

THE APPARENT SECRET



From Human to Metahuman in 90 minutes.

SHESHA VISHNU PRASAD D



FOR UNCERTAINTY,
that keeps life moving.

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SECOND EDITION

www.meta-human.in

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 experience the journey of human life, we encounter a wide range of emotions, such as happiness, sadness, ecstasy, and depression. Happy experiences enable us to perceive life in a positive light, while challenging moments encourage us to explore life beyond the visible. Given the choice between happiness and sadness, most of us would undoubtedly choose the former. However, why can't we remain happy indefinitely? Why do we dwell on sorrowful memories that induce an unfavorable state of mind? The answer lies in our brain chemistry and emotions, which are also chemical in nature. Research indicates that individuals are most productive when they are happy and lighthearted. Consequently, depression can hinder the pursuit of a successful, stable, and serene life. **If depression is a 'problem,' does a solution exist?** How can we maintain a state of ecstasy and avoid sinking into sadness? We will refer to this as the **"Problem of Sadness"**. In this book, we will embark on a journey to discover your meta-human self, gathering essential powers along the way. Before we proceed, I implore you not to let any distractions seep into your mind (to the best of your ability 🐱), and to focus intently on the following text.

When an issue arises with your smartphone, your first instinct may be to contact a tech-savvy friend for assistance. As a software developer, I possess greater context regarding the problem and can explore various solutions. If I am unable to resolve the issue, the device's manufacturers (the hardware experts) are better suited to address it. The more you understand your device, the better equipped you are to handle any problems that may arise. This principle applies to your well-being, too; it's not necessary to consult an external source every time you encounter difficulties. **The more you comprehend your inner workings, the easier it will be to tackle the problem of sadness.** To achieve this understanding, you must first determine what "you" truly means when you refer to yourself.

Medical science has advanced significantly, to the point where almost any organ in the body can now be replaced. If you receive a heart transplant, for example, the transplanted heart becomes a part of your body, even though it was not born with you. It now pumps your blood and has become an integral part of you. This holds true for all other organs as well, such as the kidneys, liver, and lungs. Even if your face is surgically altered to the point where you no longer look like your former self, you may still be perceived as the same person by others. However, for **you**, the essence of who you are remains the same, which is **the memories and experiences that you carry in your head, mediated by**

the complex organ called the brain. If the brain is replaced, you cease to exist. In simple terms, **you are your brain.**

Now that you know you are your brain, it only makes sense that we can address the problem of sadness by understanding our brain (and potentially switch off that sadness button, if it exists?). But how much can we truly comprehend about our brain? It is an extremely complex organ, and despite the advanced technologies we possess today, we know relatively little about it. If the brain were a chemical machine (which it is), its hardware design, the firing of neurons, and the chemicals responsible for various functions are dictated by our genetic code, developed by an unknown entity that we call **God**. It is safe to say that it is currently beyond our grasp to fully comprehend the intricate workings of the brain (at least for now). However, we can understand what the hardware of the brain does, rather than how it does it. By understanding our brain functionally, we gain greater insight into why we function in the way that we do.

To gain a functional understanding of the brain, let us consider the life of a newborn baby named Ruchi. Unfortunately, she has a mental condition that prevents her brain from processing sensory inputs from any of her sense organs, rendering them useless. Despite having fully developed sense organs, Ruchi cannot perceive anything through them. The doctors speculate that this condition may

be temporary and that her brain may eventually start processing sensory inputs. For the remainder of this story, try to imagine yourself in Ruchi's position.

As you can imagine, Ruchi's mind is essentially a **black box**, devoid of any sensory input or experience of the world around her. The baby has no concept of shape or boundary, and no emotional or physical sensations such as pain. Interestingly, the word "pain" is derived from the Latin word "poena," which means to penalize. When we experience pain, signals are sent to the brain via nerves, and our brain responds by releasing chemicals to penalize us for the damage. There are faster neural pathways that simulate the pain of high degree damage such as burns, so that we can take immediate action, and slower pathways that simulate the pain of less severe damage such as wounds, to help us avoid such damage in the future. Ultimately, the physical pain that we experience is a result of our brain penalizing us by releasing certain chemicals when it receives signals of damage. In the future, humans may be able to bioengineer themselves to eliminate pain by inhibiting these neural pathways, but this may not necessarily be a good idea.

When Ruchi is hungry, her brain penalizes her by inducing an unexplainable feeling that makes her cry. All she needs is to have the feeling of pain gone, which is achieved by feeding her. After a year, Ruchi's brain begins to process the sense of

touch, and when her mother lifts her, she cries. This is the first input that her brain has received, and due to genetic code that has been learned over millions of years, her brain interprets this new input as harmful and prompts her to cry. However, over time, her brain learns to recognize the pattern of touch as safe, and she no longer cries in response to it. Although she doesn't understand what touch is or why she is sensing it, she has learned to identify it as a normal sensation.

As Ruchi's brain gradually processes the sense of taste, she gains a new form of input that she uses to derive pleasure from consuming tasty foods and avoiding bland ones. It's difficult to imagine what life would be like with only the sense of touch and taste. Without sight or sound, it would feel **like existing in a void, receiving sensory input without any knowledge of the world around us or the existence of other living things.**

If we were to define happiness in its simplest terms, it would be **"feeding only pleasant inputs to your sense organs."** Describing what is "pleasant" is relatively easy when it comes to taste and touch, but it becomes much more complex when it comes to vision and hearing. What is pleasant to one person may not be so for another, and what was once pleasant may no longer be so. When Ruchi's life is introduced to the complex sense of hearing, she begins to learn a whole new set of information about the world around

her. By using her senses of taste, touch, and hearing, she learns to recognize and avoid danger, thus sustaining her existence. When she finally gains the sense of vision, she is able to understand her existence as a human being and make connections between existing information in her brain and the new dimension of truth added by sight. With the sense of vision, she is able to anticipate and avoid new forms of threat to her existence that she was previously unable to detect, such as a pothole in front of her.

The reason we imagined Ruchi's experience was to understand the brain in its rawest form - a chemical composition that initially begins as a blob and gradually stores inputs, evaluates whether new inputs are harmful, and recognizes patterns in the information it has received. When new kinds of input are connected to this chemical blob, it correlates, thinks, acts, and updates its stored information accordingly. This is what we call the mind - the ability to think, reason, and make connections between new and existing information.

The key takeaway is that the mind, which we often think of as a mysterious and complex psychological process, is actually just a continuous execution of an algorithm. In essence, the mind operates on three abstract steps - **Take input, think & reason, react**. The first and last steps are relatively straightforward, as we all have similar sense organs to receive input and similar body parts to react. However, it is

the way in which we "think and reason" that truly sets us apart from one another. The ability to think and reason is what gives us our unique perspectives and enables us to make decisions based on our individual experiences and understanding of the world around us. Isn't it?

If the brain had no inputs, there would not be a "mind". If the brain had only touch inputs, the mind would be limited to processing 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". Here's how we can break down the process of thinking and reasoning:

- 1) For every input, the brain assigns a belief score based on what kind of output is expected. ***This is called the belief system.***
- 2) When a new input is received, the **belief scores of all other stored inputs, or experiences, are updated** based on the new information.
- 3) Finally, when thinking and reasoning, the brain goes through stored patterns that match the received input, **creates ideas based on those patterns,** and **reasons what is the appropriate response based on the belief scores.**

That's a lot to take in; let's illustrate it in the following paragraph.

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

“For every input, the brain assigns a belief score based on what kind of output is expected. 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, the belief scores of all other stored inputs, or experiences, are updated based on the new information.”

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 thinking and reasoning, the brain goes through stored patterns that match the received input, creates ideas based on those patterns, and reasons what is the appropriate response based on 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 behavior is based on your belief system, which is shaped by past experiences and inputs from your senses. When a new idea is generated, it is validated against your existing belief system, and **you act accordingly**. For example, if past experiences led you to believe that you enjoy traveling, your future decisions would align with that belief. Each **new sensory input adds a new dimension of truth to your existence**, and you correlate this new input with existing truths to modify your belief system. This belief system is the basis for your thinking and actions in the future. If we had a crazy thermal sensory organ that could detect farts, it would add a completely new dimension of truth to our existence, and our perception of the world and our friends would be entirely different. Our belief system would likely be modified

based on this new input, and it would influence our thoughts and actions in the future 😊.

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 understand that, although the brain is an intricate piece of hardware to study, it is nothing more than a state machine whose state rapidly changes with each input. Allow me to reiterate: **it is simply a state machine, rapidly changing with each input.** We also understand that these inputs come from our sense organs. Have you ever considered the limitations of your sense organs? Your eyes, for example, can only perceive what is directly in front of your body, while your ears can only detect sounds within a specific range of frequency and wavelength. Similarly, your skin can only sense the temperature of your immediate surroundings. 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?

The reason for discussing the limits of our sense organs is to comprehend the physical constraints that govern the inputs to our brain. All the sensory inputs we receive are

derived from the physical environment we inhabit.

Consider a sphere around you, with yourself at its center, which we shall refer to as the "**sphere of influence**." Its radius extends as far as you can see with your eyes and as far as you can hear with your ears. As you move, this sphere of influence moves with you. At any given moment, a multitude of events are unfolding around the world, such as someone being tortured, someone suffering from hunger, or someone cheering for their favorite sports team. Yet, all you can perceive are the events occurring within the sphere of influence. It's true that you can view events happening remotely through your smartphone, but that device physically exists within your sphere of influence.

Take a moment to observe what's in front of you. The object you see is visible only because the ray of light had sufficient intensity to strike the object and reach your eyes. Similarly, the sound you hear is audible to you because the sound wave has enough intensity to reach your location. The point is, the sensory inputs that your brain processes originate from a **finite** sphere of influence around you, and these inputs shape your brain. A completely different world may exist in the room next to yours, but it has no bearing on your perception of the world since the ray of light cannot reach your eyes, and the sound waves are not intense enough to reach you. For example, your colleague may be speaking ill of you to your boss in the next room, but in your world, that colleague is still a reliable person because you

are unaware of events outside your sphere of influence. Your brain has not received any input suggesting that this colleague is dishonest.

Consciously or unconsciously, you have allowed certain objects or people into your sphere of influence, leading to the wiring of your brain in a particular way. The **truth** is that you are not being controlled or manipulated by some unknown entity or a magical force. Rather, "who" you are is a **consequence of the influences from your sphere of influence**. In essence, you are a chemical composition that is both influencing and being influenced, and eventually, will decompose to your fundamental elements. If you were to be reborn and exposed to the same inputs to your brain from birth, you would be precisely the same person you are now (indeed, we are nothing but chemical state machines).

If you are born into a wealthy family, those who enter your sphere of influence may treat you well, and your world may consist of 80% good people and 20% bad people. Conversely, if you are born into poverty, those who enter your sphere of influence may treat you as a mere tool or worker, resulting in your world consisting of 80% bad people and 20% good people. The concept of "world" is not universally defined. Even though we are all "human beings" defined by our chemical hardware, each person's "world" is entirely different from that of the person next to them due to the unique inputs their brain received since birth. Therefore,

on Earth, **there are currently 7.8 billion worlds in operation.** In one world, you may be a role model, while in another world, you may be a cunning individual. In essence, our brains are pattern recognition machines designed to detect hierarchies in the real world in which we exist. Each brain constructs a model of the world, continually updating it based on new experiences, and making predictions based on the current model. Naturally, my perception of how the world "is" and "works" may differ entirely from yours.

The processes in the brain, such as thinking, learning, dreaming, and reacting (which use and update your model of the world), all depend on the information your sense organs have gathered from your sphere of influence and sent to your brain. This, I must emphasize, is the only truth of **"who you are."** If your best friend had never existed in your life, the decisions you made could have resulted in a vastly different version of yourself than the one you are now. Your choices, decisions, and actions are solely influenced by...as you have already guessed...your sphere of influence.

If you were a robot or a car, your functions would be defined by your programming or operator. However, as human beings, **we have the incredible ability to program and operate ourselves. We wire ourselves based on the influences we allow into our sphere of influence.** This knowledge is an immense power. Dr. Lara Boyd, a brain researcher at the University of British Columbia, notes that

research shows that London taxi cab drivers who memorize a map of London to obtain their taxicab license have larger brain regions devoted to spatial or mapping memories. This indicates that we are responsible for building the brain we desire. **"Nothing is more efficient than practice at helping you learn,"** Dr. Boyd adds. Knowing that we can become what we want based on our influences allows us to achieve **anything**. If you want to be an entrepreneur, you must consciously decide to be influenced by things that make you an entrepreneur. If you want to be an artist, you must decide to be influenced by things that develop your artistry. Although some brains have enhanced capabilities due to genetic factors, also known as "born talent," anyone can practice and train their brain to reach that level of capability given enough time. The possibilities are endless. However, if you want to be Ironman, we may need to stop dreaming. 😊

We have all heard the clichéd phrase "Believe in yourself" at least once in our lives, but if we examine it now, it holds a great truth. Muhammad Ali, the greatest boxer of the 20th century, always declared, "I am the greatest" even before he was considered the greatest. His unshakable belief in being the best freed him from any self-doubt, allowing him to make confident decisions. We know that our belief system plays a significant role in our decision-making, and our sphere of **influence is solely responsible for shaping this belief system**. Thus, we can agree that the best way to raise a child is to surround them with positive influences. Suppose

you want your child to become a dancer. In that case, you must make a conscious effort to influence them with dance, as no one is born destined to become an engineer, doctor, entrepreneur, or anything else. It's just that certain things entered their sphere of influence more frequently, leading them to believe in pursuing a specific career or skillset.

It cannot be stressed enough how vital it is to be **aware** of what influences you constantly. Even your subconscious mind is learning things, whether you are conscious of it or not. Therefore, to become the best version of yourself, you must carry an **Influence Shield** to filter your sphere of influence and ensure that you are surrounded only by positive influences. For instance, a person scrolling through Instagram or another social media platform may read a post about someone enjoying something, which may immediately cause them to feel dissatisfied with their life. This is an example of a negative influence. The next time you consider opening Instagram, think twice about whether you want to be influenced by its content. When following someone on Instagram, **consciously ask yourself if you want them to influence you or even shape who you are**. Consider the vast amount of junk content an average Instagram user fills their brain with every day, which can subconsciously shape their thoughts and behavior. Given that influence builds humans, imagine the power that Facebook and Instagram hold. They can shape our brains and impact our daily decisions. This is precisely what occurred during the

2016 US presidential election with the Cambridge Analytica scandal. Social media was utilized to influence voters and impact their decision-making processes.

To put it in the words of Dr. Harari, *"Humans have exploited nature for economic benefits and comforts without fully comprehending its intricacy. This has resulted in disrupting the ecological balance, leading to drastic climate change. Similarly, without understanding the complexity of our brain and emotions, and the fact that humans are not evolved to handle the massive amounts of junk information fed to them through social media every day, we have ended up with stress, mental depression, and anxiety disorders, **resulting in the destruction of our inner ecology.**"* Therefore, it is crucial to always carry your **Influence Shield** to consciously block any negative influences that may "make" you.

Addressing the question we posed at the beginning of this section on how blind people would dream, it is evident that those who have been blind since birth would have no understanding of colors or what this 3D space looks like. They may understand how the 3D space feels, but they cannot visualize how their mouth moves when they speak. Therefore, they can only dream with the model of the world their brain has constructed using the dimensions of truth (sense organs) that they know. This 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 a translucent blue color. See the people around you and try to imagine their blue spheres of influence as well. From a top-down perspective, imagine the intersection of your sphere with theirs. Whenever a positive influence impacts you, such as someone asking you to adopt a child, visualize your sphere turning green. Conversely, whenever a negative influence impacts you, such as someone asking you to lie, visualize your sphere turning red. Now, if we were to view Earth from a distant place, we would see spheres intersecting, turning red or green based on the influence, and then **moving on to intersect with other spheres and turn them red or green based on prior influence**. It may appear as if these spheres are attempting to bring a balance between the red and green areas. Can you visualize it?

Consciousness, the power.

Okay, let's hit pause on our chat about influence and dive back into our main topic – sadness. We've learned quite a bit about the brain and how it shapes someone like you. Now, we're ready to tackle the problem of sadness, and guess what? The solution is simpler than you might think.

Imagine the mind as a team of two: the conscious and the subconscious. Both are super important in the way we think. The conscious mind is like your personal radar, constantly aware of what's going on around you. Picture this: you know you're sitting on a chair, in the library, with a book in front of you and three people behind you, right? That's your conscious mind at work, making decisions based on everything it's aware of. It's also where most of your learning happens. Meanwhile, your subconscious is like the behind-the-scenes crew, handling all the stuff that doesn't grab your conscious mind's spotlight.

Here's how it works: your brain gets info from your senses and starts matching patterns with your past experiences. If it's something new, your conscious mind perks up, thinks it through, and decides what to do. The more it handles similar stuff, the more your subconscious starts to learn these actions. It's like having a 'confidence meter' that

goes up each time your conscious mind handles a situation. Once it hits a certain point, your subconscious takes over these tasks. Take driving as an example: at first, every decision about gears and brakes is conscious. But the more you drive, the more your subconscious learns and starts taking over. This frees up your conscious mind to think about other things, like finding the nearest gas station or chatting with your passenger.

The big difference between the two? The conscious mind is your idea factory. It comes up with thoughts, checks them against what you believe, and picks the best ones. The subconscious, on the other hand, is more about going with the 'best learned response' based on past experiences.

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 nonexistent.

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! 😊

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