

REBOOT & RISE



Being Vigorous

Hello readers!!!

This is my first Book.

In this book, you will learn about four different aspects of self improvement.

This book is entirely free, but it will require your full attention. Your life will change if you grasp what I am trying to say and put it all into practice.

This is my promise to you.

The goal of this book is to help you all build a solid foundation so that you can build a successful life.

So, with your undivided attention and my unwavering commitment to teach you something useful, let us delve into all aspects of Self Improvement.

Self improvement means getting better!
All you need to do is keep going in the
right direction.

Everything we do is recorded as a
memory and kept in our subconscious.
Why not create a good and inspiring
memory?

Self improvement is divided into 4 parts.

Mental

Physical

Emotional

Spiritual

Mental health is the most important aspect of the four mentioned; the others are also important, but mental strength is must.

And you know what? Mental health is the most undervalued topic in our daily conversations.

Neither parents nor society care about it.

But that does not mean it is not important. No, Even if they do not care, that does not mean it is pointless.

Many issues were disregarded by society in the past, but these days they are being addressed seriously.

To understand how we can improve our mental state, we must first distinguish between mind and brain.

The Mind:

- You decide to learn a new language, such as Spanish. This is a conscious decision made by your brain's higher-order thinking processes in the prefrontal cortex.

The Brain:

- As you learn new words and grammar, your brain creates new neural pathways that connect neurons. This is a physical process that improves connections in areas such as Broca's area (for speech production) and Wernicke's area (for language comprehension).

Mind: You crave intense stimulation from pornography.

Brain: Dopamine surges from watching porn cause you to seek it out more (reward system), even if you feel guilty afterwards (negative thoughts).

Your brain is not allowed to even consider it again until and unless you decide to do.

If you relapsed, it was entirely your decision, my friend.

Do not make yourself feel better by playing the victim card.

Let us now explore the distinction between the conscious and subconscious mind.

Being conscious means being awake and aware of your surroundings and self.

The subconscious stores the information. The information gathered by your eyes and ears during mindful moments as well as when your attention is diverted.

You first make a conscious decision, and then your brain arranges neurons and paths accordingly.

Remember that your brain cannot distinguish between good and bad; it only remembers things.

On the other hand, your mind, or consciousness, knows the difference between good and bad and has the ability to choose and decide.

Whatever you see and hear, whether you realize it or not, enters your subconscious. Always be mindful of what you are consuming through your eyes and ears.

As I mentioned earlier, whatever you do becomes a memory.

Why not make some good ones? And for that, you will need a complete rewire, which is why this book is here.

"You become what you think."

But I want to add here - "What we see and hear also influences our rise and fall."

Now that you have learned the fundamental differences between mind and brain, conscious and subconscious, let us delve deeper into the subject.

THIRST

That we all have for something unknown, and we frequently distract or fool ourselves into believing that x is the source of relief, when it is not!

Thirst arises in the mind, and then why,
who, and how arises in the brain.

Now, let me tell you one thing.
Nothing can be achieved unless you are
thirsty.

The 21-day challenge or any other
challenge is only useful if you have a
strong desire to achieve it.

Brothers, in this so-called modern world, only those with a strong mindset and a heavy bank balance will survive.

You can not even get up early in the morning without a strong mindset, so how can you expect to get rich or achieve anything else if you do not have the desire to succeed?

Determination, Confidence, Perseverance

All this comes with thirst.

For example, if your house is on fire and your family is inside, will you think twice about going in?

Will you feel a lack of confidence?

Will you feel a lack of determination at that point?

Ofcourse not!

You will do whatever it takes to get them out, or if not, you will call someone else; will you think you lack communication skills to talk with your neighbor at that time???

NO!

The title of this book, "Reboot & Rise," refers to a challenge I created; those who began this challenge ended up making it a daily routine!

They were able to do so because they had a clear mindset and a desire to accomplish something in life.

It is necessary for you to first learn how to identify the thirst to seek the water of self improvement, which will lead to success in any field you pursue.

THIRST

Suppose you are thirsty but can not find any water, and you see a bottle of a soft drink.

You wanted pure water, but you could not find any, so you compromised and drank a soft drink to quench your thirst.

The thirst has passed, but have you achieved what you desired?

The same goes with PORN and masturbation; you want to be the best version of yourself, but you compromise yourself due to laziness or other factors, and you seek pleasure in temporary thrills.

Isn't it?

We are all born with a thirst; some people never realize this, some realize it when they are old, some realize it when they are young but are unable to follow it, and some compromise their potential by deluding themselves into thinking they want fast food, sex, or any other kind of drug.

The majority of you belong to the last group, which compromises even when they have enough time, resources, and favorable circumstances but choose not to pursue it because of a lack of self-control, an addiction to instant gratification, and —worst of all—laziness.

You all are sacrificing your diamonds for
copper.

Is this justifiable?

You are destroying yourself for a few
seconds of pleasure.

Is it even fair?

You are killing your dreams, your
potential, and your best self.

Isn't it's su*cide?

First and foremost, I want you to understand that you are wasting your time and energy on cheap thrills.

You all have the power to be king.

Your own world's king.

The world within you.

We will discuss this in depth in the "Spirituality" section.

If you have at least 1% confidence that "Yes, I can change my life," then read on; otherwise, it will be a waste of time.

Okay, I am assuming you are all eager to improve.

Your thirst will grow over time; however, do not believe that you should be completely clear about what to do before entering the battlefield.

Everything will become clear to you gradually.

With time you will improve my friend.

Now the question is, "What to do?"

Do nothing; you cannot reach a conclusion without fully understanding the situation.

For now, just keep going and finish this book.

We have just finished understanding one aspect; there are three more.

Still, if you want to know...

Follow this!

Stay away from shit!

Don't be in shit! (Bad environment)

Don't watch (Useless content on internet)

and hear (daily gossip) shit!

Let us now discuss our next topic, which is related to mental health, emotional well-being, and spirituality.

Now that you have decided to work on yourself and improve your life, let us talk about something challenging.

Physical strength is the second requirement for you to truly improve yourself.

A good athlete can learn to control his mind faster than someone who plays video games all day while lying on the couch.

It is all about thirst.
The thirst to be better.
Someone who exercises on a daily basis and eats healthily throughout the year can easily control his emotions.

Why is physical strength an important aspect of overall self-improvement?

- It is related to your mental health.

Depression only affects those who are physically and emotionally weak, and have no interest in spirituality.

A person with a good physique, strong willpower, and emotional control is never stuck in a mental crisis.

What to do?

I don't want you to blindly follow what I say; instead, use your consciousness to decide what to do.

Still, if you want to know...

Get up and go to bed early.

Ensure that you go to bed and wake up at a fix time.

Go for a morning walk every day.

Exercise every day.

Drink 2 to 3 litres of water per day.

Don't consume fast food.

Don't drink soft drinks.

Don't ejaculate semen.

A healthy mind and body make you emotionally strong.

And the combination of these three produces a solid foundation upon which spirituality can be constructed.

So without further ado, let us move on to our third crucial point.

A man who can mediate (mental aspect) and exercise (physical aspect) on a daily basis, despite the grief of losing someone or anything depressing, has control over his emotions.

If a person can make you angry, he is your master. Because you have given him power over you.

Many people miss out on opportunities because they lack emotional control.

Their decisions are based on their emotions; if they are in a good mood, they will go to the gym; if they are in a bad mood, they will not even get out of bed early.

That kind of slavery.

Slavery of emotions.

I want you all to reclaim control.
I want each of you to be the king.

Ruler of your own realm.

A person who is physically and mentally strong can easily develop emotional strength.

What to do?

Never take any action based on emotion.

For example.

Never ever shout at someone right away.

Just wait one minute.

After that, do whatever pleases you.

Calming down only takes a few seconds,
but if you don't, you will live with the
regret of what you did.

Keep this in mind!

Never let their remarks make you feel
depressed.

Nothing really matters in the end.

Don't let them decide how you will feel.

Don't give them control.

Maintain your neutrality, even if the situation worsens.

A monk is never joyful when they are appreciated and depressed when they are mistreated.

They are always calm and relaxed.

Let's talk about the last and my favorite topic in self-improvement.

There are 1000s of misrepresentation of this topic.

Everyone has their own defination.

The real and only defination of Spirituality is “seeking the truth”.

If you find someone adding magical nonsense and misrepresenting scientific terms, be careful.

He is not a spiritual person, but rather a failed science student.

Science and spirituality go hand in hand. You can not dislike science if you are into spirituality, and vice versa. As both of them are similar.

In spirituality, we seek the ultimate truth and do not limit ourselves to anything.

In science, we seek truth, conduct experiments, and are always prepared to refute previous scientific beliefs if we find a better or more accurate answer.

Terminologies such as aura, frequency, vibrations or vibes are all nonsense.

You are a human, not a radio!

This type of terminology is only used in the name of spirituality by those who are unable to pass even the most basic science tests, particularly in physics.

If you lack scientific knowledge, you will also lack spirituality.

I am not saying that a PHD in science is required, but at least basic knowledge.

Be aware of your surroundings, be alert, ask questions, don't be like a machine just doing the job and not even aware of anything around.

You are a conscious being; behave like that!

Don't accept anything without understanding it properly.

Observe and ask!

Try to understand how or why this or that happens or will happen; stop behaving like a programmed machine.

Spirituality refers to

"Seeking the Ultimate Truth"

or

"Seeking Yourself"

or

"Journey Within"

or

"Finding the Real You"

They all convey the same meaning.

I hope till now you are enough thirsty to
improve your life.
With that let's dive deeper into
Spirituality.

Spirituality is a way of living.

It goes beyond religion or atheism.

A true spiritual person is not someone you imagine living in the mountains, alone, without hygiene, with less education, who uses spirituality to cope with everyday life struggles....

NO!

A true spiritual person has mastered the material world and is now working to master his inner world.

Real spirituality is a dance within materialism, but it requires that you not be aroused by your surroundings.

Getting interested?

I knew it, just reading about spirituality and self-improvement makes you happy.

Imagine how happy people feel when they work on their lives and follow a spiritual path.

They have joy, and you have pleasure. That is why your happiness is time-bound and limited.

They seek the truth, and you justify your comfort zone.

That is the difference.

They will do whatever it takes; you are not even doing what is necessary for yourself.

Seeking the truth brings them happiness.
You look for pleasure and end up in pain.

Isn't it?

Can we change the way we are?

Yes, we can.

If nothing else, we can at least improve
our situation.

However, you must first ignite the flame
of thirst in order to continue moving
forward and becoming the best version of
yourself.

Where do you see yourself ten years from now?

In the exact spot where you are standing right now?

Your actions are showing that you will end up in something worse than this, your daydreams about something better are not helping.

What do you want?

Looking back after ten years and feeling proud of your decision to work on yourself.

OR

Looking back after ten years and regretting wasting your time on temporary thrills.

Mental-Physical-Emotional

They all walk together.

When they combine, they result in a thirst to go beyond, inside, and in depth of the ultimate truth, which is nothingness.

There will be no more you, I, or ego.

It is okay if it is becoming difficult for you to understand all of this; simply begin by focusing on your mental and physical health.

Slowly, the flame of thirst will ignite.

The thirst to get better.

The thirst to learn and experience something new.

Do not believe what I say until you have experienced the benefits by yourself. Until then, have no hope or fear, only the thirst to improve from yesterday.

As I mentioned earlier, self improvement is all about becoming better than before mentally, physically, emotionally, and spiritually.

Just never let a day pass without working on yourself.

You can begin by reading articles online, becoming aware of current events, learning a new language, a skill, meditating, learning a sport, discovering your hidden talent or strength, and mastering it.

Thank you for reading this far!

This is my first book, and it is more of an introduction to the four aspects of self improvement.

In the future, I will try to explore and explain each topic in four separate book.

This book is yours; read it again whenever you feel demotivated.

Your future self should be pleased with the decision you made today to improve!

Once again thank you!