I know………

everybody is very child from the inside.

Everybody feels fear, though it’s very fake.

The Braver always does better than others…

**Act very simple and nice then get paid the highest price.**

and hold the prestige always…

if u don’t want to talk!

Say feeling bored!

-----------------------------------------

I know………

A lot of people can not do anything because of Shy.

It is a 100% fake fear.

If you want 100% success

Then be 100% shy-less

Just say who cares……..

--------------------------------------------

Everybody feels unsafe, insecure, and love-less at some point

So if I show love and safety they will become my pets.

--------------------------------------------

4/22/23.

I was feeling worried, and anxious, and Headache all day. But…..

When I was talking to shajanchacha with a smile and respect I felt less worried and headache..

When I saw the better half talking unrelated then my attention moved to that completely and I felt 0% worried and 0% anxious. I also felt a couple of times at Prime29 and Nara the same way.

When I was watching an intimate story video then I felt right away 0% headache, 0%worry, and 0% anxiety. 100% free from any worry, 100% confident. Because my attention was 0% to anything else.

SO my worry, anxiety, and headache were 100% fake, I was just scared of it….

: talk to anyone using easy words, like grandmother can understand it.

: ask the exact question to discover/get the exact info you want.

: answer the exact amount as the question asked to you, never more.

: one day I talked about some topics that way, and it had an impact on Khalid Mohiuddin (the word people might get angry at you for this) and did impact Elias Hossein on (BNP in a miserable situation since 2009). I noticed that on their next videos.

:::::::::::::::::::::::::::::: Control decision ::::::::::::::::::::::::::::::::::::::::::

You can not control how you are controlled/drived !

But you can control what drives you!

Means, some people are good at something..

And some people are bad at something..

So, you can choose and go with what you are good at..

::::::::::::::::::::::::::::::: worthless talk ::::::::::::::::::::::::::::::::::::::::::::::

If you talk / ask / discuss anything negative to anyone about anyone that’s not gonna make it better.

So act just simple, nice, and act like nothing negative at all…

If incase, anyone does talk negative then stop that animal right away. If not possible nice way then attack that animal more aggressive, technical, and sofisticated way to stop that animal.

:::::::::::::::::::::::::::: bring your focus to present :::::::::::::::::::::::::::::::::::::

Some time we are sad OR worried just because of thinking about future or past. We get all knoledge by 5 thing: vision, listen, feel, taste, smell. So focus all of them right now- 20 seconds for each to bring your focus to present.

:::::::::::::::::::::::::::: understand the mechanism of enzieti ::::::::::::::::::::::::::::::::

When you didn’t have enzieti then you used to think about some plans, goals, or anything never about your own enzious and so you never felt enzious to talk or do anything. When you don’t thinks about your own enzious then you have enough time to think/plan about some topics and eventually you can talk or do the thing you thought about.

So never think about your own enzious, it is not illness, that make you scared of it unnecessary. Keep some pre-ready topics that you can think and talk about always.

: keep personality and simplicity always, people will respect you always\_\_\_ salman khan.

Comment: in the earth every people probably not equally talent for everything but it doesn’t mean he should be enzious. If any one got enzious that means there is an enemy who did hurt him and make him enzious. And this enemy must be stopped and punished very seriously.