inside that it's almost funny. Do not be fooled by the carefully manicured outside, it is often such for a reason, it is trying to distract you from seeing the inside.

## **Part IV: Attraction Redefined**

## ATTRACTION REDEFINED

*Love many things, for therein lies the true strength, and whosoever loves much performs much, and can accomplish much, and what is done in love is well done - Vincent Van Gogh*

Here starts some fun stuff... Congratulate yourself on being here. This is the part that will make some of your friends and most of your enemies very jealous. A woman who is able to keep her man attracted forever is a woman who is worshipped by other women. A man who is capable of getting any woman he wants is a man who is worshipped by other men. Also once you are able to control and create attraction, it gives you tremendous feeling of self worth, confidence and happiness (or lack of frustration).

(What? Attraction, as in man-woman stuff? How can lowly matters such as this be included in a book that deals with deep spiritual principles? If you are asking this question to yourself let me give you a very short answer... everything is everything. All things are interconnected. On our journey of self discovery and awakening, all aspects of our being will have to be illuminated. And mastery over sexual relationships is a very important part of our physical life. If you think you have gone beyond it, remember transcending something and repressing something are two entirely different things. If you are one of those people who have attained the level of "motiveless celibacy" which means your energy is so balanced that you simply have no need for orgasms anymore but are completely comfortable with physical touch of the opposite sex, feel free to skip this entire part. If you are anything else, do consider the following chapters on intimate relationships as important as anything else contained in this book.)

After basic survival, the emotion of love and sex are the most powerful of all emotions. They color your entire life and decisions. When you have freedom of choice and clarity of understanding regarding sexual matters, you have freedom in life. And that is a privilege enjoyed by less than 1% of the population anywhere.

Before we go on to the actual philosophy of attraction, let me give you a little guideline on how to use this information and grow.

See there is a difference between being able to control attraction to your liking and becoming a pick up artist or a playboy (or the female version of it). While both have the same essential skills and qualities, the likes of a playboy has to devote much of their time to pursue the subject and there are also some subtle differences that are counterproductive for anyone on a balanced spiritual journey.

Now to be able to redefine attraction you don't need to become a pick up artist or a ladies man, but you do need to start off thinking like one. For a lot of guys, they would much rather make it a life style and that's fine (although, not very helpful if you have higher spiritual goals). However a lot of others only want the power and freedom of choice. And that is also okay. Whatever is your choice, to be able to fully grasp the information that you are going to read here, you WILL need to practice.

What you will learn now is going to contradict with thousands of years of social programming and it is going to take a little time to make it a part of your natural persona. And just like there is no way of learning how to ride a bicycle other than practice, this is the same; chances are slim that anyone in this world has learnt how to ride a bicycle without ever falling even once. Falling is part of the experience of learning. So while reading this information even if you get a lot of "AHA moments", the bottom line is: before you can fully incorporate this knowledge into your personality, you will need to practice and fall a few times.

Here is how you learn and grow:

Practice, practice, practice. You have to kiss a few frogs before your handsome prince arrives. And the reason prince (or princess) charming falls in love with you (and stays with you happily ever after) is because you have practiced, made mistakes and learnt your lessons with the frogs.



Sometimes regular people look at the PUA's and rationalize that they got some special skills or they are just rich or something else. However, the truth is that these people once had to practice and fail many times before they finally "got it". A lot of great pick up artists have been total losers in their early life but they had one quality that separated them from the rest. And that is a willingness to do whatever it takes no matter what. A willingness to fail. A willingness to keep trying until they got it. You have a much better start here. You are learning some of the most powerful inside secrets first and then going to practice. So feel good about it.

Learn more and more. There is an amazing amount of information available out there regarding all conceivable attraction related issues from behavioral science to sexual communication. Keep learning. Education will always give you more and more leverage regarding whatever subject that you are studying. Just don't forget that practice comes first.

Find and learn from other teachers. Good teachers are hard to find? Well guess what? Anyone who is better than you dealing with relationships or attraction is your teacher. Learn what they know. Observe how they talk, move, play, work. Usually a trained pick up artist can do things that are totally unbelievable to normal people. Just watching them can open your mind to a newer realm of possibilities. So if you find one, befriend him. And if you don't find a PUA, usually there are lots of other people around us who have a great deal to teach. It is us, however, who are not willing to learn most of the times.

What you are going to learn here is going to set up the foundation for everything else that you will learn in the coming years. And believe me, there is a lot of things to learn.

## THE BASICS

*(Some parts of this section are written primarily from a man's point of view because women are somehow a little more in touch with this knowledge by birth. However the rules and theories of attraction work for both men and women regardless of their sexual preference. This part is not written for guys only but, to keep things simple, from a guy's point of view. Please use your imagination if you are woman, or in a homosexual relationship or anything else. As you will see, "man" and "woman" simply stands for the essence of masculine and feminine energy.)*

Alright, the first thing you need to understand about attraction is that it is not a logical choice that people make. You cannot feel attraction towards someone just because you "should". In the same way, *if you are hoping to "logically" make someone feel attraction towards you, you are going in the total opposite direction.*

I want you to read the previous line one more time. See it says "total opposite direction". And what is the opposite of attraction? It's repulsion. What that means is if you try to logically convince someone to feel attracted towards you, the result will not be just lack of attraction, it will be repulsion. And that is precisely what a lot of men (and women) try to do.

For majority of men, the whole idea of buying expensive things for a woman, doing her favors, taking her to expensive dinners is based on the principle: I have done so much for you, now you "should" feel attracted to me. And that's precisely where it goes wrong.

In my experience one of the key reasons men get this wrong is the lack of understanding that a feminine mind and a masculine mind are two very different things. A true masculine mind is logical, it wants resolution, and it wants to know where it begins and where it ends.

A feminine mind is the opposite of a masculine mind. A feminine mind wants to feel everything: the colors, the sounds, the touch

of his hands, flow of energy in her body. The feminine mind wants to live in the moment, flow, eternally change, let the energy of her man take her over, feel his sense of purpose, his capacity to lead, to sometimes make her feel like Goddess and sometimes like a hooker. She doesn't want a man who wants to logically convince her to love him or feel attracted to him. She wants a man who can make her feel like a complete woman. And a complete woman is not about logical discussions and quick sex. A woman feels complete when her man is able to make her FEEL everything more vividly, to take her to the heights and depths of emotions, to show her more colors, to lead her, to let her flow.

Now if you are a man, you probably have your mouth agape and wondering how the hell do I show her more colors??? Good question. I'll give you the answer soon. But before that I need you to totally and completely, once and for all understand that the mind of a woman is nothing like what your mind is, or your buddies minds are. It's quite the opposite.

Of course all of us, all men and women, have both their masculine side and feminine sides within them. That is why men are able to feel the joy of music and dancing, and women are able to become successful in business and politics. But in our case we are concerned with only understanding what is the essence of our masculine or feminine energy. When you understand the essence and learn how to maximize that essence, you create attraction.

Attraction is created by the imbalance of two opposite energies, the difference of two poles. When you are able to maximize your own essence, you will automatically attract partners with higher opposite polarity. Ergo, a man with a strong masculine essence will rarely attract a balanced or masculine woman. He will attract the feminine equivalent of him. So if you are attracting women in your life who are too "masculine" or neutral (or men who are too feminine or neutral), it is probably because you are living a life that is too feminine or neutral (or vice versa). If you want a change, then learn and implement what follows.

Once again let us go back to understanding our minds a little more. This is vitally important because when you understand this, you will feel that the mystery of the masculine and feminine minds suddenly make sense. But before you understand what people really want, you need to understand your own mind. We will begin with the masculine mind first.

However before we begin, keep in mind when I am saying “man” I mean the masculine energy. When I say “woman” I mean the feminine energy. You can have both the masculine and feminine energy within you and be equally comfortable in expressing both sides but there is a place where you are most comfortable, that is “naturally you”. That place is your essence. The idea is to first understand what are the qualities of that essence that you are most comfortable with and then maximize that essence within you. When you do that, you are able to create magnetic attraction with people with the opposite polarity.

Let us see how that works.

## ESSENCE OF THE MASCULINE MIND

***Accept that you do not have to be like anyone else. Or do it in anyone else's way. If you are passionate and congruent, live in love and integrity, unafraid to embrace and fully feel your woman, then they will automatically come towards you. You will no longer need to go find them. They will find you. Wherever you are!***

***So live completely and give unconditionally. Be unafraid to lose. When you can love without holding back, feel the energy of your woman, dance with it when you want to, let her feel your deepest sense of purpose and never forget the essence of your truth, you are ready to receive. They will seek you out to bask in the glory of your love. To enjoy the blissfulness of your loving. To be full with your giving. To experience God, in you...***

***~Shafin de Zane***

***My face is set, my gait is fast, my goal is Heaven, my road is narrow, my way is rough, my companions are few, my guide is reliable, my mission is clear. I cannot be bought, compromised, detoured, lured away, turned back, diluted, or delayed. I will not flinch in the face of sacrifice, hesitate in the presence of adversity, negotiate... at the table of the enemy, ponder at the pool of popularity, or meander in a maze of mediocrity. I won't give up, shut up, let up, or slow up.***

***~Robert Moorehead***

What makes you a man? What makes you magnetically attractive? Why do the bad boys get all the good girls? Why some men can do just about anything and get away with it? Why do some men seem to attract all the good looking women without even saying or doing much? If you want the answers and more then read on.

The essence of a masculine mind is in his true purpose, the reason why he is here in this world, his mission in this life. The essence of the masculine mind is rooted beyond everyday mundane happenings; it is rooted beyond his selfish needs of buying a fancy car, beyond his sexual desires, beyond his woman and her needs, beyond the challenges of this life. The essence is rooted in something that is eternal and ever constant, something that transcends the limits of birth and death, the unmoving consciousness that is the ground level of all reality.

The essence of the masculine mind is in the knowing that we are really part of a much bigger game, that this life is just one of the pieces in the enormous jigsaw puzzle. It is asking the question "who am I?" over and over and listening to the silence speak.

The essence of the masculine mind is constant. It doesn't change. It doesn't get swayed by the flow of the feminine, it doesn't get distracted by the challenges of life, and it doesn't forget its mission by temptation of riches or women or anything. It is that which doesn't change... And when you are fully in touch with that part of your mind, your being, your essence, you are the complete man.

A real man does not *need* a woman to make him feel complete, he is already complete. He *wants* a woman in his life, with him right now, because she complements him, harmonizes his mission, makes him see the world through different eyes, makes the colors more vivid, brings in the feminine energy that takes him to even deeper levels of consciousness, of being, of knowing.

The essence of this man is not in the flow of life but in his mission and his definite purpose. Every moment of his life is going towards the ultimate goal, because that *is* his ultimate truth. He doesn't need anyone else to tell him where to go because he already knows where he is going. He knows because where he is going is towards completion, towards his goal, towards what is the truth. And the truth *is* his essence.

A real man is leadership personified. He leads because he knows where he is going, who he wants to take with him, and why. He is not a confused advertisement zombie who finds his direction from the fashion magazines or the newest hit TV show. But neither is he a pseudo spiritual recluse who understands the world from the comfort of his meditation room.

He lives his life fearless, with passion, with love and above all with integrity. He is unafraid to fall in love, feel like an idiot by trying out new things, make mistakes and in the end learn and become better. He is unafraid to lose because he knows losing is an essential part of learning and winning.

Everything he does is filled with passion because his life is his gift to the universe. Every action that he takes, takes him closer to

fulfilling his ultimate purpose. Everyday that he lives, he makes the universe a little better.

He is not distracted or discouraged by anyone or anything from making this universe a better place; even if his effort is sometimes not reciprocated and sometimes even refused. A real man has grown beyond the need of his mommy figure telling him "What a good boy! You have done well!" He knows he has done well, because he has done what he saw needed to be done, and he has been guided to do it from his deepest sense of purpose. He no longer needs some external factor letting him know that he is doing the right thing, he knows he is doing right thing because he is following the guiding light that shines from beyond this life, beyond his family, beyond his social conditioning, beyond all the advertisements, beyond his own changing mind.

This man is unafraid to love and be loved. He is unafraid of the intensity of feminine consciousness. He does not need his woman to be logical and understandable and controlled. That is the need of a weak man who needs a woman slave to feel masculine and powerful. A real man has grown beyond that many lifetimes ago. He doesn't need his woman to change into something logical and controlled for him to understand her. That would take away all that is truly feminine, the essence of her being, depth of her energy. He is rooted enough to enjoy the flow of her love, the amazing spectrum of her emotions, the vividness of her feelings, and the beauty of her body.

He is an artful lover and a passionate seducer. Everyday is a new experience being with him because life is an adventure for him. He is passionately committed to his truth and he expects nothing but the best out of his woman. He wants his woman to bring out all her feminine energy because that is what inspires him, allows him to see more, feel more, do more, be more.

That is the essence of a man. A real man.

## ESSENCE OF THE FEMININE MIND

The essence of the feminine mind *is* the essence of the ultimate feminine: the nature, the world, the universe.

It is everything that changes and flows. It is beauty, love, passion, anger, jealousy. It is the waterfall, the rainstorm, the summer heat, the perfect snowflake. It is the waves crashing on the sea shore, the fire burning in the forest, planets orbiting in perfect harmony, the distant supernova of a dying star.

It is all of that and more. Much more!

Whereas the essence of the masculine mind is in its true purpose that transcends all life times, the essence of the feminine mind is in all that is being created and destructed, all that flows and changes, the force of life itself.

A true feminine mind does not want to know where it begins and where it ends, it wants to feel the flow of being. It feels everything that flows all around. It feels the changes in her own body, changes in the nature, changes in light, sounds, surrounding, everything. The feminine mind doesn't want to be logically told what she *should* do, she feels in her mind and body what is the next step for her to take. For a true feminine mind, there is no "should", it is always that which flows naturally.

A man feels either happy or sad, and usually there is a specific reason behind what he is feeling and usually he is able to verbalize it. He will say "I don't feel like going to the birthday party tonight because I have a headache". Or, "I feel happy because I earned a lot of money today".

A true feminine mind is rarely able to do that. If you ask her why she feels what she feels, she is rarely able to tell. And that is where a lot of frustration for men comes in. Men are typically bewildered by the unpredictable swings of the feminine mind and will complain about it if he has a chance. What he doesn't understand is that the feminine mind is nothing like his own. It does not operate on  $2 + 2 = 4$  principle. It constantly changes



and how it changes is based on many different factors including how the weather is today, how she feels in her body, did she like what she saw on the mirror, how happy she is in the relationship, and a lot of other factors even unknown to her. So when you try to get her in bed without making her feel that it's the right time to do so, all she knows is that she doesn't feel like having sex right now and that's all she is going to tell you, if at all. Typically men get frustrated at this point and get pissed off. And that's why she feels even more not like it, because her man has lost his direction and doesn't know what to do.

What she wants is to feel the love, the passion of her man, his sense of purpose, the sound of the soft music, the flicker of the candle light, the intoxicating smell of his cologne, the hardness of his body... she wants to know how beautiful he thinks she is, that he will protect her always, that she will always be his girl. She wants to feel the butterflies in her stomach, her hormones rising in her blood, her mind floating in the bliss, her body opening up to ecstasy.

The only way she can feel more alive and real is by feeling everything that changes. By feeling all her emotions, the spectrum of feeling happiness to sadness, contentment to jealousy, fear to safety. By using all of her five senses, through the soft touch of her lover, the shadows on the wall, the smell of his body, the whispers in her ears, the taste of honey in her mouth... She wants to feel all that and more. She wants to feel the flow of energy of the universe, and she wants her man to show it to her.

When her man is able to guide her to all of that, her body opens up, her mind starts floating in love, she feels the enormous pull to give into her lover and enjoy the blissfulness of being guided into ecstasy. At this point she has lost her capacity to think any more. All she knows is she wants to give into her lover, fully and completely, let him take her physically into the depths and heights, show her heaven and hell, fire and ice. And love her whole existence into the nothingness of being.

The last thing she wants to do is have a discussion with him about why she doesn't feel like it. Just the idea of that conversation takes away the charm of all that she wants to feel. Trying to verbalize her feelings is like trying to put the ocean in small bottle. The ocean is not just a great amount of water. It is all that is within and without. It is energy and depth. It is connected to the celestial bodies of the endless skies. It is *the feminine*.

### 3 RULES OF ATTRACTION

*It is not the critic who counts; nor the man who points out how the strong man stumbled, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly; who errs and comes short again and again; who knows the great enthusiasms, the great devotions; who spends himself in a worthy cause; who, at the best, knows in the end the triumph of high achievement; and, who, at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those timid souls who know neither victory nor defeat ~ Theodore Roosevelt*

Okay! Now that we are done with the basics, let's us start with the 3 universal rules of attraction. Once again, let me remind you, these rules are NOT just for guys. It works for men who want women, or women who want men, or women who want women, or any other combination. That is why it is universal. As long as there is polarity in the relationship, a masculine and a feminine, these rules of attraction apply. It doesn't matter if it's a masculine man and a feminine woman or the other way round or some other combination. If you are a woman who is reading this, please use your imagination and change the woman into man or whatever it is that you want for the next few pages. Primarily I am going to use a man's point of view but by man, I mean the masculine energy, by woman I mean the feminine energy.

Here you will learn the 3 universal rules of attraction that are going to change life forever, provided you understand them and choose to follow them. Now I know you would like to learn about this magic formula which will make you instantly rich and so clever that you can charm anyone you want anywhere you want. I know you want the pick up lines. And I know you want it now! Well I got some good news and some bad news.

The good news is: if you can fully comprehend the depth and the power of the three concepts given here and if you can appropriately manifest them in your own personality, you can have any woman or man you want, any time you want. Guaranteed!

Here is the bad news: It will probably take you a little time to fully understand and make them a natural extension of your personality.

The reason is that due to a very long period of cultural and social brainwash you have probably learnt a lot of wrong ideas and completely unproductive techniques to seduce and attract a partner of the opposite sex. First, you have to unlearn them. Now I'm not supposing you haven't had success in your romantic endeavors. What I am saying is whatever success you had is NOTHING compared to the success you are going to have once you have finished reading this book.

So here are the three basic rules of attraction:

- 1. Anything attainable without substantial effort is not attractive.**
- 2. Predictable is boring.**
- 3. Only challenge can keep attraction alive in the long term.**

Now let me tell you a story about this person called Adam. This guy lived a long time back in a beautiful place called Heaven. He had everything that a guy can ever ask for. He had a beautiful naked woman. He had lots of pets. He even had this special way of telling the owner of the place whatever he wanted and it was always available for him. Whatever he wanted... Except this one tiny little hiccup! There was this fruit he wasn't supposed to have.

This was called the forbidden fruit. And guess what happened? Even though he had everything that he could ever ask for: food, naked women, booze, you know the whole nine yards... All he could think about was that stupid little fruit that he couldn't have! And guess what he did? Well, he ate the damn thing and then lost everything he had and got thrown to this not so much fun place called Earth. Makes sense? No? Well guess what? He had this one genetic dysfunction that we all seem to have inherited. And that is called: *The Forbidden Fruit Syndrome*.

Simply put here is what it means... We, human beings, crave for things that are out of our reach. In other words, anything that can be achieved without much of an effort is not attractive to us.

Now I know this is a pretty messed up way of thinking and I also know this doesn't make much sense. But it's just how it is.

Think about one material thing that you dream about. Is it the tastiest packet of peanuts in your neighborhood grocery shop? No! Then what is it? I bet it's something that is somehow out of your reach at least right now. And guess what's more? Once you have found a way of achieving whatever it was that you dreamt about, you will lose interest; unless it keeps you challenged in maintaining it. And then you'll find something else that is out of your reach and dream about that. Now what has all this got to do with attraction and dating? Everything.

Here is rule numero uno: Men and women with high attraction value (for whatever reason) aren't attracted to anyone who is automatically attracted to them!

Ok... I know you are frustrated but don't be - the Master of Redefinition is here to guide you through the journey so just kick back and read on. To really penetrate inside of your brain, I am going to use some extreme examples. We will take the life of a really attractive woman. And to understand the inner workings of an attractive woman's mind, you have go inside the mind of one. And how are you going to do that? With my help of course. Ok ready?

Three. Two. One. GO!

Imagine for a moment that you are a really really attractive woman... No seriously, I want you to imagine! If you want results you have to follow this. So take your time and imagine what you look like. How really attractive you are. How stunning you look when you put on those Gucci sunglasses. Imagine the beautiful soft skin. Imagine a gorgeous smile and big lustrous eyes. Imagine... Simone.

Imagine that you wake up in the morning and you get dressed and you come out of your house walking towards the bus stop. On the way this loser is walking right behind you and checking your ass and you can tell without even looking. You choose to

ignore the guy. As you come close to the bus station, you see two decent looking office executive guys waiting in the line chatting away among themselves. As you get closer they are looking at you (more specifically your breasts!) and when you queue up with them, they stop talking and start trying to look real cool. You feel a little uncomfortable but you see this everyday.

You get on the bus and the middle aged guy in the seat across keeps looking at you like he's never seen a woman before. You feel a little tired.

Finally you get to office. You turn on your computer and find there is an email from your boss who asks you for the umpteenth time to accompany him to a "business trip" to Dubai. You told him many times you have a boyfriend (although it's not true) and accompanying him is not your job but he doesn't listen. Your co-workers act weird around you and the men are divided in two distinct groups. One, they call you slut/ bitch/ ice princess/ etc. And two, the ones that are willing to marry you in a five second notice and willing to walk on burning coal if you tell them you are willing to date them...

After work, you decide to drop by in the nearby pub with your best friend Donna. You order your drinks and start chatting with her. About ten minutes later this macho dude from across the room comes over and says "Hi ladies! Can I buy you a drink?"... What do you think your response is going to be?

One. Two. Three. Get back to reality. Now if you have really felt the ordeal of going through Simone's life, you probably noticed she has one major problem in her life. MEN! They simply don't act normal around her. Now the response to the drink could be anything from "No" to "I'm fine thanks" to "I don't accept drinks from strangers" to "Okay (and then totally ignore the guy)". See if you were the guy, you would probably go back to your buddies saying "What a bitch!/She's got a boyfriend" etc. However the truth is something completely different. Now let's see what's happening in Simone's reality.

To Simone ALL these men trying to please her, checking out her breast, trying to find a way of getting in her pants, blends into one huge blur of losers she just needs to ignore everyday. So much so, over the years she has also developed a “loser detecting mental radar” that helps her funnel out all the potential time wasters. It’s the same way we ignore most of the advertisements we see everyday. We funnel out 95% of them through our internal radar without even reading the whole thing. It’s the same way we learn to ignore bums who are asking for money for some noble cause. It’s the same way we tell the insurance sales people we have an urgent meeting even before they even made their sales pitch. It’s the part in our brain called the adaptive unconscious that makes all these decisions with very little information. If we had to read every advertisement in the newspaper to understand if it is useful for us or not, we would go crazy. If Simone had to give every guy a chance to take her out for a drink, she’d become a very serious alcoholic.

So here is what we are going to learn. We are going to learn how to bypass this loser radar and arouse the interest of women (or men) like Simone. Interestingly, as you understand more about psychology of attractive women, you will see the more attractive they are, the easier it is to get them interested in you.

Anyway, back to Simone. See, for Simone it’s a frustrating life. All the men she meets are all willing to offer themselves for something she doesn’t even need to make an effort for. Her looks! Now these men to her are the equivalent of the pack of tasty peanuts from your neighborhood grocery, only now it’s free and available in great quantities.

Now maybe the first time someone gave you some packets of those peanuts, you were probably happy. But after years of free peanut offering you are probably not very exited anymore. What Simone longs for today is something totally different. On a subconscious level she wants a guy who can ignore her beauty and act normal around her. Someone who is not constantly thinking about getting in her pants. Someone, for whom she needs to make an effort to win *his* continued attention. Someone,

who is NOT like ALL THE OTHERS. Just like everyone else, Simone is attracted to things she cannot get so easily.

So here is rule number 1: **Anything attainable without substantial effort is not attractive.**

Now let's see rule number two:

Ok... Imagine you are going to the movies. It's been a long week and you really need a break. Now it's one of those weeks when 4 different good movies came out but you got time for only one as you have a very busy schedule. You are having a tough time deciding. This is when on the screen right outside the ticket booth starts playing a trailer of this another movie you were not thinking about at all. You really like the trailer! You like it so much that you go to the ticket counter and buy the ticket. So based on the trailer itself, you decide to go for this movie you were not even thinking about. You go inside the movie, you get some popcorn, and you lie back and soon the movie starts. The first 15 minutes are okay and then it happens!

It's a remake of an old movie and you know exactly what is going to happen! On the top of that you didn't even like the original movie in the first place! Now how crappy is that? You sit through the movie 20 minutes more and yes, you can tell exactly how the next scene is going to be. It's a soppy love sick drama. You get mad at yourself for not being able to tell from the trailer that it's going to be the same old movie you already saw. Tell me how does it feel? You finally get out of the place half way, go back home in a foul mood, and go to sleep, but before you do that, you make a plan to see the "other" movie next week.

The example above is metaphoric. Here the story is about a busy attractive woman who's trying to choose between 3 guys who are all trying to get her attention (very typical for any woman above a 7.5 on a scale of 10). Now in some way this completely new guy comes in the picture and somehow he really makes a good first impression (I don't know, great dance or good looks or nice shoes or maybe all of them...). So much so, she decides to go on a date with him. Guess what happens, he gives in too easily



(violation of rule 1). But it gets worse than that. He does what every other guy tries to do, win her attention by buying her things and being overly nice. Now this, to her, is like a remake of an old movie she's seen too many times. She knows exactly what he's going to do next because she's seen it before more than once.

She knows this is how it's going to be: He'll buy her dinner. Try to be very careful that he doesn't say anything that might make her not like him. Try to find as many similarities as possible and hide the differences. Try to prove how he's the nice guy, compared to all the "bad boys" out there etc. After dinner he'll invite her for a drink and then finally at the end of it all he'll either try to very cautiously (and indirectly) hold her hands and hope that there'll be this magic moment when she'd want to kiss him or ask her if she wants to go to his place for a drink.

Well, guess what? With an attractive woman with many choices, this is not going to happen. She's bored already because she knows the story inside out. She's seen it too many times. And thus even though the guy might be good looking/rich or whatever, he's predictable i.e. BORING!

This is in direct contrast with what she wants in a man. She wants someone who can keep her guessing. Someone who can give her that butterfly in her stomach. Someone who commands her effort because he's not so easy to get. Someone who is not like all the other men always trying to kiss her ass. Someone whose actions are hard to predict i.e. exciting!

So here is our rule number two: **Predictable is boring!**

Now let's say you play the initial game with substantial finesse. And you meet this girl but you don't communicate your sexual interest too early to her. Matter of fact, you indicate to her subtly that it's not so easy having *you*. This gets her interest piqued and you go out on a more intimate date with her. Even now you keep it fun and exciting and you do what all the others are not doing. You make her pay for dinner, you take her to a bowling alley and beat her silly (why else would you take her there if you can't

show off?), you cut the date short and tell her that her time is up and you are meeting a friend for late night coffee. This really gets her attention. This is not the kind of guy an attractive woman meets very often. Things go well and you really fall for each other.

Now things get serious. You meet her every day. She comes and stays with you sometimes and you go and stay with her some other times. When you are at work, she calls or sms's you every hour and you do the same. You even start buying grocery for her and give her cat a bath on weekends. You feel like you two are a match made in heaven. In a nutshell, you are contemplating buying "the" ring sometime in the near future. You plan to take her to visit your mom the next weekend. And this is when disaster strikes.

One day you have "the talk". You know, she calls you and tells you we need to talk. You say sure honey bunny. And you meet and she tells you she's not quite ready for this kind of a commitment and she needs a break. Your heart is broken into thousand pieces and you cannot figure out what could possibly go wrong? You ask her if it's some other guy, she says no it's not about anyone else, it's just her. She's just not ready. You go back home teary eyed, wondering, how the hell could this have happened? Everything was so... perfect!

Okay, allow me to explain without further suspense. You messed up on multiple occasions mate. You disappointed her by becoming exactly what she doesn't want you to become. First off, you are not supposed to meet her every day! That's predictable i.e. violation of rule 2. Secondly you are not supposed to answer all the calls whenever she wants to. That's again predictable. Thirdly, you shouldn't have bought groceries and god forbid given the cat a bath! That's doing too much without effort! Did she buy groceries for you and given your dog a bath? No? Violation of rule 1. Lastly, you planned to introduce her to your family too early. Again, she didn't have to make enough of an effort to earn that position. To keep things simple we'll just take the major causes into consideration, but anyone who makes these mistakes will

definitely make a lot of other mistakes too but for the sake of brevity, we'll stay out of it.

So this whole thing brings us to rule 3 which deals with how to sustain attraction once you have created it? Simple! Don't stop doing the things that originally made you attractive. This is one fatal mistake that somehow human beings feel "compelled" to make. That is, whenever something is working, they feel like they have to change the strategy and do something different. For some reason it's typically "a guy thing" but women do it regularly too.

So here is the big advice: If it's working, keep doing it! No seriously: DO NOT CHANGE THE BEHAVIOR! It doesn't matter if she is your girlfriend now, it doesn't matter if you are sleeping with her, and it most certainly doesn't matter if she feels like "the one"! If you change your behavior that originally got her attracted, she will change "you" and go to someone else. Got that? Good. Now let's see what those things were that she found attractive about you:

She had to work for your attention. You did not buy her dinner/things just because she's pretty (does not mean you cannot buy dinner for people but simply when that is what is expected because someone is of high value, the way to go is break that expectation).

You were unpredictable. You ended the date, not she. You subtly communicated that you are not easy to get.

You had a life. You had to meet friends and you left her wondering who could be more important than her?

You were fun and exciting. You beat her silly in the bowling place.

Now you lost all those qualities! She doesn't need to work for your attention anymore, all she needs to do is dial you number and you are there, anytime, all the time. You are predictable now. She knows she's going to see you everyday. You don't have a life any longer and she knows that she is the most important thing in

your life. You are no longer fun and exciting. You bathed the cat for godssakes! Don't you have anything better to do? So as you can see, even though the initial ingredients were all good, and it got you exactly where you wanted to be, it did not last because you forgot the last rule. And that is:

### **Only challenge can keep attraction alive in the long term.**

So there you go, now you know where you went wrong. Too many people whine about how they want to be "just themselves" in a relationship. Well, let me assure you, if "just yourself" is not worth an effort, predictable, or not challenging, it's not good enough. Redefine it! It's pretty simple. But you have to work for it because it may not be easy.

### **From the woman's side of the story:**

So what does all of this mean if you are a woman? Everything! As I said earlier, as long as there is a polarity in the relationship the rules of attraction apply. Human minds operate in the same way regardless of gender when it comes to attraction. The reason women don't get into so much trouble as men do is because, most men have absolutely no idea about these rules. And therefore they go on to do the complete opposites and thus end up with a frustrated woman. Or in the case of an attractive woman, because of countless number of men constantly hitting on her, she becomes naturally challenging thus have the men putting all the effort.

However, this doesn't go on forever. The nature of the game is that eventually the woman has to give in. And eventually she stops being so challenging. And this is when the man gets bored. And eventually the players change the roles. And now the woman has to win his attraction back! We have all seen how even the most attractive and challenging women of yesterday ends up fighting to win her distracted husband or boyfriend back from someone else (somehow models and actresses become victims of this phenomenon more often). The reason for this happening is very simple; the man who fell in love with her because of her challenging persona is going to get bored when she loses that

persona. So many women fail to understand this, it's amazing. The solution is to never ever forget the 3 rules of attraction. No matter how much you love him or he loves you, if you break these rules, he will look elsewhere. It's inevitable! Attraction is a living energy and its fuel comes from the 3 rules.

Now if its you who is pursuing the man or are in any part of relationship where you are putting in more effort than your boyfriend or husband or whatever, and he is being difficult to tame, then you are breaking one or more of the rules of attraction. Stop doing that. Be the person he originally fell for. Or if you want him to fall for you, use the 3 rules of attraction. It's the same for men and women. Just read the preceding section again, only with Simone replaced as Steve who is a prize kill for all women.

## LESSONS FROM THE DRIVING RANGE

There are some very important lessons about attraction that I have learnt from golf and I want to share them with you here. Whenever you are starting to learn the basics of golf, you'll be taught the following lessons. Whether or not you are a golf enthusiast is immaterial. What is important is the underlying philosophy. So when reading this, read it with an open mind and try to understand the metaphorical lessons in it. If you can understand and remember these principles, it will improve your game of attraction a lot.

When you are first learning to hold the club and hit the ball, it is very important to forget the ball, forget where it's going to go or how far. Concentrate on the swing and your posture and the ball will take care of itself. The best shots are those taken with a relaxed body, with your focus on the correct swing, not the ball or the outcome of the shot.

Don't let your own expectations on yourself overwhelm you. The more you concentrate on the swing, the better you get. Even if you completely miss the ball and it's exactly where it was, as long as it's a good swing, you have learnt something.

Life is like a driving range, there are many many chances. The difference between a beginner and a pro is that, a beginner keeps trying to shoot the ball as far as possible every time, while a pro is trying to improve some aspect of his swing. That is why the beginner will use a lot of strength in hitting the ball and only shoot a few yards or maybe just drop the ball off the bay, while the pro will concentrate on his swing, use minimum energy and shoot the ball way into the fence.

When you are learning this game of attraction and seduction, forget about the outcome. Every shot is a practice shot and the ball is unimportant. Concentrate on the swing. Before you practice, decide on which part of the swing you are trying to improve and be happy if you have improved that.

## BODY LANGUAGE

This is the most powerful concept you can ever learn to effectively communicate with people or even more importantly, to read minds! Whether you are a man or a woman, this is one hell of a skill you can teach yourself. And I am going to “try” to teach you this. I say try because it’s terribly difficult to explain this on writing, or for that matter by pictures. Real body language is too subtle to describe with words or pictures. The only way you can get good at is by observing real people in action.

You need to consciously watch people and the way they move. Observe a courting situation, what is the man doing? How is the woman responding? How can you tell she is attracted to him or not? Don’t listen to them, observe them. You can practice anywhere anytime whenever there is another human being around. Watch how they sit, how they talk, how they look, how they respond to eye contact. The more you practice, the better you will get. Just like learning how to swim, you might know all the theory, but unless you practice, you will never learn to read the subtle language of the body.

Remember this: *in any courting scenario, over 90% depends on effective use and interpretation of body language.* Think about it, a millimeter of difference on your eyebrows and your best friend can tell that you probably don’t like it when she gets too close to the guy you are dating. A little faster blinking of your eyes and your mom can tell you are lying about your semester grades.

And if you are a guy, here is something you probably don’t know: even before you make an approach to a woman, she can tell from further away, how confident you are, what kind of social status you have, and quite possibly how good you might be in bed. She may not always be completely conscious of this to verbalize it but she knows. Sounds unbelievable? I know. But it’s true. 93% of our communication is non-verbal i.e. through body language and tonality. Think about it.

So while you are concentrating so much on what to say, the content of your words only make up 7% of your communication.

Which means you could just go and say “How is the weather?” and mean that you are a confident, intelligent guy who has a high social status, just by the right use of body language and tonality. If you know how to read body language effectively, you can tell with near perfect accuracy when a woman believes what you are saying and when she does not, when she is ready to be kissed, when she is thinking about making love to you, and finally when she is lying and when she’s telling the truth.

So with something this important, I cannot emphasize enough that to be successful with attracting high value sexual partners, men or women, you need to be a master of body language. Here is something you need to get inside your head: FORGET the pickup lines, CONCENTRATE on body language! When a woman first meets you, 90% of her impression about you is formed within the first 90 seconds. So spend 90% of your time mastering body language and the rest on everything else.

Now let’s get down to business:

The very basics of mastering body language is not in the movement or reading what her movements mean, its being careful about some very basic stuff. And as usual it’s not about them, it’s about you:

Personal hygiene and cleanliness. Clean clothes? Clean shoes? Haircut? Nose hair?

Check your breath: Does it smell? Do you really know? Did you ever ask anyone if it smells?

Does your cologne or perfume work on you? Or do you start smelling bad a couple of hours after you go out? How about after you have been on the dance floor sweating away? Most people cannot tell even when they smell like a rotting corpse. Do you really know how you smell? Ask an honest friend.

Are you obsessed with talking about yourself? If so, stop! Listen to the person you are trying to attract. Listening is an art. Most people are too occupied thinking about what they are going to



say next or worse still staring at her breast or thinking about how to get her to bed. Don't make this mistake. Highly unattractive! LISTEN to what the other person is saying. Listening is absolute essential in reading people. And also when you talk less and listen more, not only it makes you look smart, but also mysterious.

Don't get too drunk if you are at a bar or pub or a party. If you are in the mood to get drunk, then forget everything else and have fun. Don't think of attracting anyone tonight. Because here is a secret: drunks are not attractive at all, they are a liability. If you have to drink, drink only as much as it takes to just relax you and no more.

The journey begins with you:

Remember the *Invisible Placard*? Read it one more time to get the idea of the message you are trying to convey to the world. The key however is congruity. If you just talk and if your body language isn't congruent with whom you say you are, nobody is going to buy it. What women want is a man with a soul. A sparkle in your eyes. The promise of a life filled with adventure and fun. And that doesn't happen when you are a man without a sense of purpose. What men want (deep down) is a woman who can flow life force through her, who is radiant with her feminine glow, someone who is sexy inside and outside, someone who can keep changing and keep him entertained.

What I am saying here is, once again, the journey begins on the inside. You will reflect what you feel inside. If you feel sexy, you will be sexy. If you feel confident, you will exude confidence. (And as you get better in all these physical aspects of your life, you don't just get better in attracting sexual mates for yourself but you grow as a human being.)

So be interested. Feel passionate. And never forget your mission in life. Be soulful. Be happy. Work on yourself. Go to the gym. Take dancing lessons. Take up Pilates. Take martial arts. Follow your passion, live life with integrity and never forget what you are here for. Never compromise your truth for anything or

anyone. Eat healthy, exercise regularly, drink lots of water, love life and you will have already created an irresistible body language.

## BODY LANGUAGE 101

I have a friend called Abdullah who has an amazing capability of picking up women. Whenever we go out together in a bar or pub, he can instantly identify the available women, make his choice and sometimes in less than 10 minutes he will either start making out or take her back to his apartment. Not that this is an admirable quality to look up to but this man somehow has the radar to detect which women will respond positively to him. Funny thing is a lot of women will just start talking to him also out of the blue. Now this guy is neither good looking, nor very rich, nor does he dress like Jude Law. He is not even the most upbeat and charismatic person.

Do you know someone who is the same as my friend? Any idea how they do this?

### **The Invitation:**

There is a misconception that men do most of the courting and take all the first steps. While it is expected by women, that's not how it works. Research has shown over two thirds of all courting invitation signals are communicated by women. Unfortunately men are about as effective in picking up the signals as a chimpanzee trying to browse the internet. Here are the classic courtship signs that can tell you when someone is attracted to you and sending the courtship signals for you to take action:

Reaction to eye contact:

Guys when you make eye contact with her, never look away first. No matter how awkward it gets. If she keeps holding her eyes on you long enough, smile confidently and go say hello. However most times she will look away. When that happens, notice in the next few seconds if she fixes her hair, adjusts her clothes, or plays with something. If she does, it means she is attracted towards you and feeling a little nervous. Go say hello.

Shoulder and body positioning:

Shoulder positioning is one of the sure signs of attractions. If someone is feeling attracted towards you, he/she will always face

their upper body towards you. It also works the other way. If he is not attracted, he will face some other way. Basically, we always position our shoulders towards what we like.

The mirror of the mind:

Eyes are the most obvious giveaway. And unless she has black or dark brown eyes, her pupils are one thing she can never fake. As she feels attracted or aroused, her pupils will dilate. If she feels not interested or doesn't like what she is seeing, her pupils will contract. Now the only thing to remember is that this only works in a moderately lit environment. If she has the sun shining directly towards her eyes, even if Brad Pitt is trying to seduce her, her pupils are going to stay contracted.

Angle of the body:

Is she leaning towards you or away from you? If her shoulders are facing you and she is leaning towards you, you are taking her tonight.

Flashing palms:

She will only show her palms or the inside of her wrist to people she is attracted to. One of the ways women do that is if she is smoking a cigarette, she will hold it up around ear level, with the cigarette facing backwards and the back of her wrist facing you. She might also just show you her palms just as way of talking. It's a sign of submission and invitation.

Laughter and jokes:

Does she laugh at your jokes a little more than others do? Don't get the false impression that you have suddenly become very funny. She likes you.

Touching and caressing:

If she touches you while she talks, or to make a point, or while she is laughing, she is probably thinking about going home with you tonight.

The Hair Touching:

The most obvious sign that is unmistakable sign of attraction is her playing with her hair while talking to you or while listening to

you. If you see it, it's happening. Don't think, don't doubt, she definitely feels attracted towards you.

#### Accessories and Attraction:

If she starts playing with her earrings, she's thinking of touching you. If she starts doing up and down with her fingers with the stem of the wine glass, she is thinking of doing the same with you. If she starts playing with her key rings or some other accessories while looking at you, she wants to play with you.

### **The Rejection:**

And here are the negative signals in a courtship situation that should tell you, something is not working, you need to change what you are doing. At any courtship situation, it's important to remember that even if she is sending negative messages towards you, a woman only sends what she feels "right now". It can change any moment if you can manage it. All it says is basically what you are doing, or what you have done so far has not worked. So you have two choices, a. walk away and start new b. change your ways and keep persevering. Remember the feminine is only change.

#### Eyes Again:

If she rolls her eyes towards you, it's a message she is sending to everyone else that she is not interested in you.

#### Arms Crossed:

Arms crossing is the sign that she either feels uncomfortable, or insecure, or doesn't like you. It's an unconscious sign of seeking protection. You can try to change it by showing her your palms, or smiling more, or saying something that will make her feel not threatened.

#### Legs Crossed:

This can be a good thing or a bad thing. If she has her legs crossed but her knee points at you, that means she is attracted towards you but also a bit nervous. If the knees are pointing in some other direction, she is not interested.

#### Angle of the body:

If her body is leaning away from you, it's probably time for you to look elsewhere. For some reason she feels repulsed.

### **How to carry yourself:**

#### Eye Contact:

As mentioned earlier, learn to hold a confident eye contact. Men have an awfully hard time doing this. It's as if the woman is going to kill him if he doesn't look away. Well guess what? That's precisely why she will keep looking, to judge whether you are up to it or not. But confident eye contact doesn't mean an angry eye contact. Always smile through your eyes. The brain can read these signals so she will see the smile also. If you forget this, it becomes the looks of a psycho.

#### How to walk:

Always walk upright with your head up and shoulders relaxed back. Don't be stiff but don't slouch either. When you walk like that you look bigger and confident. It doesn't matter what your physical size is. And remember this requires practice for most people. So consciously learn to check yourself once in a while.

#### Slower, slower, yesss...

Unless you are going to miss your plane, learn to walk slow, move slow, and most importantly, talk slow. When you learn to move and talk slowly, it exudes confidence. Learn to pause when you are talking. Don't finish a sentence in one breath. Take your time. It creates a sense of suspense. This is vitally important so I will say it one more time: learn to speak slowly. It is so much more attractive that it's not funny.

#### How to sit:

When you sit, NEVER cross your legs. I know sometimes your whole body just feels like crossing them, you know why? Because for some reason, you are feeling uncomfortable or nervous; even if there is no reason behind it. Learn to fake the body language. Always sit in a relaxed spread out way. Confident people take a lot of space. Nervous people curl up as much as they can. When in any public place or in a social setting, ask yourself if you were the owner of this place, how would you sit?

How to stand:

NEVER put your hands in your pockets. It's a sign of insecurity. Stand with your hands comfortably hanging beside you or rested somewhere.

Wave a lot:

Be joyful, animated and passionate in what you are saying. People who wave a lot when they are talking tend to be animated and playful in bed also. Women know this! Only word of caution, don't become a clown doing this. Just be playful and animated.

## HOW TO AVOID PITFALLS WHEN A BIGGER PLAYER GETS YOU

Okay! Now here is a very interesting topic. This is the one that when the time comes, the human brain simply decides to block it out. Why? Because when you are head over heels for this one woman who you cannot tame, all the knowledge that you have acquired before becomes null and void and your brain goes on automatic override! From a level headed, mature, intelligent man (or woman) you become a teenager falling in love for the first time. And thus you make all sorts of mistakes that you normally wouldn't make and, because of that, your untamed sweetheart becomes even more unlikely to give in to you. And the vicious cycle continues.

Highly unproductive!

And that's why I am going to do as much as I can to warn you of this one pitfall that you are quite likely to face and, without help, quite likely to fall. This has the potential of ruining all of your plans and totally taking you off track. So listen up.

If you are thinking to yourself that you are smart enough to avoid all of this and there is no woman (or man) who can possibly outsmart you, let me assure you, there is. And in the words of my cricket enthusiast uncle, "even the best batsmen are sometimes bowled out of the game with a zero score. And the ball that hits his stumps is the one that looked the easiest". Think about it. And if you are thinking that you are too old, too married, too much in love or too whatever else to get into situations like this, here is my one piece of advice for you: life has a funny way of making u-turns when you least expect it. So...

First step to solving any problem is to first acknowledge that there is a problem. The second step is understanding its nature. So let us first acknowledge the problem that there is a possibility that you might meet a bigger player than you are somewhere along the way.



Now identifying a bigger player is not always so easy. Sometimes you can tell that the person you are dealing with is clearly a bigger player than you are and you know you have landed in soup. But some other times the bigger players start out as very small little helpless things. However something happens along the way and that helpless little thing wins you over and then somehow the game changes and suddenly you realize that your helpless little thing is in control now and nothing you do works anymore.

Anyway, whatever is the case let us acknowledge that sometimes you might lose control and go head over heels for someone who is taking you for a ride. Once you have acknowledged that this might happen, we are ready to go to the nature of the problem.

Some of the clear signs that you are dealing with a bigger player than you are as follows:

You are constantly trying to impress him or her by doing favors / buying things / etc.

Somehow none of the things that you do seems to have any long lasting effects on the person.

You feel obsessed about her and you are willing to make any sacrifice to win her.

You start doing things that harm you financially / physically / emotionally.

You are still happy as long as she/he is at least with you.

Now if more than one or more of the above are happening to you, you know what it means. Unfortunately, if you are stuck in that vicious cycle, it's highly unlikely that you are going to turn the tables around anytime soon. Now here is the remedy:

First off, it's vitally important for you to remember your mission statement in life. If you have done your work, you should by now have a clear mission statement along with a detailed plan of how

to get there. Refer to it. No man or woman is worth getting distracted from your dream. I know it feels like there is nothing beyond this one cute thing that you want more than anything else, but don't worry. It's just the hormones fogging up your brain. Your mission in life is more important than anyone or anything.

Secondly, acknowledge that you have messed up. It's ok. Even the greatest players in the world mess up on a regular basis. Don't let the shame and guilt overwhelm you into being stuck. It doesn't matter. Laugh at your own mess and move on. There are about 3 billion other men or women waiting for you of which many are more fun, pretty, and intelligent than your mess up princess. Be unashamed to accept that you have made a mistake and messed up. Now forget about it and go back to track.

Thirdly, the only way there is even a little bit of possibility that you might actually turn the tables around is if you can effectively learn to ignore her. Indifference to a big player is like what salt is to a worm. They simply cannot take it. So if you can learn to ignore her, she will do everything in her power to get your attention back. Don't let her win this time. If you do, you have lost again.

Fourth, if you are stuck in a situation where the bigger player is somehow your partner or employee or somehow there is money involved, dump the whole thing whatever it is or get rid of her. You are going to lose all of it anyway, eventually, so free yourself with some dignity and minimize the damage.

## 5 PERSONALITY TYPES TO STAY AWAY FROM

This section is primarily written for men because they are more likely to fall into this kind of pitfalls. Women have somewhat of a better gut instinct in detecting a dysfunctional personality type. Just the same, if you are a woman, just read through and it will give you a perspective on what type of people in general to stay away from.

There are some people who bring about incredible amount of suffering to whoever they are with. These people, men or women, have become dysfunctional personalities for whatever reasons. Now first and foremost word of caution is: Never think that you can change them and make them a better person! Don't even go there. The only person you can ever change is yourself, and nobody else. Get that inside your head.

Sometimes it can be very tempting to play the rescuers role but if you go there you WILL suffer. The only person who will be affected in the process is you. So unless you are looking forward to bringing about untold amount of headaches, unhappiness, physical trauma, even death, learn to stay away from the following types of people.

### **Personality Type 01: The Clingy**

Be careful of people who are too clingy. It says something big about them: they have issues! Now I have met and continue to meet many women of this type who are also some of the cutest of them around (typically not the beautiful, not the sexy, but the cute ones fall into this category). When you meet them you will feel the overwhelming urge to bring them home and protect them (now I'm not talking about the balanced cute ones who can make you feel the same way, it's the clingy cute ones). Typically these women also get jealous easily.

So what's wrong with them? They have serious insecurity issues and they will cheat on you. They are like parasites that go from

one host to another host feeding on security and comfort. These are the most counter intuitive ones and in the beginning they can feel like your prize kitten. Do not be fooled though. The one that quickly started clinging to you will also go ahead and cling to some other macho idiot when she feels like it. Unfortunately men have a very hard time resisting the temptation because it makes them feel like King Kong! But remember how King Kong died? He got captured because of the cute little human thing. Learn from it.

### **Personality Type 02: The Broken Family**

Personality type 2 to stay away from is the one that has a dysfunctional family. Typically women who have a healthy relationship with their mother and father are likely to have a healthy relationship with you. If they hate either their mom or dad, it's more than likely you will have a turbulent relationship with her also. This is time you are going to say "but she is so innocent and a victim of circumstance, her father is a drunk asshole... etc". Yeah I know. It's always like that. Here is what I have learnt in my experience: Everything is everything. Nothing in your life is independent of you. In layman's terms, if she hates her mum/dad, have not taken the time to work it out, is still in a place in life where she has dysfunctional relationship with her parents, she will have dysfunctional relationship with you too.

### **Personality Type 03: The Entertainer!**

Personality type 3 are the people who are or have been in a profession that can create dysfunctional personalities. If she has ever been a prostitute, stripper, porn actress etc, STAY AWAY FROM HER! Unless by her own merit she has rehabilitated herself already and is enjoying a balanced and healthy lifestyle, the chances that she will bring about great amounts of suffering in your life are almost guaranteed. And here is the thing, she will always invariably have a heartbreaking, "genuine" story of why she is doing it or had to do that. Great, listen to the story if you have to and then run! These people are 90% guaranteed to have a disturbed personality and will bring about suffering to your life: financially, physically and emotionally.

### **Personality Type 04: The Druggies**

The 4<sup>th</sup> personality type is the druggies and alcoholics. If someone drinks too much or takes drugs, they are the unbalanced type and to be stayed away from. These people are trying to distract themselves from something deep within them. Don't be fooled if nothing seems to be wrong with him/her. It takes months to find out what exactly is wrong. And unless you are a professional therapist, it's not your business anyway.

### **Personality Type 05: The Self Destructive**

Type 5 is the self destructive type. The message is very simple here: they hate themselves. And these are some of the most dangerous types. These people have nothing to lose. When a person can harm his or her own self, that person can harm anybody. They are typically unafraid of any consequences also. If you find a woman who is self destructive in nature, politely excuse yourself and move away. Before you know it, these people can attach themselves to you. And once they do, they can be very difficult to get rid off. All the other dysfunctional personality types respond to fear, these types don't. They have no meaning for fear as the one thing that mean most to us have no meaning to them: ourselves. So beware of marks on the body that shows cigarette burns, cuts etc. It's there for a reason.

Lastly, if you ever discover that you are with one of these personality types, get rid of them immediately. Don't have sex with them, don't kiss them, don't try to save them and don't listen to their sad story. Just remember that there are many normal men and women out there. The moment you find out that she is one of the above types, get rid of her. Don't communicate, don't say anything, just move away. It is very likely that she will come back to you promising to change, don't listen to her. She will never change.

And finally remind yourself that you are on a mission. Ask yourself this simple question: how is this person going to help me move towards my goal more quickly? Remember, a dysfunctional personality will sooner or later slow you down in your journey. Even if they look like the cutest, most resourceful, most helpless

thing in the world, stay away! Failure to follow this is going to cost you a lot of money, time and sometimes your life. Don't take chances on this. It's not worth it.

## ON COMMITMENT

There will come a time when this one man or woman will come along and he or she will have her own principles and expectations and you would have to make a choice. This person will typically be one of the most attractive and intelligent and fun people that you will ever meet. And she will not give in to you unless you give in to her. This person will be unlike all the others you have met so far.

So what do you do? Well before anything else, and I can't say this enough, you need to be very clear with this one simple concept: your purpose of life always comes before any relationship.

If you understand that, ask yourself the following questions:

How does this person fit in my purpose of life?

How is this person going to accelerate my progress?

How is she going to support my purpose?

Is this the person that I want in my life continuously and for a long term?

Is she the best that I can find who will give me the most love, support, care and sexual gratification?

Remember the only reason you might want to be with anyone on a long term basis is not because she has awesome breasts, or lots of money; it's because *together you can help each other grow more than you could by yourselves alone*. That's it.

One of the main reasons we see so many failed relationships and dysfunctional families and broken marriages is simply because these people get together for all the wrong reasons. Typically our perceptions of love and relationships are formed by movies, songs, poems and TV drama. Unfortunately, the people who write or create these love songs and romantic movies and soap operas are some of the most unsuccessful people in their personal lives. Look at some of your own favorite romantic songs and movies, it's quite likely that they were written and acted by people who

have the most messed up personal lives imaginable. Most have been divorced multiple times. Some of them committed suicide. And yet some of them died due to alcohol and drug abuse and other not so romantic ways... Is that how you want to learn the meaning of love and how to go about finding it?

Here is one of the most popular ideas about love that we follow: when life is not working the way we want it, we look for someone to come and make us feel better. When we have major family problems, things are not going so well financially and emotionally we are not very happy, we look for someone who will love us, someone who would make the pain go away, and someone who, with the magic of her kiss, will take all the troubles away... Sounds familiar? This is the most guaranteed formula for a lifetime of unhappiness.

Remember you can never give anyone what you don't already have. If you don't love yourself, you cannot love another person. If you are not happy on your own in your life, you can never make another person happy. It's that simple.

So once again, let me remind you the ONLY reason you might want another person to share your life is because you can both help each other grow more than you could by yourselves. If she slows you down, or if she is another responsibility that you have to take care of, or if her presence doesn't fully align with your true purpose, there is no reason you would want to be with her on the long term.

You can think of this in another way. Your life is like a business where you are the CEO, the final decision maker. Now when you are thinking of taking a partner, do you look for the prettiest person who has absolutely no idea of how your business works? No! You look for someone who will be able to make the business grow even further. Someone who would be able to help you do things you wouldn't be able to by yourself. Good looks, charm, sense of humor are all secondary.

Each of us, each man or woman, has a gift to give. When we come together in a relationship, we give our most intimate gifts



to the other person. The true purpose of being in a long term commitment is simply that this person will give you more than what you could get from all the others you are dating, combined! She will help you constantly learn and evolve MORE than all the others. She will push you towards your goal MORE than the others. And she will love you, nourish you and satisfy you physically, mentally, emotionally MORE than the others. If that does not happen, if you are also not able to give her the same in return, there is no reason you should be in a long term commitment.

In the end, before you go about looking for that perfect person let me assure you that you will NEVER find him or her. Not unless you have become the perfect person yourself. Remember once you have taken care of your inside the outside will automatically take care of itself... Once you are ready, you will no longer need to find her, she will come and find you. So instead of looking outside, look inside. Your sunken treasure, your true freedom, your soul mate, your perfect life, is all within you. Look deeply. There is a lot more to discover...

## **Part V: Redefine Your Livelihood**

## REDEFINE YOUR LIVELIHOOD

When I was a kid I wanted to join the army and become a Commando!

Well actually... that's not true. What I really wanted to be was James Bond but I figured it wouldn't be a good idea to tell my parents that I secretly watched their Casino Royale video tape (I was only 7 and it was out of bounds for me). Even at that age there was something deeply attractive about the world of the rich, traveling to exotic lands, beautiful women, guns, being able to kick ass etc. But since I couldn't tell anyone about my real motivation, when someone asked me what I wanted to be, I said, I want to go to the army and become a commando.

By the time I was 12, I became strongly attracted towards, of all things in the world, psychology. There was no apparent reason why this would happen. I started reading graduate level psychology books and it actually made sense. I used to go to the school library and while all my friends would borrow story books or comics, I would study social psychology, abnormal psychology, general psychology etc. The librarian called me the "Psychology Kid" and the other kids called me "the nerd" (naturally). Although this attraction towards understanding the human mind is still as strong, if not stronger today, I never thought at that time that I could ever do anything practical with this little "hobby" of mine. What can you do with psychology anyway? Deal with mad people? Psychiatrists are weird anyways. No body wants to become one. Or so I thought.

As the years passed my dreams took a new direction, and by the time I was 17, I wanted to become a lawyer. There were quite a few good reasons why I wanted to become a lawyer. I have a pretty good capacity of logically persuading people. I can negotiate well. I have a strong affinity towards law and justice. And I knew it was a glamorous job. People always looked up to lawyers. I loved the way they talked and I noticed women have a thing towards lawyers.

When I passed out of high school, the computer industry was booming. So I took a computer course for beginners. As it appeared, I was pretty good at computers also. At the time we were always hearing stories of how this young kid has become millionaire by creating this software. How one of my cousin's friend is earning a load of money in his new job, and all he did was this one little programming course. And I couldn't wait to create my first software also. So I took up a little advanced course and I enjoyed it. And my dream changed one more time. If all these losers can do it, so can I, better than them, I said to myself.

So finally destiny was shaped, I went to college studying computer science. I did great on my first semester, I was good in programming because I have a logical mind. I did well in almost all subjects except math, which I hated. But even with a little back pull from my math subjects, I was doing quite well. I just needed to work harder for the math part.

My parents back home were very happy as I showed them my programming skills. Even though they didn't understand much of what the programs were about, they felt good knowing that their son is on the right track. They said that if I keep up the good work, "I would never have to worry about getting a job". I believed that too. Good programmers are hard to find and they were all in highly paid jobs.

Unfortunately, as a couple of semesters passed, I found that all though I'm pretty good at programming and understanding the mechanics of it, I hated the long hours it required sitting in front of the computer. And not to mention the increasingly mind boggling calculus courses that I had to keep on taking.

As the months passed by, my computer science course became more and more of a drag. I couldn't imagine myself anymore becoming a programmer sitting on my computer all day, even if it paid a lot of money. That's just not me. The last thing I wanted to become in my career was a professional geek. I craved for the human touch in my work and I began to wonder how can I bring about a change?

So I looked around and I saw my business class friends and I was awestruck. While me and my comp sci. friends were spending all day in front of the computer, looking disheveled, wearing thick eye glasses, shaggy clothes and often unshaven for days, my business school chums were all suited, booted and scented. They had the time to hang around in the café all day and had all the cute chicks. Now that I was noticing all this, I couldn't believe my eyes! And they all talked about such interesting things like business law, and ecommerce, and negotiation and communication. This was where I wanted to be!

Anyway, the gist of the story is, I didn't enjoy being a business student either. Something missed in the picture. What looked like smart and intelligent and informed and glamorous from the outside, turned out to me as although interesting, a bit shallow and a lot of it was waste of time. Something just didn't click. I tried to study psychology, that didn't work either and finally I dropped out of school on my 3<sup>rd</sup> year and started my own business. Naturally, not having known the basics of running a business (Marketing, Management, Finance and Operation) I failed miserably three consecutive times.

Now before we go forward to anything else, I want you to notice a pattern in all my dreams and career decisions. Can you guess? If it's not apparent yet, go and read the preceding section one more time, its important. Once you can see the pattern, go to the next paragraph.

Notice that after I matured a bit, after 15, all my dreams and decisions were based on outward glamour and what other people thought was good. At each point, I decided to pursue something because it was the in-thing to do. I wanted become a lawyer because it was the cool thing to become. Something people recognized. Something that was considered a smart decision. Similarly, I decided on pursuing computer science because it was the "right" thing to become at that time. It promised of job guarantee and high pay. People understood what it was and whenever I said that I studied computer science, my friends and family nodded in approval. That was a big satisfaction. Eventually

I wanted to study business again for all the wrong reasons. It again “looked” cool. I got social validation. It was the “in thing” to do.

In my real business decisions I continued the same pattern. It’s interesting to note at this point, the definition of pattern, which is: *unconscious repetitive behavior*. And that was exactly what it was. Without ever realizing, I kept on repeating my behavior, which was always going with the crowd, what people thought were the right thing to do, what people thought were cool.

Interestingly, the real message came quite strongly in different ways before I was 15. Before all the advertising messages and the big marketing companies and cultural brainwash hadn’t entirely blocked up the “original wisdom”. But as luck would have it, I would make all the mistakes that I made and come to tell you today all that I am telling you today.

So, with all honesty, I want you to think, does my story sound somewhat familiar? For most people, it does. Of course your story will always be a unique one. But think about all the goals you have set in your life, the plans you make everyday, the business decisions, the career choices, the relationships, the job, the university course, everything... are they based on what you truly love doing or are they based on what is the “right choice”? Does your everyday decisions align with your true purpose or is it dependant on what your friends or family will think? Are you passionate about what you do or is it just work that brings you money? Do you ever feel like there is more to life and you are underplaying your capacity? Do you feel like a square peg in a round hole? I want you to think.

In the global village most of our wants and desires are shaped up by the big marketing companies. And trust me when I say this, these guys know the power of hypnotic compounding, neuro-linguistic programming and other mind altering skills. This is why you never see a good commercial once. They will keep repeating and keep repeating until you finally buy the product.

Unfortunately, it doesn't stop with the products only. Our whole decision making process is affected by a whole range of factors including advertisements, movies, newspapers, cultural beliefs, social expectations, family education level and all of these factors are complexly interrelated. It might seem there is seemingly no correlation between your decision to apply for a credit card and who you decide to marry, but these are all connected in an extremely complex web of interconnected factors which are devilishly difficult to see through. What looks like the smartest thing to do in the beginning of life can, in fact, mean a lifetime of liability that you may never come out of.

The problem lies in the fact that most of our major decisions in life are not made because of something we honestly, passionately and truly believe in and want. Most of our decisions are made based on what other people "might" think or what is accepted as the right choice. We often choose to study something in university because it is what our parents want us to do or something that is currently in demand. We rarely stop to ask ourselves is it really something I am passionate about? Is this something I love to do? Is this what I was sent in this world to do? Is this what I always dreamt of becoming? Instead what we do ask is, is this one of the most popular things to do? Will people look at it with respect and admiration? Will I get a high paying job? And we make our decision. We often follow this decision up with degrees, jobs, accreditation etc which only serve to do just one thing, it validates our ego. But in the process, we go further and further away from what is the truth, what is our passion, what "was" our true purpose.

Ironically, the academically intelligent people are the one's who are more likely to stay stuck in this cycle forever. These people are capable of producing good results in mostly whatever they do. They have the leverage of an academically intelligent mind.

A young man, who has great academic results in high school, is likely to succeed in whatever course he takes in college, even if the course has nothing to do with his real passion. Unfortunately, because he comes out of college with good results, this more or less guarantees that he will be getting a decent and well paying

job. And all this keeps validating his ego that this is the “right thing” to do. His family reinforces his decision by telling him that he is doing great. His schools and colleges reinforce his decision by giving him good grades and his friends reinforce his decisions by looking up to him. All these are positive reinforcements. And any behavior that is reinforced positively is likely to occur again. So the cycle continues.

Unfortunately as life passes by, this individual will feel emptier and emptier inside as he gets further and further away from his true purpose. And that is why we have so many so called “successful” yet unhappy individuals who never feel truly and passionately alive. Everything worked out great; he lived everyone else’s dream, only his own dreams died in the dark corners of his mind unheard, unfulfilled and unrecognized.

Good thing about being not so great academically could be that the not so great student doesn’t have the leverage of an academically intelligent mind. Meaning he cannot succeed in everything he feels like doing. Therefore, he has to find other ways of stimulating his mind to be able to do well in schools and colleges. And what is that? Typically he will have to study something that will interest him. This automatically directs him closer to his passion. So even if he gets stuck in a job that is not aligned to his true purpose, it will at least be somewhere in the vicinity. But this is just a possibility and not something that happens all the time.

One of the reasons most of us spend life times without ever finding our true passionate livelihood is that we are taught to compartmentalize our life in different categories. We are taught that these categories are independent of each other and should be kept separate. Some of these categories are work, play, love, family, social life, hobby, passion etc.

How many times have you heard: there is a time for work and there is a time for play? Or, emotion and profession don’t mix? Or, don’t mix your social life with your work? I’m sure more than once. Then there are other times when people ask us these questions: so what is your hobby, or passion? Usually it’s



automatically implied that the answer to these questions are something like playing piano, or fishing, or basketball, or playing flute etc. We are also taught about this in school. Sometimes we are asked to write an essay about our hobby. And some other times we are asked to write an essay about our aim in life. Now as we all know that to get good grades, these two types of questions will have very different answers.

The problem with this kind of compartmentalization is that you are beginning with a wrong question. And with a wrong question, you will never get the right answer. Just like for thousands of years, astronomers tried to find how exactly the sun and the planets revolved around the earth, and they never got the right answer. Why? Because they were asking the wrong question! Similarly, when you begin your life with compartmentalization of work, play, social life etc and you look for “answers”, you are never going to get it because it’s the wrong way to look at in the first place.

One of the other problems that we have is the concern for money. Over the years when we grow up, we are taught that getting a job is the right thing to do. Job security is the right thing to look for. A handsome regular pay from someone else is the ultimate goal. Unfortunately, this is why, in the US, less than 5% of the population fall into the affluent or rich category. The percentage is even lower across the world.

The reason this is so is because while job security and regular pay from an employer might be a comfortable way of living in most cases (during the time you have the job), it will very rarely make you rich. To become rich you need to forget about job security and working for other people. The answer lies somewhere else.

## THE BILLION DOLLAR QUESTION

The question I am going to ask you next is something that took me 6 months to solve. It is something that has given me more perspective than anything else I have encountered in my quest to find my right livelihood. Time and again I realize that the nature of all great truth is shocking in its simplicity.

This is the question that has shown me my true guiding light. It is what has made me see beyond our socio cultural brainwash of money and work. And while it has taken me six months of head scratching, I found my true calling. And lucky for you, I am going to show you how to find the answer in a shorter period of time. However do not expect that the answer will pop up in front of you the moment I show you the guidelines. Unless you already know what your passion is, chances are it will take a little time before the answers start to surface.

It's quite funny how we always tell ourselves we want to have such and such amount of money, and how I wish that I win the lottery, and if I had a million dollars I would do this and that... etc. But the funny thing you will discover right now, as my teacher Dr Stefan Smith always told me, it's never about the money! It's always the idea of the money.

Interestingly, as you will now realize, amazing but true, we do not even know what we would do if we *did* have the money. What does that mean? Wait, it will unfold soon. So here is the big question for you... but before I give it to you, to get maximum results, do this little exercise first. Remember this question has the potential to change your life! So follow the next few instructions very carefully.

1. Take 3 slow deep breaths, exhale, and relax.
2. Try to clear your mind of all mental clutter.
3. Imagine a time when you have felt most confident, most successful. Imagine yourself really enjoying doing something. It doesn't have to be work. Imagine in vivid details of that special

time when you really enjoyed doing something and felt great about it afterwards. Relive that moment right now. Hear the sounds, see the colors, feel the moment.

4. Once you have done that, take 30 seconds to relax and enjoy that feeling.

After you have completed the preceding exercise read the next part. If you are not capable of doing the exercise right now for whatever reason, DO NOT read what follows, come back at a later time and then read it.

Ok, assuming that you are ready, The Billion Dollar Question is for you on the next page...

And the question is:

## If you had 50 Billion dollars, What would you do with your time?

Think about it for a minute. 50 Billion! That's more money than you can ever spend. That's more money than your grandchildren can spend. What would you do with your time? I need you to take a minute and feel the money! It's very important that you do so. Imagine the money in your head, or think about it. Imagine somehow you found a big sunken ship full of gold and jewels and now you are the richest person on earth. However nobody knows this so you still have your privacy and you can do whatever you like.

A lot of people lose it over here, so let me help you out with your thought process. Let's say you are a generous person and you give a lot of it away to charity, and then you take a world tour on a private jet. You buy yourself 5 houses, you buy your mum two houses, and you give each of your brothers and sisters a mansion each. And you still have almost all your money left. Let's say you travel around the world in 5 star luxuries for two years straight. Eventually you will get tired.

So when *that* happens you come back to your own house and now you are bored. You don't need to do anything that will get you more money. You have all the money in the world already. However, you are talented and energetic and want to make a contribution with your mind and intellect and personality, not with the money. So what would you do with your time for the rest of your life???

Now if you are a little lost here at this time, it's perfectly normal. I was lost for six months! You have not even taken six days. When you know the answer to this question, you will have found your passion. And once you have done that, you will realize that when you design your livelihood around your passion, you don't have to follow money anymore, money follows you.

When you do what you are passionate about for a living, there is no difference between work and play. There is no difference between night and day. When you start building your dreams, living a life of integrity and passion, everyday is holiday, every night is party night, every morning is the beginning of a day filled with love, light, happiness and passion!

So let's get you some help in finding your answer. Now there are some people, for whom the answer is readily available. They know exactly what they would do. These are the people who have already found their passion but are afraid to follow it (assuming they are not following it already). If you are one of them, congratulations! This journey will be much easier for you. Go the part with the six steps of redefining reality and follow it. But if you are like me, then you will need some help on finding the answer. So read on and your treasure is very close now.

First, I want you think about a scenario. You have worked the whole day in office or wherever, you are tired, and you come back home at the end of the day. Your body aches and ideally you should be going to off to bed and sleep. However, your mind is not so tired and you feel like doing something. What is that? What is it that you feel like doing even if you are tired and exhausted? What is it that when you start doing, you enter a trance like state and hours seem to pass by like minutes? Write it down on a piece of paper.

Second, write down 10 things that you really love doing. It can be anything. Movies, reading, mountain climbing, traveling, writing, cycling, woodwork, dealing with people, dating beautiful women, hang gliding, dancing, whatever. It can be anything as long as you are really into it. Do not put anything on the list that you just casually enjoy doing sometimes. For example, I like water sports a lot but I wouldn't put that in my list because it's not something I'm passionate about. It's an occasional entertainment, I love it when I do it but I'm not passionate about it.

Third, out of the first and second list compile a third list of top 5 things that you could do for the rest of your life and not get bored. This is the part that a lot of people have a hard time with. If you don't know what these 5 things are, it's normal. But do not give up, concentrate and think. You do not have to find it all today. If you are having thoughts like, maybe I'm someone who doesn't have a passion, that's also okay. I felt the same way the first time I did this exercise. Take your time and carefully analyze your life so far, think about those trance states when times seems to fly. Be patient and persistent, it will soon materialize in your mind.

Once you have the final 5 things, combine them and create a marketable service of genuine value that you could offer to the world. This should be what you would do with your time if you did not have to think about the money. Once you have found what this is, you have found your passionate livelihood. This is your treasure full of the sunken ship.

Here is what I had found for myself after 6 months of painstaking head scratching...

When I first asked myself the question of 50 billion dollars, I realized, I have always thought money was the only thing that is holding me back from realizing my dreams. But the truth is I had no idea what I would do even if I *did* have the money. I ran myself through the exact same scenarios that I ran you. I would go around the world, I would buy myself many houses, a jet plane, blah blah blah... but then what?

I am not a person that I can spend my life watching movies and getting manicures done. So what would I do if I didn't have to think about the money? I had no clue. I consider myself to be a person who is quite in touch with his inner self. But this proved me that I had no idea of what I want from life. I was ashamed and I felt stupid.

Then I started looking deeper inside. I asked myself, what are the things that I really love doing? What are the things that keep me entertained even if I am dead tired? What are the things that

make me lose track of time? And after a lot of trial and error, a lot of misleading self-deception, I found my final list of 5. And they are as follows in this order:

I love to acquire knowledge. This can be anything. A new language, a new culture, a breakthrough idea, martial arts, divinity, stand up comedy whatever. As long as I am learning something new, I am entertained. I can come back home at the end of the day and I still need to read some book that I am yet to finish or watch a educational video or read a magazine. I read more than any person I personally know.

I love women! I love to date them. I love their company. I love to explore them physically, mentally, emotionally. They are my biggest teachers. And I simply love the experience of getting to know a woman and what she has to teach.

I love to help people by teaching them new things. I have always tried to help people around me in any way I can but I enjoy teaching them to empower themselves more than anything else. I'm a natural teacher and find great joy in transforming lives by teaching new things. I also have a strong compassionate nature and I will do everything in my power to improve the lives of people all around me.

I love to travel. Again, I travel for fun more than anyone I personally know of. I love to explore strange lands, eat exotic food, smell the distinct aroma of each city, live in nice hotels, meet new people and learn about their cultures. In short I love everything about traveling.

I love high life. I love fine wine, gourmet food, 5 star hotels, beautiful women, exclusive parties, tailor made clothes, sports cars and good cigars. I love excellent service and I like being waited upon. I love big toys and I love lots of pets.

Back to reality! When I got my list of final 5, I started thinking, how in the world could I turn this weird concoction of bohemian lifestyle into a marketable service? Guess what I found? This! I

found that this is what I loved doing most. Teach people how to redefine reality! Teach people how to find their ultimate purpose, to materialize dreams, to become all that they want to become. And in the process, travel around the world, meet new people and have fun!

You know what the beauty is here? This is what I am passionate about! Every bit of this is pure passion for me! When I start teaching someone, I learn more myself. This is what I know the best. I am highly skilled at redefining reality according to my wishes. However I didn't think that I could turn this to a marketable skill until I went through the exercise you just learnt.

See for the longest time I thought I was a social entrepreneur who just loves to party. But what I did not realize is that I have redefined everything around me to a stunning extent. I am capable of earning more money out of zero than 99.9% people of the world. I can attract and date almost anyone I really want to; even though I'm a colored person of a South Asian origin! I am capable of becoming anyone I want to. It is true! And if I can do it, there is absolutely no reason why anybody with normal intelligence cannot.

Here is a list of things I have been or am so far... I have been a full time lecturer for hundreds of diploma students much older than me when I was in first year of university at age 19. I have been chosen by The World Bank to attend a high level planning workshop on quality education in Washington DC when I was 22. I have owned businesses like selling liquid natural gas to the government, and I have owned business like dating agencies. I have owned businesses like waste recycling plants and I have owned businesses everything in between. I have worked with governments, heads of states, private companies, ultra poor, social outcasts, a scientist who lead a segment of the man on moon project, a math genius who calculates all day all night and predicts the outcome of lotteries and many more unusual characters that I cannot even remember. I became a millionaire when I was 25. I became a certified Hypnotherapist and Master Hypnotist at 27. And all of this is 100% pure truth!



As you can see, even though everything that I needed was all inside of me, I still felt I don't have a passion that I could market. I was wrong. The more I searched my inside the more I realized - everything that I will ever need is already inside of me. I just needed to believe that I had it...

So once you have found your passionate livelihood; the marketable service that you are truly passionate about, believe in it and go for it. Follow the 6 steps for manifesting your dreams in the next section. Do not wait. Waiting takes away the magic that is in boldness and courage. Take immediate action!

*The moment one definitely commits oneself then providence also moves. All sorts of things occur to help which would not otherwise have happened. A whole stream of events flow from the decision, bringing all kinds of unforeseen incidents which no one could have foreseen. Whatever you do, or dream you can do, begin it! Boldness has genius, power, and magic in it. ~ Goethe*

## 6 STEPS TO MANIFESTING YOUR DREAMS

### Step 1:

Now let's see some techniques. The very first step is to **know what it is that you truly want**. Don't be afraid to dream big. It's a world of abundance out there. All you need to do is find out what you truly and passionately want in your life. What difference would you like to make? What would you like to achieve? About a hundred years ago Dr Wallace Wattles said "Thought is the only power which can produce tangible riches from the Formless Substance". This holds true today and is going to hold true forever, as this is the nature of reality. You focus your consciousness and you create. Energy follows every thought and the stronger the thought, the stronger the energy.

However one point is to be remembered very carefully. There is a big difference between hopeless thought and passionate desire. Simply thinking that you want a million dollars in one year is going to get you exactly the same amount that you are making right now. But a passionate burning desire with an honest heart guided cause is going to tap into the creative energy that is within and all around us and start to manifest itself into physical reality. And the most effective way to create that passion is to follow your true heart's desire. When you truly follow what your heart desires (and often times not what your brain thinks is a good idea) you are automatically coming closer to the universal blueprint of your personal destiny. When you find out what *truly* makes you happy and follow that calling, you automatically leverage all your inner assets that were given to you as a perfect combination to achieve what you are truly destined for.

Therefore, the first step is to know what it is that you truly and passionately desire.

### Step 2:

Once you have found your true passionate desire is, you are ready for the second step. **Train your mind to think in the correct way**. Most of us have lived our life for 20 or 40 or 60 years and in the process we have collected a huge amount of

debris in our subconscious mind. The subconscious forgets nothing and retains all information from the beginning of our life. It is what holds all our thoughts, beliefs, values and fears. And most of us have accumulated many different self limiting beliefs in our subconscious which constantly create self limiting thoughts in our minds. This is hazardous to the whole process. You have to understand and believe that this is how the human mind works: To any new and drastically different situation, the automatic response of the subconscious is to try to protect you by saying "it's impossible, so don't try." You have to learn to ignore this. And there is a very easy and effective way to that.

Here is a thumb rule for all thoughts crossing your mind: *if it is not part of the solution, it is part of the problem!* Remember that. Throughout the day whenever you are drifting in your thoughts or worrying about something, ask yourself, is this thought helping me achieve my desired reality or not? If it's not then clear your mind and fill it with something that is. A lot of times, these negative thoughts keep telling you that it's not possible, it's not possible. Remind yourself that this is the automatic subconscious response programmed by many years of socio cultural brainwash. Clear your mind and tell yourself that many successful people before you have used these same principles and have achieved what would look like "miracles". (Once again, miracle is just a word we use because we do not understand the universal laws of reality.)

How to clear your mind? Here is a simple yet powerful 3 step process:

1. When you catch yourself catch yourself drifting in thoughts that are anything but what will bring you closer to your dreams, catch yourself and remind yourself that if this is not part of the solution, it *is* part of the problem. Immediately fill your mind with some thought that is purely happy. It can be anything. Imagine last New Year's Eve party and what silly things you were doing, or imagine the last vacation you took and a fun moment from that time, or imagine the last time you were next to the ocean and how awesome that experience was. Whatever it is, make sure it's fun, happy and has no negative experience attached to it.

Try it right now and then let's move on to the next step of clearing your mind.

2. Now that you realize that when you follow the first step, it's impossible for you to hold negative thoughts in your mind at the same time, let us take a step up the ladder. Now imagine what it would be like to be, do or have what you are wanting right now. Imagine driving that car, or living in that house, or having that money, or being married to that person. Imagine what it would be like to already have what you want. And then...

3. Say a heartfelt thank you to God or the Source or your Higher Self for being guided higher and higher everyday in every way with the aid of these desires of your heart and for always guiding you on this journey.

As you will by following these simple 3 steps, which should take no more than 3 blissfully happy minutes, you can powerfully clear your mind and take a refreshing break that is almost like a mental shower.

So back again to the second step of redefining reality: learn to focus only on what you want. At anytime if you catch yourself thinking about what you don't want stop, take a break and change it. Focus on what you truly and passionately want. Remember thoughts have energy and whatever you focus on will manifest itself. If you focus on what you don't want, that is what you will get. If you focus on what you do want, that is what you will get. **So step 2 is to train your mind to think in the correct way.**

### **Step 3:**

Once you have trained your mind to think in the correct way, its time to take two steps at once, Step 3 and 4. Step three for redefining reality is incidentally (!) threefold. This is the step which says lets get down to business.

First, write down on a clear piece of paper your definite mission statement: what do you want, why do you want it, who will

benefit from it, by what time do you want it and how do you plan to achieve it. Be as precise as possible. Be realistic. And above all be honest. Whatever you want you can achieve, but nothing comes out of nothing. Anyone can ask for a private jet plane but not everyone is willing to do the work necessary to achieve it. Remember *you can have, be and do anything you want* does not mean you can pick up the glossy magazine at the dentists office and manifest the yacht when you are so broke you don't have rent to pay. Everything is everything and your life situation is a reflection of your awareness and progress in the journey of life. What you wish to manifest can and will be manifested but you will need to give similar value to the Universe in return. So when you are writing your mission statement, write what you are willing to die for, write what you are ready to sacrifice everything for, write what you are ready to truly receive. Not what they convinced you were a good idea in the last movie you watched. (The good news being whatever it is that you choose, if you are truly willing to work for it, will forever change your life for the better whether or not you achieve what you originally aimed for.)

So having said that, if you want a million dollars, write "I am going to accumulate \$1 million by 31<sup>st</sup> December 20--, I am going to earn this money... (by offering such and such service of comparable value to the community)... I am going to use this money... (for making my life better or helping other people etc)... And I am going to do whatever it takes, no matter what to accumulate this money."

Read your mission statement aloud everyday at least twice and run it through your mind as many times as possible. If you don't know the exact process that will help you earn this, don't worry. If you truly believe that you are capable of earning this, then you can. That's all there is to it.

When designing large scale military or engineering projects, sometimes point A, B and C's are known but point D is not. It is assumed that by the time you get to point C, point D will be automatically worked out. This is a well known fact in any large scale project design. So do not be worried that you don't know all

the parts of your plan. If you have followed your true heart's desire, the solution will present itself when you get there.

Second, create a detailed, solid, foolproof plan on how you are going to achieve your mission statement. Remember when you make a definite decision to bring about a change backed by a burning desire, you are only tapping into a strong current of infinite possibilities. The whole universe will conspire to help you but you will need to have a detailed and organized plan on how you wish to bring about this change. A detailed plan will give you the mental road map of where your destination is going to be. It will also give you a reality check on whether you are truly making progress or simply going about in circles. Have a time frame, have a clear vision of your outcome, and chart a step by step road map on how to get there. Not sure about certain points? Don't worry. When you get there, you'll know what to do.

So how do you create a definite plan? Research as extensively as possible and use the help of as many experts as you can. In my experience, a good teacher who can perfectly guide you in every situation is almost impossible to find. You are your own teacher, do your research.

Try to find at least 3 people who are experts in the field you are planning to venture. Use their help in creating your master plan. But unfortunately for a lot of us, it's hard to find such experts physically who are willing to help. If that is the case, do not be discouraged. Use your research to help you make the master plan. The great information highway, Internet, has valuable help on nearly any conceivable subject. Use it. Use the websites, blogs, user groups, newsletters or whatever is the latest invention. Never before has there been such collective knowledge and help available in this massive extent.

Once you have prepared your master plan, stick to it. However, there is only one word of caution in this part, remember it is your true heart's desire that is important, not how you achieve it. If the plan you have prepared doesn't work out. Change it. Make a new plan and try with that. If the new plan doesn't work, change that also and find a new one again. Keep changing it until you

have found a plan that does work! This is the part most people will give up at the first sign of failure, not realizing, this is only a test. More on this very important topic at the end of this section.

Third, everyday take a small but substantial step towards achieving your mission by following your master plan. Make it tangible, something that you can keep an account of. If you are planning to become a millionaire by creating a great home business on the internet, make sure you learn some new skill everyday concerning your business, read some new websites that teach skills required for your business, do some research, go get that cheap fax machine, enroll in that night school on business, save up for that investment you are planning to make etc. Even if it's a small step, make sure it's significant.

#### **Step 4:**

Step four, is really step three as well. Because it needs to be done along with step three at the same time. Step four is something I have learnt from my teacher Dr Stefan Smith (who in turn learnt it from the Native American shamans). It is something they use for rainfall and good crops. It's called "The Field of Plenty". What this means is that you accept and believe that whatever you want have already happened and thank your higher spiritual power for that (this can be God, your own higher self, the source, the nature etc...). You truly try to visualize and feel that whatever you want has already been achieved. Now, here is a very important thing you need to remember about visualization: ALWAYS, and I repeat ALWAYS and ONLY visualize the end result. And not the process of how you are going to achieve that end result. The "how" is not in your realm of understanding. Let the universe, or your higher self decide on what is the best, shortest, easiest route for you. When you learn to delegate the "how" to the universe, you will be surprised at what follows. So always focus on and visualize or imagine the end result.

If you want a million dollars, trust that it's already ready for you; you just need to claim it. If you want a loving partner, believe that she or he has already fallen in love with you. If you want a

new house, believe that you already own it. Mix this belief with emotions. In your mind, try to see it, feel it, touch it, and smell it. Make it as vivid and real as possible. When you are visualizing or imagining in the right way, it will fill you up with a deep sense of joy! That is the correct place to be.

Now ensure that you have spent enough time with step two and learnt to block all self limiting thoughts and beliefs. Unless you have done that first, this step will get diluted and will not seem real. The key is to truly believe without a shadow of doubt that whatever you want has happened. I know this is not easy to do at one go but that's alright. *Our subconscious cannot differentiate between what is vividly imagined and what is real.* That is why we get emotional and even cry when we see a truly heart touching movie. Even if we know that they are just actors and actresses paid to make this movie, even if we know there is a director who is telling everyone what to do and none of it is real, it still fills our heart with sadness, anger, hatred or happiness. We still laugh, cry and clench our fist with anger. Our subconscious cannot tell between what is real and what is vividly imagined.

So to summarize this, believe with all your heart that whatever is your true desire, it has already happened somewhere along the way. Close your eyes, try to see it, feel it, touch it, smell it. Try to experience through as many senses that you can. Make it as vivid as you can. Then say "Thank you for all this great abundance in my life." Gratitude unleashes one of the most mystical universal laws. Be honest and be true when you are expressing your gratitude. This is a very powerful step.

So step four is visualizing or imagining what you want has already happened and then saying "Thank You" for it from the heart.

## **Step 5:**

Step five is a version of step four, only now its fun time. Start living in the new reality. Remember, once we have definitely decided on something, its already done. The field of plenty. It



has been created. So what is stopping you from living that reality? Don't have the money yet? You will. It has already started to manifest itself. So go and choose that new car you are going to buy. You don't have to actually make a deposit, but go and make a mental choice, take a test drive if you can. If it's a house you are going to get, go start researching for it. If your dream is to find your loving partner, go look for all the vacation ideas where you will take her once she comes into you life.

In this step, and trust me this is a very important step, get as many physical representations of your dream that you can all around you. If its money, get pictures of all things that you are going to acquire with that money. Get brochures, posters, collectibles, pictures anything that will constantly remind you how wonderful it's going to be once you finally have your dream manifested into physical reality.

## **Step 6:**

And finally step six is to chronicle all your progress into a journal. Get yourself a nice journal where you are going to record your amazing journey. Make it a habit to write every day these few things. What is your emotional state today, what have you done, what were the successes, what were the failures, how does today fit into your overall mission of Redefining Your Reality? This helps you maintain your overall perspective of the elaborate game that you have started to play.

Human mind is capable of only processing a limited amount of information at any given time. And if you are a normal person, chances are from time to time you will get distracted, take something half way and start something new, forget about certain other things, lose motivation etc. This is normal and quite expected. However, on the flip side, every day is vitally important and there is no time to waste. When you are truly pursuing your burning passionate desire, you will never have enough time because it will be a lot bigger than you. And that is the beauty of it. It is *the impossible* that you are going to achieve! Not some mundane day to day wish like I want to buy a color TV! Of course if all you want is a color TV that is fine with me and the

principles are the same. But hey! When you can dream of owning a private island and actually materialize it, why go for a color TV? When you dream of the impossible, the smaller ones automatically take care of themselves. So why dream small? Remember, it's a world of abundance. The game has been designed by you, for your own purpose, and it can be changed by you. Only you have to believe you can.

Back to step six, at the end of each day recording your success and failure will remind you all the time what you have really done. How much have you really tried. If you have really done what is described in this book, or have you just casually hoped that one day you will win the Lottery. It will also give show you the milestones that you are crossing on your master plan and if at all you are on the right course. And finally, do not worry if you don't fully understand this right now, it is turning your each days endeavors, thoughts and feelings into a physical reality. It is coming on a piece of paper, which is physical, and converting your intangible thoughts and feelings into something you can always look at and say: this I have done.

## WINNER OR WANNABE

Here is the one thing that creates the difference between all the winners and the wannabe's of this world. Perseverance!

No great has ever been achieved without substantial failure. In fact, if your life situation is so desperate right now that this is your last try before you totally give up, you are the most likely to be successful with this book. But whatever your current circumstance is, there is something you cannot ever forget. And that is this: before you are granted the awesome power to Redefine Your Reality according to your wishes, YOU WILL BE TESTED. In fact, if you don't see any tests of patience, commitment and focus, you are probably not in the right way.

In the beginning the resistance will be minor. Simple distractions like a woman (or a man) you fancy will suddenly want to have a relationship with you (counter intuitive huh?), or you'll lose your wallet, or your plan will bring you to a dead end, or someone in your family will need your attention or even a vacation opportunity will present itself. Basically, anything that can distract you from your commitment to embark upon this journey will happen.

If you survive this initial distraction, the bigger ones will start: a bad financial crisis might occur, you may have a small accident, your dream girl might materialize out of thin air and you'll think that this is... dream coming true!

Finally if you succeed in bypassing all of that, and as soon as you have truly made a commitment to yourself that you will not give up, you will do whatever it takes no matter what to achieve your goal, something really serious will happen that will take every bit of your mental energy to survive and continue... Once you are through that, you'll feel the awesome power that is within you and you will also get a glimpse of how it feels like when you start bending reality.

This is what will differentiate between the winners and the wannabe's. This is the test of persistence. This is to see whether

or not you truly believe in yourself and your power to redefine reality. If you survive this temporary failures, disappointment or distraction, you are ready for the journey. You will be entering a world where you will go through unimaginable heights, you will be granted unlimited success and you will become what other men and women don't even dream of becoming because it is so far out of their reality. All this, for a small price: trust, burning desire and persistence... Are you ready?

## PRINCIPLE OF PRIORITIES

Here is a very important lesson I have learnt from my teacher Dr Stefan Smith. This is the principle that if you don't understand, or you choose to ignore, nothing will work out to your satisfaction.

You may attract a lot of riches, but you will have a dysfunctional relationship. Or you may have wonderful relationships but money will seem to slip away. Or even if you are successful in other ways, you might have an emotionally rough ride throughout life.

It reminds me of that crude joke (skip to the next paragraph if you are too sensitive) about Johnny being shown around heaven and hell before he is finally admitted in heaven. During the tour of hell, he encounters a good looking fellow drifting on a cloud with a beautiful woman on one side and a bottle of champagne on the other. Curious Johnny asks the guide, "how is that possible, how can he have so much fun in hell?" The guide explains: "The bottle of champagne that you see has a hole at the bottom". "And what about the woman", Johnny asks? "The woman does not", replies the guide.

The principle of priority works in a similar way. It works on the inside. And it can be very subtle. If you ignore it, or forget about it, or choose not to follow it, your life might become in some way like the handsome guy, champagne and the woman. Good looking and happy on the outside, dysfunctional on the inside. So pay attention and find ways of reminding yourself periodically about it.

So here is the Principle of Priorities:

- a. If we choose valid priorities
- b. We work them in appropriate order
- c. We get all of them to our satisfaction.
- d. If one is out of order, we get none of them to our satisfaction.
- e. They can change their order.

As you can see, there are three very important aspects to this principle. The priorities need to be valid, they have to be in the correct order and you have to work comprehensively.

So what are the valid priorities? Assuming that this is the beginning of your journey of redefining reality, the valid priorities for now are the following seven:

## 1. Emotions

(a) *Recognizing* your emotions: Do you really understand the message your emotions are trying to deliver to you? Remember, emotions and feelings are just messages of what needs, wants and desires are met or unmet in our life.

(b) *Accepting* them without judgments: Do you accept your emotions and feelings without labeling them as good or bad? Once again, remember that they are just messages; there is nothing good or bad about them. It's what you choose to do with them that are good, bad or ineffective.

(c) *Expressing* them appropriately: Expressing your emotions appropriately is almost an art. We are taught from childhood that expressing anger is bad, good little boys and girls don't cry. In some societies expressing sadness or grief is unacceptable for men, and sometimes we are told that loneliness is a luxury etc. So no wonder we grow up to learn to hold our emotions inside.

Unfortunately, this is the primary reason for hundreds and hundreds of issues that are diagnosed as "mental problems". One of the key reasons why Hypnotherapy is so much more effective than traditional psychotherapy is because the Hypnotherapist has the tools to effectively unlock these locked up emotions and free them. Once that is done, 80% of the problem is solved.

In my experience of treating hundreds of clients, a lot of them who were on medication before they came to me, this one factor ruled the majority. Once they were able to unlock their secret little black box inside their hearts, they were cured almost magically within days! So what is the magic here? There is no

magic. The secret lies in understanding the power of the emotions and what happens when we don't express them. Just don't forget expressing doesn't mean hurting others. It's expressing appropriately.

## 2. Financial

(a) Earning: Are you earning as much as you deserve? Are you working too hard and earning too little? If you are, then it might be time to look for other options.

(b) Managing: How do manage your earnings? Do you spend it all on day to day affairs? How much exactly do you spend on food? How much on travel? Do you really know where your money goes?

(c) Investing: Most people view investing as something outside of their reality. Something only the rich are capable of. As we have seen in the preceding sections, that is not true. One of the core reasons we are not able to invest more is because we are too busy buying liabilities. We are stuck in the "Hard Life Cycle". If this is still a little confusing to you, I suggest you go to the chapter on assets and liabilities and read it. Once you have done that read some of the books from the recommended list at the end and expand your knowledge.

## 3. Career:

Close your eyes and ask yourself, where am I going with this career? Is this something you have dreamed of becoming? Are you being able to give your true gift through this career? Are you serving the most people? Is this where your hearts true calling is? Would you do this if you were born rich and never had to worry about money?

## 4. Relationships

(a) Social: Who do you spend time with? Who are your friends? Did you know you can find a person's income by adding up the income of his 10 best friends and then averaging it? You know what that means? It means: You will become who you hang out

with! If you hang out with eagles then you will learn how to fly high, see distant lands, new possibilities. If you hang out with chickens, you will learn how to wait for your food or look for throwaways. If you hang out with scavengers, you will learn where to find leftovers of the big game. Very rarely will you learn how to fly high from the chicken or find leftovers from the eagles.

(b) Professional: In a very similar way, more and more, it's no longer important what you know, but who you know. Your professional network can be an excellent form of leverage if you know how to use it. And successful people around the world always make the most out of their network.

(c) Family: How is your relationship to your family? Are they loving, caring and supportive towards you? Are you loving, supportive and caring towards them? Do you prefer not to think about family issues? Is it something that you'd rather not talk about? If you are not totally happy with your family, it is time to take some action. I know and fully realize that this might not be so easy to do since family issues can be very complicated from different directions. But there are ways of solving it.

Remember the solution is never in changing somebody else, it's always in changing you. And believe it or not, once you have taken care of your inside, the outside will automatically take care of itself. And how do you take care of yourself? Well, there are multiple ways. You can find a good life coach, you can see a Hypnotherapist, you can talk to a family counselor, there are many ways, but the way is not important. What is important is to understand that the solution lies not in anyone else, or any situation changing, or anything of the sort. The solution lies in you.

## 5. Creative:

Being creative is not only about painting a masterpiece or composing a beautiful song. In fact, one of the biggest obstacles of living a creative life is viewing creativity as something purely artistic. Creativity is an everyday affair. It is going beyond conventional wisdom, taking a different route to work, following



your heart and living your dreams, making your coffee in a different way, seeing possibilities in the apparent ordinary, asking “why not?” instead of “why?”, feeling your power within, trusting your heart, and giving your true gift to the world without holding back. Creativity is all of that and much more. Creativity IS possibility. Creativity IS redefining reality.

## 6. Health & Physical:

In a fast paced world of information and networks, we often forget our most important asset. Health! Your physical body directly affects your mental disposition and vice versa. We often tell ourselves that “it’s alright, I have a good health, I don’t need to exercise! Besides there are some important tasks that I need to finish”. We keep repeating this until the day comes when we don’t have that good health and suddenly all our important tasks become not so important anymore. Thankfully, worldwide we are experiencing a global shift in perception regarding well being and maintaining our health. However, there is still a long way to go.

## 7. Intimate Relationships:

As you understand already, your relationship with your intimate partners *is* your relationship with life itself. Are you truly happy with your partner? Does he or she fulfill all your needs? Does your partner give you the love, support, care and understanding that you need? Are you in the relationship because you want to, or because you *have to*? Is your relationship based on mutual trust and respect, totally aligned with your purpose of life? Do you both help each other grow? Do you both push each other into becoming something more than what you can become by yourself?

If the answer to some of those question is no, then you need to look deeper into understanding if this is the right relationship for you to go forward or not. A lot of times we ignore the fact that we are in a dysfunctional relationship that no longer serves us. We stay in it for multiple reason including responsibility, insecurity, habit, our children etc. But remember, if you are in a relationship that doesn’t fulfill all the things mentioned above, it

is likely to tie you down. And if you think you can manage to achieve everything else ignoring this, I'm afraid you are sadly mistaken. I am not ruling the fact that you might accumulate a lot of money or run a big business or whatever, but remember don't forget the guy with the champagne. Just because it looks good doesn't mean it feels good.

The Order:

It's important to understand that one priority is not anymore important than the others. But they do have an order which is determined by multiple factors including your present life situation and satisfaction level of the priorities.

In the beginning of the journey, for most of us, the first priority: emotions, always remain our first priority until we have mastered all aspects of it and are more than comfortable in recognizing, accepting and expressing it effortlessly.

The other six can interchange places but only when you have over 80% satisfaction on one, can it go down on the list. However in the beginning, this is the order and this is the way to work them.

## STARTLING TRUTH ABOUT DYSFUNCTIONAL RELATIONSHIPS

Here is an example of what happens when you don't understand the Principle of Priorities. This is probably the single most important reason why we see so many divorces and unhappy couples and cheating husbands and wives.

One more time remember, the order of the valid priorities is extremely important. And on the list of priorities intimate relationships come at the very end. This means to successfully attract and maintain a healthy loving relationship, we need all the other 6 priorities to be functional and to our satisfaction. However, many of us don't know this or choose to ignore it or simply don't understand the significance of it. And that's where the problem begins.

As human beings we have a tendency to attract intimate relationships when one or more priorities are not working in our life! Why? Because it gives us the feeling "I can't be so bad, I got a woman (or man)!" It feeds our ego and distracts us for a while from the bad feeling we are experiencing for not doing so well. For men it's usually when they are having trouble either financially or career wise. For women, usually it's a combination of emotions, family relationships or career. However, in either case, it can be any combination of not working priorities.

Unfortunately, this gets complicated because you have now involved another human being in it. We fall in love hoping that this person will come and make our problem go away or make us forget about the problem. But it never works that way. The reason being, this relationship is not based on love but distraction. It only serves its purpose for a while. And just like other distractors they can only make the bad feeling go away for some time but it always comes back. And that's when we realize that we really don't love our partner anymore, and here begins the downward spiral of our relationship.

At this point we blame each other, fight about nothing, feel frustrated, angry, caged etc. Guys wonder what has happened to his girlfriend or wife, how could he fall in love with this woman. When in fact, nothing really is wrong with her. She is probably the same person she used to be only now he is no longer attracted to her.

Women wonder what is wrong with her man, why is he constantly annoyed? Maybe he's having an affair, maybe she's not so pretty anymore, etc. Again, the man is probably pretty much the same person he was before. Unfortunately because the very beginning of relationship was based on the wrong reasons, attraction has fizzled away.

At this point, if you are a good person, you might try to rationalize your thoughts, logically try to convince yourself why you *should* feel the love, why it's your responsibility to be together but nothing will work. This is because attraction and love is not something that can be "logically" created. Besides until and unless you start working your principle of priorities in the correct order, life will always feel like the story of the guy with the champagne and the woman.

## DOING VS BEING

This is one of the things that work as a Trojan horse in our mind. Unfortunately, I do not have any readymade example to make you see this. This one you either get it, or you don't. However, I would like to assure you, if you pass by this one without paying enough attention, even with the newly redefined "you", success will be limited.

It's like you have been given the superpower to fly, but there is this one iron ball attached to your leg that we have to get rid of. With the iron ball you will still be able to fly but something will always keep pulling you down. So take a deep breath and pay some serious attention.

One of the biggest misconceptions that we are taught from the very beginning of our life is: to get what we want, we need to work hard. Our socio cultural brainwash is that the physical action is what makes things happen. And only physical action is not enough also. It needs to be hard work to qualify as a decent accomplishment. We have been brainwashed to such an extent and for so long that it has almost become a part of our consciousness.

We get much satisfaction when we come back home after a days hard work and our families take pride in us when we are working hard and earn our living. If we achieve something easily, we feel we just got lucky and sometimes even feel guilty about it. Likewise, when we see people who are just earning money, getting rich, building wealth without any hard work, we feel that they are bad people, or they got lucky. WRONG. WRONG. WRONG.

The only reason hard work is hard because there is resistance in it. And that resistance is negative energy. Working hard is like trying to swim in the water against the current. Have you ever tried it? While it's not impossible, it's terribly hard and it drains you in no time. Similarly all this fighting with negative energy constantly drains you out and the work that could be done in 2

hours end up taking 2 days. And not to mention, creativity is nowhere around.

Resistance to do something means that for whatever reason your consciousness is not ready to do what you are trying to do. And as you know now, reality is manifestation of your consciousness. And if you try to do something that your consciousness is unwilling to do, you are going to reverse the result. It may not always look like the result is so bad, but trust me, it is far worse than what it would have been if you did it with love and enthusiasm and creativity.

Now the one thing you need to get imprinted in your head once again is: Reality is manifestation of your consciousness. Because we don't understand the power of our consciousness, we often struggle our entire lives. And once again, struggle means you are doing something against your consciousness.

Whenever you are struggling, you are going in the wrong direction. Whenever you are struggling, you are moving away from your power to create. Unfortunately we hear things like "no pain no gain", "you got to work hard to be successful", "life is hard, so prepare for it", "money doesn't come easy" and on and on many times from the beginning of our life. You have probably heard it so many times that even after you are going to read this, it will take a substantial amount of time for you to really realize that all that you have been taught in this regard are the opposite of what the actual truth is.

So what is the actual truth? Before I give it to you, I need you to get a plain sheet of paper and a thick red marker pen. And then write on it in large fonts:

**Resistance = Wrong Direction**  
**Resistance = Wrong Timing**

If you feel resistance, you are either going in the wrong direction or it is the wrong timing. Whatever is the case, you should stop doing what you are doing and you have two choices. First, you

can change your approach and do something else. Or you can come back to it at a later time when you feel the “readiness”.

Now you could of course struggle and fight and huff and puff and “try” to get something done. Or you could relax and whistle and get something done. It is really up to you to make that choice. See all great changes begin with making a definite decision. So make your decision now which way you are going to take.

Once you actually learn how to create without the struggle, there will be some things missing. And those missing things are sympathy and appreciation from a lot of people (including, initially, yourself). Most people will not like it when you start to breeze through life without “working hard”. So make your definite decision that you no longer need the appreciation from other people.

One of the key things that you need to really imprint inside of your brain is how consciousness creates reality. That is why I keep on repeating this because really it is the base of everything. Once you “get it”, everything becomes much easier. So hoping that you now get it let me explain to you the difference between being versus doing.

See doing is always secondary to being. You always have to be ready first to do what you want to do. You cannot read a book before you become literate and you cannot fly a plane before you become a pilot. But could you learn to read a book like Tarzan did, learning what the letters mean by seeing the pictures? Sure you could but it will be much more difficult. Could you fly a plane suddenly due to some emergency and learn from that experience? Sure, it’d just be very risky. So as you can see the other ways are also possible but very counter productive. But if you really prepare yourself first in being in the right state and wait for the right time, it becomes easy and struggle free. And at that state, synchronicities abound, miracles happen, and you leverage on the resources of God, your source energy, your infinite self.

So how can we become ready and get into the right state? Follow this:

First do a little check to see if you are ready or not. If you try to do something and you feel like you are struggling, then you are not ready. If you feel your mind doesn't want to do it, then you are not ready. If you feel fear or resistance or anxiety, then you are not ready.

Second, to become ready, focus on what you really want. Concentrate on your desire to do what you are trying to do. Why do you want to this? What good things will happen if you get it done? Why is this "the best way" to do it? How will you feel when you have finished it? How will other people benefit from this? Focus and find the answers to all of this. And WAIT. Do NOT "do" anything until you strongly feel that taking the action is the only logical thing to do after this.

Third, once you feel that urge from deep inside that you need to start taking action now, feel the flow and take immediate action. What we are doing here is using the positive energy that you have built up to leverage the action. Remember the definition of leverage: To do more and more with less and less. What we are doing here is accomplishing more and more with less and less work, effort, and energy.

Try to remember this example: there are two ways you can grow a field of rice. First, you can be like a farmer: work months preparing the field, plough it with buffalos, mix the soil with manure, hope that the sun shines in the right amount and the rain falls in the right amount, protect the field from insects regularly, and hopefully, eventually grow a field of paddy after months of patience. Or, you can be like the Magician who comes to a barren field, looks at it and with a swipe of his magic wand manifests a field of golden paddy with a beautiful brook flowing beside it and a small cottage to rest in. It's your choice if you'd like to be the farmer or the magician. Most of the world is going through life like farmers. But there are people who are like Magicians. Both are possible. Both are learnable. Which one you'd like to be like is your choice.



## WHAT EXACTLY IS ASSET VS LIABILITY

Robert Kiyosaki, the bestseller author of "Rich Dad, Poor Dad" says it in the simplest way: asset is anything that makes you money without you having to directly work for it. Some examples of assets are stocks, real estate, savings account, royalty on books, businesses etc. And liability is anything that takes away money from you. For example car loans, credit card bills, club memberships, mortgages etc.

Once you understand the difference between these two, a real shift in perception of reality happens. See because we have a very shoddily formed understanding of financial knowledge, our money is constantly getting sucked up by advertisements and marketing. Most of the things that we believe that we need, are really things we *want* because somebody convinced us it was a good idea to own it. Because of our lack of understanding regarding assets and liabilities and our incapacity of understanding the future of a decision, we constantly decide on buying liabilities that add absolutely no value.

Sometimes we rationalize by saying "what's the point of earning money if I can't spend on what I want?" That's a good question except that it is responsible for us forever being stuck in the cycle of working hard – financing liabilities with our hard earned money – then working hard to pay off the debt of the financing scheme. I call this the "Hard Life Cycle". As you can see, for most people, life will always be hard because they get into this "Hard Life Cycle" very early in life and never get out it.

There is an alternate way. The alternate way is to work for building assets first and then make the assets pay for whatever you want to buy. The beauty of creating assets are that they not only create positive cash flow for you, most of them also appreciate in value and not to mention once they are created, you don't have to directly work for it anymore. However, it might not give you some fast cash to go and buy an expensive cell phone right away and you might have to be a little patient in the beginning. But in the long run, if you get into the habit of

building assets and creating cash flow, it will take you out of the “Hard Life Cycle” and give you enormous amount of freedom.

Now this book is not about financial education, it is about perception of reality. It is about how you perceive money, how you perceive work, how you perceive attraction, how you perceive your power within.

What you have learnt so far and going to learn in the following sections, are going to redefine your perception of work and livelihood. However this will only take care of setting the foundation. Learning how to build assets, create cash flow, make investments, starting your own business are all beyond the context of this book. However by the end of the book, you should be able to know where to look for other teachers and teach yourself what you need to learn. I have compiled a list of books at the end of the book so you will have an idea of where to start from. So follow list and use it.

# THE POWER OF LEVERAGE

Leverage is doing more and more with less and less.

In my experience, this is one of the most powerful concepts you can learn when you are setting out towards financial freedom, success, and a passionate livelihood. This is the concept that separates the poor and the middle class from the rich.

The poor will learn how to use enough leverage just to get by. The middle class will wait until they can look at their life and say "gee I'm comfortable" and then stop adding leverage to their lives. But the rich will keep adding more and more leverage throughout their lives to get richer and richer. And that's why they have a lot of poor and middle class working for them. You know why? Because these people ARE the leverage!

Leverage is all around us, however it is an art to identify them and use them to your own benefit. In school we are mostly taught how to use the leverage of two things:

- a. The leverage of reading and writing and
- b. The leverage of physical work. That's it.

There are, however, numerous forms of other leverages that we use in our everyday lives. The car is an excellent form of leverage, so are trains, planes, ships, elevators, cell phones computers etc. They all help us achieve one primary thing, to do more (work) with less (time).

However these are all basic forms of leverage that all of us know of. Although, I have to add, because we don't even recognize these as leverages, we waste a lot of their efficiency by using them in the wrong way. Just a little example would be how we leverage our time. Time can be one of the greatest leverage of all. Ask the global currency traders, they know. Anyway in our case, we waste a lot of time using a less leveraged tool, just to save some money. Instead of taking the plane going somewhere we often take the bus. Why? Because it's cheaper. However we fail

to recognize that in the process we have wasted our most valuable leverage: time.

Now a good question at this point would be, what would I do when I have saved up the time? Honestly, I don't know. But what I do know is that when you learn to view time as leverage, you will find ways of using it. But if you view time as something to pass by, you will never see the possibilities. Remember if you are asking the wrong question, you will never get the right answer.

Now there are other forms of leverage that most people have absolutely no understanding about. These are only used by select few people of every society who use it to get richer and richer. Interestingly, the ones that don't know about these leverages are taught to believe that these things are "too risky"! Ironically, that is precisely why they never get rich.

Some forms of leverage typically we view as too risky are debt, manpower and other financial tools. Again, ironically, what we don't realize is that by viewing these as "too risky" and closing our minds, we are all serving other people, who are using us for their own leverage! Sounds weird? Well here is some information for you...

Let's take debt for starters. Typically the poor and the middle class view debt to build businesses or money making assets as a risky proposition. They believe in savings and they buy what they need with their saved money. Unfortunately, they never figure out that borrowing a \$100,000 is much more time efficient than saving the same amount. Anyway, the irony lies in the fact, that they are more than happy to take the same risk when buying a liability, such as a new car, or a diamond jewelry, or to get married, to finance their bigger house, to finance the new plasma TV, to finance the newer car (which just offered such a sweet deal that you couldn't refuse), the fancy sound system... and the list goes on and on...

Sounds familiar? You know what happened? You got into debt. It has another name though, sometimes it's also known as a credit card. Now because of the closed minded ideas about debt, we

constantly finance liabilities instead of assets. You know why? Because buying assets would mean we have to go around look for it, find someone to finance it, understand the technicalities, and there are no pretty sales executives explaining what a sweet deal it is. You know why again? Because the pretty executives are working for someone who has some liabilities to sell to YOU. So he hires all the pretty ones to make it a sweet deal.

A little disclaimer at this point: I am not saying you should get into a lot of debt right away, what I am saying is getting debt to buy assets is not any more risky than getting debt to buy trash. Before you get into any kind of debt, make sure you have a working financial knowledge.

Secondly, let's take manpower. Most of us don't want to hire other people to work for us, especially if they can make money for us. Why? I don't know. It's probably again the great wisdom of the poor and middle class that somehow imply that hiring people to make money for you is risky. Unfortunately that is precisely why we spend our life time working for others who hire us to make money for them. And that's fine. As long as WE are NOT making money it's all good! Make sense? No? Well that is how it works for majority of the population. We view starting a business being too risky! Employing people to make money for us, too risky! Leveraging debt to our benefit, too risky! Matter of fact the only leverage we don't view as too risky is physical leverage, which is also known as hard work. And hence we are taught "life is hard so learn to work hard".

Similarly we view other financial tools such as investing in stocks, money market, real estate, your own business etc all as being too risky. However what most people don't realize is that by being blissfully unaware of how different financial tools work, they are all part of it but only on the losing part. While some people will say investing in real estate is too risky, they are more than happy to be paying a monthly rent in someone else's real estate. Stocks, currency, bonds, businesses all are also too risky, but we are affected everyday by the market fluctuation, currency movements, price up and down etc. Only we "feel" we are not affected by any of it when in reality, we are ALL affected by ALL

of it. These are all simply leverages that are used for own benefit by some and participated knowingly or unknowingly by all. Now whether or not you want to know the truth is your choice, but as a student of redefinition, you need to know what exactly is going on all around you.

## THE DRAMA HOOK!

There is a global disease that almost all human beings are infected with since birth. Its characteristics are virus like in the way that it stays dormant for a while but it never really goes away. And that disease is called "The Drama Hook"!

Simply put here is how you know you have this disease:

Do you have high strung professional life that you actually enjoy? Do like to take on challenges? If you have been enjoying predictable success for a while, do you need to take a risk to feel the "rush" again? If you are in a loving monogamous relationship for some time, do you feel that you need to be with some other man or woman? Do you feel that taking big risks and going into unpredictable situations are thrilling and exciting? If you start enjoying steady income for a while without working too much or trying too hard, do you get bored?

If any of the above sounds familiar to you, then you might be infected by the drama virus. And guess what? Almost all of us are affected by this unusual personality problem known as the drama hook. Interestingly, a lot of successful people are greatly affected by this hook much more than normal every day people.

Unfortunately this is the reason we make a lot of mistakes, make a lot of unworthy wrong decisions and waste a lot of money that we otherwise wouldn't have, had we not been so addicted to drama.

So here is what it is. We are all looking for drama. Our human mind gets bored every now and then and looks for ways of stimulating ourselves. That's when we find some kind of drama either in business, or in personal life. And because of this addiction to drama, we are almost helpless when it presents itself.

For example, after enjoying a couple of years of a loving and supportive relationship, when we are presented with the opportunity of having an affair, we bite the hook almost helplessly. Logically we understand this probably is the worst

time to have an affair, it's definitely going to have repercussions, and it invariably does, but we feel "spellbound" by the prospect of having this little drama in our life. Our eyes start glazing, we feel more alive, food tastes great, we feel the "rush" in our blood, and we bite the hook!

This doesn't only happen with relationships though. Remember, *our relationship with our intimate partners and our relationship with the world is one and the same*. So we repeat the same behavior in business also. When we have been successful for a while, things are more or less in order, life is going smoothly, no big drama... Along comes a business deal that is outside of our total understanding but "very promising" just the same. It involves some risk, but the reward can mean overnight riches. Sounds familiar? Again the drama hook comes into play. And once again our eyes start glazing, we feel more alive, food tastes great, we feel the "rush" in our blood, and we bite the hook!

Unfortunately, some people in this world have already figured out our addiction towards drama. And they keep presenting us with their hook all the time...

Have you been in a business deal that promised quick riches for everyone but eventually you lost it all? I have. Have you been "talked into" some finance scheme that promised of extraordinary interest rates? And now would you be happy just to get your original amount back? I would. Have you ever invested because something looked "cool" and you felt it would make you look "cool" also? I have (many times). Have you attracted wrong relationships at the wrong time with someone who eventually turned out to be a gold digger? I have! Have you ever lost a lot of money in the Casino? I have.

As you can see, it's a human condition, we are constantly addicted to drama. And because of this, everyday thousands of people lose money in stock markets, in shady deals, in casinos, in misunderstood businesses, in speculations, in divorces, in relationships that no longer serve etc. And just like whenever there is a large group of easy prey, there will be predators.



In our world the predators are almost always the smooth talking, good looking, convincing, and sometimes distressed individuals. Also, they are not always strangers! A lot of times they are someone we know, or is a friend of a friend. These people, also known as sharks, are constantly looking for people with high drama appetite (easy prey) to feed on. They come with lofty promises, outrageous get rich quick schemes, great business ideas and sometimes the potential for great sex.

One thing they will always have in common is the urgency to act quickly! Whatever is the proposition or possibility, it is always going away soon. Sometimes it's expressed directly, sometimes its not but the urgency is almost always there. And once again, our eyes glaze, heart starts pumping, we feel alive... And the story continues.

**Important Note:** Two most misused words in the world of business are: **Trust Me!** Whenever you hear this, be careful! There might be sharks around.

Unfortunately, here is the bad news! If you have already experienced some or all of this, this is going to be a big AHA moment. But if you are reading about this and haven't actually had the life experience (lucky you!), it's not going to be so easy to get this in your head.

This is because we are genetically so addicted to drama, when the predators come along, our brain stops thinking about what is logical, whether we really need this, do we really understand the full extent of it, what the amount of risk involved is.

All we can think of, in the charged up moments when drama presents itself, are somewhat along these lines: Heck this is a good deal! What am I thinking? If I don't take it someone else will. This guy "looks" like a decent person, he will "never" cheat me. I like this idea!

Or if it's a woman we are thinking: She is SO CUTE!!! How can I not believe her? Her problem is definitely genuine. She doesn't

“look” like someone who will lie. Besides I like the smell of her hair... Its so intoxicating... Mmmm... I’ll tell her I’m in.

Okay, maybe I am exaggerating a bit, but this is the general way things move in most situations. And if you are an adult who haven’t ever experienced this, you are either terribly lucky, or terribly repulsive. In any case, as a student of redefinition your life is about to get super charged and in this life, along with all the good things, you are going to attract a lot of sharks who are going to constantly test you.

So what is the solution?

Here is what: take a piece of white paper that you can stick up somewhere where you will see it everyday. Get a fat red marker and write the following in big letters:

**STAY AWAY FROM DRAMA!**

However, just doing so wouldn’t help. Unless your appetite for drama is satisfied, you will keep biting the drama hook in your life. So we have to find ways to satisfy this need. Here are a few things I do:

Every couple of month time I go sky diving! I am not joking. Once I go up in the sky in a small plane and the door opens and the instructor signals that its time to jump, I stand in front of the door and I wonder “why oh why did I have to do this damn thing?” My heart starts pumping, my throat goes dry, I feel dizzy and want to throw up, everything is so small down there! Goddamn I can’t do this... And that’s when the instructor pushes me out and I start falling down, the wind is so strong that my face goes like a badly deformed wax doll. My head starts spinning and I feel that this is going to be the end of Shafin de Zane. I keep falling and falling and eventually I open my parachute, and by the mercy of the Great Spirit, and all good things I’ve done in life, the parachute safely opens... And while I’m slowly and safely drifting down, closer to the ground, I tell myself: Enough drama for the next 3 months! Thank you very much, I would now like to go home and have a heart attack!

Other things I do to satisfy my need for drama is rock climbing, all kinds of water sports although I'm not a good swimmer, take frequent vacations etc.

So learn to keep drama out of business and your committed relationships. And unless you are an expert in reading people, learn to stay away from all sorts of "cute things" that present these propositions for drama. Beware of pleas for help, beware of get rich quick schemes, beware of innocent business advice that has urgency in it, beware of people who are "just trying to help", and finally beware of the most dangerous two words: **Trust Me!**

If you have a high appetite for drama, satisfy it in other ways out of business and committed relationships.

## **Part VI: From Magic To Miracles**

## TRANSCENDING TO ONENESS

Throughout this book, I have tried to instill one idea in your mind and that is *reality is manifestation of your consciousness* and you can be, do or have anything you truly want. I have presented you with tools to redefine your reality and touched on the major aspects of your life to help you move forward. However, in this last part of the book I am going to invite you to forget everything I taught you so far and consider some radically new ways of living. Now this may come off as a little contradictory to the principles I have introduced to you so far, but it is only as contradictory as quantum physics is to high school physics, very different but simply a higher level teaching.

Truth has many levels and only as you evolve will you be able to understand different levels of it. What follows will not negate what came before, but will only serve as a natural next step **when you are ready to use it**. If you found the ideas so far paradigm shifting or maybe even a bit out there, what follows will probably take years of preparation for you to fully recognize its significance, let alone make it a part of your everyday life. And that is okay. As I said, this is a higher level teaching, and like all great truth, it will probably irritate you at first, but it will also set you free! Let us begin...

In the first part of this book I have explained to you that you have at least two different levels of being, one which is aware in this physical body and one that is your higher self looking after you and redefining your reality as you go forward. Now I'd like you to start thinking of your higher self as part of God, undifferentiated, non-local, timeless and eternal. You may now choose to call this part the Spirit of God or the Universe or simply God.

Now, the nature of reality is such that time and space are only illusions of our three dimensional existence. They are a construct of our brain. Time and space as we understand it (or rather perceive it) only holds true within the framework of our human sensory perception. It breaks down completely if you use any

other framework that our normal sensory perception is not able to perceive. Ask any good quantum physicist and he will tell you that in the world of the very small, time can reverse, particles can become non-local (that is everywhere and nowhere at the same time), particles can also communicate over vast distances instantaneously, two particles can exist in the same space at the same time and matter can act both as waves or particles at the same time. If you didn't know that all these things are not only possible but they serve as the foundation for many of our modern technology, you'd probably rule them out as fairy tales. In fact, even if you know these to be true, if you really think about it and try to understand how it really could be possible, you will see that the rational mind has a very hard time accepting such things as it is out of the ordinary framework of our belief system.

The reason I shared these examples with you is for you to realize that the world we perceive through our five senses is not only dependant on a very narrow band of sensory information that our brain is capable of handling but also filtered by our individual framework of belief systems. Remember I told you in the beginning, the phrase "seeing is believing" is a lie, the correct version is "believing is seeing". The mind will only perceive what is in its framework of understanding and filter out everything else. This is not a metaphysical concept; it is very much understood and accepted in our scientific model.

Now the question that arises, when you consider that you are only able to perceive and think thoughts that are within the framework of your belief system, is *how do you even know what is the best for you?* Research in behavioral psychology has repeatedly shown that the human mind is only able to project what will make it happy in the future based on past experiences and present circumstances, and it is usually grossly mistaken. We make plans, choose careers, get married, have children, change careers, invest in stock markets, buy new houses, get tattoos spending good money, then remove them spending even more money, get divorced and then re-marry all hoping that it will bring us happiness, yet when we get all we thought would make

us happy, all it seems to bring is more emptiness and craving. What is going wrong?

What is going wrong is hidden behind three simple facts:

First, all our human “wisdom” and perception is helplessly bound within the framework of past to present; we simply have no idea about how the future will unfold. Since we don’t know how the future will unfold, we have no idea what is in store for us. We cannot see the forest for the tree which is right now right in front of us. Since we do not know, we struggle and fight, become afraid and angry, feel disappointed and tormented. However as we arrive in the future, we find that all that we were fighting against was ourselves, all that we were afraid of was only our own shadow, all our disappointments were only based on our ego needs which could see nothing but what it wanted then, which eventually we recognize to be not good for us anyway, now that we can see the bigger picture a little clearer.

Which brings us to the second fact which is not only that we are unable to see what will ultimately make us happy, we are bombarded by hundreds if not thousands of marketing messages (commercial, political, religious, even philanthropic!) everyday. These messages alter our minds in ways that we are not even aware of. And we have not even taken into account the powerful, highly entertaining yet random messages of violence and separation that comes through movies and news media.

At this point most people are either unwilling or barely ready to accept that their life decisions are being influenced by the credit card companies or the “innocent” news programs they watch on television at the end of the day. Even if we are willing to humor such a concept, we are quick to reduce it to simple buying decisions between products and not major life decisions like choosing a career or even getting married. The truth is scarier than you think. While it is beyond the scope of this book to go into the superbly complicated science of mind control, let me assure you, the human mind is more controllable than you think. If you have any doubts, read some of the books that are recommended at the end of this book in the section “Your New

Teachers” under the Mind & Personality category. As you will find out, very few of your thoughts are original or even yours!

Thirdly, if your thoughts are so heavily influenced by all these external factors and if you cannot see anything beyond what the ego mind can perceive, which is nothing but a pseudo personality made up of all past programming installed in you since the moment of your birth and which exists in a state of neurosis or false separation from everything and everyone, including, surprisingly, your true Self... how then do you expect to understand the magnanimity and complexity of the Universal web of creation? How do you expect to figure out what is the right path for you to take when *you* are interconnected with all things in the Universe through infinite past and future? How do you expect to know what is right and what is wrong, what is the difference between good and bad, what is a favorable or unfavorable circumstance for you, when all you can see is what is in front of you through the colored glasses of past programming and personal wounds of the psyche?

You cannot. That is the simple realization that will set you free. But to truly accept it (and carrying that realization within you as you go through life as opposed to simply being convinced right now that this is an acceptable idea) will also mean going beyond your ego mind, which is the hardest thing you will ever do. But it is also your personal destiny, and until you are able to do that, you will never be truly happy.

The journey of a thousand miles begins with the very first steps. So what is the first step for us? The first step is to simply accept and keep reminding yourself the idea that *you don't know what is the right path for you and there is a greater intelligence which does*. This means letting go, this means relaxing, this means surrender, this means love. I will explain these terms as much as I can although bear in mind all these terms are like learning to swim, no matter how many books you read, unless you practice, you will never quite “get it”.

Letting go does not mean giving up because it's hopeless. Letting go means detaching yourself from the outcome simply because



you don't know what outcome you are truly looking for. We let go because we recognize that we are being taken care of, that there is a Cosmic Insurance Plan, that there is a Higher Intelligence which is looking after our best interests, which knows the bigger plan and is leading towards the fulfillment of that plan by gently guiding us forward. Letting go means relaxing and surrendering.

Relaxing means we are no longer burdened by the tremendous pressure of designing our lives "perfectly". Relaxing means that we recognize that we are not the script writers of our life but simply the directors. Just like the same script will produce two completely different movies when directed by Steven Spielberg or Guy Ritchie, you too have the freedom to direct your own movie but the script is delivered everyday from the Writer who writes the story of all eternity. Relaxing means accepting that you are being guided every moment of every day. Relaxing means you will be sent all the inspiration and teachers and circumstances that will move you forward. Relaxing means surrendering your life, your circumstance, your dreams and your desires to God.

Surrender is a tricky word because there is no technique in the world that can teach you how to surrender. Surrender is an automatic submission when you truly realize who you are and where your Source is. Surrender is realizing that God is not somewhere up there looking down on you but "the kingdom of God is within you". Surrender comes from truly understanding what Jesus meant when he said "I and the Father are One". Surrender is simply going beyond your ego mind and perceiving the truth that you are a part of God, inseparable, created in His likeness, perfect and serving a perfect role no matter what you do or how many mistakes *you think* you make. Surrender is falling in love with God.

Love is not desiring another, but recognizing your Self in the other. Love is recognizing God in the other. Love is simply recognizing that there is no separation at all. If you have ever fallen in love truly then you have noticed this: in the arms of your beloved, there was no time, there was no space, there was no you with your ego mind analyzing the situation, there was

only One. As you looked back in retrospect, you analyzed the situation or relived it as a memory, but when you were there with your beloved, the "you" dissolved away into One. As human beings, our ability of falling in love with another person is our most powerful device for experiencing God. When we truly fall in love, we become innocent, we become childlike, we are ready to sacrifice ourselves for the happiness of our beloved, we perceive of no inequality or separation, only love. This is what it means to be with One with God too. These are the same words you will hear mystics, poets and great teachers saying over and over about God.

The great Sufi poet Rumi writes *"In your light I learn how to love. In your beauty, how to make poems. You dance inside my chest, where no one sees you, but sometimes I do, and that sight becomes this art."*

Walt Whitman said *"Swiftly arose and spread around me the peace and knowledge that pass all the argument of the earth, And I know that the hand of God is the promise of my own, And I know that the spirit of God is the brother of my own, And that all the men ever born are also my brothers, and the women my sisters and lovers, And that a kelson of the creation is love."*

Love is recognition of our true Source. True Love is being One with God. It is letting go, surrendering, relaxing because when you are being taken care by the Cosmic Beloved, there is nothing to struggle, nothing to ask for, nothing to worry. This is the realm of the miraculous.

## FROM MAGIC TO MIRACLES

Now that you are a little more comfortable with the idea of Oneness and understand the limitations of our human mind, I'd like to take you one level higher and introduce you to the concept of miracles.

Human beings typically go through 4 stages of growth as they evolve from total unawareness to complete awakening. The stages are as follows:

Stage 1: Either staunch religious or total oblivious.

Stage 2: Uncertain about everything. Asking questions time.

Stage 3: The Magician

Stage 4: The Miracle Worker

In the first stage, we are typically bound by either strong religious programming from some religious club or we are so materially focused that that we have no time think about such things at all. God in this level is the God of anger and vengeance, heaven and hell, pain and pleasure, reward and punishment. He punishes you if you break his rules and rewards you in the afterlife if you follow them. You can be completely unhappy, poor and sick but you are promised heaven in afterlife since you follow the rules of the "club".

For the other extreme in this level, God and all other rubbish that follow from religion are either non-relevant or simply something to be remembered as a social function. They either have no interest in such matters or simply regard God like a tax collection agency, something to be remembered on certain times of the year so they don't get into trouble, but otherwise forgotten until the next social "remembering" occasion comes in.

In the second stage, we begin to ask the big questions. Who are we, why are we here, who is God, why do I *have to* worship him, where do I go when I die, is there a reason and purpose for this Universe or is it all just an accident, how come God only appeared to the mystics of unverifiable history, and so on and so forth. As we ask these questions we typically rely on our family

and friends, clergy and teachers for answers who invariably fail miserably to satisfy us. This makes us ask even more questions and doubt the very foundations of all that we knew to be true. Typically next we turn to science for answers and discover a great world of interesting knowledge that seems to have an explanation for *everything*. Nine out of ten books on science tell us that there is a beginning and an end and insinuates that this is all an accident. They also tell us that anything not verifiable in our current scientific framework is not even worth pursuing. That if it is real, it will be authorized by certain scientific “clubs” and if it is not recognized by these “clubs”, it is not real at all. We go on digging deeper, apparently convinced that there are no mysteries in the Universe, only that which the Hubble telescope cannot yet see. This leaves us confident, arrogant and empowered (being released by the angry God and all his hellfire), yet surprisingly empty as we go about singing glorious songs of freedom, intellect and independence.

And then one day it happens. We somehow chance upon a book or an article or a conversation that tells us something we never even thought to be possible: we can use our mind power to manifest things in our life! We find this astounding, if not a little fruity, yet go on exploring this concept and to our utter amazement find an entire world of literature full of instructions and guidelines on how to manifest things with our mind. We try some of the concepts, and immediately get results! We become a convert overnight. We study religiously and learn all about law of attraction, visualization, mind power, universal laws and others. We find that this truly works for us and it works *even better* for others (they even document how well it works and put videos and movies together).

So we change our paradigm of life once again. We realize that reality is not being thrust upon by some jealous God, neither is it merely an accident, but that we are responsible for what happens to us as we go about creating our reality through our beliefs and desires. We decide that we can have anything we want and if we are able to visualize long enough, we can have it in a short period of time too. We begin to use our new found power and

begin to manifest our dreams and desires. We become the Magician.

But then something happens again. We slowly notice that what used to work so well in the beginning does not work so easily anymore. It has become a bit of chore to constantly focus on what we want and keeping all those "vision boards" and performing all the affirmations. We notice that while our "white magic" works pretty well for small things in life, the bigger aspects are still a bit hairy and with all our mind power and magic, the challenges still remain. Also there seems to be a growing emptiness within that keeps telling us that something is missing! What is going wrong? We go from teacher to teacher and collect newer and newer tools. Some work, some don't, but the emptiness within remains no matter what relationship or how much money we manifest. There seems to be yet another level and we have no idea how to get there.

The next level of growth can happen in one of the three ways. You can automatically transcend to this level (typically this smooth transition happens if you incorporated a practice of meditation in your daily rituals); or you can become disenchanted by all the material success and find your way in; or you can wreck your life so badly that you have no choice but to surrender, for the first time in your life, not to the angry, jealous God up in the sky, but to the loving Father within.

In this fourth level, we no longer perceive reality with the eyes of the flesh (based on our sensory perception), not even with the eyes of the mind (able to perceive invisible things but still bound by the ego), but now we perceive with the eyes of the Soul, which sees only unity and love.

The miracle worker recognizes a simple truth: *he is not his ego mind.*

The ego is the part of you that is focused in this material plane. It is a tool, but not who you *are*. It is simply one of the tools in the toolbox of the greater Self. It is the part of you that has assumed an identity based on the story between birth and where

you are today. It is your identifying role in this life time, a character in a movie if you will, but it is not you (who has many more movies to star in once you finish this one). The problem begins when you confuse your Self with the role that you are playing in this movie called physical life. While it can be lots of fun (or lack thereof) playing in this movie, it is not you, it is only a role you are playing, and the movie is not real either, it is a dream that you are dreaming.

The ego is engulfed in a deep state of neurosis (a false separation of one part of the mind from the whole) and the only way the ego understands anything at all is through separation and judgment. It needs to label everyone and everything to understand the world it lives in. It understands the world through the labels of good, bad, man, woman, white, black, right, wrong etc. The ego is completely immersed in the material plane and rightfully so because it will die along with the physical body as the role ends in this specific movie. That is why, as long as we are identified with our ego mind, we are terrified of death. But we are not our mind and physical death is nothing but continuation in an enormous epic called the Universe (Uni-Verse or One Song).

The miracle worker recognizes that he or she is not the ego mind. He recognizes that we are part of an infinitely complex web of interdependent relationships and there is no possible way that the normal state of human consciousness will be able to conceive the big picture (and it is not necessary either). Since we do not know the bigger plan, we have to rely upon the part of us that does know, which is the Spirit of God within us or our Higher Self. The miracle worker simply allows himself to be guided everyday by the Spirit, practices remaining open to all possibilities, and trains himself to remove the blockages from his heart which stands in the way of knowing Love.

He rarely asks God for specific things but simply prays in words like these "Father, my priority, my desire is inner peace and awakening to love. I do not know what will bring them to me. I submit my desires and my happiness in your hands. I trust your will. May your will be done. Amen."

When he does ask for specific things he fully recognizes "Ask and you shall receive" means "you shall receive" the best outcome that is necessary for your next step of evolution that you are being led to through this desire you are now expressing. Knowing this he fully detaches himself from the outcome yet remains fully ready to do whatever it takes no matter what, to grow into a vibrational equivalent of the desire.

Detaching yourself from the outcome yet having a single minded burning desire means having the absolute trust that you have asked and God shall give. The desire is important because it is the fuel that will guide you in the right path, through the right experiences, as you learn the right lessons, to the right outcome, which is usually far greater than what you could ever dream of.

Detachment allows for that openness to all possibilities that your mind cannot conceive, desire allows for the energy that will lead you through the correct way. The more intense the desire and single mindedness, the faster you move and less chance of you getting distracted along the way. The more detached you are from the outcome, the easier it is to embrace all possible gifts and enjoy the journey.

A miracle worker never asks to see anything manifested at any specific time frame. It is not necessary because the outcome is no longer important, only the journey. He also knows that time is a function of the material plane and desires attached to time are desires of the ego and not the Self. He remains mindful of this distinction because there lays the difference between magic and miracles. Yet through this powerful detachment from time, he sees all his desires coming true in the most amazing way, before he even imagined it would come true. True miracles change the temporal order and can reverse time however it deems necessary. A true miracle worker knows this, and that is why he makes no statement of time.

A miracle worker never *tries* to make a miracle happen. Miracles are truly universal and they benefit everyone and everything, which is why they are not within human control. A true miracle

changes time, reverses cause and effect, helps entire humanity make a jump in evolution. A true miracle is inspired by true love. True love comes from true unity with everyone and everything, with God. A miracle worker recognizes that something that contains such awesome power cannot be trusted with the ego mind, cannot be left to the arbitrary use of the human consciousness. That is why he never tries to make a miracle happen but simply makes a request when he wants to. The when and the where and the how remain with God who is the Creator of the Universe. The miracle worker is simply the awakened brother who makes the requests for himself and his brothers when he feels necessary.

A miracle worker knows patience is an essential ingredient when asking for miracles. Now, we have all heard the overused idiom "patience is a virtue", but patience about what? That something good will happen? That if you wait long enough circumstances will change? If you have no pattern or trend to base your decision to be patient, then you could be waiting for all eternity and get no results.

The patience I am referring to here is not that type of patience but has to do with opening yourself up to miracles in everyday life. The patience I am talking about is only 20% of the equation. So what is the other 80%? Here goes:

50% Faith + 30% Guided Action + 20% Patience = Miracles!

Let me clarify what each of these terms mean as all of these words have lost their meaning due to overuse.

**Faith:** Faith is the knowingness that your life is being guided by the all pervading intelligence that most of us call God. That you are part of God, experiencing life in a human body, going through a great adventure the end of which is merging back to where you came from. It is the true knowing (not just a belief, which is only the minds working hypotheses, a fill in the blank where knowledge is not available) that you are not your body, you are not even your mind, you are definitely not what you have accumulated in this lifetime or your degrees or relationships. It is



the knowing that you are beyond all of that, you are part of the Great Spirit, of God, participating in this illusion called physical life and playing a part in a cosmic drama. Faith is knowing that your role in this enormous drama is more than just your personal needs and desires. That there is more to this story than what your conscious, thinking, rational, analytical mind can understand. Faith is knowing that you are being guided, you will be told what you need to know, you will be shown the next step when you are ready, you always have been, you always will be.

**Guided Action:** If you truly understand the above and actually have faith, then you have already experienced direct communication from God. You have received signs and heard the voice of God in many ways; sometimes through people, sometimes through books, sometimes through dreams, or through one of the countless many ways that God chooses to communicate with us. You may have chosen to ignore it, you may have doubted it or you may have followed it, but whatever is the case, if you have FAITH, you are aware of the guidance...

When you stand in the cross roads of life and ask God "what should I do?", invariably God gives you a sign and speaks softly in your heart about the right path to take. When you listen to that guidance communicated through synchronicities and teachers and butterflies and stars in the sky... and you take action based on that inspiration, you have completed the second step. This is guided action. This is asking for help at every cross road of your life because you realize that you (your ego mind) simply don't know what is the best course for you to take since you cannot see the infinite interconnection between all things through all eternity. It is waiting for the answer and then when you absolutely feel the right way in your heart, taking the guided action. It is first *being* then *doing*.

**Patience:** Far from waiting for things to change, patience in this context is remembering the saying of King Solomon "To every thing there is a season, and a time to every purpose under the heaven." It is knowing that sometimes what is waiting for you is so much bigger and better than what you want right now that it's not even funny. It's realizing that everything has a perfect time

to unfold, that all that our heart desires will be fulfilled, but before it is fulfilled we have to learn a lesson, we have to grow, and we have to become ready to receive what is waiting for us. Like children we want the candy NOW, but the Ultimate Teacher knows if you give the child the treat before he has learnt his lesson, he cannot even appreciate what he has received. Patience is realizing that the whole universe is revolving around EACH of us. And all that we want, all that we seek, all that we ask for will all come true, but we need to grow first. That is the purpose of this life.

Patience is a word we use because our mind cannot handle the word SURRENDER. Surrender can neither be taught nor explained. True surrender is falling in love with the Divine Beloved. It is being One. Words are inadequate here so I will stop. Those of you who understand need no explanation, those of you who don't will have to make your own journey into understanding this.

Patience is resting into the knowingness that at the right time, in the most perfect way, the most perfect outcome will manifest your hearts desires. It is simply having faith, asking for guidance, taking the actions as guided, then resting in joy for you know... there is nothing to rush, nothing to push, never anything to push, nothing to struggle, nothing to wait for. It is simply KNOWING that... what will unfold will be nothing short of miraculous.

**Miracles:** Miracles are Gods gifts to us. They are bending of time, space, cause and effect. They are the most improbable happening in the most extraordinary way. They are the whole universe coming together to give you what you want (or sometimes way beyond what you ever asked for). Miracles are divine candies; a way of God laughing and saying to us "There you go! Look how I bent all rules for you because you are my favorite child!" Miracles are Gods way of showing His (Her?) love to us. But then again, these are words we use to explain miracles because our language has no proper words to explain what it really is. It's a natural way the universe works, like the sun rising in the east, when you understand the deeper secrets of reality.

So one more time, here is the formula for you when you are ready to use it. Write it down somewhere where you can see it every day:

**50% Faith + 30% Guided Action + 20% Patience = Miracles!**

And if at this point if your thinking mind cannot handle the idea of faith or surrender or miracles, that is okay. You will need to train yourself to graduate into the level where you are able to truly live with effortless miracles. And while you are on the way, follow the principles of redefining reality you have learnt earlier in this book. They will all work (until you become ready to evolve to the next level of understanding) and you will be able to see massive results if you follow them step by step, as outlined there, with diligence, integrity and perseverance. And finally when you feel you have outgrown magic, come back here and dive into the realm of the miraculous.

## THE GIFT OF LOVE

*In love, nothing exists between heart and heart.  
Speech is born out of longing,  
True description from the real taste.  
The one who tastes, knows;  
the one who explains, lies.  
How can you describe the true form of Something  
In whose presence you are blotted out?  
And in whose being you still exist?  
And who lives as a sign for your journey?*

*~ Rabia al Basri*

Here's one of the most difficult challenges we all face on the spiritual journey: remaining open and staying connected to the present moment. It is hard to explain, harder to remember and hardest to practice within the chaos of worldly affairs. But it is the key to freedom, the essential ingredient for all revelation, the link without which all secrets become useless head knowledge.

Remaining open to the present moment means transcending your ego mind. It means going beyond the identity you have assumed in this life time and becoming bare naked... nameless, identityless, roleless, limitless. It means coming out of the prison of intellect into the open sky of the infinite. It means letting go of control over the how and the when. It means becoming the witness of the perfection that is unfolding right here and now, without judgment, without preference, without trying to squeeze the ocean into a drop that you can hold in your hands. It means letting the ocean merge into the drop and watching the drop explode into the ecstasy of infinity. In other words, it is being fully present here and now and loving every moment of it!

When you are open and connected with the present moment, with God, with another human being, you go beyond the limits of your ego mind and merge with the ocean of the boundless One. In that moment you are no longer bound by the socio-cultural-economic-religious-family programming of this life that has created your framework of belief system, the paradigm of your life, the filter of your understanding. In that moment you are

ready to experience the bliss and the joy of being one with the Universe - the One Song.

The Sufi poet Rumi once said "Love God or love another human being, but if you love deep enough, you will know Love." Falling in love with another human being is one of the most potent opportunities to experience this bliss without having to spend twenty years in meditation or under the tutelage of a realized guru. When you are truly in love with another human being, all separation dissolves away, even if for a few days or minutes when you are in the arms of your beloved, and you go beyond your ego mind experiencing "We" for the first time in your life.

This We, which is a unified being that is the combination of the lovers, is very real and is capable of great accomplishments, *if* you are able to remain connected for a substantial period of time that is. Remember, true love is not wanting another person, it is recognizing yourself in the other person, it is becoming one with the other person. True love is that awareness where you realize that no separation exists. It is not you loving him but there is a We now, which is the unity of your being. That We *is* love.

But typically, that We-ness fades after a while, the desire remains, the craving remains, the insatiable feeling of wanting to spend time together remains, but the We-ness fades after a while (in most cases). After a while, it becomes me and her. It becomes...

"I love you so much, why do you not love me back in the same way? Why are you thinking about something else even when we are together?"

"I love you too. But there are other things in life you know. I had a bad day. My boss is giving me problems. Our friends also need our attention remember? We can't be selfish and focus only on ourselves..."

"Yes but I don't feel your presence anymore like I felt before. Its like you are here but not here."

"But I *am* here. I don't know how else to make you happy. Do you want to go grab a drink? Maybe if we go out more often you'd feel better?"

"You don't understand."

The We-ness has faded. One has gone into the prison of the ego mind, the other is taking time to join. Now it has become "I... love... you" rather than we ARE and all other explanation is superfluous. We ARE and we are floating in love, connected ALL the time, feeling each others heart moment by moment, every moment, as we grow together towards the end of time. We are one, serving as one, growing as one, loving as one, hanging out with friends as one, attending parties, funerals, tax filings and grocery shopping as one. When we make love, it isn't me making love to you, stuck in my head of either "am I having enough fun?" or even "is my partner having enough fun?" but "Look! Your body is making love to my body and we are experiencing both our bodies as we enjoy the blissful ecstasy of bodily pleasure as ONE." You are no longer stuck in your own body having pleasure or trying to give pleasure, but you are simply experiencing the mind blowing juiciness of the present moment as We and feeling the bodies writhe in ecstasy.... In that moment, together you are ready to experience God, because in that moment when you are no longer stuck within your ego mind role of "me against them", but you simply are, you get a very powerful glimpse of what it means to be One with God.

But then again, that We-ness fades and we get carried away by the worldly affairs of trying to make a living, raising a family, dealing with traffic jams and politics... we slip into the sleep of separateness, into the roles and functions, into our endless quest of trying to become a "human doing" rather than a "human being".

But it doesn't have to be that way. There is a better way of living this precious human life. While that way of living can be a bit difficult to master, it is so much more fun, satisfying and fulfilling. Once again, that way is remaining open to the present moment, to God, every single moment. There are two ways of going about

this. The first is the path of spirituality, the path of renunciation (which does not mean becoming an ascetic on a mountain top but detaching yourself from the expectation of finding lasting happiness from the physical plane), the path of directly awakening to Oneness. The second path is the path of love. (These two can be very easily merged into one, in fact it *is* one and the second path naturally and eventually leads to the first, but for easy understanding here I am keeping them separate.)

The path of love obviously requires a lover and a beloved. But true love quickly transcends the labels and the third being emerges which is the unity of the two. Having this third being alive requires both the lovers to remain open every moment and connected to each others hearts. When that happens both of them are able to constantly float in the blissfulness of knowing that they are never alone. They are able to open the direct channels of energy that comes from the Source, from God, and become the vehicle through which this primordial light can flow into their lives illuminating everyone and everything they come in contact with.

Most people enjoy this state of unity for a few days or weeks in the beginning of a truly loving relationship. Others only for a few moments when they are experiencing a powerful orgasm. In that moment there is no two, only One, in a state of total surrender, bliss, thoughtlessness, non-separation, non judgement, unified in the glory of being. They may think about the experience later on and say "Wow! That was awesome!" but in that moment, there is nobody to think. There is only being. But it doesn't last very long and afterawhile its back into the business of life with judgment and separation. Me against the world.

Soulmates enjoy this unity pretty much all the time whenever they find each other (which is a rare thing to begin with) but even for them it fades (although its much easier for them to keep it alive), unless they are conscious enough to use this precious gift (of finding ones soulmate in the same lifetime as a life partner) for higher spiritual purposes of going beyond the mind.

The purpose of this precious human gift, of being deliciously in love with another person, has a higher spiritual goal. It is designed to help us go beyond our thinking, analytical, rational mind and identify ourselves with who we truly are. It doesn't quite matter if you love God or you love a man or a woman or for that matter a goldfish or a eucalyptus tree, if you love deep enough, you experience what it means to be One, to be Love.

Deep enough means going beyond the ego mind, which is who we think we ARE. But we are not our ego mind, which only understands the world through the lens of separation and judgment. We are much bigger than that. That is not to say that the ego is our enemy, it's not, it is simply a part of us, a valuable tool if you will in our tool box, but it's not *us*. Yet that is at the heart of all our struggles and fight because in our evolution as a race, we have identified ourselves with the part of us which only understands everything through differences. We think we ARE the ego mind, the voice that talks in our head, that has a name, a bank account, a role of a father, employee, friend, brother etc. But we are not that. We are much bigger than that. In fact we are the boundless, multi-dimensional being that transcends time, space, logic and reason. We are part of the Infinite Intelligence that holds the Universe together, incarnated in this human body to experience the juiciness of this time-space reality, with the complete freewill of choosing ONLY ONE THING: time. We have the complete freewill to choose how long we will stay within this time-space dimension and when we will go back home to merge with the Source. Freewill does not mean we can choose our ultimate destiny, it simply means we can choose how long we will take, which roads we will travel, which mountains we will climb, which graves we will kneel on.

To God time does not matter who is eternally timeless, to us who are having this incarnated time-space experience it does because we live through it. The ego mind is one of the components of the time-space physical dimension, it will not remain in other realms of being, which is why it's terrified of us awakening, because it is only in our sleep state does it have any power over us.



All spiritual awakening begins with the calcination process, the detachment from physical plane, of looking inwards, and realizing that you are not your body, you are not even your mind, that true lasting happiness cannot be experienced by remaining at the ego mind level, that there is another reality - a deeper reality that lies beyond what your ego mind can experience through the five senses, and if you want to awaken to that deeper reality, you will have to transcend the thinking mind.

Falling in love and remaining open in love, feeling your lovers heart, every single moment, even when the ten thousand things of the world come in the way, can be a delicious yet extremely powerful shortcut to having that direct experience of going beyond the mind. When you are able to do that, maintain staying open throughout the day, floating in love, moment by moment, experiencing the bliss of being We together, where no separation exists, you awaken to that other plane of existence that would normally take years of spiritual practice and focused training.

This is the gift of love. It is the most precious gift of God to us mortals. It is our passport to eternal heaven, while remaining in this body of flesh and red blood, the best of the both worlds, the privilege of a liberated being.

If you can honor this gift, those of you who have it, you can use the direct portal to awakening and enlightenment, cut down on years, even lifetimes of serious spiritual work. But don't forget to compliment this direct experience with knowledge and awareness, meditation and sadhana (which is another name for prayer). There is an interesting parable in the Gospel of Matthew that may serve as an interesting example:

Jesus spoke to them again in parables, saying: "The kingdom of heaven is like a king who prepared a wedding banquet for his son. He sent his servants to those who had been invited to the banquet to tell them to come, but they refused to come.

"Then he sent some more servants and said, 'Tell those who have been invited that I have prepared my dinner... and everything is ready. Come to the wedding banquet.'

"But they paid no attention and went off—one to his field, another to his business. The rest seized his servants, mistreated them and killed them. The king was enraged...

"Then he said to his servants, 'The wedding banquet is ready, but those I invited did not deserve to come. Go to the street corners and invite to the banquet anyone you find.' So the servants went out into the streets and gathered all the people they could find, both good and bad, and the wedding hall was filled with guests.

"But when the king came in to see the guests, he noticed a man there who was not wearing wedding garment. 'Friend,' he asked, 'how did you get in here without wedding garment?' The man was speechless.

"Then the king told the attendants, 'Tie him hand and foot, and throw him outside, into the darkness, where there will be weeping and gnashing of teeth.'

"For many are invited, but few are chosen."

~Matthew 22:1-14

Knowledge, meditation and sadhana will help you to honor this direct experience, of this direct invitation from God to attend the party. Never take it for granted, never be arrogant about the gift you have received and always use this for greater good of all. Love is the most potent magic of this physical plane and it is capable to truly transforming frogs into princes with the magic of a kiss. But you will have to be ready for it. Many are invited, few are chosen. Even if an ocean fell on your head, if all you have is a cup, there is only so much you can catch.

## LET IT BE

*And when the broken hearted people living in the world agree,  
There will be an answer, let it be.  
For though they may be parted  
There is still a chance that they will see,  
There will be an answer. Let it be.*

*Let it be, let it be, let it be, let it be.  
Whisper words of wisdom, let it be.*

*~The Beatles*

In the ancient Indian scriptures of Vedanta it is mentioned that there are 5 reasons why human beings suffer. They are:

Not knowing your true essence or identity  
Identification with the ego or self image  
Clinging to that which is transient or unreal  
Recoiling in fear from that which is unreal  
Fear of death

And it is said that all of the other causes stem from the first one: not knowing who you truly are or forgetting your essence.

In this physical plane of changes, if you forget your true identity, if you forget to surrender, if you don't allow it to be, you will get attached to all that which changes. From attachment comes aversion towards all those who stand on the way towards owning your object of attachment. Aversion creates the sin/karma of separation. And that sin gives birth to suffering.

The remedy for this suffering is first to realize who you truly are, which has been the central topic of this book and has been covered from many angles. Second, to ground ourselves in this awakened state through regular meditation (which is the topic I will discuss in the following chapter). Third, to develop absolute compassion for all sentient beings realizing that you are always connected with everyone and everything and it is our duty to help our fellow incarnate beings to awaken and free them from their nightmare of material neurosis. It is realizing that we are

going nowhere all alone and until each of us become free, none of us are going to complete our journey back home.

Another meaning of compassion is the aspiration to personally gain enlightenment as quickly as possible for the benefit of all sentient beings, so you are able to help others in the most perfect way possible, through the mind of an enlightened being. Compassion is the willingness to train yourself as quickly as possible, to be willing to consciously endure all that is necessary on the journey towards complete awakening, for the benefit of all. The Buddhists call this state of the mind *bodhdhichitta* - the spirit of a perfect compassionate being.

The fourth component required to bring an end to suffering is to develop renunciation.

To help others become free from this prison of physical plane, the world of transitory and opposites, of pain and pleasure, you have to first realize that you are a prisoner yourself. If you are entranced yourself and believe this plane of impermanence is the ultimate reality, the only reality, then you can help no one. Renunciation is giving up the hope to find lasting happiness and fulfillment from this transient physical reality. It is detaching yourself from your ego mind and realizing that all things on this physical plane change, transform or die. Renunciation is awakening and realizing the impermanence of this physical plane and detachment from the ebb and flow of life.

Renunciation does not mean you cannot enjoy the extreme pleasures and joys of this physical plane. It does not mean you cannot fall in love deeply or enjoy great wealth, health or power. It simply means you no longer try to hold on to it or mold it into your little box of rational understanding. Renunciation means letting go, it means enjoying everything as it is, enjoying the flow, never holding on to anything, never trying to own anything. Ownership is the idea that a gift or a blessing only belongs to you (or certain people of *your* choice) and no one else can have it. It creates the karma of separation.

When they want to express gratitude for something good they have received, the Sufis say “*Alhamdulillah!*” – all things magnificent return to Allah (which by the way, in its root form, means not God, but the absolute Unity beyond all opposites). Learn to enjoy blessings and gifts in that spirit – be grateful for the gift but do not hold on to it. Let it be, let it flow, let it remain as it is, limitless, flowing and ever changing.

When you fall in love with someone or something, love with an open heart. Do not try to own the person or thing as “*mine*”. If it naturally gravitates and settles in your life, *Alhamdulillah!* If it doesn’t, that is also okay. If it goes away, let it go. If it begins to flow into lives of others, let it flow.

True love, miracles and pure bliss are all gifts to be enjoyed with an open heart. They are not to be labeled, reduced or owned within the prison of the ego mind. If you try to own it, hold on to it, become attached to it, you will surely suffer; because in a very subtle way you are giving birth to the karma of separation. You are stating that this gift belongs only to you and you are the only one who deserves it, no one else can have it.

This is a bit like getting attached to a beautiful cloud one autumn afternoon. You can enjoy it, be inspired by it, love it or even take a photograph of it to remember the moment when this beauty of nature passed through your life. But if you try to own it, run after it, or get angry at anyone else taking a photograph of it, or hope it will remain the same forever, you will surely suffer. Clouds, just like miracles, human beings, success, health, wealth, power and all other things on this physical plane, are impermanent, transitory, ever changing and constantly flowing. If you try to hold on to them, you suffer. If you let it be, you can relax and enjoy the dynamic, magnificent, eternal dance of the opposites. You can become the open vessel, the witness, the channel through which all things can flow. The river bank does not try to hold on to the river, it simply allows it to flow. Be like the river bank, be like the eternal sky. Let things be, let things flow, let all things good and beautiful return to the Source. *Alhamdulillah!*

## STEPS TO ETERNITY

So what is the next step? The next step is to incorporate some form of meditation in your daily life because meditation is the most powerful tool to open your mind to the deeper secrets of reality. It is the fastest route to enlightenment.

It is also the hardest thing you will ever learn to do because pure meditation will automatically do one thing: help you dis-identify yourself from your ego mind. The ego will resist this practice with its full force and everything that can come in to distract you from continuing forward will come in, both from within and without. But then no matter how powerful, error can never win over truth. And who you are is pure truth and light. You are destined to awaken; only how long you will take is your decision to make. Free will does not mean you can change your destiny, free will only means you can choose how long it will take for you to get there.

So how do you meditate? Remember first, pure meditation is pure void, pure silence. Everything else is something other than pure meditation. However, in the beginning pure meditation will probably be next to impossible because the ego mind will protest so strongly and you may need to use some easier practices to make it an everyday habit.

Also remember, any meditation technique you learn, is still a technique. The ultimate goal of meditation is to surrender and to become One; neither of which can be taught by any technique. Just like falling in love, the technique itself can become an obstacle when it comes to true surrender. But the technique can prepare your mind for opening up to love, to surrender, to transcend to that place where there is no name, no mind, no separation, only One.

Having said all of that, here are some ways you can begin your practice of meditation which, if you continue, is really all you will ever need for the rest of your human journey.

Every day, at least once, preferably twice, sit somewhere where you won't be disturbed and meditate for an hour. If you do it once, do it in the morning when you wake up before you do anything else at all (except essential needs but no worldly activities). If you can manage twice, do it once in the morning and once around sunset (or if you prefer, before you go to sleep).

Here are 3 classic meditation techniques for you. Try all three in turns, and then whichever you feel more comfortable with, stick to that:

1. Breathe in, breathe out, in between the breaths there is a gap where there is no breath, no thought, nothing at all, just pure silence. Focus on that gap. When you need to breathe in naturally, do so and repeat the process.
2. Breathe in, breathe out, keep your focus on your forehead between your eyebrows where the third eye is, and chant the word OM or AUM silently or out loud. Sounds something like O---MMM.
3. Breathe in, breathe out, keep your focus on your forehead between your eyebrows where the third eye is, and chant the sound of AAAA... out loud. When you chant, completely be one with the sound itself and feel your entire being reverberate with the sound.

Once again, remember these are very powerful practices that countless enlightened beings have used for achieving their super conscious levels throughout the history of man. If you want to live a life filled with miracles, guidance and surrender, there is no faster way than meditation. So take it in that spirit.

However, in the beginning, it is bound to be difficult for the reasons I already mentioned. So what do you do when your mind wants to everything else in the creation but sit still? Firstly, accept that this is expected. No one has ever begun to meditate and have not faced resistance, most face such overwhelming resistance that they are completely taken aback. So do not judge yourself if you feel that inner turmoil in the beginning. It is completely natural. You will need to train your body first to sit

still before you can train your mind. Once the body has been trained, the mind will follow.

Here are some helpful tips that will help you on your journey:

- a. Train your body first before you expect your mind to listen to you. If you cannot meditate following one of the 3 techniques mentioned above, use any of the countless commercial meditation products that are available in the market. They use music, binaural beats and other soothing sounds and therefore more entertaining than silence. But do not get married to any because ultimately anything other than pure silence will be a hindrance between you and God. Remember you are not meditating to become smarter or reduce stress or enlarge your brain (although all of those are natural byproduct of regular meditation), you are meditating to open your mind to Oneness with God. In fact, don't even try to become a meditator in the end, even that is a trap of the mind, what you want is liberation, pure awareness, freedom and unity with the divine.
- b. If you still cannot do one hour with different tools, listen to your favorite music and try to sit still for an hour (needless to say that music that speaks of anger or hatred or violence is not the right music in this context). The idea is to train your body before the mind follows. After you have practiced this for a week or so, try to go to commercial meditation products, after that try to go to the classic techniques mentioned above, and finally the goal is to become so aware of your true self that nothing remains but One. In that level, you simply ARE. You do what you do, chop wood or carry water, trade in the stock market or dance in a ballet... whatever you do is a prayer, is a service to the Universe.
- c. If you absolutely cannot do one hour in the beginning, do 45 minutes. If you cannot do that, do half hour. If you cannot do that, do 20 minutes. But do it. Then from 20, make it 30, from 30 take it to 45 minutes, from 45 extend to an hour. And ultimately every moment of your breathing life becomes the blissful awareness of Unity consciousness.



- d. Remember it takes 21 to 28 days to make or break a habit. So in the first four weeks or so, remember to give yourself as many reminders as possible, get your friends or family to support you, make yourself accountable to a friend by depositing a substantial amount of money which will be forfeited if you do not keep your promise etc. Remember the ego mind will wage a war against you so that everything in the world comes in between you and your meditation practice. So get enough troops on your side as well. Winning this battle will not make the difference between becoming a more patient person or not, but it will make the difference between living a life of mediocrity or miracles!

## The Beginning

Every end is a beginning and each beginning is the promise of a new adventure. And when you will look back at it after doing all that you needed to do, after achieving all that you thought you'd never achieve, everything will feel like nothing because after all, this world is just a reference point for the other world. In the end, the truth remains that all that you have achieved, all that you have created, all the money, you family, your children, your books and your songs... Nothing will remain. Everything changes. And it is through this change that we are born and reborn, create and destroy, love and hate, live and die. But integrity is the essence...

In the end, as you shall realize, there is no heaven and hell, there is no burning coal waiting to punish you. Only a series of questions and answers. But even that is not important, it is only a process. What matters in the bigger picture, when you look at it from the outside like I have, is whether you have lived in integrity or not. As Buckminster Fuller once said *"In an invisible world there's no visible aesthetics. In an invisible world the only aesthetic is integrity."*

When you live with integrity, you do not worry about earning a living or making some money. You do what needs to be done because you *feel* the need to do it. And when you give to the universe in such a way, the universe gives back to you. And that is the only way to give.

So give what you want to receive and do what needs to be done. Your life is a gift for all the rest of us. Do what you feel is the truth. Whatever it maybe.

But integrity is the essence. Everything and everyone in this world knows right from wrong. Good from bad. Sometimes you follow it, sometimes you don't. But always remember, this world is just a reference point for the other world, that which is eternal. Sometimes people tell me that it's not always easy to decide what is the right thing to do and the right way to take, and I tell

them, "...there is no right or wrong other than what exists in your mind. Follow what is your truth, that's it".

In a world where we are experiencing extremes of hatred and cruelty more than ever, where children are killed in thousands just for some oil, when millions of people are dying of hunger on one side of the planet, and millions of dollars worth of food are being wasted on the other, we need to commit ourselves to the truth more than ever.

There is a deadly disease around the world and the disease is called the "scarcity mentality". The whole subject of Economics evolved around the assumption that there is not enough, so we need to find ways of dividing what we have efficiently. The truth couldn't be further away. But because we are taught from the very beginning of life that there is never enough, our mentality is shaped around the principle that somebody has to lose for me to win. But it doesn't have to be that way.

We have never ran out of anything and we will never run out of anything either. Everything that we have all exists in our minds and the more we learn to expand our minds, the more we can create. Unfortunately I fully realize that this would be probably one of the most difficult concept for you to accept. With so many conflicting information from all around us, it's very natural that you might feel that way. It is beyond the scope of this book to go into the subject of scarcity but I would just give you two examples of how resources only exist in our mind.

Take for example these two opposite extreme yet neighboring countries of the world. One is the biggest country with the most land, the most oil and the most fresh water in the world. The other one is a small little country with virtually no usable land, no fresh water and no oil whatsoever. The one with all the resources was called Soviet Union, and the one with nothing at all is called Japan! Any idea regarding their economic status? Well Soviet Union became so poor and ineffective, that it ceased to exist. And Japan became the wealthiest per capita country until now! How did that happen? It happened because resources only exist in the mind. What is garbage today is resource tomorrow. What

is valuable today is of no consequence tomorrow. It all depends how we define it. And the definition exists in the mind.

Secondly, take into consideration that it is estimated by the World Bank that it will require 45 billion dollars to provide basic food, sanitation and education to the entire third world countries. If that is the case why do we have so many people illiterate and dying? Why do we have trillions of dollars spent upon wars just to excavate some more oil to make some more money? Why is it that the rich countries have to spend billions of dollars every year just to handle food “surpluses”?! What really is going wrong here?

What is going wrong is the fundamental belief that me and you are separate beings and it doesn't matter if one of us suffers as long as the other is prosperous. What is missing is the sense of integrity and understanding of the true nature of reality in our world leaders. But fortunately the change is slowly taking place.

When people ask me what can I do as an individual in this huge intricate game of politics and wars and multinational companies? I tell them, don't forget, everything is connected. We are all in this together. We cannot hope to reach our ultimate destination without all of our fellow mates working in the same direction. Of course it will take some time but then time is only an illusion that we live through. It will take as long as it takes. Remember, ultimately, it's not about anyone else or anything else, it's about you.

As more and more people commit to living a life of integrity, to serve each other, we are going forward. As more people like you learn to see through veil of physical reality, we are getting closer to realizing the true powers that we have within. And when one of you commit to the truth of your being, thousands are affected by the way you live, love and earn money. Thousands are changed because you are changed. It's a chain reaction.

So remember at the end of it all, there is nothing left, but the essence of integrity. In the end, all I have to tell you is commit yourself to what is *your* truth and never give up. Give what you want to receive and do what needs to be done. That's it.

Begin at once! You have everything that you need right inside of you. There are no missing links and there is nothing more to wait for. Your ship full of treasure is sunken right at the bottom of your heart. Find it and excavate it. You are the extension of the Source! And your being is a gift to all of us. Do not deprive everyone from the unique gift of your being simply because you are too lazy to look. You are the Alchemist. You are the Adventurer. You are the designer of this reality. Redefine it.

Your journey begins here...

# Your New Teachers!

## Reality:

### Book:

1. Science of Getting Rich – Wallace D. Wattles (Included in this package)
2. As a Man Thinketh – James Allen (Included in this package)
3. Seth Speaks – Jane Roberts (Heavy stuff. This book is not for the casual reader.)
4. The Alchemist – Paolo Coelho (Essential reading)
5. The Elegant Universe – Brian Greene

### Movie:

1. The Matrix (Just for entertainment and opening mind. Not for actual facts!)
2. K-PAX

## Mind & Personality:

### Book:

1. Emotional Intelligence – Daniel Goleman (Essential reading)
2. Nudge – Richard H. Thaler and C. R. Sunstein
3. Stumbling On Happiness – Daniel Gilbert
4. Blink – Malcolm Gladwell
5. Tricks of the Mind – Derren Brown
6. Influence – Dr Robert Cialdini

### Exercise:

1. Take up a class of self hypnosis if you can find one. It's extremely valuable. Try to go for methods that have a mind-body-spirit approach and not just traditional self hypnosis with affirmations.
2. Take a class of meditation.

## Attraction:

### Book:

1. The Mystery Method - Mystery
2. The Art of Seduction – Robert Greene
3. The Secrets of Sexual Body Language – Martin Lloyd-Elliott

### Movie:

1. Match Point
2. Hitch

### Exercise:

1. Learn Salsa / any other dance that interest you.
2. Join a Pilates class.
3. Join International Toast Masters if you have trouble with public speaking.
4. Take a improvisation acting class.
5. Go out and meet people on a regular basis. Make it a practice to talk to as many strangers as you can, it doesn't matter who or where. Say hello to everybody and

make small talk. Talking to strangers is an art and the more you do it the better you will get.

### **Livelihood:**

Book:

1. Rich Dad, Poor Dad – Robert Kiyosaki (Essential reading)
2. Master of the game – Sidney Sheldon (A fiction that inspired me to start dreaming for more and taught me the importance of choices that define our destiny.)
3. The World is Flat – Thomas L. Friedman (To understand about the global economy and how all is interconnected.)

Exercise:

1. Take a course on financial education by any well known coach. There are many around.
2. Subscribe to a magazine that caters to the high end of the society. It will open your eyes to what money can buy and what is going on outside of the rat race.
3. Attend as many free seminars as you can on anything. There is always something going on. Check the newspapers regularly and go and attend whatever is free.

### **General:**

Book:

1. Think and Grow Rich – Napoleon Hill (Absolute essential read.) (Included in this package)
2. Outliers – Malcolm Gladwell (The mechanics of being great)

Exercise:

1. Take MASSIVE action! Don't sit, don't think, don't worry! Make a definite decision to bring about change and then start taking action. The rest you can figure out on the way. Don't let your awareness overwhelm you. The journey is more important than the destination. So start NOW!

### **Lastly...**

You can learn from me directly. To book a session, visit:

<http://www.redefineyourreality.com/private-coaching-sessions.htm>