

# THE APPARENT SECRET



From Human to Metahuman in 90 minutes.

**SHESHA VISHNU PRASAD D**



**FOR UNCERTAINTY,**  
that keeps life moving.

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[www.meta-human.life](http://www.meta-human.life)

## REVIEWS

“

A conscious application of the principles mentioned **has the potential to truly change your life** and transform you into a metahuman. Enjoy the quick read!”

- Jayachandra S H

“

By the end of the book, if you try to absorb even some of it, I assure you, The Apparent Secret might just be your next best read. I don't remember reading a book and thinking to myself that **I wish I had read this years ago.**”

- Divya Chaitanya

“

Despite the fact that I can't read anything at a stretch, this concise book made me very involved. It makes you feel like it's directly talking to you. **It made me change the way I think.**”

- Sandeep Yadav

“

It was an eye-opener of all sorts for me. It drastically **changed my perspective of the world** and the people in it. Although it is a short read, it latches on to your undivided attention.”

- Srikanth Pradyumna

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## **PREFACE**

When I was a software engineering student, I had developed an admiration for the human brain, and the dream to build such a machine electronically has pushed me to read more about the human brain and human psychology. The experiences from my fair share of mistakes in life made me retrospect my choices, and with my understanding of the human brain, I tried to answer why I made those choices. This journey of retrospection went real long to make me a seeker and led me to ask a few questions about life holistically. I could answer some of these questions with the influence of Sadhguru Jaggi Vasudev and Yuval Noah Harari, which is reflected in this book.

As an admirer of the human brain, I've tried to understand what's happening within the brain from a logical & functional standpoint. The secrets realized in this journey, though apparent, made a significant difference in my thought process when properly aligned. This book is an effort to align these apparent secrets for you, without making it tedious. These secrets when practiced consciously, I feel, would help a human to transform into a metahuman. A metahuman? You say? Let's get started.

# Mind, the blackbox.

As we live the ‘human life’, we’re happy, we’re sad, we’re ecstatic, we’re depressed. While happy experiences make us live life the way we see it, the sad experiences make us explore ‘life’ beyond what we see. Given an option to be happy or sad, happy is what all of us want to choose. But why can’t we be happy forever? Why are we pondering over those sad memories that dictate an unpleasant state of mind? That’s because we’re played by our chemicals and emotions (again, chemicals). Research suggests that a person is most productive when they’re happy and jovial. So, being depressed is a problem if you want to have a successful, stable, and peaceful life. **If being depressed is a ‘problem’, is there a solution to it?** How do we stay ecstatic and prevent going into sadness? Let’s call this the **“Problem of sadness”**. To address this problem, we’ll take a journey through this book - the journey to meet your meta-human self while collecting all the necessary powers on the way. But before proceeding, I request you to not distract yourself with any other thoughts (I mean, try your best 😊), and to concentrate on the following pieces of text with full attention.

When something doesn’t work on your smartphone, the best you can do is to contact that tech friend of yours and ask what’s wrong with your device. Software developers like

me have much more context into the problem and try out various ways to solve the problem. When it isn't possible for me to solve the problem, the manufacturers(hardware guys) are the ones who are preferred to solve it. The more you know about the device the more you know how to tackle the issue at hand. It isn't necessary that you contact the creator every time to solve the problem. **So, the more you know how “you” are working, the easier it will be for you to tackle the problem of sadness.** But to know about “you”, you need to understand what exactly is “you” when you refer to yourself.

Medical science has advanced so much that almost any organ in the body can now be replaced. If you get your heart replaced by another person's heart, it just becomes a part of 'your' body. Even though that heart wasn't born with you, it is pumping out your blood and is now an integral part of 'you'. It isn't the case with just the heart, it is the same for every other part. May it be the kidney, may it be the liver, may it be the lungs, even when all of these are replaced, they just start working **for** you. Even when you get surgery for your face and you no longer look like what you looked before, to the outside world you might be a completely different person. But, for you, the sense of what 'you' are is still the same. So, one thing that we can't deny here is that **what 'you' are is the memories and experiences you carry in your head through a complex organ called the brain.** If that brain

is replaced, 'you' are no longer existent. In simple terms, you are your brain.

Now that you know that you are your brain, it's only logical that we can deal with the problem of sadness by understanding our brain (and turn off that switch for sadness if it exists?). But, up to what level can we understand our brain? It's a very complex organ that we only know so little even with such advanced technologies we have today. If the brain were a chemical machine (which in fact it is), the hardware as to how it is designed, how the neurons fire, which chemical is responsible for what is decided by our genetic code that was developed by someone unknown, whom we call the **god**. We can conclude that it is out of our comprehension to completely understand the intricate details of our brain to such an extent (at least for now). But, we can understand what the hardware of the brain is doing, instead of how it's doing it. By understanding our brain in a "functional" way, we have much more context into why "**you**" function the way you function.

To understand the brain in a functional way, let's visit the life of a newly born baby, Ruchi. Unfortunately, she has a mental condition due to which her brain isn't parsing input from any of the sense organs, which means even though she has all the sense organs, they aren't of any use at all. The doctors conclude that there are chances this condition might be temporary and the brain could start sensing the inputs



from sense organs. Try to imagine yourself in the baby's place for the rest of this story.

As you can imagine, Ruchi's mind is now **literally a black box. No input at all.** No experience of this world at all. The baby doesn't even know she has a shape and a boundary. No emotions; no pain. By the way, did you know that the word "pain" is derived from the latin word "poena" which means 'penalize'? When you feel pain, wherever in your body, it's simulated by passing signals to the brain through the nerves. There are faster neural pathways to simulate pains for high degree damages like burns so that you take immediate action, and there are normal pathways to simulate normal degree damages like wounds, so that you won't let it happen again. The whole physical pain thing that we experience is just our brain penalizing us by releasing some chemicals when it receives the signals of damage. In the very near future, humans could bioengineer themselves to get rid of pain completely (which isn't a good idea) by inhibiting these neural pathways.

Whenever Ruchi is hungry, her brain penalizes her (releases some chemicals) by inducing an unexplainable feeling, which makes her cry. All she needs is to have that feeling (pain) gone. Something is fed to her mouth, the pain (penalization) goes off, and she stops crying. A year goes by, and Ruchi's brain starts parsing the sense of touch. When her mother lifts her, she cries. This was the first-ever input her

brain received. By ‘touch’, what her brain senses are some pressure stimuli in some 3D space. Even though it wasn't her **will** to cry, due to genetic code that has learnt from millions of years, considering this new input as harmful, she starts crying. But as days went by, the genetic code could identify this pattern of touch as safe and wouldn't make her cry anymore. She is now comfortable with the touch of her mother and father. Needless to say, she doesn't even know what this input is and why she is sensing that input. When there is a touch, she just knows that there is some input from the 3D space.

Gradually her brain starts parsing the sense of taste. There is a new kind of input to the brain, and using these inputs, she wants to please her existence by consuming tasty food and by avoiding insipid food. It is indeed hard to imagine your life if you just had the sense of taste and touch, isn't it? You would not even know what life looks like or what life sounds like. **It feels like you are some existence in some void 3D space receiving some input.** It's really hard to imagine that because if those are the only senses you had, you wouldn't even know that you have fellow living things around you.

If we could define happiness in very simple terms, it would be **“Feeding only pleasant inputs to your sense organs”**. The word “pleasant” is simple to describe for taste and touch; and is strikingly complex to describe for vision

and hearing. With vision and hearing, what's pleasant for one may not be so for another; what was pleasant once may not be so now. Ruchi's life, which was so simple and pleasant, is now introduced to a complex sense, the hearing. Ooh, this is something new. Something is moving, something is around me, something is approaching me... A whole lot of new learning added to her existence. Using the taste, touch, and hearing inputs is how she learns danger, expects danger, and tries to escape danger to sustain her existence. Finally, when she gets the sense of vision, she knows her existence as a human being. **She can see how she looks, how her fellow living beings look, how this world looks like.** She starts correlating existing information in her brain with the **new dimension of truth added to her existence, the vision.** Now that she has vision, she can learn and expect other forms of threat to her existence (like a pothole in front of her?) which she earlier couldn't. The reason we imagined Ruchi's experience is to understand the brain in its rawest form - A chemical composition that starts as some blob now **stores inputs, suggests if a new input is harmful or not, and matches the stored input for patterns.** When a new kind of input is connected to this chemical blob, it correlates, thinks, acts, and updates accordingly. Now we've touched what we call the mind: the ability to think and reason.

The takeaway is that the mind that we all think of as some magical psychological process happening inside us is nothing but an algorithm (a step-by-step procedure) being

executed continuously. Basically, the mind operates on three abstract steps - **Take input, think & reason, react**. The first and last steps are obvious. We all have almost the same sense organs to take input and the same body parts to react. But the way we “think & reason” is what makes us truly different from one another. Isn’t it?

If the brain had no inputs, there would not be a “mind”. If the brain had only touch input, the mind would have been limited to those inputs. You would believe that “if this is the pattern of touch I’m getting, then I’m going to get fed, so I must use those muscles to open the mouth”. If we break down “think & reason” this is what’s happening:

- 1) *For every input, you have a belief score as to what kind of input leads to what kind of output. **This is called the belief system.***
- 2) *When a new input is received, according to new information, **the belief scores of all other stored inputs (also called experiences) are updated.***
- 3) *When you think, you(brain) go through patterns stored that match the received input, **create ideas with those patterns, and reason what is the appropriate response as per the belief scores.***

That’s a lot to take in; let’s break it down in the paragraph below.

Imagine that you are driving a vehicle for an inter-state trip and there's a traffic signal ahead of you.

***“For every input, you have a belief score as to what kind of input leads to what kind of output. This is called the belief system.”***

If the input you receive from your vision is a ‘green traffic signal’, you believe you’re allowed to pass the junction. If the input you receive from your vision is a ‘red traffic signal’, you believe you’re supposed to stop. You believe this because your brain holds strong belief scores since you’ve done/observed these tasks repeatedly for this input (green signal) leading to that output (allowed to pass). Driving your vehicle, you have now reached a disorganized city where no one follows these rules.

***“When a new input is received, according to new information, the belief scores of all other stored inputs (also called experiences) are updated.”***

Now that you watch people not respecting what you expect (like stopping at the red light), your belief score for that input (red light) leading to that output (expecting people to stop) is reduced.

***“When you think, you(brain) go through patterns stored that match the received input, create ideas with those patterns, and reason what is the appropriate response as per the belief scores”***

Due to the disorganized rules in the city, consider that you meet with an accident. Inputs from your vision confirm

that you were responsible for that accident. It also confirms that people are gathering around you. This is what happens when you think of what is to be done next: Your brain matches these patterns to a recent movie you had watched where a person was in a similar situation and he escaped in his vehicle, which had acted on your belief scores. Your brain creates ideas as to what's the best thing to do. Should I stop the vehicle and help out? Should I escape? Because of that movie, you now believe that the best thing to do is to escape, and so you do.

Your belief system is the basis of your behavior. A new idea is generated and validated based on what you believe, and **you act on the validated idea**. If some past incidents led your mind to believe that you like traveling, your future decisions would be corresponding to that belief. Whatever belief scores you hold, you hold them based on past inputs from your senses. **When a new kind of sensory input is added to the brain through a sense organ, a new dimension of truth is added to your existence.** You correlate existing truths and modify your belief system accordingly. You think and act based on this belief system in the future. If we had a crazy thermal sensory organ that could detect farts, your perception of your friends and the world would have been entirely different 😊.

So, no, that mind is not some magical device that is being operated by someone unknown. It is a consequence of

the continuously changing 'chemical blob' (brain) due to new inputs from its surroundings. You encounter new inputs every second of your existence, and your brain, the chemical blob, changes its wiring based on this input, and your mind is updated to a newer version **every second of your existence**. Your brain is such amazing hardware that it can rewire itself continuously. While this hardware (brain) is developed by someone unknown, who do you think is the programmer of the software (mind/belief system)?

## Influence, the truth.

Food for thought: What do you think blind people experience in their dreams? Do they have colors in their dreams? How do they imagine people or objects in their dream? Just munch on these questions whenever you're free (don't google it), and we'll discuss it at the end of this section.

We now know that although the brain is very intricate hardware to study, it's nothing but a state machine whose state changes rapidly on every input. Let me reiterate. **It's nothing but a state machine whose state changes rapidly on every input.** We also know where these inputs come from. Yes, sense organs. Have you ever thought about the limits of your sense organs? Your eyes can only see what's in front of your body. Your ears can only hear sounds in a certain frequency and wavelength. Your skin can only sense the temperature of what's around you. Can you see what's happening behind you, or what's happening in the neighboring house of yours? Can you hear that music fest happening in the neighboring city?

Well, the reason we're discussing the limits of sense organs is to understand how the inputs to our brain are so physically constrained. Yes, **all the sensory inputs your brain is receiving are coming from a physical environment you're**



**living in.** Imagine a sphere around you, **with you at the center.** Let's call this the "**sphere of influence**". Let the radius of that sphere be as far as you can see with your eyes, and as far as something can be heard to your ears. As you move, imagine that the sphere of influence moves with you. As you exist at this particular moment, a lot of things are happening around the world. Someone is being tortured, someone is suffering from hunger, someone is cheering for their favorite sports team, and so on. And yet, what all you see and hear is nothing but what's coming from within the sphere of influence. Yes, you can see what's happening remotely from your smartphone. But, that smartphone physically exists within your sphere of influence.

Now, see what's in front of you. Whatever object you saw was only visible to you because that ray of light had enough intensity to hit that object and then hit your eyes. Listen to something happening around you. It's audible to you because that sound wave has enough intensity to travel to where you are. The point is, these sensory inputs that your brain is processing, are coming from a **finite** sphere of influence around you, and these inputs are what's shaping up your brain. There's a different world happening in a room beside yours. But it isn't affecting your perception of the world at all since that ray of light is not reaching your eyes, and those sound waves are not intense enough to reach you. Maybe that close colleague of yours is bitching about you in the next room with your boss. But, in your world, that

colleague is still a trustworthy person because you do not have the knowledge of what's happening outside your sphere of influence. No inputs to your brain so far have suggested that this colleague is a dishonest person.

You allowed some objects/people into your sphere of influence consciously or subconsciously that led to your brain being wired accordingly. The **truth** is, you're not being controlled or operated by someone unknown or something magical. The **truth** is, **"who" you are is a consequence of influence from that sphere.** The **truth** is, you are just a chemical composition that is influencing, being influenced, and at the end, just getting decomposed to your elements. If you were to be born again, and receive the same inputs to your brain since birth, you would have exactly been the same person that you're now (yes, we're just a chemical state machine).

If you're born in a rich family, people who entered your sphere of influence treated you generally well, and so your world might consist of 80% good people, and 20% bad people. If you're born in a poverty-stricken family, people who entered your sphere of influence generally treated you as a tool/worker, and so your world might consist of 80% bad people, and 20% good people. There is no one definition of "world". Even though all of us are "human beings" by this chemical hardware, your "world" is completely different from the "world" of the person next to you because his brain

received completely different inputs since his birth. So, on earth, **there are 7.8 billion worlds running right now**. In one world, you're a role model. In another world, you're a cunning human. In **fact**, our brains are pattern recognition machines that are built to **recognize hierarchies** in this real world that we exist in. What each brain is doing is to build a model of the world, update them constantly based on new experiences, and make predictions based on the current model. Of course, my model of how the world "is", and how the world "works", is completely different from yours.

The processes in the brain like thinking, learning, dreaming, and reacting (which uses and updates the model of your world) are all based on what your sphere of influence ingested to your brain through your sense organs. And that, I want to reiterate, is the only truth of **"who" you are**. If that one best friend didn't exist in your life, the decisions you took might have made you a completely different person than that you are now. The choices you've made, the decisions you took, the choices you'll make, and the decisions you'll take are purely based on... you guessed it, that sphere of influence.

If you were a robot, you would function how you were programmed to function. If you were a car, your functions are defined as well, and you would be controlled by an operator. But look at the beauty of the hardware we human beings have... **We're our own programmers, and we're our own**

**operators. We wire ourselves based on where we carry our sphere of influence.** This knowledge is an immense power to have. Dr. Lara Boyd, who is a brain researcher at the University of British Columbia says “Research shows that London taxi cab drivers who actually have to memorize a map of London to get their taxicab license, have larger brain regions devoted to spatial, or mapping memories.” which clearly indicates that you are the one responsible for building the brain you want. **“Nothing is more efficient than practice at helping you learn”**, Dr. Boyd adds. Now that you know you can be what you want based on how you decide to be influenced, you can be **anything**. If you want to be an entrepreneur, you must constantly and consciously decide to be influenced by stuff that makes you an entrepreneur. If you want to be an artist, you must constantly and consciously decide to be influenced by stuff that builds you as an artist. If you want to be Ironman... well, it's time we stop dreaming 😊. Yes, we can all agree that some brains have certain enhanced capabilities by birth due to genetic factors. In fact, that's what we call “born talent”. But, whatever these enhanced capabilities are, given enough time, anyone can certainly practice and train their brain to reach that level of capability.

We all have at least once come across this cliché phrase “Believe in yourself”. But if you now look at it, it's so true. Muhammed Ali, known as the greatest boxer of the 20th century always said “I am the greatest” even before he was

the greatest. He always believed in being the greatest, which made his decision making free of any self-doubt. We know that the belief system plays a major role in our decision-making, and **influences are solely responsible for building this belief system**. Now we can easily agree on the best way to bring up a kid... You need to make sure he's always around good influence. If you want him to be a dancer, put effort to influence him with dancing. No, no one is meant to be an engineer, doctor, entrepreneur, or anything by birth. It's just that something entered their sphere of influence more often so that they believed in becoming something.

I can't stress enough how important it is for you to be constantly **conscious** about what you're influenced by. Your subconscious mind is learning stuff too, whether you like it or not. So, to be the best version of yourself, it is of utmost importance for you to carry an **Influence Shield** to debug your sphere of influence and make sure you only have good influences around. Some person sitting in some room opens up Instagram (or some social media), reads a post of how someone is enjoying something, and instantly that person is now tired of his/her life. Example of bad influence, right there. Next time you decide to open up Instagram, re-think if you want to be influenced with that now. **Next time you follow someone on Instagram, ask consciously if you want them to influence you. Or rather, ask consciously if you want them to "MAKE" YOU.** Now if you think, you must understand all the junk content an average Instagram user

fills his brain with every day, which is making him subconsciously. If influence builds humans, imagine the power that Facebook and Instagram have... They have the power to shape up our brains, which means they have the power to impact your decisions in daily life. This is exactly what happened in the US elections 2016 (The Cambridge Analytica scandal). Social media was used as a tool to influence the voters and get into their decision-making process.

To paraphrase Dr. Harari, *“Humans exploited nature for economical benefits and comforts without fully understanding its complexity. This has resulted in destroying the ecological balance leading to drastic climate change. Similarly, without understanding the complexity of our brain/emotions, and without understanding that humans aren’t evolved to handle so much junk information fed through social media every day has led to stress, mental depression and anxiety disorders, **resulting in the destruction of our inner ecology**”*. This is why you always need to carry your **Influence Shield** to consciously block all the negative influences that are trying to make “you”.

Addressing the question we posed at the beginning of this section on how blind people would dream, you could have already figured out the possibilities. And the truth is, obviously, those who were blind since birth wouldn’t have any notion of color or what this 3D space looks like. Yes, they

do know how this 3D space feels like. But, they can't visualize how their mouth moves when they speak. So, they only dream with the model of the world their brain has built using the dimensions of truth (sense organs) that they know, which means they can dream with the shape of objects (which they would have sensed with touch inputs), the sound of objects, and so on.

Brownie points for those who can get this: Imagine that your sphere of influence is translucent and blue in color. See people around you and try to imagine their blue sphere of influence as well. Viewing from the top, I hope now you can imagine that intersection between your sphere and theirs. Whenever a good influence is made on you, like asking you to adopt a child, imagine your sphere turns green. Whenever a bad influence is made on you, like asking you to lie, imagine your sphere turns red. Now, if we view the earth from a distant place, what we see are spheres that intersect, turn red/green based on influence, and **move on to meet other spheres and make them red/green based on prior influence**. It feels like these spheres are trying to bring a balance between red and green. Doesn't it?

## Consciousness, the power.

Okay! Enough of influence and stuff. Back to the problem of sadness, we wanted to know what the brain does functionally in order to solve this problem. Now that we know enough of how the brain works, and how it builds a person like you, we're equipped to discuss the solution to the problem of sadness, which is actually simple.

At a very abstract level, we have a conscious mind and a subconscious mind. Both the minds are an integral part of the thought process. The conscious mind is aware of what's happening around you, which means that the conscious mind carries a context of your environment. For example, your conscious mind knows that you're now sitting on a chair, in the library, placing a book on the table, with three people behind you. Whatever decision your conscious mind makes, is while keeping in mind the context of your environment. The conscious mind is responsible for the majority of the learning that happens. While the conscious mind takes action on the most interesting input, the subconscious mind is taking actions on the other not-so-interesting inputs.

When your brain receives input through sense organs, pattern matching happens in your brain to check



which stored experience strongly matches with those inputs. If these inputs are previously not dealt with in your life, the conscious mind thinks about it and takes appropriate action. The more your conscious mind deals with similar kinds of input, the action that your conscious mind takes is now being learnt by the subconscious mind. A confidence factor is associated with the input and output of the conscious mind. Once the confidence factor crosses a threshold, the subconscious mind takes action for those kinds of inputs in the future. For example, when you were driving a vehicle for the first time in your life, depending on the situation, you would have to switch to a certain gear, apply brakes, or accelerate, and so on. These decisions came out of your conscious mind because they were not “learnt” by your system. But, as you drove the vehicle more and more, the situations and actions were learned by your subconscious mind associating a confidence factor. Gradually, your subconscious mind reached a certain confidence factor and started taking driving decisions (hence driving your muscles to apply the gear or accelerate) while your conscious mind was busy looking for the nearest petrol bunk or chatting with the pillion rider. As you let the subconscious mind do what it’s doing without interrupting it, it assumes that what it’s doing must be right, and it associates more confidence factor with what it’s doing. A major distinguishing factor between conscious and subconscious mind is the generation of ideas. The conscious mind generates ideas, validates it with the belief system, and chooses the best one. The subconscious

mind just chooses the best “learnt idea” as per past experience.

Think of the word “money”. When your brain received this input, patterns were matched to bring different things associated with that word up to your conscious mind. Say your brain matched ‘100 rupee note’ (a recent transaction that you made), ‘Wolf of wall street’ (a recent movie that you watched about money), ‘Salary’, ‘Stock Market’ and a few other things. Based on what you were influenced with in your life, your conscious mind picks the most important thing to think of. If you were inspired by the ‘Wolf of wall street’ movie, which would have influenced you drastically, your conscious mind would have picked up the match ‘Wolf of wall street’. As the conscious mind picks this choice, pattern matching now happens for what’s associated with ‘Wolf of wall street’. Maybe your conscious mind will now pick the ‘huge loss you incurred at the stock market’ recently. Picking the experience of huge loss then matches the ‘EMI you needed to pay for your apartment’ in your conscious mind. Bringing the payment of EMI to your conscious mind makes you sad that you couldn’t earn enough to satisfy the needs of your family. **There you are...** the chemical state machine that you are has now entered the sad zone. If we can retrospect as to what made you land in that sad zone, it was the **train of thoughts** (pattern matching → think/act → pattern matching → think/act → ...).

Once an input is given to your brain, your brain matches for patterns, your conscious mind picks up the best match, it thinks and plans what that match means to you at present and in the future, this thinking leads to further pattern matching, and so on. This is called the train of thoughts. One thought leading to another, and triggering emotions (chemicals that manipulate your mood) associated with them meanwhile. If you broke that train of thoughts somewhere and started thinking of something else, you could have avoided landing in that sad zone.

If breaking this train of thought is the solution to the problem of sadness, is it in your control to break it? No, and yes. No, because you are just a chemical machine that is a “consequence” of this **input → match → think** cycle. Yes, because the new knowledge you’ve acquired in this book has added new information to your chemical system that’s now a part of your decision-making process. What this means is that what this book has ingested in your brain until now, and will ingest in the remaining pages will be a part of your decision-making process. Now that we’ve understood that this input → match → think cycle is fundamental to the train of thoughts, we, as humans, shall learn to hack this cycle to make our chemical machine release only pleasant chemicals and land in pleasant states.

To hack the cycle of thoughts, all you need to do is to read this phrase: “I’m just a chemical machine that’s a

consequence of its inputs, and I trust that completely”. Read that sentence again. Now remember the phrases **“Chemical Machine”**, and **“Block it”**. You might be thinking about how this might help you to land in pleasant states. Here’s how: when you remember the phrase “Block it”, you shall re-think if the thoughts you are currently following in your mind are good for you or not. Again, **when you remember the phrase “Block it”, you shall re-think if the thoughts you are currently following in your mind are good for you or not.** The phrase “Block it” is your **Thought reflector**. What we’re trying to do here, is to hack the “match” phase in the train of thoughts. The more you remember and recall the phrase “Block it”, the more probable it is for your pattern matching process to bring up “Block it” to the input phase of the conscious mind. And now that you know when you receive “Block it” you’ll re-think the thoughts you’re currently following, you have the power to break that train of thoughts and **start thinking on present inputs around you**. Similarly, **when you remember the phrase “Chemical machine”**, you shall remind yourself **“what’s happening with me right now is not “my” mistake, but because of the consequences of the influences that I am”**. If you had lived in a different city, you would not be in that position you are in. For example, if you were now thinking about “job”, your conscious mind could have picked up the match ‘TCS’ (the last company that you worked for), which in turn triggers the choices ‘Pruthvi’ (Your go-to colleague at TCS), ‘Bench’ (Since you waited so long for the project), and ‘ABC Ltd’ (The current start-up you’re working for). You would then pick ‘ABC Ltd’ and then

think how uncertain your career is as compared to the on-site opportunity you had at TCS. Since you've now trained your brain with the **Thought Reflector** phrase 'Block it' frequently, your pattern matching now brings up 'Block it' along with other choices. You **now know you are on the train of thoughts** and should rethink if this train is taking you to a good place or a bad place. You'll obviously decide it's taking you to a bad place, and concentrate on something else. If you've nothing around you to concentrate on, try taking new inputs by talking to anyone over the phone.

We just solved the problem of sadness in the paragraph above. It's a lot to think about. I insist you re-read that paragraph because hacking the train of thoughts using **Thought Reflector** is one of the "**powers**" you'll now have. To take one more step ahead, you can also remember the phrase "**Debug me**" to retrospect your own thought process. When you remember "**Debug me**", you shall trace back your train of thought to understand what input led you to land on the latest thought you had in the train. This will help you to understand yourself more and more. If the latest thought on the train is a bad thought, trace back the train of thought and consciously associate "Block it" with the inputs/influences that led to that thought. Gradually, what you'll be, is a blissful chemical machine that knows when to block the train of thoughts and when to pursue it.

I know what you're thinking. If we just keep on blocking the train of thoughts, how will we learn from our sad, painful, or depressive experiences? After all, isn't that exactly why we have painful experiences? To learn from them? You're right. That's one of the reasons we have painful experiences. But, a mental wound is just like a physical wound. Some physical wounds are so intense that they might end up killing the person. So are some mental wounds. Some physical wounds take forever to recover. So are some mental wounds. Suffering that pain isn't worth it to spend those precious moments of your **limited life** scratching that wound time and time again. Most importantly, you must consider your painful experiences only while making a conscious decision. Not while you're wandering in your thoughts, or doing another job. A research study "A Wandering Mind Is an Unhappy Mind" published by The Harvard Gazette suggests that people generally spend 46.9% of their waking hours thinking about something other than what they're doing. And when they're doing this mind-wandering, the majority of them are unhappy. It also says **"mind-wandering was generally the cause, not the consequence, of their unhappiness"**. Moreover, philosophically speaking, the primary reason for sadness is misplaced expectations. When you have certain expectations from somebody or something, and the reality happens to be different, there's a void left behind from your expectations. One can make peace with this void only when it is filled by someone, something, or new knowledge that helps you realize that it was a false expectation. Acquiring new knowledge to make peace with your sad experience

takes its own time, and since this is the time when you're most vulnerable while wandering in thoughts, use the Thought Reflector to block it.

One of the most important tools in debugging ourselves is meditation. When you meditate, you need not “not think”. In fact, you need to let your thoughts flow freely. Identify those thoughts which lead to bad emotional states, and debug them as described in the above paragraph. This is how one can make oneself less and less angry, or less and less sad. One of the exciting routines that I follow is to meditate 10 minutes before sleep at night. In those 10 minutes, I think through everything I did since the moment I woke up on that day. I mindfully pick the positive influences I had and mindfully remind myself to avoid the negative influences.

Simply put, one who can lead a life **in the present** will live in ecstasy. But, leading a life in the present is not easy unless you hack your system. Basically, what you're doing is to **“unlearn” bad influences** (by discouraging the brain to bring it up again) and **“encourage” good influences**. While it is easy to unlearn some of the influences, some influences are so deep-rooted since your childhood that it needs a lot of conscious effort to unlearn them. These influences are matched in pattern matching often and often. And, this is why you have meditation to consciously unlearn them.

Just because you were introduced to some concepts that could potentially impact your life, doesn't mean they will. They will only have an impact when you practice them and make them an integral part of your decision-making and belief system. When you practice these concepts, you won't instantly have a pleasant existence. As said, there are deep-rooted influences in your brain that take much conscious effort to "unlearn". And that "unlearn", you definitely **can**.



## Intelligence, the battlefield.

Take a pause and think about why hymns, mantras, chants, or prayers exist. Most of the Hindu children are taught that mantras and hymns are a way to please the god, or a way to invoke the god to be with us. But, actually, there's a scientific rationale as to why they exist. As we now have understood, our conscious mind makes decisions by matching patterns for input, creating ideas using matched patterns, and validating these ideas. So, creating ideas plays a vital role in our decision making. Most of the ideas are created based on our recent experiences of the past three to four days. Hence, **what's on your mind recently and how you feel now is what dictates your present decisions the most.**

You know how your mood seems to be cheerful when you listen to your favorite song? Well, years ago when these hymns and mantras were first introduced to human society, there was no way to record and replay sound. The only way to repeat the sound was to write it down in a language and create it vocally again. Hymns and Mantras are in a way similar to modern day recorded music. More than being a way to invoke God, they were a way to inculcate moral and ethical values in the thought process of humans, so that their conscious mind is constantly dictated by them while creating new ideas, or making new decisions. Yes, it's brilliant

because our ancestors profoundly understood what dictates human intelligence.

Often, intelligence is highly misunderstood with consciousness. While consciousness is the ability to be aware of the current context, intelligence is the **ability to create and validate ideas based on previous experience**. More the number of patterns your brain can match, more the number of ideas it can create and validate. This is exactly what the I.Q. test assesses. Animals like dogs or cats can match very few patterns in their memory, leading to very few ideas, and hence lower intelligence. Elephants have very good memories; their brain is 3-4 times larger than a human brain. But, their ability to match patterns is still lower than humans.

We can all easily agree that the best thing about us, humans, is this ability to create and validate ideas more rapidly than other animals can. We're definitely not the best in terms of other organs we possess. Elephants are much stronger. Octopuses are much more flexible. Deers are much faster. Nothing is great about our body inherently. What makes it great is how we use it from the intelligence that we are gifted by nature. If elephants could create more ideas than we can, we would be like chimpanzees to elephants like how chimpanzees are to us. The point being, human intelligence is the best thing nature has manifested in the history of mother earth, and yet we take it for granted.

Human intelligence is because of the special organ we possess called the neocortex (new brain). While intelligence because of the neocortex is one aspect that drives the majority of our decisions, it's sometimes overridden by what's called the "old brain" that's driven by our hormones and feelings just like any other animal. The craving to eat sugary foods, the craving for physical intimacy, the craving for sleep are hard wired in our old brain. Often, when people say there's a battle between their heart and mind, what they actually mean is the **battle between their intelligence (new brain), and hormones/feelings (old brain).**

There's a constant battle between you (the intelligent being) and yourself (the animal self). Yes, the battle is active in more ways than you can imagine. The need to eat that chocolate cake when you're on a strict diet, the need to have physical intimacy with a person while you're married to another, the need to watch Netflix or scroll social media when you must be spending that time to be an artist, actor, entrepreneur or whatever you aspire to be, the battle is constantly happening. While 'you' decide to not eat that chocolate cake, 'yourself' takes over you. While 'you' want to be loyal to your spouse, 'yourself' is played by the genetic instinct to reproduce. While 'you' want to be successful, you give up to yourself for tentative comforts like Netflix. You get it. **What you need to understand is that the only thing you need to win over to be what you want, is yourself.** If you are one of them who incessantly scrolls social media feeds or

subconsciously opens a social media app as soon as you unlock your phone, you're constantly losing the battle to your old brain. "Hey, whether my old brain wins or my new brain wins, I'm the one winning, right?" WRONG. You win when your new brain is in control of your old brain, and let the old brain win consciously. When it's the other way around, the old brain (hormones) controlling your new brain (intelligence), you give yourself up for all the tentative comforts and end up with a bag full of regrets and sad memories in the long run. In fact, the new brain is designed by nature for you to **plan** your life and please your sense organs sensibly. Sadly, those who scroll social media feeds all day have given up control to their old brain that wants instant gratification in the form of likes, memes and gossip.

How do 'you' win and keep 'yourself' under control? How do you build a fit body while keeping yourself away from all the sugary food? The more important question is, how do you stay peaceful, and not make yourself depressed? Can 'you' control 'yourself' to always be ecstatic? Yes. You can. It starts with you accepting this "old brain" at war against you. The knowledge that there's something hard-wired trying to control your state of mind makes all the difference. Keeping this knowledge in mind all the time is how you win this war over yourself. Whenever you feel depressed, though the cause is an external entity like your colleague, the consequence of depression is manifested after a battle between you and yourself. Often the new brain (intelligence)

is handed over to the old brain, which is disastrous. Sadhguru says “You should use your intelligence for you, and not against you”. He adds “Intelligence is the best thing nature has ever created. If you’re using such a weapon against you, is there a greater power that can save you?” Depression, suicide, and other severe mental disorders are caused by humans using a weapon like intelligence to work against themselves by creating disastrous ideas and imaginations.

Whenever you see advertisements, say beauty products, food, or dating, they’re always trying to instigate your old brain against your intelligence. Because compromising your old brain is rather easy than trying to logically convince your intelligence to buy a product. But, ultimately, to be manipulated by that ad or not, to be manipulated by fake news or not, to be manipulated by the false promise of an election candidate or not, is left to your belief system. If your belief system that has been built by your past experiences is strong enough to help the intelligence fight the hormones, you win. Fake news is a classic example to demonstrate this. Believing fake news has even caused bloodshed in human history multiple times. Why do you think some people believe fake news and some people don't? Fake news are like viruses crafted to bypass your belief system and instigate your hormones. Religion, nationalism, economic divide are some of the major beliefs that make humans vulnerable to these viruses. Humans are affected by fake news when they simply don't have the

knowledge to understand it's fake, and hence compromising their belief system. It all again boils down to what your sphere of influence experiences that builds your belief system in turn. Having positive influences and hence a **positive belief system** is the recipe for a happy and peaceful life.

There's this unsettled debate about whether humans have free will or not. Meaning, if humans have something magical that makes their decisions independent of their worldly experience. But, from what we have seen in the previous sections, we can conclude that influences are the only source of our knowledge, and the only basis of our decisions are the belief system and hormones. There's nothing apart from my experiences, at least for me, that have driven my decisions. Humans need to accept that there's no free will and bear responsibility to avoid negative influences. If whatever drives you is your natural instincts (hormones) and your prior experience, and your prior experience is already flawed, how do you repair it? Using tools such as hymns, prayers, mantras, songs or whatever you can to remind your conscious mind about this knowledge is how you can repair your belief system and intelligence to work for your best.

**The name of the Hindu deity “Shiva” literally means “that which is not”.** Usually this is understood as “formless” or “without any form”. Let's look at it another way. You think

that your existence revolves around you. You think you're making all the choices. But, in fact, things and people around you are the ones dictating your choices. It's the environment around you literally making your choices. It's like 'you' don't exist. Hence, "Shiva". If we don't have free will, which means there's nothing magical about our decisions and all the decisions we take are a consequence of our experience, are we not responsible for the good or bad we do? Do we not deserve the punishment for the wrong doings? Well that's a huge debate and I myself am not equipped with knowledge that can settle that debate. But this is where things get spiritual. If someone **is not aware** that they don't have free will and do what they are influenced to do, they're just human animals. If someone like you who is reading this book **is now aware** that they don't have free will, they can choose to stay as a primitive-human, or **rise above primitive-human** and take responsibility to carry themselves only towards positive influence. "**Humans who think that they have free will and they can't be manipulated, are the ones who are the easiest to be manipulated**" says Dr. Yuval Harari. Do you think you can't be manipulated?

## Life, the possibility.

Mother Earth, over 4.5 billion years of her existence, has performed a whole lot of permutations and combinations to come up with an innovation called **DNA** - The seed that carries information on how the living organism should turn out to be, given different inputs (nutrition, physical & sensory). From the point of our inception as a living being, we grow over time from being a simple chemical composition to a highly complex chemical factory. Yes, we really are a huge chemical factory hosting plenty of chemical processes and organisms to keep our life intact. In fact, our body consists of at least as many bacterial cells as human cells.

The way DNA has helped nature to pass on updated information like survival tactics has led to the massive development of intelligence as we know it. This intelligence in us, homo sapiens, has given rise to **awareness - understanding our own existence**. While such a blessing awareness is, homo sapiens tend to misuse it most of the time. This awareness is what gives rise to emotions and feelings. The more aware a living organism is, the more emotions and feelings it has. A worm doesn't have any emotions and feelings as you can guess. A dog or cat has significant emotions and feelings. We, humans, are the most emotional/aware of all the living organisms that exist on Earth. We're truly special, aren't we? However, this specialty



comes with its own quirks. While this specialty called awareness is the most important reason for the comfort we achieve as a species, it's also the most important reason for the mental trauma that homo sapiens go through, which we'll visit later.

As we live our life, we create several identities. From being a son/daughter to engineer/carpenter/president to husband/wife to father/mother to grandfather/grandmother, several identities. The most important identity that drives all of them is “**I**”. No matter what, “**I**” must be happy. Isn't it? “**I**” want to be fed properly. “**I**” want to have the best partner. “**I**” want to be the best mother. “**I**” want to have a comfortable life. “**I**” don't want any sadness in life. The social animal that a human is, he wants to be the best “**I**” among his peers. We struggle our whole life to keep this identity “**I**” happy and comfortable. There's no denying that our life revolves around the identity “**I**”. Although we know this “**I**” is one day going to be inexistent, we assign so much significance to it as if it's immortal. In fact, a homo sapien, like any other animal, is so much filled with “**I**” and “**Mine**” that they forget they're just a tiny, tiny, tiny, possibility of a huge, supermassive universe.

The above piece of text might seem so philosophical, but hold your thoughts, it needs to be understood for a reason. We just said that each of us, like any other animal, is just a **tiny possibility**. That's what every chemical composition is all about - a tiny possibility. As atoms create

elements, elements create chemicals, chemicals interact together to form compositions, nature is just trying out a huge permutation and combination of possibilities. Would you believe that some fishes used to have huge bird-wings like fins millions of years ago? You must; because that's what the latest archeological evidence suggests. A "living" chemical composition is a possibility - a combination of chemicals. "non-living" chemical composition is also a possibility - again a combination of chemicals. What differs the "living" chemical compositions and "non-living" chemical compositions is that the "living" chemical compositions have the ability to pass on information. This information which is in the form of a chemical composition called DNA is just where the difference is. The living chemical compositions are driven by this sub-element called DNA, which they use to pass on their experience of their environment where they existed. The point is, over the years nature found a particular combination of chemicals - a possibility where the information could be carried to the future. And that possibility opened up a lot more possibilities over billions of years, **and here we are, homo sapiens, the kind of chemical compositions that are aware of their existence.**

Just to be on the same page, whenever we say 'a possibility', we mean a different chemical composition that nature made us be. At any given moment in time, each of us is a different possibility. **Every second of our existence, we rewire our brain based on current inputs, and we turn into**

**a different chemical composition, which means we turn into a different possibility of nature every second of our existence, based on our inputs.** So that's what we are for nature - a tiny possibility. We don't know for sure why nature is trying out these permutations and combinations. But what we're sure of though, is that we're just a set of possible chemical combinations who store information and reproduce to give rise to a new set of updated chemical combinations.

Why are we discussing this? Why did we jump from being a self-centered **"I"** to "being a possibility"? Well, it's because only when we constantly remind ourselves that we're just a tiny possibility can we assign less significance to that **"I"**. Why did **"I"** not get hired? Why did **"I"** get divorced? What did **"I"** do to deserve this? Why am **"I"** being treated this way? A whole lot of **I's** that can take a homo sapien to emotional trauma and an unpleasant state of mind, and maybe rightfully so because of their experience. The reason we land in such unpleasant states of mind, the reason why we suffer emotionally is that we want ourselves to be treated remarkably, or at least fairly. And yes, as a human animal, you have every right to be treated fairly. But what we're trying to learn here is that you being treated unfairly is so very possible. If you can understand that you're just a possibility out of those 7 billion homo sapien possibilities that exist on earth right now, if you can understand that the world doesn't exist **for you**, and if you can accept that everything that's happening with you is a possibility and move on with it, you

can at least stop suffering mentally and emotionally. That's the catch.

Yes, some possibilities like the death of a close one or divorce are so brutally unfair to accept and move on for a happy life. They take time. But what you need to understand is that **it's not your mistake** that it's happening to you. You and the possibilities that happen in your life are just a massively tiny part of a huge experiment called the universe (or multiverse?). So, the next time you're sad because you're treated unfairly by your friend, boss, or stranger, instead of overthinking it, just accept it by saying there's nothing special in it because **ANYTHING IS POSSIBLE**. When you realize that you're just a tiny temporary possibility out of billions of living chemical compositions, you can distance yourself from the identity "I". This means you can accept the fact that you're nothing special, and consider yourself as yet another living being on earth. The moment you detach that highly regarded self-image of yourself, you're free from any selfishness, you'll love your dear ones **unconditionally**, and co-exist with fellow beings peacefully. This dimension of thinking in terms of possibilities not only unlocks the door to pleasantness but also instills boldness since whatever your move/action is, you'll be ready to accept any kind of reaction. One of the reviewers of this book shared that they were able to overcome stage fear by thinking about life in terms of possibilities. He said, "Whenever I enter a presentation room, I only see the audience as simple chemical possibilities that

nature has created”. “The thought that no matter what might go wrong, we’re just a part of nature’s gameplay and this silly presentation doesn’t matter in the long run, brings a smile on my face and confidence to my persona” he added.

*If we’re a chemical state machine, and all that’s happening is just a step-by-step process, what about God and his magical powers?*

Think of a time thousands of years back when humans were laying the foundations for civilizations to come. Once nomadic humans who hunted like any other animal for food had learned to leverage river & rain to cultivate food at one place which allowed them to settle down and build colonies. Imagine you existed back then. You might think; where does this rain come from? What are these clouds that you’re seeing above? What is this blue thing you see when you look around you? Does anything exist beyond this blue thing called the sky? A lot of questions you would never know the genuine answer to before you’re inexistent.

**The model of your world would have been drastically different.** That world wouldn’t have the concepts of planets, space, and a whole lot of things. In fact, whatever was a mystery or out of comprehension was trying to be fit into a framework. The rain was said to be occurring because of “Varunadeva” (Rain God), wind to be occurring because of

“Vayudeva” (Wind god), Ocean God, and so on. While this might be the case with the Indus civilization, other civilizations came up with a similar rationale. With the knowledge available those days, answering “Why does rain occur?” was simply impossible. For them, sticking to the rationale that it occurs due to a superhuman power called “God” (or creator) was the easiest choice.

Only after we started gathering more knowledge, and started learning the patterns of nature, we uncovered the mystery behind the rain. Gradually, we discovered what exists beyond the sky. By gathering new knowledge, and by collating it with existing knowledge, we were able to uncover the mystery of several things we know today. In very simple words, we expanded our boundary of knowledge as a species. We expanded it from land to sky, sky to space, space to solar system, solar system to galaxies. So, our current boundary is galaxies. What exists beyond galaxies? What exists beyond black holes? A whole lot of questions that our current knowledge can't answer, just like our ancestors couldn't answer what's beyond the sky.

**The takeaway here is that deliberately trying to fit everything into our current framework of knowledge and forming a concrete opinion on that will only lead to false beliefs.** And these false beliefs are what makes one blind to reality. This happens at all places. A psychology research survey says that people generally tend to trust attractive

people more, and tend to suspect not-so-attractive ones. This false assumption leads to further judgments on a person. Whatever their action is, we tend to fit their action into our initial assumption. If we think a person is distrustful, we suspect each and every action of theirs, only to discover later what they truly are.

As Sadhguru Jaggi Vasudev says, “Accepting that I do not know is a tremendous possibility. Only then one is open to learning”. Because of the way we humans grow up, we are in denial of possibilities that don't make sense to us or don't make us feel good. We generally don't ponder over such possibilities due to our denial. Atheists are generally in denial of the possibility that God exists. Theists on the other hand are in denial of the possibility of the absence of god. Of course, both have their reasons, but the answer to whether God really exists or not is **we do not know**, isn't it? In fact, **NO ONE “KNOWS”**.

We already know that we do not know the answer to such questions. Why are we spending our time here? Like most of the concepts in this book, the fact that we do not know a lot of things is common sense too. But, the reason we're reiterating that is to understand that even though no one knows the answers **for a fact**, we homo sapiens form concrete opinions on things we do not know, and that's a dangerous thing to do. Forming concrete opinions only leads to false belief scores in your belief system, and hence the decisions validated will be on false beliefs. **The solution to**

**all this, is to always be open to possibilities.** Being open to possibilities means that you are always highly conscious of what you know and what you do not know and consider even the rarest of possibilities while forming opinions. This concept of being open to possibilities must be an integral part of your thought process. For example, before judging someone's intelligence by witnessing their poor English skills, you need to consider the possibilities of why they might be so. There might be a possibility that they were economically poor and missed out on quality English education, which isn't their mistake. When you iterate through all the possibilities before forming opinions, **you're empathizing with the other person's model of the world, and you're also allowing any future interactions with them to be free from bias,** which are qualities of an excellent human being. **The mantra is, do not discard even the rarest of possibilities unless proven for a fact.**

Now, back to the question of god. If there is a creation, there must be a creator. But, our limited knowledge currently cannot help us understand who it is, what his responsibilities are, and what his goals are. The genuine answer to "Why do we exist?", "What's our purpose?", "What's afterlife?" is that we do not know. Everyone tries to answer these questions based on their model of the world. That farmer whose crops are getting ruined due to low rain wants to believe that God exists because it gives him hope. Those parents who were honest throughout their life and yet lost both their children want to believe that God doesn't exist.



Reasoning this question of the existence of God with our “being open to possibilities”, we can agree that there are possibilities that God does not exist in the form we assume, we can also agree that there are possibilities that God does exist. Yes, Shiva/Jesus/Allah might have had magical blessings and powers which can’t be disproved. What do we do in such cases where both kinds of possibilities exist? We choose to accept what helps the happiness of our existence the most. Research says that due to the placebo effect, those who believe in God tend to “get things done” because of their sheer belief that someone is there for their support. So, incline towards what makes sense to you, and what keeps you happy. But, be open to possibilities.

We’re nearing the end of the book. Our goal was to become a metahuman by the end. What’s a metahuman? By now you would have known it. **A metahuman is the one who possesses meta-awareness** - to be aware of your thoughts consciously all the time. Neuroscientist Richard J. Davidson says “Only when one has meta-awareness, real transformation can happen”. A metahuman understands that they’re a consequence of their thought process. They carry the **Influence Shield** to guard against negative influences and the **Thought Reflector** to reflect & retrospect each and every thought of theirs. They know they are just a temporary chemical composition traveling through time. They’re consciously open to possibilities all the time, and are okay to accept any possibilities. Did this book transform you into a

metahuman? I can't say for sure. But what I can say for sure, is that a metahuman is always filled with contentment. It's fairly easy to understand what a metahuman is. It takes conscious practice to become one. But, trust me, it's a highly rewarding journey.

Glucose, which is a form of sugar, is one of the major sources of energy for human cells. That's why sugars are "sweet" - our genetic code rewarding us with a delightful taste for consuming sugar. Just think; for the kind of instant energy source they are, if sugars weren't sweet and tasted like mud or stone, would we be consuming them? The Hippocampus, a part of our brain that plays several important functions, flags actions that lead to negative rewards **two times stronger** than the actions that lead to positive rewards. This is to ensure you won't make the same mistake twice. This is also a reason why homo sapiens tend to revisit sad memories more than happy memories. It's amazing to know that there are a lot of processes we do not know that affect our state of mind. **The bottom line is, we're just being played by our chemicals.** We just don't know what the game is. It brings a smile to my face every time I see a human being reacting in a certain way. I just ponder over the possibilities of why they reacted so, and just imagine how nature turned them to the possibility that they are. Being a metahuman, I have developed a great sense of appreciation for how we're being played by nature even though I can't guess the goals of the game 😊.

Benzene (circular in structure) is one of the most revolutionary chemical compositions used in our generation (for plastics, resins, nylons, etc.). Michael Faraday deduced the chemical composition of Benzene inspired by a dream in which a snake was biting its own tail. Newton deduced the laws of gravity inspired by that apple that fell on his head. Albert Einstein deduced the theory of relativity by seeing a clock while traveling on a train. The reason we are quoting these examples here is to show that even the greatest of minds we've witnessed as humans produced their greatest contributions by deducing new patterns out of existing patterns. That's how we humans have always done all innovations - by deducing new patterns with the knowledge of known patterns. What if Albert Einstein's mind was acquired with thoughts about his ex-wife when he was traveling on that train? What if Newton had a gossiping friend whose gossips were more interesting than the apple that fell on his head? Our brain always matches current inputs with what it acquired within the past 3-4 days with high probability. The more recent an experience is, the more probable it is to match that experience to current inputs. **What's going on in your mind since the past few days dictates your state of mind for the current inputs to your brain.** So, it is highly important to consciously carry your **sphere of influence** to places where you think are of positive influence to you.

No matter what, you must try your best to remove negative influences and keep your sphere of influence away from them. Because, as we've already understood, **we're a**

**consequence of what our sphere of influence is.** We have 630,720,000 seconds in 20 years. That's 630,720,000 different paths that your future 20-year-old self takes based on the decisions you make every second. What gets into your brain solely drives your decisions, and what decisions you make decides what gets into your brain. Take your brain to the right places. **Go build the brain you always needed. Go be the machine you want to be.**

Hey! Thanks for reading! 😊

Want me to write the next part? Let me know your thoughts/review at [sheshavishnuprasad@gmail.com](mailto:sheshavishnuprasad@gmail.com). **If you liked the content, share it with your dear ones** for them to understand “The Apparent Secret”.



**"WE'RE OUR OWN PROGRAMMERS, AND WE'RE OUR OWN OPERATORS.  
WE WIRE OURSELVES BASED ON WHERE WE CARRY OUR SPHERE OF INFLUENCE."**