

***The Social Anxiety Switch: How to Flip It Off -
Psychology & Nutrition Secrets of Social Anxiety
and How To Overcome It.***

[The QPH Method]

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His work greatly contributes to the Science of Psychology, Philosophy, Business and Medical Sciences. In 2015, University of Aberdeen, Scotland, Vytas was awarded with a diploma in Sports Medicine, in which he studied Advanced Psychology, Medical Sciences and Coaching.

Vytas findings provide a practical method for Psychologists and Practitioners all over the world, to effectively deal with psychological transformation.

He is a consultant, mentor and a hero to people who suffer from psychologically induced mental health conditions, procrastination, relationship problems, personal barriers, trauma, negative self-image, anxiety, and other problems affecting one's personal quality of life, experience, and achievement.

For more, please visit vytas-kas.com.

Introduction

In this book you're about to discover one of the most powerful tools to deal with Social Anxiety, shyness, and any form of personal weakness.

Inside, I don't promise you a bunch of tools, tips, exercises, or worksheets to 'help' 'improve' 'cope' 'deal with' your experience. Instead, I want to provide you with a complete understanding and a permanent solution.

There are many books, which for many seem to be the cure and the solution. There are CBD and Psychologists, which for many they also are the cure-all end-all. But while many people are fascinated by the new knowledge and will back it up 100% - many have tried them ALL and continue to search for that solution.

This is exactly where I was back in 2015. After having to live for 4 years, hiding away from people, because my whole body was covered in bandages from a severe autoimmune condition, I was left with all the mental consequences of it.

After my health returned to normal, I went back to work, just to see myself unable to be myself in front of other people.

I was a bartender at the time, and my job was to be social. To speak with people. There was 4-5 of us working in a big cage bar at a busy Spanish restaurant.

Every time I would see a girl come to the bar that I liked I would feel anxious, unable to act and be myself. Every time there was conflict or emotions with the guys at work, I'd let down and shy away from it. Every time I had to speak with certain management, I feared.

Even when I had to take drinks to a table, I would feel my heartbeat race and every desire to avoid doing it come up. As much as I wanted to escape it, I couldn't. I was working with people, I had to pay rent and I was living abroad, away from my home country Lithuania.

Having recovered from my autoimmune disease I felt like I was eating healthy, going to the gym 4 times a week. So, assuming that it was psychological, I went online and bought a bunch of books on the topic of Anxiety, Self-Help, Positive Thinking and Confidence.

I would go through these books as fast as I could and after I closed the last chapter – I would put it to practice.

Next day I always came to work and applied what I've learned. But I noticed each fascination fades as quickly as it comes in.

The more time I took trying to help myself, without solving my social anxiety and stress, the more I was being consumed by it.

At the time I found myself in a club after work 3, sometimes 4 times per week. Just to see my hands shake the next day when that anxiety came back. Always regretting I didn't call-in sick. While other times I would choose to stay in and play online games.

One evening I remember seeing my hands shake, looking at the tickets making mistake after mistake. And when the guys said something about it – it would sting painfully. Seeing myself drag everyone else's efforts down, beginning to worry about every interaction, every relationship turning cold... I've realized that If I don't do anything about it now, I will soon be right back where I

was when I lost hope with my health, thinking to myself 'what's the point?...'.

I couldn't go on like that anymore. I've read hundreds of books and the more I read – the worse I've gotten.

After that evening I had the fastest home in my life, stormed into my room, drank a herbal supplement to help me think, dropped a notebook and said to myself 'I will figure it out'.

As I've read 100+ books on the topic, combined with my diploma in Medical Sciences, studying Advanced Psychology, what came that night was a revelation that would change everything.

I sat on my bed looking at my notes, and a series of principles began to connect one after another, giving me a complete understanding exactly how my Social Anxiety was being created and where it was coming from.

As I focused on finding a solution, three principles began to connect with each other, which created what I call **The QPH Method**.

This was a method that was meant to turn it all around. Like a mental exercise, reprogramming thoughts, perceptions, and feelings from inside-out.

Before I laid my head on my pillow, I closed my eyes and began to practice it, for the first-time having hope that *'this might be it'*.

The next day, first thing after I came in and started preparing the first drink, I was ready to apply this exercise. My colleague asked me to take the drinks to the table, so I picked up the tray, still anxious... *(having to do one thing I didn't want to do the most, as for the last years I was placing drinks on tables with a reptile-like looking hands and bandages covering my body)*

I walked over to the table, placed the two cocktails on the table, turned around and as I walked back in my mind, I applied The QPH Method.

All of a sudden, my mind started to produce these positive perceptions, of how good my body language was, my tone of voice, how I was speaking and walking away...

That day, I kept doing this method in my mind, over and over and for the first time in years - I felt good about myself... for the whole day.

So, I did it the next day. And the next day. Until everything around me began to change right in front of my eyes.

I began to see people treat me differently, talk to me differently, myself feeling comfort in situations, speaking to people with ease and strength in myself. Even approaching and speaking to the General Manager who I thought hated me recently for missing the staff meetings.

Within days my world turned upside down. I was no longer anxious. I was no longer avoiding people, situations. I felt like I could feel good again.

After I applied The QPH Method for a month, I was certain that this became a permanent way of being. Depressive state, Social Anxiety and Shyness was no longer a part of who I was or how I saw myself anymore.

It's been nearly 10 years since that time, and I've never have been able to come even close to that type of life.

It became physically impossible.

The QPH Method, reprogrammed my mind in such a way, where I can only see myself strong and confident, and weakness and depression could not exist in my reality at the same time...

It imprinted these beliefs in a way where they cannot be shaken by the outside world or impacted – no matter what happens. And because I saw myself strong, I felt strong. And because I felt strong – other people saw how I felt, and how I saw myself treating me with respect.

That evening I found one of the most powerful human abilities available to mankind – the ability to change subconscious beliefs and associations, about who you are and what you believe about the world.

The QPH Method goes beyond just social anxiety and shyness. It holds the key to all invisible barriers, pain, and ability to unlock **infinite potential**.

It is capable of solving most problems that we don't yet have clear-cut solutions for in our society, such as overcoming fears, reconditioning past trauma, eliminating things like jealousy, grief, success barriers or even changing motivations on demand (*just like snapping your fingers and going from loving coriander – to hating it*).

What you're about to learn in the following chapters will be the principles, that will shed light exactly where social anxiety, shyness, avoidance is coming from, and it will reveal to you the powerful principles to combat it with THE QPH Method. And for once, you'll be able to overcome it once and for all.

You have a unique opportunity to acquire an ability to reshape your life, to how you want it to be and change just about anything in your life starting today.

So, in order to solve Social Anxiety, first you have to know – where does it come from?

2-Sides of Social Anxiety Coin

There's a long-standing debate whether Social Anxiety, Shyness amongst other conditions like ADHD, panic attacks, depression are physical (inborn, genetic) or psychological conditions – or a bit of both?

While it is important to distinguish the exact cause of social anxiety, I highly recommend to be cautious of believing it is 'genetic'. Because the moment we begin to view and believe of it as a 'genetic disease' we automatically give away all responsibility. And with responsibility – our ability to overcome it. Which is something you're about to discover.

Beliefs are extremely powerful. The moment you believe something, your mind begins to isolate yourself and see only what you believe. When you look back you begin to identify only the past events when you had it. Your mind directs your attention in powerful ways, and you can begin to create the disease of a lifetime. In medicine it is called the 'nocebo effect'. Doctors all around the world are being trained to be aware that people can begin to believe and experience symptoms of disease and assign labels to themselves.

In reality, just how it is acknowledged, Social Anxiety and shyness have both – Psychological, and physical (non-genetic) causes. Especially if it's developed at some time throughout life. When things were good, and then they became worse.

Let's start with what most self-help books focus on – the quality of our mindset. The secrets of Psychology.

Chapter 1: The Psychological Source of Social Anxiety

Why would our own minds cause us to feel weak, sensitive, insecure, doubtful or in any other negative way?

The first problem is that many people are not even aware of HOW their mind is causing them to feel a certain way.

People have negative self-perceptions, perceptions about the world, associations, past experiences and when things happen outside of them, *they simply **react***.

This was how I was first wondering through the daily pain in my life, looking for a way out.

'If only I could find a secret method that could make it go away', like a magic pill. The problem was that most books I've read and methods I've tried focused on doing things 'outside of me'.

It was only after I've read 'The Power of Positive Thinking' by Norman Vincent Peale, that I realized that there's a deeper layer in our minds, called **the subconscious mind.**

Our subconscious mind is like a master computer, which holds all the information of the world, as we know it. And it is guiding us with each thought and each feeling into a new moment in time.

The urges we get, the feelings we feel and the considerations that arise in our minds come from these deeper layers of the mind. And they are there to guide us so that we survive.

This is the place where all of our thoughts, emotions and desires come from. Good and bad.

The first time I realized that it may just be my thoughts and my mind creating my condition, what I did was go to work each day, and in moments when anxiety would arise – I would observe ALL of my thoughts.

Through time, this awareness built into a skill, and I would begin to notice, that each time before I felt bad about something or avoided doing something – I saw negative thoughts flow into my mind for a brief moment. And they were negative thoughts. Thoughts of self-judgement and doubt.

When you are able to see your own dark shadow follow you everywhere you go, you can't help but see it everywhere. That's why when people don't see this shadow, they continue with the ups and downs of their lives for most of their lives, never really conquering them.

This was the only reason why I was able to find a way out, and it was the **first step** of me being able to understand exactly where my Social Anxiety and feelings were coming from. And how they influenced my self-image, my relationships, my experience, and my lack of success.

Without the ability to recognize these thoughts, you are at a huge disadvantage. Why?

Because you can't solve the problems, where they don't exist.

You see most people, without this awareness, are stuck in the 'outside world'. They believe they need to change their body language, speak different, be different, do something in a different way, but no matter what they do their negative self-image, thoughts and feelings follow them and re-surface everywhere they go.

Ever since we're born, we are NOT thought to look 'inside'. To introspect. To understand how our minds connect with our experience of the world.

Instead, from the moment we are born we're told what is what 'outside of us'. What we should do and should not do. Who we should be and shouldn't be.

We begin to live a life out of balance. With an illusion of being in control of the world we live in, while being moved from feeling to feeling reacting and responding to thing *'happening to us'*.

When you don't see how the world outside of you is shaped by your perception of it – you are bound to respond to it. Give away all control and responsibility. *'Things happened to me', 'it's his fault', 'I'm just a victim'*.

But when you do see HOW your mind, perceptions and thoughts shape the world you see 'outside of you', you

gain responsibility. That it's up to you to change how you see, think and feel about it. It gives you a new level of control.

Self-awareness is a skill. Meaning it takes practice. The more you practice it, the more you will be able to track down every thought, every feeling to the source of **where it all begins.**

What do I mean?

You see the real problem is not in our thinking.

The Hidden Source of Social Anxiety

The first time I found out that my negative thoughts were making me feel negative, I fell for the trap.

After reading the book and practicing to notice how my thoughts were creating my feelings, I started to believe that it was my thinking to blame. And for a while it gave me hope, that If I tried to change my thoughts and think positively – I could overcome my social anxiety.

But no amount of sheer will and intention could change the negative habits of my mind.

You see, if you think negatively, you feel negatively. But this is a common problem in all self-help industry. While our thoughts do directly correlate to the feelings we have – they are not the CAUSE.

The first-time people realized the power of The Subconscious Mind, they saw it being the source, creating all human experience.

When Napoleon Hill embarked to study the world's most successful people in the world, working under the legendary Thomas Edison, he found that the difference in 'Thinking' was what gave them their ability to acquire unimaginable amounts of wealth and success.

Or when Rhonda Byrne read a book 'The Science of Getting Rich' and was led to discover the Law of Attraction. It became a spiritual belief that positive or negative thoughts bring positive or negative experiences into a person's life.

Most other books inspired by the power of Psychology and these findings continue to focus on the main objective – how to change your thinking and change your experience?

But the real problem is they never asked the question – **‘What is creating my thinking?’ ‘Where are my thoughts coming from?’**

While our thoughts are powerful. While they determine how we talk to ourselves, how we think about the world – leading to how we FEEL, there’s something far more powerful than just our thoughts about ourselves and our world.

There’s one small component between the mind and thoughts, which is responsible for ALL of our experience.

The Social Anxiety Switch

There is one powerful mechanism inside of our brain which determines everything we will see, think, and experience. Like a major switch, when it goes on – our minds begin to see things **negatively**.

Inside of your brain, where it connects with the spinal cord you have something called - **The Reticular Activation System (RAS)**.

The Reticular Activation system has one function – to control what you see and experience in the world.

The way it does that, is by showing you and focusing your mind, attention and experience on that which you – BELIEVE.

Like Google, what you search for is exactly what you get shown. But with RAS – what you believe is exactly what your mind focuses on seeing.

It's your most powerful survival mechanism. Because the only way that you can survive in the world, is if you KNOW how the world works.

Your BELIEFS, about how things feel and what is good or bad is what allows you to move away from pain and find pleasure. Every animal has what is called – **your memory.**

Your memory is simply beliefs, of how something feels.

For example, if you experience rejection and you find it extremely painful, now you have a memory of how it feels. And the next time you have a potential of experiencing it – your mind will focus on it. See it. Think

about it. Bring that pain up and make you move away from it.

Your mind is designed to be your most powerful asset in this world and to help you - **survive**.

Your beliefs are the most powerful element inside of your subconscious mind, which create - every thought, feeling and move you into action (or inaction).

In about a second you will discover exactly how your beliefs create pain and worry and all the experiences that you may not want to have.

But it's important to understand that Reticular Activation System is like your compass in life. Whatever way you look, is exactly the kind of road you're going to get. If you're facing a wall, you will not see the roads beside you.

It's like a filter, showing you exactly the type of life that got accumulated from your past experiences. You see what you believe, while eliminating the rest.

Your beliefs are your survival. And you will do anything in order to hold on to them. Because on the other side of BELIEF = KNOWING, is the unknown.

Fear.

That feeling standing on a cliff, and you can't see the bottom. And you don't know what will happen if you jump (*potential of death*).

This is why most people don't change. This is why you can't tell a drug addict to stop taking drugs. This is why you can't snap your fingers and stop believing something or changing what you believe is painful. This is why religion wars happened. This is why conflict and arguing happens.

All the fears, humiliations, painful experiences, and situations that we had without our conscious choice – are held as memories guiding our lives, making us see, experience, think, feel – guiding our lives to move from pain to pleasure to survive.

Because we never look 'inside' we were never truly in control.

We saw the life outside of us and went with it. We've experienced good and bad and moved on. Never able to influence it and change how we will feel about things.

With the power of awareness and the knowledge in this book, you will be able to achieve a level of control you've never dreamed of.

Because for once in life, you will be able to gain control of the most powerful asset in your life – **your beliefs, memory, and your subconscious mind.**

Your inner experience.

You will be able to build yourself strong and see yourself in a whole new way. Where people see you feel good and strong. Where they see you the way you see yourself – *confident and secure.*

I remember the first time I changed my experience of social anxiety into confidence, I've felt like I've pioneered a human *superpower*. First, I saw how people came up to me each time with this sense of respect, which I've never seen.

And later, I've used this method to place my mind to focus only on the present moment. My mind stopped overthinking, stopped wandering... I saw more things in each moment, and it felt so pleasant.

(If you want to discover how to do that, I recommend my book 'Happy & Present in 2-Minutes'.)

This method has extremely powerful ways of application that go far beyond just Social Anxiety. But before we go onto the QPH Method, you have to be aware of Reticular Activation System weakness.

A weakness which makes us feel **more pain** and **get worse**, while keeping us within the boundaries of our minds.

The Source of Pain & Inner Rat-Race

You see the biggest problem with the Reticular Activation System is that it prioritizes focusing our minds on **PAIN**.

Pain is simply a stronger emotion, which helps us survive.

For example, if a million years ago, you would be picking up an apple from a tree and a tiger attacked you, you would not care, or think about the apple – *you would run!*

This is why when people focus on pain and negative circumstances – they can't stop. That's all they see. And the more they see the worse it gets.

And what is worse, when people focus on the 'outside' but the pain is coming from 'inside' people enter into a loop where they can't find a way out.

You see the Reticular Activation System is directly linked to your motivation and how you're going to feel and act.

The way it's linked to your motivation is through **DESIRE**.

All motivation comes from two emotions. Only two.

Pain and Pleasure.

The rest we have created. We have created labels for different themes in which we feel these emotions. Every time we feel pleasure with a person, we want to have a relationship we called 'love', every time we made a mistake and felt bad because we were once punished, we called it 'guilt'.

By creating an infinite number of these labels, we only confuse us to what our emotions really mean. That's why all the emotional intelligence you'll ever going to need is

in understanding that you are like every other animal, able to feel – pain and pleasure.

By nature, the way ALL motivation works, is we want to move away from PAIN and move towards PLEASURE.

That's it.

This is where the Reticular Activation System comes in. It works through a feedback loop, which is:

The brain can only think in the present moment.

What that means is, you can think ABOUT the past or about the future. But every time you have a thought, feeling or experience - your mind feeds back into what you hold in your mind in the present moment.

It does so it can reflect on all the beliefs and memories – and guide you to survive - from what you KNOW right now.

What does it have to do with Social Anxiety? Well, check this out.

All that it really means, is that when you are thinking 'I want to be confident', this thought feeds back into your memory and beliefs, which in this moment, imply:

'I'm not confident right now'.

The more you focus and think – the more you are feeding the very same belief back into your mind 'I'm not confident'.

Every time you think or feel that you want confidence, is because in your mind it feels painful not to have it.

So, you want to feel confident.

But it goes back into your Reticular Activation System, to show you how you don't have the confidence RIGHT NOW.

Your mind begins to enter **a loop** of focusing on the negative and wanting the opposite. Always finding evidence and re-affirming a negative belief.

And people can't escape it because it's not coming from the 'outside' world. It's like you're given a full glass of water, but you were made to believe it's half-empty. As you walk around in the world you try to fill it up, never really finding it fill up. The more you want, the more you

try to say the right thing, to be the right person, to get the right clothing. Until your mind opens and you realize that it was full all along. You only see what you believe.

Desire is what keeps perpetuating cycles of focusing on the negative, leading to negative thoughts and feelings.

It is designed to help you move away from a bad place and find a good place. And it's okay, if you want something that CAN BE found 'outside of you'. Like buying a car, or a TV.

But the problem we have is that people often WANT things, which can only come from 'inside of us' - confidence, courage, esteem.

And because people don't know where the problems begin, and we are taught to only face the world 'outside of us' – we can't find how to escape our conditions getting worse.

This is why people may want more money but find themselves unable to achieve it. Shying away from certain situations and opportunities. This is why people may want to meet that attractive partner but feel like there's an invisible barrier you just can't move past.

We find ourselves over-thinking, ruminating, looping into negative thinking, worrying, thinking 'why does this have to happen to me?' finding blame 'it's not me, it's his fault', or other reasons 'it's just who I am' (*creating new beliefs*).

And because most self-help books, coaches or gurus focus on the fixing the problems 'inside' through 'outside', it only fuels the frustration, wasting years and decades of our lives... 'coping'... 'getting a little bit better'... 'trying to move on'... rather than fixing it and being in complete control.

The QPH Method doesn't just put an end to this cycle. It reverses it to the opposite side. Instead of focusing on lack and pain, it turns your focus to 'have' that which you choose. And you begin to move into that. Seeing yourself have the confidence in different situations, and the more you see it the more it affirms that you already have it.

You can at once begin to see yourself already being 'confident'. Eliminating all over-thinking coming from negative beliefs.

When you are self-aware you can identify all pain causing, fear-based beliefs and perceptions, and change your entire experience of life and gain control of your life on a whole new level, that other people can't have.

You see the coolest part about leveraging these processes of the mind is that when you eliminate the pain and the barriers that are keeping you away from the life that you want to live, the world outside of you lays down a red carpet straight to the life you want to live.

When your mind STOPS to focus on perceiving potential of pain, instead of lack it begins to see confidence, strength, abundance, your mind opens to see new opportunities, your feelings move you in a different direction and your life circumstances begin to align with the new program directing your fate.

Meaning you can change the entire course of your life.

While with The QPH Method you can eliminate these barriers, there's also one more thing that stops us from doing so.

Which are our thoughts.

Only after our beliefs direct what we see and experience, and our desire propels us to feel, we begin to think about what those feelings mean and why we can't have what we want.

Often consuming us – or even preventing us from getting what we want.

The Prison of Thinking Without Escape

This secret function, that the mind always feeds back into the present moment, is not the only weakness of the Reticular Activation System.

The problem is not that we end up in these cycles – the problem is that we **can't escape** our past experiences – our beliefs and our memories.

In animals, they perceive threats & danger and then automatically react based on their memory and instincts.

Ever since our minds evolved to think consciously, we became able to think about our own thoughts, feelings, ourselves, and the world around us.

And if we were to think negatively of ourselves, all our mind would begin to focus would be negative.

It would cause us pain without end. Which would make us physically sick, unable to move on and survive (*which can still happen with people when they spiral out into negative place without end*).

That's why our body needed another survival mechanism, to counter this 'weakness' and create - balance.

And our minds do it through something called – **The Rational Mind.**

(The thinking mind)

That's why the rational mind functions exactly on the part of the brain which evolved our conscious thinking, at the Prefrontal Cortex.

The sole purpose of this Rational Mind is to diffuse pain.

And it does that, by finding – **a reason.**

Every time we perceive a situation, to potentially cause us pain – we want to move away from it. The more we desire, the more we keep thinking, feeling, and seeing it – and our pain begins to rise.

The only way to diffuse this pain is to find a reason to NOT FEEL IT. Either avoid doing something, blame it on something else, or give it a meaning to weaken it.

*'I'll start gym in January, now I don't think it's the right time.'; 'He said that to me, he is being a d*ck'; 'I'm just an introvert, it's just who I am'.*

Our minds will continue to LOOK for that reason, and for that balance, and think until we find it. When we don't, that's when our thoughts keep coming back and haunt us. We can never run away from unresolved pain. It's like our own shadow, waiting to be acknowledged.

This is why after something painful happens in our lives we can't help but get consumed for days, weeks or months trying to make sense of all the different associations involved.

This is why most people never get pushed to experience enough pain, to change. Life became easy enough to make ourselves feel better and move on. We have food, Netflix, friends, phones, and the next partner at our doorstep.

We also have created an infinite amount of 'labels' in our society, which provides 'acceptance', whenever you

choose to rationalize your feelings with it 'I just have Depression', 'I have ADHD', 'I'm an Introvert' or 'I'm Different in this X way'.

While acceptance helps diffuse pain in the eyes of others – it never eliminates it from the 'inside'. It only prevents people from ever finding it.

This is why we come up with NEW beliefs. I am shy. I am an introvert. I am just that way. This is who I am. I just don't like football. Blond guys are not for me.

Calibrating our sense of self and our identities, while creating beliefs that will protect the old ones.

This is the core problem of not being able to solve the problems that come from within.

First of all, we don't see where they are coming from, we are too busy and distracted by the world which plays us on our emotions, always giving our Rational Mind a way to escape pain.

Second, no matter how much we want to find a way out of painful times, or deep inside we want more out of life – we always find how to 'improve', rationalize our pain, and move on from that pain, by somewhat – balancing it.

The problem is that our memories and beliefs stay the same. They continue to focus on the same exact perceptions, which WILL attract the SAME EXACT experiences in NEW circumstances.

Which fuels the illusion, making the world appear as if 'it's happening to us'... 'outside of us'... 'unpredictable'...

Instead of realizing that through the natural laws of physics and energy, we are creating our lives from within. Through how we project everything from our minds. And through the energies of our thoughts, words and actions that we interact with the world outside.

These principles combined create the triad of limitation, where we give away all control of our lives to the world 'outside of us'. Passing away responsibility, and finding reasons and faults 'outside of us', maintaining the same fate and destiny which we were pre-programmed to experience.

When you combine these mechanisms with the principle of **time** – that every new moment is different, it makes life seem even more – different, unpredictable, and happening outside of us.

This one wrong perspective is why most people are STILL searching for solutions to their personal problems and why often 'getting better' and 'moving on' is considered a 'cure'.

This is what most books are able to accomplish and do.

But it's NOT about moving on, and it's NOT about tackling The Rational Mind.

It's about realizing that our beliefs, our fate, and our destiny are already decided by the programming we picked up and things we experienced up until now. The rational mind only protects it, to stay on course.

The one wrong perspective, that the world is 'outside' is what creates the greatest confusion in the world. And becomes our greatest barrier – *like a believed illusion*.

Because our Identity beliefs, which come from inside us and our self-image get entirely decided by what we see 'outside' and what we 'reason'. Meaning we don't have choice or control over who we 'are'. Or often if we want things to be different about ourselves – we find them getting worse - having no real control over our thoughts, feelings, desires, and actions.

With The QPH Method, once you resolve the negative, pain and fear-based beliefs, and change to see the positive – your mind stops haunting. Stops overthinking. It calms down and you simply see the good things that you choose to experience.

This ability to change beliefs is what changes the trajectory of our experience and our future. So that these negative experiences, that re-occur disguised as 'different' circumstances **no longer appear in our lives.**

Through this power to change beliefs and reprogram our minds we gain full control and choice over who we are, the circumstances we engage in and the opportunities we get. We have an opportunity to change our fate.

This is the sole reason, why at one point in my life I've seen myself struggling with health, working for 7 years straight without results, with my friends saying 'he works so hard but hasn't achieved anything, but look at this other person..'.

And after putting in the work on my beliefs, I became unable to view myself as 'sick' and was seeing \$2k flowing into my bank account a day, producing work that brings results each time. And those words that once

caused me pain, having no influence over my life or emotions.

Again, the very core is that most people 'can't see' how their vision of the world from within, is creating the future of their world outside of them.

The invisible potentials of pain, preventing them to 'see' beyond what they've learned and experienced.

At the core, it's not about 'improving' how you feel, it's about consciously changing - **how you see the world.**

So that you begin to focus, see, and attract different experiences into your future.

Using the Mind to Overcome Social Anxiety

This is where Universal Law of Attraction comes in.

The Law of Attraction is a Physics law, just like gravity – always existing in each moment in time.

The basic premise is that **energy attracts energy.**

Everything coming from your mind – your thoughts, feelings, words and actions are made of energies which are attracting the exact outcomes of what they represent – what you believe.

Like when you see a rich person, who believes he is capable of attaining things he wants, therefore he thinks positively of himself, says 'I'm going to do x,y,z' and goes out and does all the right things his mind is finding that he needs to do. *Eventually realizing his self-belief in the world and showing him that in fact – I am capable.*

Or when you see someone who believes 'I'm an introvert', he thinks to himself 'I don't like people', every time feeling pain and discomfort when he's in the situations he doesn't want to be in, saying just the minimum to avoid it all, and staying away as much as possible. *Eventually realizing his belief of being 'introverted'.*

In both cases, the sum of all expression of their beliefs is being expressed through them – and attracted in the outside world. While they do think and feel differently, their perceptions make them focus to see the world in a different light.

One creates feelings of excitement, while the other of pain. One thinks positively while the other thinks negatively. One acts pro-actively while the other is avoidant. The only reason why we are different from the person next to us – is defined by the difference in beliefs that we learn to hold.

Say one of them had both parents, a good upbringing and was taught that as long as he tries, he can be or do anything he wants. From those early beliefs growing into self-beliefs which would allow him this achievement,

While the other person may have lost a parent or was a child of divorced couple, and he saw the pain of losing a person. Now he doesn't want to lose anyone again and experience that pain. This fear of losing people, later in life, grows into beliefs of complete self-protection, making him avoid any potential of getting close to people, or interacting with them.

The point of the Law of Attraction is that **we get in life what we believe**. We see reality as we believe it to be. Our minds spend 20% of all our body energy, going to the brain and through the pathways of our beliefs, RAS is constantly bringing us perceptions, opportunities, and

our behaviors that would bring about what we hold in our mind – outside of us.

What is familiar to us – *what is known (safe)*. This is our comfort zone and our survival. Anything other than that is an unknown, dangerous – a threat to our survival.

That's why it would be nearly impossible to convince the second type of person that he could achieve what the first type of person achieves. His RAS would eliminate all perspective, he would feel pain and begin to resist, reason, and find a way to escape the situation – *maintaining his beliefs*.

The problem is again – when we face only the outside world, we don't see this process. We don't notice where our thoughts are coming from, our feelings, thinking 'why does this have to happen to me?'. Without realizing that we are subconsciously attracting the exact circumstances that we are destined to experience, by the programming of our minds.

With every belief, thought, feeling and action – being creative (*energy driven*) in the world. Where that energy actualizes itself from mental – to – physical.

From conceptions in our minds – into – realizations outside.

You may or may not be aware that the Law of Attraction has been popularized by famous books and movie 'The Secret' by Rhonda Byrne, and 'Think and Grow Rich' by Napoleon Hill.

When it first came out, people jumped on this idea of 'changing what you hold in your mind'. They began to practice 'visualization', 'saying affirmations', 'positive thinking'. And for many, that was enough to change how they feel, what they believe in and turn their lives around.

This created a bloom of testimonials, a movement of inspiration in self-help industry, popularizing the idea that *'thoughts create your reality'*.

The problem was that while many managed to turn their lives around, for the majority of the people who applied these exercises, visualization, affirmations – *their lives didn't change*. Only for a brief moment of excitement, making it seem to 'work'. Why?

As you can see from the principles of HOW the mind works covered in the previous sub-chapters, the first step of creation happens from – **Belief**.

Our survival is based NOT on what we think the 'tiger might do to us' but on what we experience, see, perceive, and BELIEVE 'he might do'.

One person might approach a tiger with calmness believing he is 'just a nice kitty' and another might feel his heartbeat harder and tension flow through his body as he approaches 'the fierce dangerous animal' in fear.

Our beliefs and memory give us a unique ability to predict future events, based on what we believe. To help us survive.

Therefore, the greatest power in the world is NOT being able to control your thinking, changing your thinking or doing 'emotional work'. But it's about being able to change beliefs, associations, and past experiences, which makes us perceive 'ourselves' weak, and our situations to cause us 'pain'.

It's in our ability to have control over our own self-confidence, self-esteem, self-worth, self-importance, self-

sufficiency, self-love, self-courage... As you can see there's a reason why all these qualities have 'self' in it.

This is what The QPH Method is for. Ever since I've found it, in front of my eyes I saw Social Anxiety and weakness cease to exist.

Low self-esteem, sadness, barriers in relationships and success barriers were all the things I had to correct, to see life differently, get different thoughts, feelings and see different opportunities open up. For over 10 years my confidence has kept growing without any possibility of seeing myself weak again. Because I only see my life the way I chose to believe.

There's no greater power than to take back responsibility from the 'outside world' and gain control of your own life.

And change it. Create it the way you want it to be.

This can only be achieved by changing your perspectives, not 'slightly' by reading a book, but entirely – by changing a belief/memory.

And there's no book that teaches people how to effectively change beliefs. Because there's no one

specializing in this area at a high-enough level. I'm the only person who found a way to effectively change beliefs and have battle-tested The QPH Method with dozens of students, finding it to work 100% of the time.

And, in now, in the following chapter, you will find out exactly how you can use The QPH Method works in your life right this moment, and 'see' your experience change, right in front of your eyes.

So, let's begin.

The First Step: What is Fear and How to Beat It?

So, the problem with Social Anxiety and any pain is that our minds can predict and perceive many potential situations to cause us pain.

1. *It focuses our **attention** on potential pain, and 2. initiates **desire** to avoid it and 3. **thinking** processes to find meaning (reasons).*

The first step to stop and overcome this process is to understand pain & fear, which will give you the first KEY to solving Social Anxiety or any other fear/pain.

The way that fear or rising pain can occur is only when our minds perceive the potential for it to cause us pain.

For example, if you have a negative association of a spider, fear cannot rise if there is no spider.

But when you do see a spider, and the potential is there, we begin to see it, focus on it, think about it and get consumed by it.

Believing a spider can be dangerous can only make us feel fear when the spider is there. But believing that rejection is painful – can be perceived everywhere you go, with every word you say, person you meet, image you put on Instagram, work you present to people and piece of clothing that you put on to go out.

When the pain begins to rise – we WANT for the rejection not to happen to us, or the spider to not be there.

This phenomenon is called - **resistance**.

Wanting for the moment to be different, than the way it is. Our minds go into the present moment, showing us what we have. And we can't escape this feeling of pain (fear).

This is how fear - all social anxiety, anxiety, pain, and fear arise. Through us resisting what is outside of us and wanting things to be - *different*.

Our Focus works in a uniquely powerful way.

The Reticular Activation System, from our beliefs perceive the situation as painful. Because we believe it to be painful, we begin to see examples and potentials of bad things happening.

The RAS shows us all the potential examples of things that could happen, might happen and we focus on the negative.

The more we focus on it, the more energy we spend on it – the more we attract that experience.

In Psychology there's a powerful concept, that our minds can often see things – *even when they are not there*.

There was an experiment done by a group of Psychologists, where they asked the participants to find

and count how many things of certain color they can find in a room. After participants have done that, they switch to a different color. After completing that task – they go back to the first color and ask the participants to look for it again.

What they found during this experiment was that people find more of the initial color the second time, even if there weren't as many things in the room of that initial color. Their minds begin to identify things that are not even that color. Things that are 'close enough' to it.

After this experiment, they concluded - **whatever we focus on, we find, even if it's not there.**

A real-life human example can be seen when in a relationship one person perceives the other person is potentially 'cheating'.

When they focus on it consistently, they begin to see all the potential situations where 'it might be happening'. Every time they see it – they feel it. It feels that in fact 'they are cheating'.

Even if they are not, in their minds they are seeing situations, which are showing evidence – reference

examples (experiences) – supporting and creating a belief - ‘he or she is cheating on me’.

The problem with the Reticular Activation System and having negative beliefs and association is that we tend to perceive situations as painful. We see them, we experience them – giving support for our beliefs, that in fact – they are real.

What happens is that our perceptions are creating our experiences confirming to our minds that these beliefs are real.

When you perceive your partner is cheating, feel it, believe it – you want to avoid it. You begin to think, feel, and express yourself from that belief. You tell your partner not to go out, not to dress up in a certain way, you withhold your love, because you’re feeling bad and want things to be different – eventually you want him or her to be different.

You want things to be different than the way they are (*resistance*).

What this does, because we spend all our focus and all of our energy on the negative, eventually the partner gets pushed away by our words, the feelings we express

or don't express, the words we say or don't say – often enough, bringing that fear (*belief*) into our reality.

And the partner leaves us (or we leave them).

And experience, first the surface layer belief, of 'them leaving us'. But also, the deeper layer core-belief and fear of 'being rejected'.

It doesn't matter how much you want to not feel pain. Whatever we resist – persists. It's that feeling of wanting things to be different, but the more we focus on it, want it to be different – the more we see it, feel it, experience it – and attract it into our reality.

Our beliefs create evidence – making us see what we don't want. Creating resistance.

In order to overcome it we need to create evidence to change these beliefs and see what we want. Once we see what we want, we can no longer experience resistance, pain, or fear.

Once you change a belief in your mind into 'I'm confident', your mind will no longer want to move away from the pain of not being that. Allowing you to enjoy all the beautiful things of feeling good in front of people,

speaking with comfort, being yourself and experiencing more of what you have.

Which brings us to the three most powerful principles that can turn this whole process all around and give you full control over what kind of experiences you will have.

'We attract what we fear, what we believe, what is on our mind.' - Denzel Washington, at actors' roundtable, along with Jamie Foxx, Steve Martin, Matt Damon, Alan Arkin, Richard Gere and John Hawkes.

The QPH Method: The Power of Paradox

Everything starts with our Focus - The Reticular Activation System.

When we focus on the negative, we cannot see or feel positive.

This is where one of the most powerful laws of the Universe comes in – **The Law of Polarity.**

The Law of Polarity states that everything has two sides. Black and white. Good and bad. Fear and love.

And you cannot know one without the other. They both have to exist. Without one – you cannot have the other. The ever-powerful **Ying Yang** principle.

The law also states that at one moment in time – you can not have both. You can only have one.

That's why when we focus on 'resistance', on pain – this is exactly what we see, get and experience.

And when we WANT things to be different, we are focusing on what we don't HAVE this moment.

The brain naturally creates a paradox, where **wanting** (not having) creates more pain and more lack. Focusing on the negative creates more of it.

But when we shift our focus on **having** what we want and focus on the positive side of things – the painful and the negative can no longer exist in that moment of time.

This is the first principle of The QPH Method and your ability to change beliefs and change your experience.

When you focus on WANTING to be confident, strong, social – you are telling your mind that you're not confident to begin with. And because you focus on the negative, you get negative.

But when you turn this process around and begin to focus on HAVING confidence and having positive feelings – *you can no longer feel resistance, pain, and fear.*

Instead of **resistance**, you get **acceptance** – *of what you have.*

Paradox (*Gratitude*).

While wanting creates more lack, gratitude creates abundance. Through the power of Belief and RAS, you begin to see more of what you have.

People who feel strong, confident, social – they don't go through life thinking 'I want to be confident', 'I want to be social' – because they already believe they are.

They believe they 'have it'.

Their Reticular Activation System is focusing on seeing and finding experiences, where they do in fact appear as confident and social. And because they focus on the positive, they see, think and feel positive. Attracting more experiences of what they have.

By focusing on **having** the things you want, instead of **wanting** them to be different.

This is where all the difference lies. When you believe you want to buy a car, you can just go out and work more. You can find outside – what exists outside of you.

But things like self-confidence, self-esteem can never be found outside of us. The more we want the more our minds only show and focus on how we don't have it. Maintaining low self-confidence, self-esteem and looking for ways to escape this pain through the reasoning of the Rational mind, food, drugs, alcohol and other modern means of 'comfort'.

All you have to do is control what you focus on, see new experiences which will become new beliefs.

And by the Law of Polarity, when you create a new, positive belief of 'being confident', you can no longer see yourself as weak.

Instead of calibrating who you are and how you feel based on what you experience – you can CHOOSE, how to see yourself and how to feel.

Through the power of Physics and the Law of Polarity, you can turn this whole process around, eliminate fear, pain, negativity, negative self-image, negative feelings – by choosing what you focus on. By directing your RAS to

find evidence and experiences for a new positive belief to be real – eliminating the opposite negative one.

The problem remains, how can you control your focus?

The Power of Focus: Creating Desired Change

Our beliefs are so powerful because they control what we see. They make us see and experience the world the way that we know it.

When people face 'outside', they seem to lack control over many aspects of their lives. Resolving to 'outside routines', to change 'inside' experience.

Which never lasts, because our beliefs continue the process of creation, and they don't change easily.

For example, do you like ice cream? Snap your fingers and stop liking it.

Do you feel that rejection is painful? Snap your fingers and start feeling that it's not.

You can't. Our beliefs are like highways, wired inside our brain through which energy runs effortlessly. And you can't change them so easily.

Our beliefs need energy in the form of – **evidence.**

Naturally the Reticular Activation System focuses on finding this evidence and proving to us that our beliefs are real. Every time re-affirming and bringing our beliefs into our experience.

But if you could control your focus, and direct it on finding the evidence, the reference of 'having' what you want – you would create the beliefs that you want to hold.

If you could control your focus, your Reticular Activation System to find experiences where you are confident – eventually these positive experiences would change the negative ones, creating a belief of – already being confident (*having instead of wanting*).

As you recall the Psychology experiment, where they tested the Power of Focus – how did they control what participants look for, see, and find?

They asked.

This is the most powerful principle when it comes to controlling your mind and your experience.

It is implied within the Bible, Quran and has been long known by world most impactful people and Philosophers, who revolutionized the development of the world for 1000's of years ahead into the future.

'Ask and you shall receive.' – *The Bible*

Every time you ask a question, your mind focuses on finding the answer to the question asked.

If you were to ask yourself, 'what would I like to eat right now?', your mind would go into your **subconscious mind**, and find exactly what you asked for.

Even if you were reading this, without thinking about food...

What you ask is what your mind looks for.

What you look for is what you find.

Through the power of questions, you consciously gain control of the Reticular Activation System, and can apply the Law of Polarity, to focus on what you **have** instead of what you **want**.

Eliminate pain, fear and resistance and create abundance from inside-out. Completely and permanently changing your experience & reality.

When you begin to ask a question '**How confident am I?**' Your mind will shift its focus and begin to see situations and experiences – FINDING how confident *you are*.

Each time you get an answer, it becomes a reference example, evidence for a new belief to become reality.

And because you can't believe that you are weak and strong at the same moment in time – your new POSITIVE belief automatically eliminates the NEGATIVE belief.

When you begin to see yourself as confident, sociable, liked by people, you begin to focus and see that you feel good around people; that it feels good to be the way you are, that people are good – you can no longer have the opposite experience.

Through the power of a Question, like the quote above implies, you have the gift from God himself, to create reality the way you want it to be.

You have choice over your life, when you realize that you are the creator of your life. God is the observer. He is like the energy flowing through you and you have his unlimited power within you.

This power is only available to you once you understand that life gets created from within. Through Gods creation – consciousness.

Everything is a Paradox. What we project into the world is what we reflect back into our lives. Everything is made of two opposite sides.

The question is - **which side are you focusing on?**

PAIN or PLEASURE? Fear or love? Strength or weakness? Being strong or being weak?

Because what we believe about ourselves and how we see ourselves – is how others see us.

We get in life exactly what we believe. And not like 'I believe in ghosts', but every subconscious shadow belief, memory, and association that we hold.

We are a combination of everything we came to believe up until now (inside of us), reflected outside of us with exactly the type of experiences that we are having.

When you begin to change what you focus on and what you believe, all of your life experiences outside of you will begin to reflect those beliefs.

They will become the new 'normal' of what you see on a consistent basis.

The only thing about asking questions is – it's not about making yourself feel good. Or have positive thinking.

It's about creating a new belief. A permanent change and transformation of the world you want to live in.

The last obstacle in doing that is you have to build these experiences into a belief.

Building New Beliefs: Habits of Thought

Beliefs are where all change happens.

Changing a *perspective* is not the same as changing a **perception**.

A lot of people when they face outside, circumstances change, through blame and reason rational minds find

balance and all they can say is *'I feel a lot better'* and move on.

When their perspective changes, they look at things 'more positive' – but they are always bound to fall back into the patterns and experiences they once had.

In fact, most people continue through life having the same experiences, in different moments of time - appearing as 'different circumstances'.

Things seem to happen and knock them down, relationships turn south, self-perception goes from feeling more confident to 'more vulnerable'.

Until eventually our perceptions bring about the same experiences, regardless of what we want.

The only way you can have a different life and never fall back into the negative loops, pain of failed relationships, negative self-perception, or the world cause pain is by changing complete perception of those things.

By consciously choosing your beliefs.

Asking a question once can help you see a situation a different way, think and feel different. But real change is not about changing how you feel and moving on. Real

change is about adjusting the autopilot (beliefs), so that from now on they continue to create the life how you want to experience it.

The way you change these automatic processes in the mind is by asking a question over and over again, each day, until it becomes - **a habit of thought**.

A permanent belief or an association in the subconscious mind.

There are only two ways we create our beliefs.

1. When we experience something with a lot of emotional energy. And that energy quickly builds a neuron (*a memory*) inside of our brain. Like a highway, through which energy can easily travel, and we can remember the things that were the most emotional in our lives.
2. When we experience something over and over again. And little by little, that energy compounds and builds a neuron (*a memory*) inside of our brain. Like learning that $5 \times 5 = 25$ by thinking and trying to remember it over and over again.

When we believe we are not confident, and we want to convince ourselves that we are – we are going against something we believe. Which may seem difficult to find.

However, the Power of Question regardless of what you believe – you will find what you look for. Every time you ask a question, you will find the answer and the experience you are looking for. You just have to look within and **pay attention**.

Once you see it in your mind in the form of an answer (*and a thought*), it gets experienced, and your body will naturally create energy – a feeling (*an experience*).

Maybe not intensely at first, but eventually, when you begin to see it 'outside' of you, you'll begin to have stronger experiences from outside-in. These feelings will give emotional energy and more vivid examples reinforcing a new belief.

The more you ask the question, the more you see it and the more you feel, building a stronger belief faster.

When you do it over and over again, **each day for 30 days**, eventually your mind builds a new neuronal pathway in the brain, and it becomes a belief. An automatic, subconscious, invisible process.

After this, you don't need to ask the question anymore, because it continues to run on its own, finding evidence which supports that belief. Making it extremely difficult to change or influence on its own.

Building a habit of thought is critical. Because without creating a new belief, the old beliefs and habits of the mind will continue to direct our minds and our lives creating our future on autopilot.

When you begin to see yourself as strong, confident, eliminate fears and pain which stop you from having the experience that you want – the path of least resistance will open up, leading you into experiences, opportunities, people, and success that you want to move to.

Every thought, feeling, word and action will come from a *different place*. People will pick up on your feelings, expressions, body language and micro-communication and see you, how you see yourself. Perceiving you, how you perceive yourself – **strong and confident**.

There is no greater power to be able to influence life on such a level. All you have to do is know the change you want to make and apply The QPH Method for 30 days.

Asking a question will take you less than couple minutes a day, creating a difference in your life that will **last you a lifetime.**

So, let's review the process and the steps you need to take, so that you can begin to use The QPH Method and begin to see real change happen.

The Critical Element to Create Your Life How You Want

'Knowing yourself is the beginning of all wisdom' – Aristotle.

The first step you want to take is to begin developing a skill of **self-awareness.**

In order to fully take charge of your life – know where the problems exist and fix them, you need to see where they come from.

The way you accomplish this is by observing your thoughts. You have to consciously and through intention, listen to them. Especially in moments of pain, weakness or not getting what you want.

Your number one weapon to help you further is asking questions. What am I thinking? Where are these

thoughts coming from? What are the things that I want? Why am I feeling this and where could it be coming from.

(This was how I was able to pioneer The QPH Method, ability to change beliefs, - by asking questions.)

The goal here is to INTENTIONALLY develop **a skill**. Which means you have to practice it, **daily**. And when you do it every day **for 30 days**, you will begin to develop a habit of noticing your thoughts surface from your subconscious mind.

After 30 days, once it becomes a habit you will have gained one of the most powerful skills that will assist you for all the years to come, to find every weakness, pain, fear-based belief, and association – and give you power over them.

Without a balance of viewing life outside and inside as 50/50 you will not be able to solve many of the 'invisible barriers' that arise from within.

Therefore, this is a crucial step in the process, and it was the first step I took, that helped me overcome my initial lack of confidence once and for all and guided me ever since.

Self-awareness is a skill of wisdom. Understanding yourself and therefore – understanding all people and how things work.

The whole reason for this is to be able to understand what you're getting out of life versus what are you wanting to get.

Because before you ever apply The QPH Method, to change your beliefs – you need to know what you want.

When you begin to see the patterns of negative thinking, you can begin to question it, and see where it may be coming from. And start thinking about what beliefs could be causing that? What past experience have you had that resembled the same pain? What belief could be influencing this pain and desire for the opposite?

Only when you know what you want, you can know what question to craft with The QPH Method.

How to Apply the QPH Method

Once you do know what change you want to make, now you can look and see how to change it.

Often it will start with something that you want. Where you realize that you're focusing on wanting it, instead of already having it.

This is where you take the **first step**.

You apply The Law of Polarity and find the opposite of what you want – and turn it into a question.

For example, if I find that I'm feeling anxiety and stress and want to feel more confident, I want to turn it all around, and begin to focus on having strength and confidence.

So, I have to turn it into a question assuming – that I already have it.

The best way to do that is by asking an assumptive question, with the starting word **'How'**.

- *'How confident am I?'*

In terms of Social Anxiety, the first thing you want to is build confidence. Because there are two types of beliefs that we have.

Beliefs about who we are – **Identity beliefs**. They are the most powerful beliefs because they are the deciding

factor of all of our limitations, potential and behavior. On top of that – we carry them everywhere we go, and they influence every potential opportunity which involves our self-image.

For example, if you believe you are destined to fail – you won't even try. But if you believe you are strong and powerful – even if you're afraid, you might feel the strength from within, to give it a shot, and prove to yourself that the painful association of failing, is not real for you.

The second type of beliefs are – **beliefs about the world**. Beliefs about how something IS or FEELS.

If you believe 'being rejected feels painful' you'll avoid it. Move away from it.

The reason I'm saying confidence is the best initial belief to start with, is because if you believe you are strong and confident and believe 'being rejected feels painful' then you can always overcome it, by believing that you are stronger than the potential of pain you might experience.

You might be thinking, why wouldn't I just tackle the 'rejection' belief as well?

Of course, you can, and you should. I want to illustrate the difference.

Because even if you do change both beliefs, there are many other core-beliefs as powerfully influential as the well-known 'fear of rejection' which can still hold us back.

The Identity beliefs are simply way more powerful because they are who you are, when you change a venue, they go where you go, they sleep with you, how you feel is always dependent on how you see yourself, how other people will treat and see you always come from how you see yourself. Your ability to act, be proactive and overcome pain will mainly come from your self-belief - **your identity**.

So, you want to start with a question of '**How confident am I?**' and **ask it every day for 30 days**.

With enough frequency – you will begin to see yourself appear confident. Feel different in situations, you will see people treat you differently, respect you differently, talk with you differently – impacting how you feel about yourself and who you are.

And instead of seeing yourself as someone with a label placed on you 'Socially anxious', you will entirely oppose that by feeling good and strong around people. Instead of shying away from people and places you will feel capable and in control of your ability to do so, opposing the feelings of not engaging.

Any questions that you craft in the future, you want to know that identity beliefs will always have the word '**I**' or '**I am**'.

And if you ask a question 'how normal does it feel to be rejected?' you will eventually neutralize the perception of pain, into a level of – *acceptance*. Being okay with it. Accepting what is.

And it will no longer block you with the same intensity, making you move away from the potential of experiencing it in social situations, around people and dozens of other areas in your life.

(Part of rejection is instinctual and based on other powerful beliefs that we have. You can't eliminate it completely. But you can reduce its power over you.)

Because we have only two emotions you can always ask the question of how something feels with the words

'good' 'bad' (or *pleasureful/painful*) and when it seems unreasonable, you can ask – 'how okay', or 'how normal does it feel' to make it **neutral** (*balanced between good and bad in the spectrum of Law of Polarity*).

Because sometimes it doesn't make sense to believe that *'it feels good to be rejected'* or *'it feels good to burn my hand'*. Creating a perception of good feelings also makes you move towards it.

So just to recap:

For overcoming Social Anxiety, your best bet is to make the biggest impact and start with a perception of having self-confidence.

1st you want to ask a question - 'How confident am I?'

2nd you want to ask a question - 'How normal does it feel to be rejected?'.

And then you want to do it for 30 days straight, with as much frequency as you possibly can.

The problem with that is it can be difficult to remember.

So, what you can do is apply my Effortless Application Method.

Effortless Application Method

The ability to use The QPH Method requires a lot of thinking and self-observation in order to identify the invisible barriers.

It's important to craft a better question, because your mind will always give you a better answer.

It's important to follow through. For the whole time, to create a belief and a real, permanent transformation in your life.

Therefore, your best friend and sidekick is – your notes.

Whether on paper or on your phone, you can always use it to put down your thoughts, write down your pains, your wants – analyze them, turn them from 'wanting' into having what you want. See it in front of your eyes and turn those sentences into masterpieces. Flipping pain into acceptance, pleasure, or powerful self-beliefs.

Once you write down a question on your notes, you can leverage these notes – **never forget.**

When you commit to making a change in your life, all you have to do is write these questions down and **create a new habit.**

Read these questions to yourself and ask them in your mind each time before you go to sleep and each time you wake up.

There's a very important reason for this.

The best results come when you ask these questions as much as you can. You build stronger beliefs faster by getting answers more frequently and creating inner experience to prove that new belief to be true.

But because forgetting is the number one problem in the world of attention economy, busy/stressful lives, when you ask question last thing before bed and first thing in the morning something happens.

Remember this principle of the mind - your mind never sleeps.

And your mind is guided by the loops of these mechanisms. When you think a thought, you feel a feeling. When you feel a feeling it creates an experience, which often leads to a new thought. We begin to loop

from thought-to-thought thinking about this one thing. Like going down the rabbit hole.

When you ask the question with The QPH Method last thing before bed and first thing in the morning – **you set your mind in motion**. Through the night, it continues to go in that direction. When you sleep it keeps thinking and spinning about the recent experience you brought up.

When you ask first thing in the morning, you set the direction of your day. And you'll begin to notice throughout the day, where you might not even be asking the question – you'll begin to notice the answers surface, examples come up – without you even noticing that you asked the question.

Throughout the day and throughout the night giving you more out of the work that you put it.

This application method is effortless and can take you less than a minute to do, but once you read your question every day for 30 days - the reward is assured transformation of belief. Creating lasting change for a lifetime.

This is what makes The QPH Method so unique and powerful. It gives you control over your mind in ways that other people can't control.

And it's the only method able to produce such powerful rewiring of the neurons in our brain, assuring permanent, lasting change.

The key is to follow the principles step-by-step. Know what you want. Turn it around and create a question. Ask and receive. And follow through for a while of 30 days.

It is as easy as that.

If you don't make any mistakes with misunderstanding or the simplicity of the method, you are guaranteed to change your reality.

Mistakes That Prevent Change

After I began coaching people on how they can use The QPH Method, I quickly learned there are couple BIG mistakes that people were prone to make. And therefore, **get no results.**

When people make these mistakes, it can entirely sabotage the whole process and bring absolute zero

transformation, leaving them 'more positive' about their situation.

The first mistake: is thinking that this is about changing how you think and see things. That it's about creating 'positivity' and 'positive thinking'. That it's about *helping me right now a little bit*.

People simply ask the question now and again to make themselves feel better. Often, coming up with a different variation of a question then and there.

This is the worst mistake to make. Because there is no real change, if you don't change what is in your subconscious mind creating thoughts, feelings, and barriers.

The core understanding is in the power our beliefs have over us. Changing our state, improving our day, thinking positively often can be all we need. But they can rest assured, the negative experiences will haunt them and come back disguised as 'new circumstances'. Often perceived as 'unexpected' or 'different'

The first mistake I ever made with The QPH Method was that after I overcame my Social Anxiety, awkwardness, and daily stress - ***I fixed my problem and left it.***

I thought my life was 'good' now, I've had the 'cure' to my problem. From that moment on I came out of the darkness and my life was great. I was feeling strong, happy, and good to move on.

A few years later, as I fell back into the patterns of my life, I found myself meeting a beautiful girl. Every day was like a beautiful gift, having the love, the fulfilment and the beautiful company by my side.

Until eventually, the little things, the invisible things dictating every thought, feeling and the words I say, would compound into me expressing an insecurity of the past.

Little by little it began influencing our relationship with each other. And in my mind, I thought that everything was going well. Seeing the things occur, but still reacting to life and the things that would come up.

Until one day it was all over. And I re-experienced the very feeling I wanted to avoid.

I felt immense pain losing her, just like I did when I lost my father at the age of 6. After this I realized that while I thought I solved my problems – I still had no control over how my past will influence my future. That it's not

about feeling better and continuing with life. That it's about unwiring the negative programming of the past, through continuous work, changing specific beliefs.

Because If I was not going to consciously course correct and eliminate these pains of the past, I knew that the next relationship, even if it had a different person, even if I learned something, even if I felt stronger – eventually would bring about *the same thoughts, feelings and expressions* - leading to the same **fate**.

When you want more out of life, you have to understand that you have to eliminate all the barriers that keep you away from having the life you want.

After that breakup I said this will be the last time my relationship will be impacted by my past. That I will have control and the relationship how I want to have it.

This is only possible if you fully CHANGE the beliefs and what they are attracting into your life.

When people live their lives without ever making a strong and permanent change – they continue the rat-race of failed relationships, they continue the life of never getting ahead, they continue a life of never surpassing their boundaries, never making more money

and never seeing the 'right information' that will propel them into a better life.

With the QPH Method you can choose the life that you'll experience ahead of time, and not allow the things that happened to you and were programmed into you create it on autopilot.

You have to identify what you want to change, find how to turn it around, and commit to it until you know that it's changed. So that it can no longer affect your life.

This is the power of the QPH Method, you can mold yourself and your life entirely. But only if you stick with the process and commit to the same exact question, until it becomes a subconscious habit.

Asking the same question for 30 days, asking the exact same question. And continuing to make choices over your desired future.

The second mistake: is asking the questions – empty.

You see the method is so easy that the key component of The QPH Method can easily get missed.

The power of The QPH method does NOT lie in asking the Question.

It lies in the answer.

If you ask the question in the midst of things, or just read it and go to sleep – you miss the purpose of changing a belief.

The whole purpose is not to ask the question – is to find an answer. It's to retrain your Reticular Activation System in a new way, so that it begins to focus and attracts a difference in what you focus on finding.

It's about finding what you look for and showing to your mind the opposite reality of what is currently believed. About giving it evidence, and experience for the new belief, so that the new neuronal pathway can be laid out.

So, you don't want to rush through the process. You want to be mindful and self-aware. You want to wait and *get an answer*.

If you don't get it initially, ask again. Eventually you will find what you look for and notice the answer come to your mind.

When done correctly, I have not seen this method fail with thousands of students of different ages and

circumstances. When you ask a question, your mind will always give you what you seek.

But you have to realize that the value of this method is in the answers we get.

'Ask and you shall receive.'

Ask once, and you will receive once. Ask enough times for long enough and you will receive the gift of a lifetime.

Sometimes it's normal not to notice the answers. The nature of the method and how the brain internalizes this process is what makes it somewhat natural. That's why it's important to know how this process works and what you should expect.

What Should You Expect?

The whole idea of learning habits is that it's a gradual process. We don't go from 0 to 100 in one day, realizing how everything becomes internal.

While the whole process is profound in how quick, easy, and effective it is, there's a moment where you might feel uncertain if what you're doing is having any effect.

When you first begin to ask questions, everything will depend on your level of self-awareness and 'who you are'. What do I mean?

Well, women naturally have more sensitive biology, therefore it's easier to be self-aware, self-conscious and notice the answers coming in. Also, it might be more difficult when many things are happening around, and emotions take over and it becomes easy to get distracted.

For men this is a lot harder, because men's biology is far less sensitive (*or at least how it used to be in nature*). The benefit being that when a lot of things are happening, this lack of sensitivity allows us to stop and think and observe.

That's why it's fundamental to have a good sense of self-awareness and develop a skill to notice our thoughts and our relationship with the outside world experience. Then the answers will always be *vivid*.

Going from where you are, when you begin to apply the QPH Method, initially, each answer will give positive thoughts, feelings, and perceptions. And it can feel like

'seeing the difference'. You will begin to see things change outside and inside.

Whatever you're looking for will begin to shape itself within your perception.

Within about a couple of weeks' time already, the process begins to become **semi-automatic**. You'll see that the questions become so easy to read and effortless to ask. If you rely on remembering and asking a question in your mind, you will begin to feel uncertain - if you're still doing it. The answers will become more familiar, and come in quick, so you have to focus more on them to catch them.

The change outside of you will already seem 'natural'. Like you're becoming used to it.

This is the time when you want to make sure that you are still asking the questions and getting the answers.

Within about 3 weeks, typically it's already enough to have built a belief. You might feel that you're forgetting to ask the questions in your mind. Or if you're reading them off your notes, it will seem like you're just reading and just going through them mindlessly.

The questions become so easy to read and you might feel like you're not really catching the answers.

Almost as if at the beginning you got the answers, but now they're not there anymore.

This is normal, because the whole process is becoming fully automatic, lightning-fast and is beginning to work on autopilot within your subconscious mind.

It's that feeling of locking the door of your house, walking away, and thinking to yourself 'did I lock the door?'. Having something so familiar that you don't even notice you're doing it.

I still recommend continuing with the question for 30 days, regardless. Just to be sure that you did everything you could in order to ensure that the belief is changed. Because you can probably agree - 30 days of spending so little time and energy to ask a few questions, is nothing compared to a lifetime of freedom.

And when you come from a low place, or a darker place and experience a transformation where you go from one end of the spectrum on the law of polarity and go to a whole other side of the spectrum and experience the highest level of strength and freedom - you can

understand the immense value this investment can bring.

While for people who are in a 'good enough' state, may not perceive the transformation as valuable. And when things get better, they are more likely to put away all efforts to better themselves and their lives.

Remember, while going through this process it may seem like you are forgetting to ask the question. But when you do feel that way, remember that the method is extremely powerful and bulletproof in creating references with each question you ask. Even skipping a day may not affect the outcome of changing a belief.

If you do forget, simply put more effort the next day. Add extra time to read the questions off your notes. Or ask for a few extra times in your mind, and it will be more than enough to compensate.

Apart from these two mistakes, it's important to keep in mind that no ONE belief is a solution to everything.

What Does it Take to Eliminate ALL Social Anxiety?

While confidence belief, or fear of rejection association are two of powerful beliefs to strengthen one's place in the world, there's more to it.

As I've said before, there are many powerful beliefs, each and every one of them creating our lives each second.

And not all beliefs are created equally.

While these two beliefs serve you best to come out from a condition of Social Anxiety, change how you see yourself and how you feel in social situations – *there's more.*

The beliefs that affect us the most are these powerful core-beliefs that shape and influence every interaction and every potential outcome.

Many of which are consequences of our past negative experiences. Like being bullied in school, experiencing a loss, having things taken away from us and leaving a scar – *perception in our subconscious mind.*

These memories continue to create and root into new beliefs and new rationalizations of how we see the world and how we see ourselves. Often because they happen early in our lives, when life is still 'uncertain' (unknown), and we depend on other people to survive – they have far more impact than beliefs we develop when we are adults.

The whole reason for developing a skill of self-awareness is not only to identify the weaknesses we have **right now**, but your ability to connect the dots of where certain thoughts, experiences might be coming from. Specifically, which past experiences they connect to?

You see, we are all different. Different things have happened to us. We have different weaknesses and different strengths. Therefore, to find these influences, your best bet is to have wisdom over your life and experiences that occurred in YOUR life.

When you begin to identify the pains, desires, and associations that you may have developed in the past and how they connect with your life right now and things that tend to re-occur – you will have The QPH Method at your side to eliminate those powerful invisible barriers.

Whether you want to achieve the next level in your career, finances or relationships, there's always a reason why you're not seeing results or change happen through time. (And often it's not simply lack of action).

While pain often pushes us to change – pain of the past will always be a reason why we are NOT where we want to be – acting like an invisible barrier. Where we move away from doing the things we need to do or our minds being open for the information and opportunities that will get us there.

Only you know the memories which had intense emotional impact and left you with an ability to REMEMBER. Meaning – to put back together. To reassemble the parts of you.

Only you can connect the dots, change, and perceive them the way you would want (the way it would benefit you) - rather than how they 'felt' at the time.

The QPH Method gives you choice over your past, present and your future.

But you have to be aware of why you are where you are and where your life is heading. And if you want more out of life – that you have a choice.

Life has a lot more to offer if you are willing to choose to experience it.

Chapter 2: The Physical Side of Social Anxiety

Sometimes you can't just help or control anything, yet still feel and experience anxiety, worry, or stress, even though it seems like you're not really that bad with your mindset.

While Psychology of it all may seem powerful, remember one thing - **your mind is connected to your body.**

When you feel stress, anxiety, lack of food, lack of sleep – your body suffers.

When your body suffers, it produces more stress hormones and sensitivity hormones, to help your body heal and recover – influencing every thought, feeling and perception.

Paradox.

Our job, in order to survive in the world, is to help our body survive. To hunt, to provide food, nutrients, and rest. And repeat it all tomorrow. This is how we were designed by nature – our genetical programming.

There're several problems that may be happening with our health, causing, and leading us to negative experience and Social Anxiety.

The first and most critical – is the same as with Psychology. We don't have the skill of self-awareness to connect the dots, of how the food we eat – *makes us feel.*

Yes, we are able to notice if we feel stomach pains, feel sick or vomit. But at the most fundamental level, we don't notice the 'little changes' after the certain food we eat.

For example, most people like to go for 4-6 hours without food. Yet they don't notice, how after a while, the increased stress (cortisol) and sensitivity (estrogen) hormones begin to make them feel more sensitive, irritated, and how weaker thoughts of uncertainty begin to surface.

While this change is so subtle – we're busy responding to the world. We are simply out of balance and for the most part, we miss the little things.

When people look at the mirror and notice their hair thinning, they don't know – why? They don't notice that they might've been undereating, and their body had to slow down and preserve energy. Putting on more weight, and using more of 'body resources', taking away nutrients that would help keep the hair thick.

Every habit of how we take care of our body, every bit of food we eat, what kind, how we use our bodies, how we rest, how we exercise affects our physical health – affecting our hormones (*emotional messengers*), which in turn affect our minds and experiences that we have.

When you develop a skill of self-awareness and balance your life to face 50% of the time inward, instead of 100% outwardly – you'll begin to notice the little things.

The problem then is, you have to have knowledge of principles and why things work the way they do, so that you can relate those changes to practical ways of creating strength from within.

The Principles of Physical Strength or Weakness

Have you ever asked if our health is so important – why don't we learn it in school?

The foods we eat, when we should sleep, how we should take care of our bodies? For some reason we are not taught the most important element of our survival – ***our health.***

In Psychology, health is at the very bottom of the human/animal need pyramid. When you don't have health, you don't care about money or resources. You don't care about the relationship, love, or fulfilment.

When you have crushing pain in your stomach, all you want is to feel good. In that moment, nothing else matters.

On top of that, ever since we are born, up until this day we tend to learn, know and be aware of things given to us in 'this timeframe'. The things we read online, the information we are given on TV, the articles available to us on the internet. And when we want to learn health

and nutrition, we program our minds with the knowledge of 'today'.

The problem with that is that we miss the whole perspective of – WHY things are the way they are.

For example, if you look at evolution, history eating meat was one of our primary food choices. Men went hunting and women gathered fruits and edibles.

Throughout centuries, men locally raised and farmed animals, and hunted in groups to bring food home to feed their families.

So, what things changed over time? **Many things.**

Today you can go to the supermarket downstairs or down the road and find fridges and freezers full of meat. When it goes off, they throw it out, and you have new stock within 24 hours. It's effortless. How come?

If you inject steroidal hormones – *animals grow faster.* You can grow more meat faster, produce more of it, cheaper, with less care, time, and effort.

When they castrate the animal, the animal produces more sensitivity hormone 'estrogen', making the meat juicier and more tender (because it holds more water).

This hyper-sensitive biology along with other hormones allows the animal to gain weight and grow faster.

So, what do you think happens when we eat the food of 'today'?

Is it the same as it used to be? No. In fact, if you go online, most sources will talk about the good and the bad of eating meat – and not the broad perspective view, which happened over time.

Other people may argue, from the beliefs about vegetarianism and veganism, that we ate plants and fruits and survived without eating animals. And it's okay to argue.

But again, it's important to be aware how and why certain grains and plants get produced so fast. The perfect colors, perfect shapes, overly large products filling the shelves of our supermarket.

Then again, don't plants have biology of their own? Hormones of their own?

They do, and they mimic ours. Most people will not even be aware, but for example if you read online, you will find that a spice – Curcumin, is praised for anti-

inflammatory, anti-cancer, antioxidant benefits. Yet very little will KNOW or NOTICE how it does that through allowing and enhancing the effects of hormones cortisol and estrogen.

Cortisol is a stress hormone. It's designed to give us energy, in times of stress. When we see a lion attacking, we go into what is called 'fight or flight' response, we have to survive (*survival mode*).

Cortisol hormone spikes in our body, and we enter a state of 'unknown'. Pain moves us without us even thinking, giving energy for all your muscles and your mind to think and act FAST - and run! All other functions, like eating, digestion, arousal, rest & repair get turned off.

Estrogen is a hormone that sensitizes our body to respond, to work, to heal and repair. So that when we are low on energy, or our hormones to meet a partner, it goes up and makes every bit in our body more sensitive, allowing us to feel, get more energy, heal, absorb the food that we eat – and even enhance the cortisol/stress response to help us survive.

While we don't have threats like lions and tigers attacking us, we release these hormones through 'perception of pain and fear' in POTENTIAL situations. Coming from our beliefs.

And while some foods help us keep these hormones lower – other foods can bring them up. Creating imbalance.

For example, many people when they go on a healthy diet, and begin to add spices which increase or make these hormones more effective – they can feel weaker, more irritated. The thoughts that surface are thoughts of – uncertainty, unknown, worry and doubt.

Just what fear of a lion represents - unknown, fear (*survival mode*). Meaning that food can amplify and exaggerate the feelings coming from our beliefs and perceptions.

In extreme cases, when psychological fears get triggered with an overly sensitive physical body, people enter states of 'unknown', feeling the physical effects of fear so intensely, that they feel they are unable to physically handle it.

This is what we call – 'a *panic attack*'.

These hormones in our body are not only affected by food choices, but also our health, our sleep, and our fitness. Directly affecting the type of perceptions, we will focus on. This is because when we feel physically weaker – we are vulnerable. When we are vulnerable, we may not handle the same pain the same way.

So, our minds begin to focus on avoiding threats and potential pains even more. It knows when we are more vulnerable, that we have to be even more cautious, even more vigilant, even more perceptive.

Our minds are trying to protect us, directly affecting what we perceive in the world, what thoughts arise and how intensely we feel the feelings that move us or prevent us from doing things.

And because we lack 1. Awareness and 2. Knowledge of why things are the way they are – we can't seem to have a grip over our experience. Affecting and calibrating our beliefs and perceptions – from simply 'feeling' (*experiencing the outside world*).

Paradoxically, these hormones are NOT the problem. As stated within the book – I'm not advocating avoiding them or advising you to treat yourself in any way. You

should consult with a qualified health practitioner regarding any doubts you may have.

The point I want to make is that they are NOT bad. They help you survive, create energy when you need, help you heal and recover, create motivation for you. They are NESSECARY to create energy and continue to live.

The whole reason curcumin may help heal the body and protect it is because it helps provide energy through those means.

The problem is our awareness – when we have too much of something. Awareness of how the food industry is changing over time and how the food we eat affects us. And the importance of keeping our body within how it was designed to be – eating natural, moving and resting.

It is in our ability to balance our health through the food we eat and our lifestyle habits.

All of which can be improved when you begin to self-observe and train a skill of self-awareness. When you begin to see and notice how the little things affect your body.

Because while my examples may be true for one – they may be different for another person.

Our own genetics, micro-organisms that help digest our food in our bodies are all different. Creating different responses, different nutrients within our bodies. And affecting the effects of the food we eat.

This is what makes each and one of our health different from the next person.

Besides general knowledge, this highlights the need for and importance of **self-knowledge.**

We are not taught what food does, what food has what nutrients, what our hormones mean – *it is your responsibility to take care of the knowledge of your body.*

This takes a lifetime of practice. Even though I studied Sports Medicine, Advanced Human Nutrition, and while other people partied in University, I sat at home and read over 1000 books about health, to this day – *I still don't have a grasp on it all.*

But through self-awareness and knowledge I'm able to have more control over my strength, stability, and overall

wellbeing. Because I understand the important part – the principles of why things are the way they are.

Through knowledge and awareness, you can pick up the patterns, connect the dots and instead of knowledge, you gain Wisdom.

Knowing information is one thing. But understanding the principles allows you to predict outcomes, replicate them and repeat results from one person to another.

So, what kind of principles are important, in order to reduce stress and anxiety influenced by the physical body?

The Key Nutrition Principles for Social Anxiety

The Source of All Your Energy, Strength & Stability

The core key factor of your entire life and all of your energy lies in the health of your ***hormones***.

The more optimum your sex hormones the more energy, vitality, health, youth, libido, desire, and motivation you can experience.

Men should have optimal-to higher levels of testosterone while women should have optimal-to higher levels of progesterone.

When these hormones are in optimum condition, with a balanced lifestyle and good food – your body works like a well-oiled machine.

All speed and strength of how good your body runs depends on hormonal balance. Creating a healthy and optimum metabolism - *the turnover of energy and processes in the body*.

Things like 'unhealthy' mass produce meats can easily throw this out of balance. Therefore, consuming only quality meat will highly benefit (*if not boost*) your health.

Next key element is that normally when we eat animal meat, we get animal fat with it – which used to be full of healthy hormones, giving men strength and power. Men were more vigorous, strong, energetic, like the men of Sparta. Boost our own natural stores of hormones.

Throughout history, this was quickly sidestepped with production of - *seed oils*. The problem with seed oils is we were not designed to eat seeds.

Seeds and nuts have their own protection mechanisms, to help reproduce themselves. They contain certain compounds that prevent mammals from eating and digesting them, so that trees and plants can grow into the ground and reproduce into new plants. Maintaining our ability to have plants on this earth.

Throughout our history, with modern agriculture, we have been made to believe, that it is good for us (something we never ate), while animal fats cause high cholesterol and heart attacks *(something we ate for millions of years)*.

In reality and backed up by science, seed oils are found to be high in omega 6 fatty acids, which are pro-inflammatory *(causing more havoc)*, while animal fats are found to be anti-inflammatory *(reducing havoc in recovery)*.

The problem being - the hormones in the meat. Before they didn't cause harm to people, in fact they made us stronger, more energetic, more vigorous, and capable of

surviving. But because of the hormones today, not only they can harm our health, but also imbalance our natural hormones in the body, affecting our mental strength.

So, if you can eat healthy, farm raised meat – you will be in the best hands. For others, we have to make the best possible decision with what we have. Buy organic, antibiotic-free, even halal will have far less stress. The same goes for cheese, milk and other animal-made products.

The nature of seed oils and the fact that we have not ate them before means that they can amplify the imbalance in our body and lead to increased stress. Soaking and sprouting seeds in warm water is known to activate enzymes, giving them a genetic perception of 'rain'. They neutralize the self-protection mechanisms and can be digested without the 'more harmful' constituents. *(But keep in mind, for millions of years, we were not walking around, looking for seeds to dig out from the ground and eat).*

Olive oil is not made from seeds or nuts; therefore it's also found extremely beneficial.

Carbohydrates (grain and sugar products) are also something that we're not designed to consume. We never had ample of it in our diets, and we never evolved with them.

For the last few thousands of years, we were only able to put a piece of bread on the table and share it with the family after a hard day of work.

Therefore, I find the best practice to be not rushing to eat when you are really hungry and limiting the carbohydrate type of foods towards the evening, few hours before bed.

If you don't consume herbs or coffee, you should naturally feel good and produce stable amounts of energy. If you do consume plants, tea, or coffee (or smoke tobacco) your body will demand food sooner and anxiety is more likely to rise. In this case a little bit of carbohydrates is better than none and better than too much.

When the body becomes too sensitive, carbohydrates take away too much energy and make you sleepy. Depending on other food, later increasing the possibility

for increased stress to create energy and bring your energy back to normal.

The Secret Side of Herbs & Spices

Every single herb has its own biology. Most herbs are like living beings.

The problem with herbs and plants is how they function.

Every living plant relies on water, sun, and oxygen, just like we do. However, that is ALL they survive from.

And the way they are able to do that is through having a more sensitive biology. Through being able to absorb the sun through the leaves, nutrients through the roots and water through the seeds.

This is why *generally* the seeds are typically self-protective and are not meant to be digested raw. The roots are full of nutrients and minerals from earth and can provide lots for the body, but they do influence sensitivity and hibernation like hormones – which reduce stress, energy, nourish, increase sensitivity and healing. And the leaves typically have more energy like sensitizing effect, providing more vitamins, and sensitizing the body like the hormone estrogen.

These are just general concepts, that for the most part repeat between these categories, but each plant can still be different.

Herbs are a lot like us. Each herb has the hormonal (fatty) part, and cellular (watery) part.

By drying herbs, we get both and make spices. By creating tinctures, through alcohol we preserve mostly the fatty, hormonal part.

Which makes most spices, have some form of sensitizing effect, because all plants survive that way. While taking herb extracts or tinctures can have certain plants or herbs that may avoid sensitizing the body.

Now when you look at what is being written online, about the categories of herbs, you will find that many herbs that 'reduce stress/anxiety' are roots. Such as Ashwagandha, Ginseng, Rhodiola, Eleuthero.

While they do that, they can also sensitize the body. When you combine that with things like undereating, increased stress or drinking coffee, the body quickly responds – becoming too sensitive/vulnerable. Because it can't allow you to overstimulate the body and use up the resources from your body (through cortisol). The

imbalance happens, and the body has to protect you again – slowing all functions down.

When our metabolisms slow down you get all kinds of issues, with having low production of hormones, weight gain, lack of libido, thinning hair, love-handles, low energy, high stress, tiredness, lack of concentration, crashes after coffee and so on. (**note many factors can cause these symptoms, not just slow metabolism*)

Having a slow metabolism is one of the worst things. It's your body saying we need to slow down the production, until we start feeling normal to work again (*shut down some things down a little, so that we survive*). So, all you want to do is rest and 'recover' until you feel better.

That's why you have to be AWARE of herbs, plants, what they do, how you feel after them and even consult with a professional practitioner first.

Having such awareness, thinking, and understanding will guide you to better choose when you want to add vegetables, spices, and drink tea in your life. Remember, even coffee is a plant, and it has its own consequences.

Most herbs and spices can increase stress and sensitivity, but these are the stronger one: Curcumin, Panax

Ginseng, Rhodiola Rosea, Green Tea, Saw Palmetto, Ashwagandha, Holy Basil (*herbs that affect metabolism, or lower stress first, while sensitizing it for longer term. And after you drink the next coffee, it causes havoc on the body*).

The Genetic Window of Opportunity

One thing that can affect your hormones THE MOST is sleep.

How come I say hormones?

Because this is our **reset time**. During the day the body turns around quadrillions of operations inside of our body in order to produce *energy*. During this time, it uses up resources, makes up for deficits, and manages these complex processes by using, building, and destroying things within our body. It balances everything by itself.

Typically, when you wake up in the morning, you have the most energy and strength. Your hormones are full and ready. Over the night the body adjusts its metabolism, fixes up weaknesses, eliminates all the unnecessary things, just so you have a good fresh start.

Throughout the day we use our hormones and energy, and they turn into their weaker parts (*weaker hormones*). Some of which sensitize the body naturally to allow the 'leftover' hormones to give us energy.

Toward the evening we use up most of our 'good energy hormones', and the weaker ones go up. We get sleepy and ready for the reset.

However, with our 'modern diet' getting too much of weak hormones from food, having effects from 'artificially grown' plants, and chemicals in our body-care products – this whole natural process of good hormones going down and bad (*weaker*) hormones going up gets exaggerated FAST.

Instead, we can experience crashing, irritability, moodiness, higher stress in the evening than normal and have trouble sleeping, beginning to think - '*I'm a night person, I function better at night*'.

That's typically when we crave things, when we have arguments in relationships, when we begin to overthink and feel most vulnerable (*anxious*).

For some people It can also go the other way where different weaker hormones simply make it hard to think,

concentrate, have clarity, energy, making us feel tired and non-functional.

The point is that again - your rest is highly dependent on the quality of the food you put in, the habits of the day and stress created by the mind.

The problem is when we don't recover, and miss the crucial recovery period during the night, the next day we wake up without having the good hormones ready.

The weaker hormones out-balance the good ones earlier, we begin to have trouble concentrating, we feel stress going up faster and easier. The body still feels sensitive, and with each unhealthy meal adds more sensitivity - we need more coffee, we eat more food, and we quickly enter another evening dominated by stress and sensitivity, going to sleep **too late**.

From day-to-day, like a never-ending cycle.

And it's the same issue - if you read information online, science says things like 'you need at least 7 hours of sleep', 'you have to have windows 100% covered with black curtains', 'you need to have glass of milk' and so on.

I have no idea where this 'research' or 'facts' come from and how it was measured with all the differences in peoples' diets and lifestyles. But it's not what you REALLY need.

One thing people don't know is that our bodies have a genetic (evolutionary) clock.

The basic principle is this – your body can sense when the sun goes down.

For millions of years, we would go to sleep when the sun went down and rose with it. Regardless of if you're staring at the screen, have black windows or anything – your body knows when to initiate **the recovery phase.**

When it gets dark, let's take on average 9 o'clock, the body naturally begins preparing itself for recovery.

During the time of 12:00-02:00 o'clock is when the peak of the Deep Sleep hours is. And it takes around 90-120 minutes to fall into a deep sleep state. That's when the body recovers the most.

And at around 3 o'clock, is when the whole recovery phase begins to fade, as the early sunrise was always the best time to go out hunting.

Now to prove this to be true, and disprove the whole *'you need to sleep for 7 hours'* statement you can do the following:

On one day, go to sleep at 9 o'clock, maybe you'll fall asleep a bit later, that's fine. But sleep only for 5-6 hours. Wake up, and throughout the day observe how you feel and write it down.

The next day, go to sleep at 3a.m in the night, and sleep 7, 8 even 13 hours if you want. Wake up, and throughout the day observe how you feel. Notice how stress feels compared to the day before.

What you'll find is that no amount of sleep will help you feel 'good' if you miss the deep sleep recovery phase.

When I was young and was playing basketball, I remember going to a sports clinic, and back in the 19's telling the older lady-nurse *'I'm feeling bad that I'm the shortest one on my basketball team'*. And she said to me *'if you want to grow taller you need to go to sleep earlier, at 9 o'clock'*.

At the time I didn't realize why she said at 9'oclock. Or why earlier. But after I've spent 4 of my university years hiding from people, and have read hundreds of books

on health, nutrition, and sports I began to see the pattern. And when I was at my worst, that was when I really saw it.

At one point my autoimmune disease came to a point where ulcers (open wounds) began to open on my skin.

When I used to go to sleep at around midnight, the next day my skin would get a thin layer cover, which would eventually open up later. When I went to sleep at 10-11 o'clock, it would heal up nicely and the next day was always better. I would see my wounds **healed**.

But if I ever went to sleep after 3a.m, it never mattered if I was staying up, drinking, eating, not eating, playing games – I would wake up with an open wound, and throughout the day it would be red, itchy, and inflamed. Always way worse than the day before.

And I've seen this always to be the case, without any pre-judgement or prior belief about it. Over time it became a pattern which I noticed. And because I didn't know what was causing my condition it was like a gift allowing me to develop a strong skill of self-observation.

When you learn this sleep principle, experience it, you will see people all around you, worried, irritable, anxious,

more stressed, relying on coffee and stimulus to cope with the weakness the next day. And you will be able to understand the principle of WHY it is the way that it is.

And to add one more, there's a daytime window of deep sleep recovery phase between 12:00 and 1:00pm.

If you nap later, no matter for how long, you might wake up even more tired, confusing your body, if you're sleeping for the night or not.

I recommend for all health, strength, and longevity purposes, to go to sleep before midnight at the latest. The earlier you can, the better.

Furthermore, the recovery period highly depends on your current health state. Meaning that if your body is more sensitive, if you had over-stressed, the sleep will be affected.

Even when people take sleep supplements/medication, it can suppress energy production - helping to sleep, but not recovering.

Who can Hunt & Obtain Food Were Always the Strongest & the Healthiest

When people want to feel better, stronger, and healthier they always arrive to discover the importance of exercise.

But there are a couple of principles within HOW you exercise, which can either improve all your physical conditions or make them worse. Make you feel stronger or make you weaker and more anxious.

You see, stress is good. So is the stress hormone. It helps to balance energy, provide for your muscles, joints, and the brain.

The problem happens when the body becomes too sensitive from all the hormones in the food and chemicals that raise estrogen. Then the body protects itself and slows the metabolism down.

Then when you stress out, undereat, or exercise, the body receives more harm and damage. Leading to more stress, anxiety, and psychological weakness.

That's why hormone balance is your number one priority.

When it comes to exercise, **the first biggest mistake** people make is they exercise for too long without food.

Typically, when you perform physically intense work, and you haven't eaten for a while, you use up the energy stores within about an hour. Everything after that, your body needs to use the energy from itself to fuel the workout.

This is where the stress hormone rises to higher levels and begins to create imbalance in the good hormones. Good hormones get used up for energy and turn into weaker ones (sabotaging and destroying the good hormones produced by exercising).

So, if you want to exercise for longer, have a protein + sugar drink.

If you want to get the best adaptation from exercise, an hour of fairly intense exercise is enough. Then you can have a post workout drink, have a quick snack or at least some fruit. And continue to relax with some stretching to aid growth, blood flow, adaptation, recovery, and flexibility.

The second biggest mistake people make is after they have worked out for that hour (or longer), they postpone food.

In my first relationship, my ex-girlfriend was very dedicated to gym. But she would get busy doing things, instead of having a meal first thing after coming home. I can recall dozens of times, where I would see her tidying up the kitchen, doing some chores, and because I know she didn't eat, and the cortisol is rising fast – 'I'm about to get trouble'. I would see the anxiety growing in her and the argument was seconds away (even if I knew normally, she wouldn't bring things up).

It's extremely important to eat after working out. After one hour of workout, the sooner you eat the better. Because the good-produced adaptation hormones are high and fresh in the body, and when you eat the food you push them into your body, to have that good effect.

This is also one of the reasons why a lot of people exercise, train hard and try to build muscle, but don't see the results. Because all muscle building hormones quickly get broken down and cortisol takes away from all that effort.

Again, all of this is evolutionary. A million years ago, for centuries, you would eat to fuel up, go out, hunt, come back and eat (or eat then and there, while other people don't see).

It's the same for most animal species. And we are more animal than you would believe.

These two principles are most influential in either making you stronger after exercise or more anxious. More fit, or less fit. Better or worse off, In every possible way.

As we've covered the core principles that you need to know right now, - you want to think of them as rules to be conscious of.

Your motto should always be that it's okay to not follow the rules, because as long as you do it for the most part, you will be able to maintain a healthy balance.

As we come to an end, let's quickly recap what precise adjustments you may want to make.

The Rules of Healthy Stress Response

1. If I was a man after 30, I would take some form of herbal testosterone herb like Tribulus

Terrestris/Tongkat Ali. Or if a woman, I would take Vitex/Black Cohosh. (*extract, not whole herb).

2. Eat high quality animal products. Even if you have to eat less for the same price. Farm raised first, then organic, then halal, and a lot less of what is mass produced.
3. Reduce or eliminate seeds, nuts, and their fats. *(*Peanuts are known to be legumes; olive oil is not a nut.)*
4. Be mindful of the kind of herbs and spices you use with food and the teas you drink. If you are wanting to go into a healing phase for a reason, that's fine. But if you are working a lot, experience stress, exercise a lot – you might find them to cause more sensitivity on top of all the havoc.
5. Go to sleep earlier and wake up earlier. Ideally 11:00-12:00p.m. Have naps (even if for 20 minutes), they help reset the brain and the organs, by taking away blood flow from the muscles and allocating nutrients for a quick small reset.
6. Don't eat 3 hours before bed.

7. Eat less carbohydrates in the morning, with a little more before workout, after workout, and/or evening time.
8. Apply HIIT Training to your workouts. It helps deliver more blood, nutrients and oxygen to your body, all of which maximize health and reduce stress. Sprinters are the world's healthiest athletes.
9. Workout out for 45-60 minutes (if without a sugar drink). Eat after before and after training.
10. Be mindful, self-aware, of how you feel after each type of meal. Look within. Ask yourself, how am I feeling? How is this food affecting me? Over time developing wisdom over your health and what your body goes with and what it doesn't.
11. BONUS: Don't wait too long to eat after drinking coffee or tea. Because stimulation increases stress and cortisol and the longer you wait the more of it your body creates. Just like with the exercise example. Stimulants and stress become a sign of fighting to survive (hunt). After you eat a meal, whatever accumulates in your system (like stress) goes into your body, affecting it

from inside. Which can influence Stress and Anxiety.

12. Take a probiotic in the evening. Gut bacteria is the main source of health. People who have healthy strong biology, beautiful skin, clear eyes are often not just because they eat raw healthy food. But because the bacteria in their gut, when fermenting releases natural B group vitamins, and nutrients into their system, with each meal maintaining their health. That's why you have people who can eat anything and look perfect, while others eat healthily and struggle to improve their skin, hair health and other conditions. We receive the first colonization of this bacteria from mothers' milk, and children who do not get feeding from mothers or who get exposed to antibiotics (which are excessive in the soil and food) may develop growth of the type of bacteria which is constantly releasing chemicals, which irritate, stress and toxify the body. Adequately maintaining the type of health depending on types of chemicals produced. To put it to perspective, we have around 3kg of bodyweight, 100 trillion of bacteria in our guts

who further digest and soften the food before it leaves our body.

Summary

Within this book you've received the core information and principles required to actually overcome Social Anxiety and eliminate it from your life completely.

Mainly because you will never again see it in your reality.

As you can see – there's a reason for everything, why we are the way we are. And in order to have a better life, all responsibility is in your hands, to care for it (physically) and to shape it (psychologically) into the life you want to experience.

Life is a journey, of continuous experience. I hope within this book you have found a way to move through life with new levels of awareness and power. That, like for me, - none of this will ever influence the quality of your life.

In the next few pages, I've included some helpful resources that have helped me create a life of financial abundance, fulfilment in relationships and success in my

life. Which can help you eliminate the biggest invisible barriers in your life.

You have an opportunity to gain control over your life and develop knowledge in an area that promises real transformation and change.

I recommend you take this opportunity, because this was the place where I found everything that I ever needed.

**If you've enjoyed this book, please consider leaving a positive review and let us know how valuable you found this book.*

All the best,

Vytas Kas.

Recommended Resources

Self-Master Academy:

Self-Master Academy – Discover the most powerful core-beliefs shared between all people, strengthen your confidence, build courage, improve your relationships and achieve your dream life faster than ever before.

✓ **What Beliefs to Change (Other Powerful Beliefs)**

✓ **Limiting Core-Beliefs (Most Powerful Barriers of Courage & Financial Success)**

✓ **Done-For-You Powerful Beliefs Suggestions**

✓ **How to Transform Your Beliefs & Life Faster**

✓ **Powerful Tools & Resources**

✓ **Ask Belief Change Expert Questions**

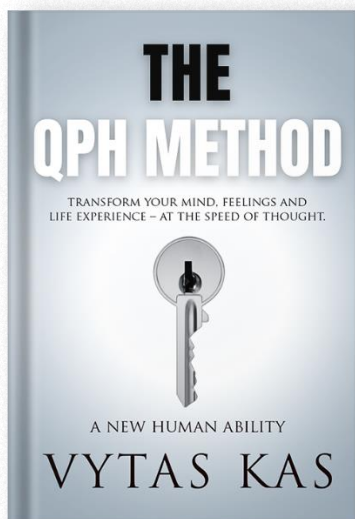
Visit for more.

Join the vast community of Self-Master Academy, people who are transforming their lives by reprogramming their beliefs.

For more please visit selfmasteracademy.com

Recommended Reading:
**The QPH Method: Gain Control of Your Beliefs,
Emotions & Success in Life – at The Speed of Thought**

(Full Book, by Vytas Kas)



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