



THE ART OF SUCCESS

THE ART OF SUCCESS

ACTUALISE YOUR DREAM LIFE

Introduction

Welcome to **The Art of Success**, the most advanced self-improvement course designed to help you actualize your full potential. Success is more than achieving external status, it's about reconnecting with your spirit self and mastering the skills and habits needed to create a fulfilling life.

The Art of Success is a holistic approach to achieving success in all areas of life. With The Art of Success, you'll gain access to powerful tools and strategies for developing self-awareness, self-discipline, self-control, and manifestation prowess. You'll also learn how to overcome obstacles such as procrastination, indiscipline and addictions.

By the end of this course, I guarantee that you'll be brimming with endless creativity, clarity, self-knowledge, willpower, and cosmic energy.



THE ART OF SELF-AWARENESS

THE ART OF SUCCESS

ACTUALISE YOUR DREAM LIFE

What is self-awareness?

Self-awareness is the ability to recognize and understand your own thoughts, feelings, and behaviors, and perception. It involves thorough introspection and self-reflection, which will grant you a better understanding of your strengths, weaknesses, and values.

Self-awareness is the most crucial aspect of personal growth and development. It enables you to make more informed decisions, improve your relationships with others, and pursue goals that align with your true self.

THE ART OF SUCCESS

ACTUALISE YOUR DREAM LIFE

Dangers of not being self-aware

The dangers of not being self-aware can be significant;

- Inability to recognize and regulate emotions: Without self-awareness, you'll struggle to identify and regulate your emotions, leading to outbursts, impulsivity, and mood swings that can negatively impact your relationships and personal well-being.
- Limited personal growth and development: Without self-awareness, you'll struggle to identify your strengths and weaknesses, limiting your ability to set goals and pursue personal growth.

Dangers of not being self-aware

- Negative impact on mental health: A lack of self-awareness makes you susceptible to mental health issues like anxiety, insecurity, social awkwardness, personality disorders, persistent boredom with life and even depression. When you're unable to recognize and regulate your emotions, you will become overwhelmed and experience increased stress and negative thinking patterns.
- Difficulty making decisions: Without self-awareness, you'll struggle to identify your values and priorities, which will impede your confidence and decisiveness. Without a clear understanding of your purpose and priorities, it will be difficult to choose the best course of action.

Dangers of not being self-aware

- Lack of empathy: Self-awareness is closely linked to empathy because it helps you understand your own emotions, which in turn makes it easier to understand and connect with others on an emotional level. Developing your self-awareness will help you build stronger relationships, enhance your communication skills, and become more effective in social settings.
- Inability to adapt to change: You'll be blinded by your biases and be unable to recognize the changes you need to make in your belief system and self-identities.

Dangers of not being self-aware

- Lack of authenticity: Without self-awareness, you'll have a weak sense of worth and lack solid conviction in your values. As a result, you may find yourself behaving in ways that don't align with your true self. This can leave you feeling disconnected from your authentic self, filling you with regrets and self-hate
- Difficulty in personal and professional relationships: When you're not aware of your own thoughts, feelings, and behaviors, it can be difficult to communicate effectively and build meaningful connections with others. This can lead to feelings of loneliness and isolation, which can have a negative impact on your mental health and overall well-being.

Becoming Self-aware

The reason you lack clarity, struggle with discipline, and constantly feel awful is because you are operating at low levels of consciousness.

- More mindfulness = more clarity
- More clarity = more peace
- More peace = more happiness
- More happiness = more creativity
- More creativity = more wealth generation
- More wealth = more freedom

Mindfulness is the key to unlocking an advanced level of clarity and creativity. The path to a fulfilled life begins with a calm mind.

Two types of thinking

- Compulsive thinking

This is a state of mental restlessness plagued by intrusive thoughts. It wears out the brain, depletes your energy, and smothers your creativity.

It is nearly impossible to listen to your intuition when intrusive thoughts are consistently flooding your psyche. Resentment, regret, anxiety, worries, jealousy, insecurities, angst, loneliness and other mental troubles, are usually instigated by a single thought.

Two types of thinking

- Conscious thinking

This is the ability to choose the thoughts you want and spontaneously filter out the unuseful. Your mind then becomes more organized, refined & potent. This allows you to effortlessly manifest your desired reality.

THE ART OF SUCCESS

ACTUALISE YOUR DREAMS

Understanding your mind

- Understand that the mind is not an organ, it is a process.
- It needs your consciousness to operate. This is the existential proof that you're not your mind.
- The thoughts in your head are just vibrations in consciousness, no different sounds of passing birds. You're neither the thoughts nor the thinker.
- Start identifying as the screen of consciousness that thoughts appear on.

How to develop a powerful presence

- Watch your breath
- Listening
- Be gentle
- Focus on one thing at a time
- Still your pupils
- Chanting
- Activating Inner body



THE ART OF SUCCESS

VISUALISE YOUR DREAM LIFE



TOOLS FOR SELF-AWARENESS

THE ART OF SUCCESS

ACTUALISE YOUR DREAM LIFE

The Art of Journaling

Journaling is the practice of writing down your thoughts, feelings, experiences, and ideas in a personal journal or diary. It is a form of self-reflection and self-expression that allows you to explore your emotions, process your experiences, and gain insight into your own thoughts and behaviors.

Journaling is like having a personal therapy session with yourself. It unwinds your mind and exposes the flaws in your thought process. It is the ultimate meta-skill for developing your creativity and emotional mastery.

Benefits of journaling

- Calm and clear your mind
- Make objective decisions
- Boost your self-awareness
- Improve your writing ability
- Increase your sense of gratitude
- Reflect on what you have learned
- Measure and track your progress
- Expose limiting self-beliefs and identities
- Release negative thoughts and emotions
- Cultivate self-discipline by making it a habit
- Increase your creativity and problem solving skills



THE ART OF SUCCESS

YOUR DREAM LIFE

Styles of journaling

- Free-Form Journaling: This is the most common type of journaling, where you write whatever comes to your mind without any particular structure or prompt. You can write about your thoughts, feelings, experiences, or anything that you want to express.
- Prompted Journaling: This type of journaling involves writing based on specific prompts or questions that help you explore different aspects of your life, such as your goals, fears, values, or behavioural patterns.
- Dream Journaling: This involves recording your dreams as soon as you wake up. This will help you become more conscious in your sleeping state so you can remember your dreams better and analyze them for insights into your subconscious mind.

These are the most important styles for self-reflection

The stoic blueprint to journaling

Stoicism is a philosophy that emphasizes self-control, rationality, and the acceptance of what cannot be changed. As a Stoic, you must focus on your own thoughts and behaviors, instead of trying to control external circumstances.

By developing self-awareness and emotional intelligence, you can learn to respond to adversity with calmness and clarity. Journaling is a powerful tool for cultivating these qualities. By writing down your thoughts and emotions, you'll gain insight into your own patterns of thinking and behavior.

How to journal like Marcus Aurelius

- How can I focus on what I can control and let go of what I can't?
- What are my core values? How can I align my thoughts and actions with those values?
- How can I cultivate a sense of detachment from external outcomes and focus on the process instead?
- What can I learn from past failures and mistakes? How can I use those experiences to grow and improve?
- What can I do today to improve my physical, mental, and emotional health?
- What are my priorities in life? How can I make sure my actions align with those priorities?

How to journal like Epictetus

- Write to reflect on your day.
- Review your good & bad deeds.
- Measure the progress you made on your goals.
- Reflect on your emotional state and note your most dominant feeling.
- Try to expose the triggers behind your emotions and actions.
- Ruminates on any thing you read or learnt about.
- Recall the stand out moments of the day that left a lasting impression on you.

The Art of Meditation

Meditation is the most important tool for self-discovery and self-transformation. Through meditation, you'll cultivate greater self-awareness and self-control, as well as developing a deeper understanding of your own thoughts and emotions. Meditation allows you to tap into the direct source of inner peace, clarity, stillness and well-being.

In a world of over-stimulation, the importance of meditation cannot be over emphasized.

THE ART OF SUCCESS

ACTUALISE YOUR DREAM LIFE

Benefits of meditation

- Stress reduction: Meditation has been shown to reduce stress by lowering levels of the stress hormone cortisol in the body.
- Improved mental health: Studies have found that meditation can help reduce symptoms of anxiety, depression, and post-traumatic stress disorder (PTSD).
- Increased focus and attention: Meditation has been shown to improve attention and cognitive performance, and can increase the ability to multitask.
- Lower blood pressure: Research has found that meditation can help lower blood pressure, reducing the risk of heart disease and stroke.

Benefits of meditation

- Improved sleep: Regular meditation practice has been shown to improve sleep quality, reducing insomnia and improving overall sleep duration.
- Enhanced immune system function: Studies have found that meditation can boost the activity of natural killer cells, which help fight off viruses and cancer cells.
- Pain management: Meditation has been shown to be effective in reducing chronic pain, including back pain and headaches.
- Reduced inflammation: Meditation can reduce inflammation in the body, which is linked to a wide range of health problems.

Benefits of meditation

- Improved emotional well-being: Meditation can help reduce negative emotions, such as anger and anxiety, while increasing positive emotions like compassion and happiness.
- Increased brain function: Research has found that meditation can increase the thickness of the prefrontal cortex, the part of the brain associated with attention and decision-making.

THE ART OF SUCCESS

ACTUALISE YOUR DREAM LIFE

How to Meditate

- Wear out the mind before your session.
- Find a quiet and comfortable space: To meditate effectively, it's important to find a quiet and comfortable space where you won't be disturbed. This could be a quiet room in your home or a peaceful outdoor space.
- Sit in a comfortable position: Find a comfortable seated position that allows your spine to be upright and your body to be relaxed. You can sit on a cushion or a chair, whichever feels more comfortable for you.

How to Meditate

- Close your eyes: Closing your eyes can help you to focus your attention inward and reduce distractions from your external environment.
- Focus on your breath: Bring your attention to your breath and observe the sensation of air moving in and out of your body. You can also count your breaths to help keep your focus on your breath.
- Relax your body: As you focus on your breath, consciously relax your body and release any tension or tightness you may be holding.

How to Meditate

- Observe your thoughts: As you meditate, thoughts may arise in your mind. Rather than getting caught up in these thoughts, observe them without judgment and allow them to pass.
- Bring your attention back to your breath: Whenever you find yourself getting distracted by thoughts, gently bring your attention back to your breath.
- Practice regularly: Consistency is key when it comes to meditation. Make a commitment to meditate regularly, even if it's just for a few minutes each day.

How to Meditate

- Be patient and compassionate with yourself: Meditation is a practice, and it takes time and patience to develop. Be kind and compassionate with yourself, and don't judge yourself for any perceived "failures."
- Set an intention: Before you begin your meditation practice, set an intention for what you hope to achieve. This intention should not be goal oriented, but it should be attitude-oriented.

THE ART OF SUCCESS

ACTUALISE YOUR DREAM LIFE

How to Meditate

- Use guided meditations: Guided meditations can be a helpful tool for beginners who may find it difficult to stay focused on their own. There are many resources available online, including guided meditations led by Sadhguru.
- Incorporate mindfulness into daily life: Meditation isn't just a practice to be done in isolation. Incorporate mindfulness into your daily life by being fully present in each moment and bringing awareness to your thoughts, emotions, and actions.

The Art of Metacognition

Metacognition is the ability to inquire and reflect into the true nature of thoughts. It's the art of observing the inner workings of the mind, without judgment or attachment. By doing so, you'll gain insight into the patterns and biases that shape your thinking.

This watchfulness will clear out the junks from you mind and make space for creativity and clarity. It is a powerful tool that will improve your cognitive abilities and enhance your understanding of the human psychology.

The Art of Metacognition

To practise metacognition, it's imperative to understand the different levels of awareness

- Sensory awareness: This is the most basic level of awareness, in which you are simply aware of the information coming in through your senses (sight, sound, touch, taste, smell). This level of awareness is mostly automatic and doesn't require much conscious effort.
- Perceptual awareness: This level of awareness involves interpreting and making meaning of the sensory information you receive. It involves identifying patterns, recognizing objects, and making judgments about what you perceive.

The Art of Metacognition

- Cognitive awareness: This level of awareness involves higher-order thinking processes such as reasoning, problem-solving, and decision-making. It includes conscious attention and focused concentration, and requires a greater level of mental effort than the previous levels.
- Transcendent awareness: This is the highest level of awareness, in which you are able to transcend your ordinary perception of reality and experience a deeper sense of connection and unity with the Universe. This level of awareness is gained through spiritual practices like meditation or self-inquiry.

The Art of Metacognition

The mind is a source of constant chatter and distraction. The key to a calm mind is watching the mind indifferently.

That is to become a detached observer of your thoughts and emotions, without getting caught up in them or identifying with them.

This state of awareness will allow you to see the mind as it truly is, and to recognize its limitations and illusions.

THE ART OF SUCCESS

ACTUALISE YOUR DREAM LIFE

How to become metacognitive

- Begin by simply observing your thoughts and emotions without judgment or reaction. Notice the thoughts that arise in your mind, but do not engage with them or get carried away by them.
- Gradually increase the amount of time you spend observing your mind each day. Start with a few minutes and gradually work up to longer periods of time.
- Notice any patterns or tendencies in your thinking. Are there certain thoughts or emotions that arise more frequently than others? Are there any triggers that cause your mind to become more active or agitated?

The Art of Metacognition

- Practice maintaining a state of detachment and equanimity as you observe your mind. Try to remain calm and centered, regardless of what thoughts or emotions arise.
- Cultivate a sense of curiosity and wonder about your own mind. Explore the workings of your mind with an open and nonjudgmental attitude, and see what insights you can gain.
- Use meditation or other mindfulness practices to deepen your awareness and develop greater insight into the nature of your mind.



THE ART OF SELF-DISCIPLINE

THE ART OF SUCCESS

ACTUALISE YOUR DREAMS

3 styles of discipline

Active discipline

Doing what needs to be done in that very moment regardless of how you feel. It demands employing your willpower to choose what's beneficial and aligned with your long term goals over what's appealing.

- Meditation over porn
- Hustling over clubbing
- Healthy foods over fast foods

3 styles of discipline

Reactive Discipline

Controlling your thoughts, emotions and behaviors when unforeseen situations arise. It demands great emotional control and perspectivism to stay focused and centered in the face of adversity.

Resilience, flexibility and adaptability are great stoic virtues.

3 styles of discipline

Reactive Discipline

Here are some ways to practice reactive discipline:

- Take a deep breath
- Reframe the situation
- Practice empathy
- Let go of the past
- Focus on what you can control

3 styles of discipline

Proactive Discipline

Anticipating and doing things in advance to better control a situation. Here are some ways to practice proactive discipline:

- Plan ahead
- Set reminders
- Create routines
- Anticipate obstacles
- Eliminate distractions
- Practice self-control

Types of discipline to master

- Deliberate discipline: Setting clear goals, creating a plan, and following through with it consistently.
- Responsive discipline: Being flexible, adaptable, and quick to respond to changing circumstances.
- Self-care discipline: Making time for rest, relaxation, and rejuvenation.
- Emotional discipline: Recognizing Your feelings and regulating them in healthy ways
- Mental discipline: Developing the ability to focus, concentrate, and think clearly.

Obstacles to discipline

- Lack of purpose
- Self-doubts
- Procrastination
- Fear of failure
- Lack of self-control
- Inability to focus
- Lack of accountability
- Negative self-talk



THE ART OF SUCCESS

REALISE YOUR DREAMS

Obstacles to discipline

- The desire for immediate gratification
- The unconscious resistance to change
- Distractions and interruptions
- The lack of self-awareness
- Lack of motivation
- External factors
- Victimhood

THE ART OF SUCCESS

ACTUALISE YOUR DREAM LIFE

Stoic hacks to master discipline

- Start with finding your purpose. Clearly defining your aspirations will guide your decision-making and actions.
- Embrace discomfort. It is a necessary part of growth and that the rewards of discipline far outweigh the temporary discomfort of taking action.
- Focus on the process rather than the outcome.
- Use positive affirmations and visualization to reinforce your commitment to your goals and stay focused on the long-term benefits.
- Eliminate distractions and create a routine that prioritizes your most important tasks.

Stoic hacks to master discipline

- Practice self-reflection: Be conscious of the feelings that drive your actions, and the thoughts that create those feelings.
- Practice delayed gratification: Prioritize long-term rewards over short-term pleasures.
- Practice dichotomy of control: Focus on what you can control and let go of what you cannot.
- Practice voluntary hardship: Intentionally putting yourself in challenging circumstances.
- Practice negative visualization: Contemplate worst-case scenarios as a way to prepare for adversity and develop resilience. As Seneca said, "Difficulties strengthen the mind, as labor does the body."

Stoic hacks to master discipline

- Get rid of the victim mindset: Take responsibility for your life.
- Exercise self-control: Practice self-restraint in your thoughts and actions.
- Prioritize self-care and maintain a healthy lifestyle.
- Visualize the benefits of taking disciplined action to overcome the fear or resistance you feel towards it.

Procrastination

Procrastination is the deliberate act of putting things off despite being aware of the negative consequences. One of the main triggers for procrastination is that your mind exaggerates the difficulty of an endeavor, which paralyzes you with anxiety, perfectionism and insecurities.

THE ART OF SUCCESS

ACTUALISE YOUR DREAM LIFE

Types of paralysis

Decision paralysis

This happens when you over-analyze every single detail before making a decision. The paralysis comes from an underlying fear of regret. Embrace spontaneity - The more you trust your intuition, the better it can guide you through life.

Information paralysis

This is caused by obsessively accumulating knowledge without a corresponding creative output. Reduce the gap between what you know and how much of it you're applying in your life.

Types of paralysis

Perfection Paralysis

This is triggered by obsession with perfection, which is just a guise for your insecurities. Embrace the embarrassment of being a novice and the frustration of low quality works. It's all part of the process.

Emotional paralysis

Strong emotions; fear, anxiety, boredom, loneliness or overwhelming pressure can be physically paralyzing.

Social media paralysis

This happens when you get stuck in a loop of mindless scrolling. Excessive use of social media can be detrimental to your physical and mental health.

Psychological reasons why you procrastinate

- You overthink every little thing.
- You **pretend** you're a perfectionist.
- You avoid the task because you are scared to fail, or scared to start.
- You get a thrill from doing things at the last minute, you just love the adrenaline rush.
- You aren't really interested, so you fight yourself to do something you don't want to do.

How to stop procrastinating

- Focus on the reward of completing the task, not the difficulty.
- Focus on progress, not perfection.
- Break the task down into simple actionable steps, then tackle them progressively.
- When your mind starts coming with excuses, promise yourself you'll only do it for 5 minutes.
- Don't set yourself up for failure by expecting too much of yourself in a short amount of time. Use affirmations and positive self-talk to rev up your spirit and act immediately.

Building functional systems

- Clearly establish your goal in mind and on paper
- Find your keystone habit
- Set up triggers that will compel you to take action.
- Find ways to tweak your environment to work for you

The Art of Organization

Organize your thoughts

Every thought literally changes your brain's chemistry. And this directly affects your moods & energy levels. Do not permit negative thoughts to breed in your mind.

Organize your emotions

Emotional balance will make you more composed, confident, and creative. To maintain equanimity; stop overreacting, stop over consuming, stop overthinking

THE ART OF SUCCESS

ACTUALISE YOUR DREAMS

Organizing your life for success

Organize your energy

Your energy & willpower are limited resources. Set up systems that automate repetitive tasks. Eliminate energy leeches - mindless scrolling, hard drinking or pornography.

Organize your actions

Clarity of intention, backed with specific action, will save you both time and trouble. Identify & double down on the core actions you need to make tangible progress in life, business, or studies.

THE ART OF SUCCESS

ACTUALISE YOUR DREAMS

Organizing your life for success

Organize your time

If it's urgent and important, get it done immediately.

If it's important but not urgent, schedule it.

If it's urgent but not important, delegate it.

If it's neither urgent or important, eliminate it ruthlessly.

Organize your relationships

Energy is contagious, so choose your company wisely.

Avoid; Fault finders, naysayers, complainers, pessimists, entitled / lazy people.

Befriend; Optimistic, supportive and high-spirited people.



THE ART OF SELF-CONTROL

THE ART OF SUCCESS

ACTUALISE YOUR DREAM LIFE

Understanding dopamine

When you experience a sweet sensation, your brain releases a neurotransmitter called dopamine.

This chemical reinforces the behaviors & sensations that produced this feeling, making you crave them over and over again.

And that's how addictions begin.

Levels of dopamine

Low-grade dopamine.

This type of dopamine is what you receive when you engage in activities such as drugs, casual sex, pornography, or gambling. While these activities may provide you with temporary pleasure, the cost is often physical, mental, or spiritual damage.

It's easy to get trapped in this cycle of instant gratification, but the consequences are always there, lurking in the shadows.

Understanding dopamine

Mid grade dopamine:

These activities give you excitement in an unfair exchange for your time & energy.

For instance, sports and entertainment may give you small doses of happiness, but the return on investment is often poor.

THE ART OF SUCCESS

ACTUALISE YOUR DREAM LIFE

Understanding dopamine

High grade dopamine

These are the activities that truly fulfill you and provide you with long-lasting happiness.

When you level up everyday and engage in activities that you love, you are simultaneously expanding the limits of your body and mind. And that is how nature designed us to be happy - by learning, evolving and conquering new exploits.

Breaking addictions

Step 1: Acceptance

The first step in overcoming addiction is to accept that you have an addiction. Do not try to hide or deny it, for this will only make it worse. Instead, face it head-on with courage and humility. You can't change your past behavior, but you can control your present actions.

THE ART OF SUCCESS

ACTUALISE YOUR DREAM LIFE

Breaking addictions

Step 2: Identify the root cause

Often, your addictions are a form coping mechanism, a relief from certain emotions. You must learn to confront your emotions and challenges head-on rather than trying to escape them through addictive behaviors.

THE ART OF SUCCESS

ACTUALISE YOUR DREAM LIFE

Breaking addictions

Step 3: Create a new avatar

Creating a new alter ego will provide a new identity and a fresh perspective.

- Identify the qualities and traits you want your new avatar to embody.
- Give your new avatar a name and backstory.
- Use visualization techniques to bring your new avatar to life. Imagine yourself in situations where you would normally turn to your addiction, but this time, visualize yourself as your new avatar, confidently and successfully navigating the situation without giving in to your addiction.
- Practice embodying your new avatar in small ways throughout your day.

Breaking addictions

Step 4: Visualization

Use visualization to picture your desired outcome and experiences, which will help rewire your brain and reinforce new patterns of behavior.

Use visualization to create a clear picture of the negative consequences of indulgence (physically, psychologically, financially and spiritually).

Breaking addictions

Step 5: Practise self-control

Learn to ignore your cravings and urges. This does not mean suppressing them, but rather acknowledging them without giving in to them. By practicing stoicism, you can develop the mental fortitude to overcome your addiction...

Breaking addictions

Step 6: Avoid temptation

Overestimating your willpower is a big mistake. The easiest way to prevent relapses is to avoid situations or people that trigger your addictive behaviors.

THE ART OF SUCCESS

ACTUALISE YOUR DREAM LIFE



THE ART OF TANTRA

THE ART OF SUCCESS

ACTUALISE YOUR DREAM LIFE

Tantric Practices for Transcendence

According to Tantra, addiction results from;

- Unbalanced chakras
- A disconnection from the spirit-self
- and a lack of awareness of the present moment

An addiction is a reflection of an imbalance of energy within you. And this uncontrolled energy can manifest in a variety of ways, such as anxiety, stress, or restlessness.

By becoming mindful, balancing your chakras and directing your energy towards higher purposes, you will tap into your inner wisdom and receive the divine grace to transcend your addictions.

Importance of mindfulness

- Increased awareness of triggers: It helps you identify the thoughts, feelings, and situations that trigger your addictive behavior, allowing you to circumvent them before they lead to relapse.
- Increased detachment and willpower: The former helps create space between you and your addict-identity, while the latter helps you make better judgement and life choices.
- Improved emotional regulation: It helps you regulate your emotions and manage stress and anxiety, reducing the likelihood of turning to addictive behaviors for relief.

Importance of mindfulness

- Increased self-awareness and acceptance: It helps you observe yourself from a deeper state of being, allowing you to become less self-critical and judgmental. This will in return eradicate feelings of guilt, shame and self-hate, which only fuel the addictive behaviors.
- Increased focus and concentration: It increases your focus and concentration, making it easier to resist temptation and stay committed to your transcendence.

The Art of Mindfulness

Mindfulness can be practiced anyday, anytime, anywhere. All it takes is to bring your conscious attention in the present moment.

- Mindful eating
- Mindful talking
- Mindful walking
- Mindful working
- Mindful listening
- Mindful breathing
- Mindful indulgence

THE ART OF SUCCESS

ACTUALISE YOUR DREAM LIFE

How to balance your chakras

Chakras are energy centers in the body that regulate the flow of energy. When these chakras are blocked or misaligned, it can result in physical, emotional, and mental imbalances, including addiction.

THE ART OF SUCCESS

ACTUALISE YOUR DREAM LIFE

How to balance your chakras

- Root Chakra: This chakra is associated with your sense of security, stability, and connection to the earth. Those with an overactive root chakra may experience laziness, excessive weight gain from overeating and an unhealthy love for material things. Underactive root chakras manifest in fearfulness, chronic anxiety, restlessness, constant lack of appetite, disorganization or disorderliness.

This creates addiction to gambling, video gaming, entertainment, drugs or alcohol.

To balance this chakra, practice grounding exercises, such as walking barefoot on grass, or yoga poses like the mountain pose.

How to balance your chakras

- Sacral Chakra: The sacral chakra is related to creativity, pleasure, and sexuality. When this chakra is unbalanced, it can manifest as an obsession with physical touch, unhealthy attachment to people, or constantly seeking external validation. When the second chakra is underactive, you may experience social awkwardness, fear of intimacy, lack of passion, or disgust with simple pleasures of life.

This can create unhealthy addictions to pain relievers, porn, chocolate, sugar or weed.

To balance this chakra, develop multiple creative outlets and build healthy sexual relationships.

How to balance your chakras

- Solar Plexus Chakra: The solar plexus chakra is associated with self-worth, willpower, and self-esteem. An overactive third center results in hyperactivity, arrogance, narcissism, unhealthy competitiveness and manipulative behavior. An underactive third chakra results in lethargy, listlessness, passivity, unhealthy detachment, weak will and low self esteem.

This imbalance can lead to workaholism, frequent anger or addiction to carbonated drinks or caffeine.

To balance this chakra, practice self-love, positive affirmations, and take actions that align with your values.

How to balance your chakras

- Heart Chakra: The heart chakra is related to your ability to give and receive love, compassion, and empathy. Signs of an overactive heart chakra may include people-pleasing behaviour, lack of boundaries, high vulnerability to peer pressure, and being too nice. On the other hand, an underactive heart chakra will lead to fear of vulnerability, self-isolation, lack of empathy and difficulty forgiving others.

This can cause addictions to romanticism, nicotine, chocolate or sugary foods and drinks

To balance this chakra, practice gratitude, loving-kindness meditation, and self-compassion. Spending time in nature can also help open the heart chakra.

How to balance your chakras

- Throat Chakra: This is associated with self-expression, and authenticity. Signs of an overactive throat chakra include talking too much or too loudly, attention seeking, cunningness, argumentativeness, bad listening abilities, and being overly critical of oneself and others. Signs of an underactive throat chakra include confrontation avoidance, fear of speaking up for yourself, lack of creativity, inability to express your feelings honestly, and constantly feeling unseen, unheard or misunderstood.

This can lead to substance abuse, isolation, oversleeping or overeating. To balance this chakra, practice speaking your truth in difficult situations. Listen actively to others and be as non-judgmental as possible. Journaling and chanting will also help open your throat chakra.

How to balance your chakras

- Third Eye Chakra: The third eye chakra is related to sensitivity, and insights. An overactive third eye chakra can lead to excessive daydreaming, obsessive thinking, hallucinations, and an inability to focus on practical tasks. An underactive third eye chakra can result in poor intuition, indecisiveness, and a lack of clarity, direction and purpose in life.

This can lead to addictions to social media apps or binge watching t.v shows as form of escapism.

Practices such as meditation, visualization, and metacognition can help balance this chakra.

How to balance your chakras

- Crown Chakra: The crown chakra is associated with universal connection and higher consciousness. Signs of an overactive crown chakra; angst, denial, asceticism, obsession with fiction, fantasy or philosophy. Signs of an underactive crown chakra: lack of clarity, no interest in spirituality, depression and overthinking.

This can cause addictions to reality altering substances like weed, mushrooms, LSD, astrology or rituals.

To balance this chakra, include a form of spiritual practice in your daily routine. Practise acceptance and always ground yourself in reality.

How to channel your energy

To become a fulfilled human being, you must reorient your dopamine receptors to crave things that are good for you. This involves cultivating positive addictions, which are actions that lead to personal growth and fulfillment. The three primary positive addictions that you should imbibe are mastery in your craft/profession, truth-seeking, and mastery of your body-mind.

THE ART OF SUCCESS

ACTUALISE YOUR DREAM LIFE

How to channel your energy

Mastery in your craft/profession

Mastery in your craft or profession involves dedicating yourself to a skill or mission and becoming the best you can be at it. This requires a deep passion for what you do, consistent effort, and a focus on improving your skills. By striving for mastery, your energy will become positively charged.

- Set specific and measurable goals for yourself and work towards achieving them.
- Seek feedback and constructive criticism from others to improve your skills.
- Continuously learn and challenge yourself to grow.

How to channel your energy

Truth-seeking

Truth-seeking involves an earnest search for knowledge and understanding. It demands a great deal of study, self-introspection, critical thinking, exploration, and a willingness to challenge your own beliefs and assumptions. By seeking truth, you can gain a better understanding of yourself and the world around you, leading to personal growth and fulfillment.

- Read widely and explore different viewpoints.
- Engage in healthy debates and discussions with others.
- Practice self-reflection and introspection to gain deeper insights into yourself and the world around you.

How to channel your energy

Body and mind mastery

Body and mind mastery involves taking care of your physical and mental health. Physically, you should focus on improving your strength, endurance, flexibility, energy, aesthetic. Mentally you should focus on improving your calmness, resilience, adaptability, innocence, and optimism. Some ways to cultivate this addiction further are:

- Adopt a healthy lifestyle by eating nutritious food, exercising regularly, and getting enough sleep.
- Practice mindfulness and meditation to reduce stress and improve mental clarity.
- Engage in activities that bring you joy and fulfillment.

How to channel your energy

Creativity

This involves using your imagination and creativity to express yourself through art, writing, music, or other forms of self-expression. Some ways to cultivate this addiction are:

- Experiment with different channels of creative expression and find what works for you.
- Set aside time each day to engage in creative activities.
- Share your creations with others and seek feedback to improve.

How to channel your energy

Helping others

Helping others involves giving back to your community and making a positive impact on the world around you. This can involve volunteering, donating to charity, or simply being kind and compassionate to those around you. By helping others, you'll create a sense of purpose that will override your addictive tendencies.

How to channel your energy

Nature immersion

Nature immersion involves spending time in nature and cultivating a deeper connection with the natural world. This can involve hiking, camping, gardening, or simply spending time outdoors. By immersing yourself in nature, you can find a greater sense of peace and harmony in your life.

How to channel your energy

Be kind to yourself

Breaking an addiction is a difficult process and requires patience and self-compassion. The Stoics believed that we should be kind to ourselves and treat ourselves with the same kindness and understanding we would offer to a friend.

Addictions are often often fueled by shame and self-blame. When you notice self-critical thoughts arising, remind yourself that everyone makes mistakes and that you are worthy of love and forgiveness.



THE ART OF MANIFESTATION

THE ART OF SUCCESS

ACTUALISE YOUR DREAM LIFE

3 powerful laws of the universe

The law of attraction: Negative emotions & identities attract negative experiences and vice versa. Your entire persona is an energetical magnet that's constantly attracting people and experiences of the same wavelength.

The law of assumption: Whatever you **assume** to be true becomes your reality. Consequently, if you assume your desire to be true with powerful conviction, your subconscious mind will it manifest into reality.

The law of vibration: You can only attract what you are in tune with vibrationally. Your thoughts generate vibrations, your vibration creates your energy, and your energy attracts people & experiences of the same frequency. To manifest your desired reality, you have to raise your vibration.

Raising your vibration

1 -

Identify the self-limiting identities that you have adopted and transplant them with transcendental identities.

You must purge every negative, pessimistic and self-limiting thought from your mind.

2 -

Identify the harmful habits that are keeping you in a low vibrational state. Gambling, pornography, casual sex, hard drinking and the likes. Deep down you know the habits that are destroying your life. Break up with them, permanently!

Raising your vibration

3 -

Change your actions: Your present reality is a reflection of the things you've been doing (or avoiding) since the beginning of the year. Likewise, your future is being simulated by your current lifestyle. Examine your daily routine critically, is it congruent with your desired reality?

4 -

Your words carry powerful vibrational energy. Under no circumstances are you allowed to talk down on yourself. Never belittle yourself, not even as a joke.

Affirmations



- My dreams are already manifesting.
- I let go of my need to control everything.
- My body is healthy, and my mind is calm.
- I am valuable. I am worthy of great success. I am worthy of true love. I am worthy of great wealth.
- Opportunities flow to me effortlessly. My life is filled with abundance and prosperity.

Affirmations

- I am in full control of my actions & reactions. I am brimming with divine clarity, confidence & creativity.
- Everything happens for my ultimate good. I am divinely protected & guided.
- I forgive myself for my past mistakes. I release every loss, bitterness, regrets, envy, anxieties & insecurities I'm unconsciously holding on to. I am getting calmer, wiser, richer and more connected everyday.

THE ART OF SUCCESS

ACTUALISE YOUR DREAMS

The Art of Visualization

The human imagination is the most powerful creative force on earth! The key to quickly manifesting your desired life / goal is to create vivid imaginations of having already possessed it, as this will create intense feelings of enthusiasm, optimism & magnetism.

The art of visualization involves creating a clear mental image of your desired outcome and holding that image in the mind with conviction and certainty of belief. This mental image should be vivid, detailed, and imbued with positive emotions.

THE ART OF SUCCESS

ACTUALISE YOUR DREAM LIFE

The Art of Visualization

The act of visualization is a powerful tool for training the subconscious mind to align with your conscious desires, and can help to overcome obstacles and achieve success. To master the art of visualization, you should first develop a burning desire for the desired outcome. Then develop a strong sense of belief and conviction, and take consistent action towards their goal.

Most importantly, don't entertain any form doubt, fear, and negative thoughts.

Create your imaginary scene

Write down the experience you wish to create. This scene should be how your life would look if your desire has ALREADY manifested. Imagine yourself, your feelings, your surroundings, the people around you, what you're doing, what you're saying. Let it be as vivid as possible. Bring in as much details as you can, stimulate all the senses, and actually feel the emotions you would when your goal becomes actualized.

THE ART OF SUCCESS

ACTUALISE YOUR DREAMS

Create a vision board

Vision boards help you keep your goals in sight and in heart so you can stay focused and make persistent progress towards your dreams. A vision board is a collection of pictures, magazine clippings, quotes or affirmations that visually represent your aspirations in life (financial goals, relationship goals, spiritual goals, fitness goals, travel goals or emotional goals). This will make it easier for you to remember your goals and prioritize your actions accordingly.

THE ART OF SUCCESS

ACTUALISE YOUR DREAM LIFE

Create a vision board

- Outline your goals
- Gather pictures, quotes, drawings etc
- Collate them on a cardboard or Notion
- Write our targets and affirmations
- Look at them everyday

THE ART OF SUCCESS

ACTUALISE YOUR DREAMS



THANK YOU...
THE ART OF SUCCESS

ACTUALISE YOUR DREAM LIFE