

**THE QPH METHOD: Transform your mind, feelings, and life  
experience – at the speed of thought.**

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## **As written in The Bible and Quran**

*You already have the ability to control 100% of circumstances in your life - by design.*

The discoveries in this book serve as a practical extension and the missing piece to 'Think and Grow Rich' by Napoleon Hill, and 'The Secret' by Rhonda Byrne. Which provides a practical method to reprogram your mind, so all your energies – thoughts, feelings and actions move you to your desired outcomes. Ultimately assuring your success in life.

The principle use of The QPH Method, was also conceptualized by majority of religious scriptures, and are vividly mentioned within The Bible and The Quran. Further implied in, recently discovered ancient manuscripts, which came from 300 AD and 500 AD:

Anne Marie Luijendijk, a professor of Religion at Princeton University, deciphered a 5th-century papyrus written codex 'The Gospel of The Lots of Mary.'. During her work with the 1500-year-old book, she found that this Gospel, is like no other.

*'He who goes with his whole heart will get what he seeks. Only do not be of Two Minds.' - Reads the opening of 'The Gospel of The Lots of Mary.*

(In Chapter 1, you'll find a scientific principle to how our minds can see two worlds. But only one, is creating our experience each second. The QPH Method, will give you full control over your mind and your experience in life. Proven by science and working 100% of the time.)

In December 1945, near Egypt, another ancient manuscript was discovered. It reads as 'The Gospel of Thomas' and is estimated to have been written around 300 AD.

*"When you make the two into one, and when you say, 'Mountain, move from here!' it will move." – answer 106, Jesus*

Both of these writings from ancient times uncover the cure to all suffering. Thousands of years ago, people went to these oracles to seek wisdom and answers. The oracle would interpret the appropriate gospel for their seeking. These ancient writings, imply how combining the paradox within the mind - **will give you power, to get what you seek.**

## **Napoleon Hill (Author of Think and Grow Rich)**

*'My search led me to study the spiritual forces that all of us are blessed with. In this field, I came upon a clue that has enabled me to help millions of people find their earthly destinies. I want to describe my discovery in the simplest terms possible because it may reveal to you why it is true that whatever the mind can conceive and believe, the mind can achieve regardless of how many times you may have failed in the past or how lofty your aims and hopes may be.'*

## **Bruce Lee**

*'To express oneself honestly, not lying to myself. That, my friend, is very hard to do.'* (Possibly meaning to express himself authentically, who you are without the ego (your image in response to other people). Without the desire to conform or act differently.)

## **Muhammad Ali**

*'I am the greatest. (Everything he thought, spoke, or did was him believing he had a champion, best boxer identity, it was always expressed).'*

## **Dan Pena (28 Billionaire's Teacher)**

*'Nothing works other than if you have self-esteem as a human being. You're a better person, you're a better parent, you're a better citizen, you take life more seriously if you have self-worth.'; 'I didn't know, until I was grown up – that everybody didn't have self-esteem. I didn't understand that everybody didn't have self-confidence. I didn't realise that everybody didn't have self-worth.'; 'You were lacking something in your childhood.'; 'Do you think Elon Musk wants to fit in? You want to fit in. Because you had poor role models at home. Most everyone in this room is a pleaser. You want to be liked. When I read about it, people commit suicide because*

*they were unliked on Facebook; it makes me sick to my stomach.  
How can the world get that f\*\*\*ed up that because of f\*\*\*ing  
Facebook, people are going to kill themselves? What did we come  
to? God almighty... Don't you see something fundamentally wrong  
with that?'*

*\*(He also believes that what you see as norm, in your role models –  
becomes your norms for the future. And he was raised by a CIA  
Assassin, who served in two world wars)*

### **Cristiano Ronaldo**

*'In my mind, I'm always the best. I'm always going to say that.'*

### **Denzel Washington**

*'Sit beforehand, to indicate that it is yours already (If you  
understand this statement, you already have it – you have grace  
and gratitude); 'You attract what you feel, what you are.'*

### **Steve Harvey**

*'Once you master the principle of the law of attraction, it can help  
you find wealth, happiness, better health, whatever you're looking  
for, relationships.'; 'You are a magnet. Whatever you are, that's what  
you draw to you.'; 'Science says – show me, and I'll believe. Faith  
says – believe, and I'll show you.'*

### **Oprah Winfrey**

*'You are in your life based upon what you believe. And it's not just  
what you think you believe on the surface. It's also your shadow  
beliefs that are holding you back from moving into the life you  
believe you deserve. What I know is if you're not looking at the  
shadows, if you're not looking at what is subconsciously running  
through the tape in your mind, telling yourself you're not good*

*enough, you're not worthy enough, you're not smart enough, you're not enough, which is playing for a lot of people. If you're not conscious of that, then you end up acting out of that belief system. And not what you believe to be the truest for yourself.'*

### **Joel Osteen**

*'You are where you are today, part of what you have been saying about yourself. Words are like seeds. When you speak something out, you give life to what you're saying. If you continue to say it, eventually, that can become reality. You are planting seeds when you talk. At some point, you are going to eat that fruit.'; 'You can talk yourself out of your destiny. Negative words can keep you from becoming who you were created to be.'*

### **Will Smith**

*'I just believe that I can create whatever I want to create.'; Most people can't sustain that level of discipline to manifest the things that they want in their life.'*

### **Sara Blakely (Billionaire)**

*'I ended up writing in my journal, 'I'm going to invent a product and sell it to millions of people that will make them feel good. And then I asked the universe for an idea, and I was very specific.'*

### **Tiger Woods**

*He has used affirmations since he was three years old. Saying, 'I believe that my creative mind is my greatest weapon.'*

### **Jim Carrey**

*'I believe in manifestation. I believe in putting a rocket of desire out into the universe. And you get it when you believe. You get it when you believe you HAVE IT, and that's the key. It's like people still sit*

*around going – when's it going to come, when's going to come, when's going to come, and that's the wrong way. You're facing the wrong way. You're facing away from it. You have to go; it's here, it's here, it's here.'; 'I believe we are creators. And I believe we create with every thought, with every word, and every moment is pregnant with the next moment of your life.'*

### **Johnny Depp**

*'But to me, there is only madness. Maybe a touch of insanity. That the one can access. And to be aware of it growing up. It didn't feel particularly great. But I think it led me somehow to where I am today. I'm not saying that I am completely mad, although I've been accused of that many times over the years. But I hope that people if they do have that tendency, that they can find a way to embrace it. And use it to... not advantage... Let's say, even in a creative sense. Use it in a creative sense if you can, but use that to find your way, to be able to stand on solid ground.'; 'Do not give in to mediocrity. Like the other 98% of the world.'*

### **Jennifer Lopez**

*'I believe that how you think, and I teach my kids this: your thoughts create your life. And so, you have to think positive thoughts all the time. You have to force yourself to think positive thoughts at times.'; 'I'm open and receptive to all the goodness and abundance the universe has to offer.'*

### **Beyonce**

*'All my really great performances, I saw them happen before they happened.'*

### **Bruno Mars**



*'I can see it in my head. I just envisioned this fun album that made people want to dance.'*

**Ariana Grande**

*'That's super real, and I think that what you put out and what you focus your attention on is what expands, for sure. If I want something, it can happen, like it's absolutely possible, and to never act like it's not. And I think in a way that's kind of manifestation; it's like you think about it like it's already there, and it is.'*

**Conor McGregor**

*'If you can see it here (points at his forehead) and you have the courage enough to speak it, it will happen.'; 'A lot of times, people believe in certain things, but they keep to themselves; they don't put it out there. If you truly believe in it, if you become vocal with it, you are creating that law of attraction, and it will become a reality.'*

**Jon Jones**

*'I believe that you can speak things into existence.'*

**Drake**

*'I feel that things that I repetitively think about or say I'm able to manifest.'*

**Kanye West**

*'The time is now for people to express and to believe in themselves. The time is now for it to be okay, to be great.'*

## **CONTENTS:**

PREFACE

INTRODUCTION:

### **CHAPTER I: DISCOVERING A NEW WORLD**

1. Finding Self-Qualities, Pain, Barriers, And Solutions
2. Human Blind-Spot = Struggle To Find Answers
3. Why We Can't Control Certain Things In Life?
4. How Your Experience Is Being Created?
5. How To See The Invisible
6. Your Body & Mind (Strength vs Sensitivity)

### **CHAPTER II: THE QPH METHOD – NEW HUMAN ABILITY**

1. Ability To Change - Subconscious Beliefs, Thoughts & Feelings
2. Secret: Dismantling Fear
3. Secret Loophole = All Lack & Limitation
4. How One Belief Can Change Your Life
5. Confusion Principle: Memories = Beliefs
6. Confusion Principle: Only Two Emotions (Emotional Intelligence)
7. Beliefs Move Or Block Us (All Motivation & Procrastination)
8. Beneath Beliefs - Finding Purpose & Fulfilment
9. Fate: Changing Our Pre-Programmed Future

10. The QPH Method: Ability To Change Subconscious Beliefs
11. Example: Creating Permanent Confidence, Presence & Happiness
12. Using Your New Ability
13. Possible Applications: Self-Image, Motivation, Trauma

### **CHAPTER III: CHANGING THE PAST TO CHANGE THE FUTURE**

1. Your Beliefs About Money
2. Your Beliefs In Relationships
3. Your Beliefs And Your Body
4. Core-Beliefs: The Problems Successful People Don't have
5. Potential Association Principle: Pre-Determined Fate
6. The Rational Mind: Self-Prison By Fate
7. Reticular Activation System: Blinding From Success
8. Projection/Reflection Principle: Illusion Of Reality
9. Reconditioning Core-Beliefs
10. How To Change Your Fate & Future
11. Core-Beliefs: Create Impact Beyond Time

BONUS GIFT

INDEX

## **Dedication:**

*'In memory to my father Romualdas Žukauskas. Acknowledging my family, the ones I love, will love and ones that stand behind me.'*



*R. Žukauskas*



*V. Žukauskas*

# PREFACE

## Breaking Beliefs About Success

*'It's only after we've lost everything that we're free to do anything.'* –  
*Fight Club, Chuck Palahniuk.*

We believe that we have control over our lives. We are in control of our actions, our behaviours, and the direction we choose for our lives.

However, deep down, many people often experience a strong desire for more - a desire for better outcomes, for things to be different, for things they don't possess, or for their feelings and situations to align with their wishes. It is a desire for a better life. This deep feeling has fuelled me since the beginning of my life.

The QPH Method was pioneered out of **a desire for control**. For a big part of my life, I lived wishing my life were better. Like everyone, I thought I was in control of my life and that my life was 'normal'. However, there were several instances where everything came crashing down, and I realized:

'I don't have the level of control I want.'

The first incident happened in 2011, after I left for Scotland to study Sports Medicine at the University of Aberdeen. I developed a rash, which at first seemed like an innocent allergic reaction. However, by 2015, it had spread to cover my entire body and face.

While I could see other people enjoying university life, going out drinking and meeting girls, I was hiding myself. Every day, I would read about medicine, diet, vitamins, and even herbal supplements. Every day, I would go to work worrying about what other people

would think of me and how they would see me. I thought of myself as different. Every time I placed something on the table or washed my hands, I would look at people worriedly, afraid that they could see how bad I looked.

I received creams from doctors, but I was getting worse faster than they could help. By 2015, my condition had reached a point where ulcers began to open on my skin. My mom and sister had to wash bandages off my skin and see how helpless I had become. One evening, when the ulcers wouldn't heal, I made a phone call to the emergency and said, *"I need help. I have ulcers opening up on my skin, leaking fluids 24/7."*

Up until that moment, all I wanted was to be able to help myself or get help, to have an opportunity to be normal again like everyone else. But I couldn't. The response to my call was, *"We can't help you. Go to the pharmacy; maybe they can help you."*

After hearing those words, I no longer saw a way out and started thinking, *"There's no point anymore..."*. I noticed how my body was fading away and realized that I had nowhere else to go.

The one thing that I had was a holiday booked to go see my best friend, Chris, in Lebanon. Chris's father, Habib, is a well-known gynaecologist in Lebanon. So Chris said, *"Don't worry, my dad will have a look. They have connections. The guys will help you there."*

His father saw me at times when he would come to Lithuania and saw Chris and me playing basketball outside our school, at the age of 8-10. That night, when I came to Lebanon, he had the biggest smile... which quickly turned to shock. He grabbed my arm, pulled me in, looked at my arms, and started swearing loudly. He stormed off for a quick second, came back, threw me a box, and said, *"Take these now."*

The next day, we went to the restaurant owned by him and his brother, Jihad. While enjoying the softest chicken burger, Habib called me over. Seven doctors were sitting at the table, and he said, *"Pull your pants down."* At that moment, I felt extremely self-conscious, but since they were doctors, I revealed the state of my body. I watched the entire table pulling out their phones and taking pictures of me, shocked by how neglected and bad I had become.

Within the next couple of days, Chris's grandfather, who met me for the first time, drove me to immunologists and dermatologists to get checked out, had biopsies taken on the spot, and received prescribed treatments. He didn't speak much English, yet every morning he came to ask me, *'are you doing okay today?'*. To this day, I'm thankful to him, Chris, Habib, and his whole family for putting everything aside and taking care of me - treating me as their own family.

As my life went back to normal, I began to pursue a career in fitness and bodybuilding and wanted to start living life like everyone else.

The problem was my mental health, insecurities, physical feelings of weakness, and anxiety didn't go away. Everywhere I went, I could feel the consequences of the life I was previously living. I began to notice how different everyone else felt in comparison to me. I thought, *"All I want is to be normal and be able to function and feel like other people without everyday anxiety, stress, and worry; I just want to be confident."*

So, I began reading books on confidence, but I still saw my mental health getting worse. (In the introduction chapter, you will discover one valuable lesson that made sure I wouldn't give up trying, allowing me to believe that this time - I will find a way.)

One evening, I hit rock bottom in my mind. I stormed home, took a herbal supplement to help me think, slammed the door behind me, tossed a notebook on the bed, and said, "***I will figure out what fear is.***".

What followed that night was a series of principles that connected in my mind and combined into what this book is all about – **The QPH Method**. It is about the ability to change beliefs, thoughts, feelings, and how you experience the world.

In a matter of days, I was out of the depressive state I was in and began to see the world reshape itself around me. The guys at work started treating me with respect, asking me for advice, and people began to react to me differently. My feelings transformed from the worst place I had ever been in my entire life to the strongest possible place, an experience I had never had before.

I couldn't believe that I had found something so powerful. And I knew it had never been done before – the ability to change a subconscious belief. Most of all, I couldn't believe change could happen so quickly and so dramatically. So, I decided to test this method once more. As I did that, not only did it work fluently, but – *I found something even more powerful.*

For the first time in my life, I got exactly what I wanted – I've gained *confidence from the within*. I never had to look for it again, and I began to live and be how I saw everyone else.

Even though I knew the power it had, which no one else had or knew about, I never thought for a moment that one day I would write a book about this method. I had found a cure for my problem, and that was enough... It opened doors to a normal life and gave me a sense of finally having control over my own life. So, I set this method aside and continued living my life.



In 2017, I met and started dating a beautiful girl. My life was progressing just like everyone else's. She was beautiful in every way, from her character to her looks, and we had great chemistry. One night, we sat together on the rocks, under the night sky full of stars in Nice, looking and dreaming about the future. After everything I had gone through, this was all I could ever ask for.

Until one day, I was standing outside, telling her, *"I'm going to write a book... about my unique ability... that will help someone change their life... and it will have a key on the cover... being their key to their life, like the way it changed my life."*

***As I said goodbye to the girl I fell in love with.***

For the first time, after a 3-year relationship, we turned our backs on each other and decided to go our separate ways. After what felt like a perfect relationship, our words, actions, and behaviors slowly started to push each other away. I could see all the influences leading to our end. I had enough knowledge of human experience, psychology, and how things work in life. Yet I saw how our relationship was slowly breaking, and I couldn't change anything.

On that day, I experienced something that I never wanted to experience. It was a familiar emotion that I had felt before. It felt exactly like when I lost my dad at the age of 6, something that I never wanted to experience and something that I was trying to avoid.

At that moment, I already knew that my past played an influential role. My past of losing my dad was something I experienced with great pain. I never chose for that to happen to me, yet I had to live with the thoughts, feelings, behaviours, and circumstances that one event created 22 years ago. And I realized the very thing I was avoiding.

I had the ability that no one else had: the ability to change my circumstances, to change myself and my feelings, and to understand and do impossible things. And for one more moment in my life, I felt like I had no choice and no control over how my life was unfolding.

That day, I said to myself, *'This will never happen to me again.'* I will not let another relationship be influenced by my past even one bit. I was determined to change the destiny of my future. I wanted a future where I never feel the same pain ever again. And after finding the QPH Method and the principles governing it, I knew it was possible.

I made a conscious decision to make myself strong and self-sufficient and ensure that I am responsible for creating only the best circumstances in my future.

While most people have a certain level of control over some things in their life and believe others are impossible – I knew that with The QPH Method, I can find a way to control even the impossible bits of life. With it, you can control your fate and reshape reality as you see fit.

Today, I live a life of complete certainty that I am in full control of my life and my future. I have completely eliminated most fear, pain, and barriers from my life and continue to create my dream life. Whether it be in my financial future, making more money each year; relationships, where there are no barriers and only positive experiences; or health, which never takes even a drop of my attention, as I am stronger and better than I have ever seen myself.

After realizing the power of the QPH Method and the ability to change subconscious human beliefs, I have realized that I have something far more valuable than a career in fitness.

While most experts and the help we have in the world today are only capable of improving our conditions and emotions temporarily, I have a responsibility to share with you an opportunity to completely and permanently overcome fear, pain, barriers, obstacles, trauma, or any other negative situations – faster than ever thought possible. This opportunity serves every professional psychologist and individual, providing them with a practical ability to transform their patients' lives for good.

I wrote this book because my newfound method not only improved how I felt but also allowed me to continue with life until the next obstacle comes along. I wrote this book because I want to share The QPH Method, which completely and permanently changed my life.

The ability you already possess holds the answers to every single problem that has not yet been solved in our world today.

*'Human beings have the ability to take any experience of their lives and create meaning that disempowers them or one that can literally save their lives' – Tony Robbins.*

## INTRODUCTION:

### **The First Step to Gain Real Control**

*'There is no man living that cannot do more than he thinks he can'*

*– Henry Ford*

You are more capable than any other species on the planet today.

You can control your life through conscious effort. You have the ability to exert will onto the world – shape it, create it, build upon it, cooperate. You can control your choices and actions. You have the ability to store memory and bring it back into the present moment. You can think about things, conceptualize them, and bring them into the real world.

But what about the things we can't control? Why can't we snap our fingers and become strong and confident? Every day, people live worrying about what other people think of them. We experience moments of pain, sadness, upset, and loss that we can't snap our fingers and change by choice. Sometimes, we want more out of life, but we settle for less. Sometimes, we engage in behaviours that don't benefit us. We spend money on things we don't actually need.

The fact is that just about everyone has felt a desire for something to be different in their lives that they were unable to attain. Whether it's meeting a specific person, achieving a better financial situation, making a business deal, finding a better job, or experiencing a different emotional state. A desire to not feel pain, to not feel stuck.

In 2015, when my body reached its absolute worst and during the emergency call, I was told, "*We can't help you, go to the pharmacy, maybe they can help you.*" I hit a dead end. In that single moment, I

had to let go of all the things I thought I had control over because I couldn't help myself. I didn't see a way to get help, and I didn't see any way out.

I completely let go of all the control that I thought I had, letting go of everything that I believed.

Many people experience this moment in their lives when they reach a dead end. Later in the book, you will discover the meaning of the concept of **'Letting go'** and why, after that experience, people start to completely transform their lives and achieve great success. Experience is responsible for every rags-to-riches and struggle-to-success story, from Albert Einstein to Eminem, J.K. Rowling, Michael Jackson, Oprah Winfrey, and countless other legends.

For me, it was my 1<sup>st</sup> turning point, initiating the journey that would lead to a series of powerful lessons, not only to turn my life around but to find the ability to do the impossible. Right after I had this experience, I learned my first lesson and had a realization.

I had about 5 days left before going on holiday to meet Chris in Lebanon. I have completely embraced the idea of having no 'control'.

As I wait for the trip to Lebanon, I have a few days off from work, so I sit on my bed and watch YouTube videos. I randomly came across a video. It was Will Smith's video where he talks about what leads to success in life.

*"The keys to life are running and reading. When you're running, there's a little person that talks to you and says, "Oh I'm tired. My lung's about to pop. I'm so hurt. There's no way I can possibly continue." You want to quit. If you learn how to defeat that person when you're running. You will not quit when things get hard in your*

*life. For reading: there have been gazillions of people that have lived before all of us. There's no new problem you could have--with your parents, with school, with a bully. There's no new problem that someone hasn't already had and written about it in a book." – Will Smith.*

After watching this video, I have opened several other videos and discovered other successful individuals expressing their thoughts and philosophies. I noticed that many of the greatest actors discuss and firmly believe in the Law of Attraction. These actors include John Jones Jr (UFC Legend), as well as famous actors such as Denzel Washington, Jamie Foxx, Steve Martin, Jim Carrey, Will Smith, Steve Harvey, and billionaire Oprah Winfrey.

I remember having a profound realization. Throughout my life, I always believed that people were just the way they are. If they were successful, they were somehow different, and that was it. However, for the first time, I thought, "*These people are at a different level in life than I am because they think and see the world entirely differently than I do.*" Yes, they do more and encounter certain circumstances and opportunities, but it is their mindset that allows them to have such opportunities.

As my mind opened, I later read the book 'Think and Grow Rich' by Napoleon Hill, which further highlighted one powerful fact – people who have the lives they want think differently than people who do not.

They see the world differently.

This means that all you have to do is follow these people and observe how they think so that you can begin to think like them. And then, success, opportunities, and change will follow as a consequence ***of how you see the world.***

After I had my holiday and returned from Lebanon, this newfound understanding led me to believe that I, too, can achieve success at a level like these people. If I read and learn, there is nothing I cannot find an answer to.

I want you to realize. As I've let go of one thing I was holding onto for most of my life – **control**, all of a sudden, *I grasped it*. After going past the level of fear and passing it, it was right there. After I broke the fear of not being in control, I took the first step, which was changing – how I saw the world. My whole world began to change.

First, my mind opened, and then I began to see things on the other side of all the things I was holding onto, giving me new beliefs, and allowing me to start seeing the world differently.

The next time I reached a pitfall, I wasn't the same anymore. I couldn't be trapped anymore. The information my mind was blocking me from – was wide open. I no longer had 'no control'.

I knew there's a 'way out' - I just have to find it. I could no longer suffer and end up in a dead end with 'no way out'. Because of this fundamental realization, that it starts with how you think, what you believe in, and how you see the world, it showed me - **I'm in control of my life**, my problems, my circumstances, and I'm responsible to find a way to overcome them. When you hold this perspective, your mind is open to finding all the answers.

You just have to find them.

If you give away all control to the world outside of you and hold on to everything you believe about the world, you are, in fact, in a prison. Because if the world doesn't come through and your beliefs block you from seeing potential, you're done. You are at the mercy of a place that you have limited control over. Because you can't

control the weather, you can't control other people, you can't control the circumstances that come into your life. You can only control your mind. And through your mind, your body.

There will be people who can relate to the experience of going through a phase where you embrace your fear and 'let go' of all resistance to holding on to it. And there will be people for whom it sounds perfectly clear, but to really understand what I'm talking about – you have to feel it. Experience it. Really know what that means. While I don't recommend putting yourself through fear or trying to embrace it, I want you to notice one thing.

It is with the mind that we control our lives, our destiny. What we believe is what we see, and beliefs can either allow us to see things or blind us. This is because beliefs are not just on the outside, such as saying "*I believe in aliens*" or "*I believe I like chocolate*".

Beliefs are all of our experiences of the past – good and bad, which can either give us a path or prevent us from going places. They can open doors to opportunities or close them completely. Believing is the differentiating factor between a person who is in control of their fate and a person who is at the effect of it.

For 23 years of my life, I lived one kind of life. Life was happening, and I was in control of my conscious thoughts, actions, and behaviour. And for the first time, I found that by influencing the subconscious mind, thoughts, and beliefs, you can open new doors in life. You can begin to see things you've never seen before. There's so much more possible.

All of the things I was holding on to, were '*the only things I knew*'... The safe zone.



In the following chapters, you will find several powerful principles that explain exactly how to take ownership of your mind and overcome the blind-spot that prevents us from finding our way. You will learn why people fight each day to maintain their view of life, every belief, and every perspective of how the world works. Additionally, you will discover how everything is created in your life right now, both internally and externally.

While there are people who go through this experience of '*Letting go*', and people who will never experience it, the key point is this. **Everything happens for a reason.**

## **Principle: The Key to Success**

*'At the end of every principle is a promise' – Eric Thomas*

What you'll find in this book will show and reveal to you a series of principles. Principles are something much more powerful than a one-trick pony, 5-hacks to a happy life or 10 steps to confident body language.

Principles take years to recognize, identify hardly visible patterns, and simplify them to understand - Why things work the way they do?

People suffer in the world because people want things nice and easy. And that desire for 7-minute abs makes them fall for every tip, trick, hack, and step-by-step method without ever acquiring enough experience to understand what works and what doesn't.

This is the reason why I never obtained what I wanted when trying to improve my health or boost my confidence. I fell for every shiny

new object, spent money, and got no closer to finding a complete, lasting solution. And worst of all, it wasted years of my life.

**Principles are constant.** They define how things in life work. They can be replicated. And they are far more powerful than anything else you can learn in life. When you acquire principles, it changes how you see things. You begin to see those patterns that were once invisible. And when you look around - you see them in predictable places. Things begin to make complete sense. And if you pass them on to someone else, and they apply the same principles - it cannot help but work the same way.

This is what defines the greatest genius in the world and the highest level of experts. They see the principles and know the rules of the game - the invisible things that make the biggest real difference. It's not just something that was read online from a 16-year-old blogger. It's not just receiving a textbook, reading it, and going out to preach it to everyone.

Principles are powerful because people go through thousands and thousands of pieces of information, practice it, observe it until they begin to identify patterns. It takes money for resources and books, years of practice, and a passion for the subject to persevere through the endless hours of work. But with time, they begin to see the bigger picture. All the dots begin to connect. They apply it, replicate it – understanding why things work the way they work, and why they work 100% of the time.

When you achieve this level of expertise, you can come in and immediately see why things are working and, most importantly, why things aren't working. You can identify faulty beliefs,

misconceptions, or vital points that people are overlooking in their pursuit.

Therefore, if you've ever read a book only to serve as a temporary emotional band-aid, you need to understand that these principles will make all the difference.

You don't need to learn, you need to understand - why. According to author and speaker Simon Sinek, who speaks to Fortune 500 companies, it is one of the most powerful words in our language. It is based on the most powerful law of the universe - *The Law of Cause and Effect* (You will discover how to practically leverage this law in your life in Chapter 3).

While there are dozens of principles, this book contains the essential principles I have put together. These principles will give you the power to transform your mind and your life as you see fit, so that you can begin to control them in ways you never dreamed possible.

In **Chapter 1**, you'll discover the most powerful principle that keeps people blinded to how their experience really gets created in life - where all of our life experience comes from and why people don't have full control or the ability to change it.

You will know exactly how to acquire a skill that holds the answer to every pain, problem, obstacle, or invisible barrier in your life. And when you acquire this skill, you will be able to use the QPH method to its full potential, controlling your reality and all the things you didn't know you could control.

In **Chapter 2**, you'll uncover the most powerful human ability that was given to you by God or whoever you believe in. It's an ability that you already have, yet no one has revealed it to you. It's the ability to change your subconscious mind, rewrite beliefs, memories, and feelings that control your life in the present moment and direct the course of your future. This ability is unknown to people because no one has ever connected these three powerful principles into one practical action (*QPH method*). Hence, no one has ever been able to find such power, and no one has known about it for thousands of years. It's amazing how simple and easy it is to use.

And in **Chapter 3**, you will learn the most powerful aspects of creating your experience and what it takes to transform the biggest problems, events, obstacles, and pain in life. You'll discover how the QPH Method and the ability to change beliefs can be used to reprogram and recondition the mind from all negative conditions of the past - which create invisible barriers to our highest success, courage, fulfilment, and freedom. This chapter is about predictably course-correcting your life to end up exactly where you want.

In essence, the first chapter gives you the ability to **see** the invisible part of your experience. The second chapter gives you the ability to **choose** and control your experience. And the third chapter gives you the ability to achieve true **freedom**.

From each chapter - to sub-chapter, you'll find principles which will show you why things work the way they do. After which, you will begin to understand all human emotions, conditions and situations. And you will know exactly why they are unfolding the way they are. Without chance. And more importantly, you will have The QPH Method, which will give you choice, to choose your life at the snap of your fingers. As fast as you can make a decision.

People charge from anywhere from £999 to £15,000+ and it often takes months to even years to help individuals achieve confidence, self-esteem, and overcome personal problems, obstacles, or even life disasters *(sometimes merely improving their emotions temporarily, allowing them to move on, without a complete fix)*.

What you will gain from this book alone will surpass losing all that money and missing out on precious time, giving you the ability to do it yourself and be in control – and do it in the privacy of your own mind. The power of the QPH method is more than enough to help you overcome the biggest hurdles in life or transform life to a higher level. And you'll discover that this ability is far more valuable and powerful than just solving one single problem.

What you'll find is that there's no one teaching this or having expertise in the area of changing life experiences through controlling subconscious beliefs. I am the first and only person specializing in this area, making me the sole source of information where you can learn about real, permanent, and visible change. Throughout the book, I will show you how I stand behind my words.

The QPH Method is a once-in-a-lifetime discovery that may come only once in hundreds, if not thousands, of years. While some of my students compare it to the level of a Nobel Prize-winning discovery, I can only recommend that you seize this opportunity and acquire this new ability. As the word spreads about the book, and as you read and recommend it to others, more and more individuals will grasp onto this ability and utilize it to their advantage. You cannot afford to be left behind. Take advantage of this opportunity to become all that you can become.

## Beliefs That Make All The Difference

*'He who says he can and he who says he can't, are both usually right.' - Confucius*

What you're about to learn in the following chapter is responsible for a power that no human being is currently capable of.

A power to gain control of the subconscious mind. Which gives you an ability to reshape life in the present moment, change your past experiences, and change the course of your future — **at will**.

Not only do these principles hold the solution for every pain, problem, obstacle, and barrier that we don't yet have solutions for, but they also address a range of issues. These include a lack of self-qualities (*such as self-confidence, self-esteem, self-love, self-fulfilment, etc.*), psychological mental health issues, financial problems, and the distinguishing factors between success and failure in achieving our desires.

People think of beliefs as believing that '*Aliens exist*' or '*I know I like apples*' or '*I believe in God*'. Chapter 1 will explain the greatest loophole in our lives that makes us see beliefs as something of 'outside value'. Contrary to what we're led to believe, this book will show you that beliefs are not just a continuation of a sentence '*I believe in...*'.

Think about it: you have as many as 50,000 thoughts a day. On average, 95% of those thoughts are the same as yesterday, repeating daily. 20% of all your energy goes to the brain for a reason. That reason is not only to make your heart beat at a perfect rhythm or to keep your blood pressure flowing. It is also not just to maintain your body temperature at exactly 36.7 degrees. No, all

these functions require their own energy to be maintained throughout your body.

In fact, 20% of all your body's energy demand is sent to the brain, which connects directly with your eyes and all of your body's senses, projecting your BELIEVED reality into your life each and every second. So, your mind is more powerful than you may think.

Imagine everything that you have learned to believe to be painful and pleasurable, and every association that you have ever made – is stored in your subconscious mind. From there, it is being projected into your experience. The way you see every circumstance directs your life, giving rise to every thought, feeling, and desire to act.

Every memory shapes your beliefs. For example, when you burn a finger, that experience becomes a memory, a belief of how painful it is to touch fire. The next time you engage in the same situation in your life, this belief dictates your thoughts, feelings, and behaviours. Most people are unaware that the same principle applies to everything we think about ourselves, our lives, and what others think of us.

If you learn to believe that life is hard, you will find it difficult to go through it. If you believe people are greedy, you will be cautious with every step you take. If you believe you are unlucky, bad luck will find you. Your beliefs and your mind are like a projector, putting up an image, frame by frame, for each moment in your life.

That's where our thoughts, feelings, and desires come from and connect us to the world. This is where self-confidence, self-esteem, self-sufficiency, self-respect, self-importance, self-love, self-quality, worrying about what other people think of us, courage, social ability, weak and strong feelings pre-determine our experience. As

we go along, you'll discover exactly how our experience is created and how you can change it.

Think about having the power to take control of this process. Imagine being able to reshape how you think, feel, and act. How you see yourself - and how others see you in return.

Right now, if you love strawberries, can you decide not to like them anymore? No. If you're going through a breakup and it feels painful and makes your mind spin, can you change those emotions right then and there? No. If you had the ability to control this process, you could do anything; you could endure and overcome anything - you would be invulnerable. The possibilities would be limitless. The power of such an ability is beyond anything imaginable.

The problem is that most people give away that part of control, to be dictated by the world. Dictating how we see the world, what we think and feel about ourselves, our capabilities, possibilities, and opportunities that we will either open or close ourselves to.

For 23 years of my life, I viewed life in the same way, believing that "I was in control of it." I never knew there was a different level of control that was even possible. Everything felt like it was "set in stone."

The confidence that I had was based on what was going on in my life and how I was dealing with it. The relationships that I had were through the capabilities that I had at that time. My ability to earn money, spend it, and maintain my life was based on the natural behaviour that I had and how everyone else lived their lives around me. My health had ups and downs, and I just went through with what was going on. I thought that was all there is, and I was living life just like everyone around me. Like my parents taught me, school



showed me how I saw people around me. This is a natural way of life, or so I believed.

People think they already have control over their lives. They believe they can think, act differently, and change their situations and circumstances. However, most of the time, their control conflicts with what they want. They want to be fit and healthy, yet choose to watch Netflix and postpone going to the gym. They want more money, but they don't take the right actions to attain it. They want a better relationship, but things seem to happen out of the blue, and there are always ups and downs. People want more, but often have to settle for less.

What follows next is often a series of excuses to cover up the mishaps in their lives, to explain why things are the way they are, and to numb their own pain, misfortune, and shortcomings. They seek to escape these difficulties through momentary pleasures while attempting to maintain the illusion of the life they believe in.

You see, if you give away so much control to the hands of others and the circumstances of life, life becomes too shaky. One day you feel happy, until you don't. In one area of your life, you have complete confidence, until you find yourself in a different place and time. You want one thing, but your mind and emotions say 'it's not the right time'. You're sitting with friends, laughing about the good times, and then you go home and feel lonely. You make one good business deal, things seem to be going right for you, and then you lose some. During hard times, people want to overcome their problems. The moment they feel better, the problem is solved. Until the next thing comes along. And when you look back, life seems to pretty much match the self-image that you create from all the things happening around you.

People understand the concept that if you want your life to become better – you have to become better. At different times in your life, you have to work on yourself. Deep inside, you know how much more you deserve. And this is probably one of the reasons you're continuing with this book because you want more out of life than your current circumstances dictate that you can have. Intrinsically, we all have these feelings. And it's not by accident.

You see, deep inside, we know what we are made of. We know that we can overcome obstacles, become stronger, deserve more, and open doors to new opportunities in our lives. This deep feeling inside of us gives us faith and determination to persevere. It allows us to keep going. Deep inside, you know the person you deserve to be.

The problem is that often our minds and circumstances discourage us. Things happen, and feelings take over. We can't help but cope with what's happening.

You see, the point is that you already have the most viable asset there is: your mind and your body. Combine these things with the right mindset, and there is nothing you cannot do. There is nothing you cannot be, do, or have. However, you have to recognize where the greatest conflict in life lies. It is not in your checkbook, it is not in your relationship, and it is not in your health. The greatest conflict is always happening inside your mind. Regardless of what is going on outside in your life, those very same situations – somebody has viewed them differently, taken control over them, and overcome them.

Just as I mentioned in the introduction, the same goes for achieving the highest level of success. If you examine millionaires, billionaires, successful actors, top athletes, the wealthiest and happiest individuals throughout all time periods – they grasped this concept.

They cultivated their minds, adopted philosophies that contributed to their success, and perceived the world differently. (*Refer to the initial pages for their expressed beliefs.*)

There are two types of people in the world: one who believes he's at the mercy of life and all the things that happen to him, and the one who believes he's taking responsibility for the things that happen to him.

If you look at the person who believes he's at the mercy of life, he bases his self-image on the life and circumstances he's in. When he does that, he may believe that's all he's worth. When he believes he is worth very little, he receives very little. Going through life blaming his circumstances, other people, politicians, or even lack of luck. All of this is being expressed in the way he walks, talks, and the things he avoids doing. He always has a reason for limitation, lack, it's not enough, this is not for me, rich people are evil, she's a b\*tch. The more he maintains his outlook on life, the more he receives the very little that he expects.

Imagine being someone who is advancing forward. It is up to you to go through everything necessary in order to get what you want. You believe you can turn things around, and so you do, regardless of people who tell you "No" or try to pull you down. Your self-belief is expressed from within - in the way you talk, walk, and do things. While we tend to like people who are similar to us, when we see someone like that, we begin to believe these types of people are somehow "special". And because others see us exactly how we see ourselves, you continue to grow in the estimation of your success, your results, your self-image, and in the eyes of others.

You can never be broken down because you believe – you are equal to the emergency. You are responsible, not for what happened to you, but for how you will take it and how you will make it.

You have to make yourself strong and be in control of your mind and 100% of the things you can control. Today, there is no single issue, problem, or obstacle that I cannot solve in my life. There is absolutely nothing that can happen to shake me off, make me feel sad, upset, or unable to move on. I have made it physically impossible, and I am predictably moving to the highest success of my life **at will**.

I believe that I am responsible and in control of every possible circumstance that comes my way, and it is up to me to change it. I am in control of my confidence and never lack any. I never struggle with how I feel. I never worry about what people think of me. My financial situation is not determined by the possibilities set out by the world. I have motivation wherever I choose to have it. Life cannot knock me down and make me feel sad, depressed, or unhappy. I have become a pioneer, an author, a businessman, and a coach for thousands of students throughout the continent. I have complete control of where I am going and where I know I will end up for years to come.

And all I had to do was let go of the safety net - of what I thought life was. I had to challenge what I believed and was holding onto.

You have to challenge your beliefs and your view of the world. You have to strengthen yourself from within so that nothing on the outside can sway you or dictate how you should see yourself, how you should feel about yourself, or how you should feel about the things happening in your life.

You have to become able and capable to acquire strength from within, not from outside. So, you could carry the qualities and feelings that you want to have with you and discard the ones that don't serve your life. This will allow you to believe that you can achieve and acquire anything outside of yourself - **and that you actually do.**

All it takes is what it took me – to let go of your safety net and challenge your worldview. Open your mind to the possibility of a new perspective. Because sometimes, one simple change in your perspective can help you create the life you once wanted it to be.

It's not mumbo jumbo, woo-woo mystical and spiritual way of '*manifesting*' and '*getting what you want, simply because you want it*' type of thing I'm talking about. It's somewhat more practical, psychological, biological, and physical.

I have never liked Psychology. In fact, this book is not about Psychology. There are no personality tests, complex concepts, or confusion that you have to go through in university. But after reading the book, you will be able to surpass many experts who are merely trying to help with Psychology, mindset, life coaching, or personal transformations. This is because you will find only simplified, quickly explained core principles that always work. You will simply begin to understand why things work the way they do.

This book is about changing perspective and understanding how the world really works, allowing you to gain responsibility and control over the principles that define life itself. And combined with the QPH Method - you'll gain a physical ability to transform the

parts of life that you are in control of (*even if you didn't know you could control them*).

All that is necessary to gain complete control over your life is within the first principle, covered in the Introduction and a prerequisite principle, which you will find here in Chapter 1. The following principle is a powerful skill that allows you to gain control over your experience. Without this skill, you will not be able to use the QPH Method and the ability to change beliefs. And without it, you will not have full control of your mind and your life.

Once you understand that your greatest asset is within you, you will then have an opportunity to acquire all the necessary principles of the QPH Method, the ability to control your life through your mind. However, it will still be up to you to believe in it and make use of it.

You have to ask yourself, is the life you have right now enough? Or do you want to find out how much more there is to it? Are you good enough the way you are, or can you become better for the life you have and for the people around you? Do you want to settle for "*it's enough*" or expand your boundaries and discover how much more there is to life and all of its colours?

Most people in today's world are in need of the ability to strengthen their minds. From teenagers wishing to be different until they fall into depression, to people who have experienced trauma, individuals with fears and anxieties, those facing financial barriers and who raise their fences to protect themselves, people suffering from sadness, upset, and depressive feelings, and individuals with post-traumatic experiences. Lack of self-confidence affects people

who feel they have insufficiency, lack something, or feel unfulfilled. Even if you just want to take your life to a higher level of experience, fulfilment, joy, and satisfaction - you need to take advantage of this ability that gives you control over the one thing you came to this life with.

You have to shape your mindset and create it in a way that serves you and lifts your life to new heights. Think of all the experiences you wish to have but haven't had yet. Think of all the places you want to go but haven't been to yet. Think of the ideal life you want to create.

This book is about realizing that life is not JUST 'happening to you', and it's not JUST 'on the outside'. When you realize that, you'll understand - nobody's coming to save you. You have been given one body and one mind in the arena called life. You only have one thing that you are able to exert control over.

ONE. Which is within you - **your mind**.

*'Until you start believing in yourself, you ain't gonna have a life' –  
Rocky.*

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



# CHAPTER I: DISCOVERING A NEW WORLD

## Finding Self-Qualities, Pain, Barriers, And Solutions

*'You have power over YOUR mind – not outside events. Realise this, and you will find strength.'* – Marcus Aurelius.



There's a uniquely powerful skill that is highly overlooked in our lives today. Inside of which, lies an ability to permanently eliminate barriers and solve problems coming from within and on the outside – *for good*.

The lack of it is what gets people caught up in a never-ending cycle of reading self-help and self-improvement without ever getting ahead. It prevents people from finding the real, complete solutions to their problems and makes them settle for temporary changes in perspective, emotions, and excitement until a new problem or shiny object comes along.

Many people refer to this skill as *self-awareness*. However, it goes beyond just our understanding of self-awareness because a significant aspect of it involves self-discovery. Many individuals only grasp the concept of "being aware" as an ideal and a beautiful fairy tale symbolism, without knowing how to utilize it to their benefit. In contrast, ancient philosophers excelled thousands of years ahead of their time by harnessing this skill. Even today, their words, quotes, and wisdom continue to resonate deeply within us.

Because they knew that within the idea of self-awareness, **there is a blind-spot**. This blind spot hides the source of all limitations, weaknesses, problems, and pains in human lives. It is like a secret place where everything occurs. Thousands of years ago, they knew that it is the fastest path to true wisdom.

The world is full of confusion and misdirection. Since the start of 2014, I have spent and invested over £5,500 on courses and books, reading over 350 books. Every time you read a book, you gain a new "perspective" and learn something new. It feels great. You feel inspired. You go out into the world and think, "Now I know what to do, let's do this." And I have realized that many times, simply changing your emotional state, feelings, and gaining a new perspective can make the problem go away, at least for a while. It can make things better and allow you to move on. I have gone through this process over and over again with each book, but I couldn't settle for anything less than becoming confident and like everyone else – where I always "have it." As a man, I wanted this problem fixed completely.

Because I feel like every time I'm reading a book, it inspires me, I go out there and put it to work, and I feel even better. However, every time that excitement and belief fade, I find myself drifting back into the same undesirable circumstances and onto the next book. On confidence alone, I've read every book out there and felt like I haven't found that complete and permanent solution.

While it is great to have your emotions in order and the ability to leave the past behind, sometimes the past haunts you. Conditions come back. For example, I've consulted with half a dozen people who have experienced problems in their lives, whether it be divorce, breakup, financial loss, or any other impactful event. What you'll find is that once you "get over it" and stuff it in the past, thoughts

often come back. With those thoughts, emotions creep in. With the next relationship or opportunity - doubt and worry become bigger. It's like a quiet voice that builds new barriers and the same problems creep right back.

In the world, we have many experts and even CBT (Cognitive Behavioural Therapy), which deals with restructuring your life and changing your emotional state. It's like a band-aid. It's like never looking at your shadow, hoping that it's not there anymore. You can temporarily fix the problem, yes - sometimes that's all we need. Or you can change the entirety of your future, making sure you never stumble again.

Without overcoming this blind spot, people are doomed to wander in the world, with most of their obstacles only temporarily fading. This gives a false perception of control and a belief that the world is a certain way. It is like trying to control an airplane, thinking you know where you're going, without realizing it is actually on autopilot. Without ever '*seeing it*' where their limitations, weaknesses, lack, pain, fear, procrastination, shame, guilt, anxiety, worry, mind-wandering, depression, grief, trauma, feelings, undesired situation etc. really come from.

If you want to make real changes in your life, and undoubtably turn it into your dream life, you have to have complete solutions. To have complete solutions, you need to know where the problems come from. You have to understand the underlying principles which bring them into our lives.

You can attain this '*vision*' with only one simple step. All you need is a simple shift in perspective. And in the next chapter you'll discover what that secret blind-spot really is, how it occurs in all of

us, without our fault, and how you can begin to '**see the invisible**' without doing any work outside of you.

Without this '*vision*' and ability to see how your experience is really being created, I wouldn't have permanently came out of depression in a matter of days. I wouldn't have acquired permanent confidence everywhere I go. And I wouldn't have been able to recondition my mind for success in business, relationship and attain true fulfilment in how I live my life. And I'm not talking about coming out as if '*feeling better*' and moving on. I'm talking about going to a whole different extreme into the highest level of self-confidence in a matter of days. Permanently. To where I could never become depressed - **ever again**.

Everything changed after I've found the root cause of my problems. It wasn't something that merely gave me excitement, changed my emotional state and allowed me to move on. It was a complete transformation, like in an alphabet going from point A all the way to Z. A complete 180-degree turnaround and attainment of what I wanted – on demand.

I want people to see a world I have never seen for 23 years of my life. And the first step, is to unplug the blind-spot, which was created early in our lives – without our choice.

## **Human Blind-Spot = Struggle To Find Answers**

*'The greats think differently, the greats see differently, the greats have a different world view. Do me a favour - think about what you're thinking about, when your effort is low. Because if you can get this - you can get any success in life, you can have anything you want in life if you get this.'* - Eric Thomas.

Most people are trapped in a single understanding of the world, never exploring the '*alternative*'. And when we collectively go through life the same way – it becomes like a certain brand of pair of glasses that we all learn to share and go through life with together. The limitation becomes the norm.

The limitation I'm talking about is developed when we are young, and we live with it for most of our lives, never really tapping into its potential. But I'm here to warn you that if you master this ability, the QPH method will become clear as day to you. Any problem you ever face will never be a problem; you will be able to take any weakness and turn it into your greatest strength.

So, let's agree on the two facts.

**First** - *you can't fix the problems you don't see.*

**Second** - *you can't fix the problems where they don't exist.*

Throughout this book, these two facts will reveal why people struggle to completely solve and overcome certain problems in life: procrastination, wealth-mindset barriers, breakup pain, fear, lack of confidence, lack of courage, social anxiety, trauma, unfulfillment, unhappiness, depression, grief, etc. Typically, they only improve how they feel, change their perspective and behavior, and move on without attaining a clear-cut understanding and a 1-2-3 solution.

This next point is very important to understand.

Our Beliefs control how we see the world. If we believe the world is the way that it is, *we never challenge the mechanism itself*. We can't see it *working*. It's like you're looking at the movie and feel feelings without really understanding where the movie is coming from, believing it's real. Without realizing, there's a projector - how it

creates your images, is what makes you feel your feelings. What images are there and about to occur next?

You're just at an effect of what you see. And because it makes you feel – **it feels real.**

Throughout history, the smartest people in the world, from philosophers to scientists to the greatest artists in the world, also understood the power of question. They questioned everything. How do things work? Why do they work the way they do?

And there's one question that reveals this human-blind spot. One question that opens doors to a whole new world. A world where all the answers already exist to every problem you could experience. Without a chance. And with complete clarity.

- ***'How your experience is being created?'***

Do you know why you feel your feelings? Do you know where they come from? You might think, 'Yeah... my body'. And you would be right. But something happens when you go one step further...

I never questioned this because I didn't see a point. Life was good enough as it was. And I didn't know better.

But after I stopped using all the drugs for my auto-immune condition and finished the second treatment, I began to feel anxiety. Every time I speak to people, a feeling inside would take over. I felt weak... I thought I simply crashed from the drugs. But the more time passed, the more anxious and stressed I became. I began to worry, 'Maybe the drugs were too strong...'. Maybe my body stopped producing natural hormones... Every time at work, I see a girl come, I feel like I don't know what to say, I feel anxious, worrying about what might happen... might not happen.

I began to look for books on confidence, *believing* that I could find a way out. Every time I read a book, I felt inspired. I practised everything written inside and moved ahead with a different perspective.

As a consequence of how I felt, I began to drink more. I would go out with Karolis, my best friend, as often as I could. Other times I would drink with the guys after work, from rare occasions turning into even four times a week.

The next day, I'd feel even worse. My hand would shake. The guys at work would get frustrated, saying, 'What's wrong with you?', 'You keep making mistakes. I began to feel like many of the things I was doing were wrong. And every time I look at the guys or other people, I notice how different they feel. I could feel... that they could express themselves while I couldn't.

Because of the lesson in the introduction, this time, *I believed* I can find a solution to any problem. I saw life differently, I saw opportunity. Even though everything kept going worse, I continued to read over 100 books on confidence. While each book helped me to feel better temporarily, I kept getting more and more anxious.

Until I picked up a book, that would, would change my life forever.

The book was 'The Power of Positive Thinking' by Norman Vincent Paele. The next discovery wasn't in the idea of positive thinking. In fact the book is not even about what I've got from it. But from the ideas within the book, I got a valuable epiphany come up. To this day, It is the most powerful thing that allows for transformation beyond anything you could expected. And it went along these lines.

*'Right before you have a feeling, there's a thought. If you can hear those thoughts, you will become aware of your inner dialogue. How*

*you speak to yourself. And what's more important – most of these thoughts go unnoticed by people.'*

The idea of 'mental chatter'. That the mind never stops producing thoughts. And that sometimes, we don't see them, and we don't hear them. When life takes over when emotions take over, we are busy responding... and many of those thoughts go unnoticed. They are the thought coming from subconscious mind.

At that point, I was desperate. I was willing to try and do everything. So, I went to work and began to try and catch these thoughts. Some days at work were quiet, so it was easy. During other moments, it was extremely difficult. Problems happening, conflicts, interactions – 'there's no time to introspect like that'. But I kept trying, and I began to notice something new.

Every time people come over, when I talk or do something – *I begin to hear my thoughts*. The thoughts appear right before the feeling. And they go away as fast as they come in. If you're not paying attention, you'll miss them.

The problem is people think they hear their thoughts. They have them, 'what are you talking about – you didn't hear your thoughts before?'. But this is not what I'm talking about.

You see, just like you, I always heard my thoughts. Good and bad. What I'm going to do and what happened yesterday? Opinions about people. Making plans and forming opinions...

But this was different. It's like you catch the thoughts you have never seen come up like raindrops that fade as fast as you see them. They are thoughts that are one level beneath your conscious thoughts. After hearing them, I began to notice.



As I begin to see the thoughts come from my subconscious mind – **they're all negative**. Every time a girl comes over, and I try to say something or avoid saying anything – *I'm blaming myself...* It was always negative thoughts coming in. 'That wasn't good what you said', 'I'm always making mistakes' etc.

When I began to see what I didn't see before, I began to feel even worse. Because, I tried preventing those thoughts from coming in, but I couldn't. For the first time in my life, I understood - I wasn't fully in control of my life.

At the time, I couldn't explain why those thoughts would come up. Where were they coming from really? But I began to understand **two critical things**:

1. It was my thoughts that were somehow the reason for my feelings. Thoughts always came in first and then I felt bad.
2. There's something more to creating these feelings that I was previously not seeing. *I always thought that the life outside of me, was causing and creating my feelings.* And now I saw, they are coming from 'inside'. *From my subconscious mind.*

This reality was no longer possible. The feelings were coming from within. Not from the world outside of me. I realized my mind was making me see and feel that way, it wasn't that something was wrong with me.

I realised - I was facing the wrong way...

The first lesson in the Introduction section was about the understanding that we can think differently. We can see the world differently. That there are patterns between how successful people think vs other people. That if you believe that there's no way out – *then there isn't*. And if you believe that there's a way out – *then there*

is. That our lives are only limited by how we think. So, if you change how you think, you will change how you see the world. Changing your experience in life. And you can always do that, through finding how other people overcame their obstacles.

But this time, I realised that it's not just about 'a perspective'. That you have to think differently.

Instead, every single thought you're having is leading you to a feeling. Coming from your mind, and leading you into your experience. Connecting to the first important lesson – if you want a different life, if you want a different experience, you have to change your thoughts. **You have to gain control of your mind.**

*'You may not always be able to bring your unconscious mind activity into awareness as thoughts, but it will always be reflected in the body as an emotion, and of this you can always become aware' –  
Eckhart Tolle*

Fundamentally, your mind controls your experience, from how you see the world, how you feel about it and how you interpret it. It's not the outside events that influence how you feel – it's the meaning that you give them.

## **Why We Can't Control Certain Things In Life?**

*'The ability to observe without evaluating is the highest form of intelligence.' - Jiddu Krishnamurti*

There's something extremely unique about this perspective.

You see, when we are born, we enter this world and the first thing that happens - *we begin to learn how the world works*. The science

of Psychology already connects most of the dots tracing back to our childhood.

Our parents teach us - what is what.

*(and what is where...)*

They show us that the word 'chair' means this squeaky thing that needs replacing. They show us 'that's a puppy'. Introduce us to other kids and people and they show everything around. And this happens for every neighbour babies we have. Therefore, we quickly mutually agree that we learn the same stuff. And even as kids, some kids know more than the others, so we teach and share with each other. The problem is – ***we learn to only face the outside world.***

Very rarely, a parent will teach you how to introspect. How to examine your own emotions. How to cope with the world – inside. And what it all means. It gets passed down from their parents, from generation to generation.

And therefore, we only learn to live, interact and react to the world outside of us. Only naturally being aware of conscious thoughts, when we put the effort to think, plan or consider things. But the world is always '*out there*'. And we learn to believe that what is '*out there*', is what makes us feel. Leading us to the next moment in time. And the next feeling.

That's why it is a blind-spot. For our whole lives, we are trained to live in the world '*outside*'. Without ever receiving any vision, awareness training for **introspection**, especially as things are happening and we are moving with the world *outside of us*.

The point is, it's not that people don't hear their thoughts. It's that people don't hear their thoughts **WHILE** they face the '*outside world*', react, feel emotions, act on it and are at the effect of it.

When they focus on the outside experience, they miss, and are unable to see those thoughts fly in and all the mental chatter going on inside. Which makes people never see the relationship of how their thoughts connect to their feelings. That it's not the experience causing the feelings, but **their thoughts about the experience.**

This makes people rely and pass on responsibility to the '*outside world*'. The *outside forces* are 'the reason'. People believe it's the things I see and feel outside, that creates my experience.

Giving away all control, people begin to react to their own beliefs and views, 'he's a di\*k... I knew he's a narcissist' or 'I knew all people just want to take advantage of me', 'I should do x, maybe then I can get what I want'. That's when we become reliant on things, possessions, people and circumstances to get what we want. That's when we pass blame. Find reasons for why we can't be or have something. 'They were lucky, that's why they made all that money'. And that's when we don't see a '*way out*' from certain problems and our situations.

The biggest problem however, is when a person is wanting to feel '*self-confidence*' for example. Then he is constantly looking outside - trying to get people to like him, 'I need to say this', 'I need to improve my body language'... Jumping from one thing to the next and falling for every shiny advice and magic trick, that will make him '*more*' confident. That he needs to change his 'actions' and that's what will make him feel '*more*' confident. This is the shift in perspective. That I'm going to do something '*outside*', and get what I feel I lack '*inside*'.

We look at everything, being attained through the '*outside*' world. Because we see the relationship between us - and the world. But we don't see the relationship between us - and how we are creating our feelings and experience from *inside*. Where is all really coming from? We are not fully aware of the process taking place inside. Better yet – we don't truly understand it. We've never been trained for this...

So let me emphasise this. **It's a skill.** And most people are only trained to manage the world '*outside*' and not manage their world '*inside*'. In fact, we get trained that way collectively. And we begin to share the 'same view' with the people around us. Until eventually, we become blinded to - how our own beliefs, associations about the world, our thoughts shape that *outside* world we face. Shaping our actions, reactions, interactions, feelings and who we become.

People call this skill self-awareness, while some call it mindfulness. I see it as a cure to blindness and here's why.

### **How we give away all control**

People who don't have this ability are always at a disadvantage. Because they react to life. Life happens to them. They only have control and influence on a level where they interact consciously with the world.

If you go online and look at people trying to improve their self-esteem, confidence, appearance, power what do you see?

'Fake it till you make it', 'You have to change your body language', 'You have to smile like you have confidence,' 'You have to feel the fear and do it anyway,' 'You have to count till 3 or 5 and do it', 'You have to do affirmations... self-hypnosis' or other bs that doesn't

work and leaves people searching for more. It's like having a half-empty glass, and someone made you believe that by doing something '*outside of you*' or '*Affirmations*' you will magically fill your cup and your feelings will go away. It's the temporary placebo effect. Believing that something will help, and so it feels like it does.

But does the problem really, completely, fully and permanently go away? It doesn't.

Most people fall for the conviction of other people, who ALSO believe that the world is '*out there*'. They try that thing. And **they feel good temporarily** (*from excitement, belief, and feeling of progress from taking some form of action*). But eventually - end up back where they were. With a half empty glass, looking for the next thing, to fill it up again. And it's so easy to fall for the next thing, hoping that '*maybe this is it...*'. People are afraid to miss out on potential value. And are easily swayed to believe in the new thing. And then tell others about it. That's why collectively we have plenty of advice, methods and experts. But we don't have clear-cut complete solutions to many of the problems in our lives.

I'm sharing The QPH Method with you, because it deals exactly with this issue. It completely and permanently solves all the problems, that people have no real clear solutions for. It fixes them at the very root of where the problems exist. And it is the only thing in the world that exist, to snap your fingers, and permanently and completely give you confidence, power, good emotions. Everything that comes from within us.

One of my clients in Scotland, Sydney, while she was away in university doing her second degree, her parents had a car accident, they got hit by another car and didn't survive. After the incident, she couldn't recover. She blamed herself for what happened, even

though she wasn't there. Until eventually she fell into a life of depression. She has seen a psychologist, did CBT which helped a little, but she said 'I still feel like my life isn't how it used to be, memories, thoughts and pain keeps coming back'. And even though it years have passed, it still affects her life.

After she began to practise self-awareness, she began to see how her thoughts were all blaming her, throughout the day in various instances. Saying things like 'I shouldn't have went back to uni', 'If I would've been there, things would've been different', 'I'm responsible for what happened', 'it's not worth being alone' and so on. She practiced self-awareness only briefly, because I just wanted her to **see her thoughts first**. To realise, it's not life making her feel that way, it's her perceptions of her past. And that it was her thoughts, creating her feelings and not the life that she's living '*outside*'. After she began using the QPH method, in a matter of days, she came back, saying how unbelievable she feels, that she was finally able to move on without those thoughts and emotions haunting her. She no longer saw herself as the victim of the situation.

Most people base their self-value on the things outside, because the worlds convinces us 'You're only valuable if you're beautiful', 'I don't have big muscles, that's why girls don't look at me', 'I'm not rich like they are', 'There's nothing special about me', 'Only when I have a car I can become someone'... And when people attain these things – it's still not enough. It doesn't fill the void inside. Because you can't find something on the outside, if it can only exist inside. People are bound to never feel – enough.

When you combine this understanding (and better yet, develop a skill) – you will have an opportunity to do the impossible, and have complete solutions for things that people just can't seem to solve

and overcome. The things that people live with and settle for their whole lifetimes. And when you combine this skill of self-awareness, with the ability to control that 'inside world'– The QPH Method, you'll have full control of your life in the '*world outside of you*'. All at the speed of a **decision**.

### **Self is always coming through: Why people see us exactly how we see ourselves**

The world outside and within us is connected more than you could ever imagine. After I've found that my thoughts are creating my feelings, I've learned another **critical lesson**.

Every time I read a book about saying something or doing something different, I went out to a club or tried to say it at work. And it went wrong... And then when you see other people do the exact same thing – it works for them... The same is when you read something online. When a person tells you what to do and why it works, it may indeed work for them, but when you do it, it doesn't work for you.

When I understood that my thoughts create my feelings, my reality began to change. It didn't matter what I say or do, it's almost as if people can see how you feel. If I viewed myself as weak and anxious, other people viewed me the same. If I were in weak feeling states, nothing I could say would work or make a difference in how other people saw me. But if I was in a good and strong feeling state – I could say the same things and it would work...

It's that feeling of being 'naked'. Where you say or do something different, than how you feel – and you feel like people might see 'how you really feel'.



## How Your Experience Is Being Created?

*'He thinks in secret, and it comes to pass: Environment is but his looking-glass.'* – James Allen

Our communication with the world is not in what we say or do in the world. We communicate from within – **why we say and do things, the way we do**. Why are we really saying what we're saying? Why are we doing what we're doing?

What place is it really coming from?

You see, when people believe they lack something, wanting to gain - they always put a mask on. They say and do things in order to get what they want (or what they believe they don't have inside). They resolve to inauthentic communication. Trying to be and act - *different than how they feel inside*.

Million years ago, that's how people would come into your tribe, smiling, extending one arm for a handshake, while holding a knife in their other hand behind their back. And because we've communicated for millions of years longer, without ever speaking a word, we've learned to pick up on the  *tiniest micro-expressions*  in people's **body language**.

We can pick up on feelings and what they mean. We can see how other people feel. We can say something and instantly know how another person is feeling – even if they try to hide it.

We've learned to understand where the communication is coming from. From an authentic place of giving, or from a compulsive place of wanting. From a safe place, or from a threatening place.

This is why gender-wise, women are more in tune with this communication. Evolutionary, women's biology is more vulnerable and because of pregnancy - more at threat. They are more dependent to be good at this communication, to survive. It's natural and normal.

This is why a guy in a club can come over, and say the perfect line to a girl, and she will be repulsed, from seeing the compulsive need and lack coming from his body language. The need to resolve to something other than himself and his authentic appearance/communication. Something that is transparent and safe by default. She feels what he feels. And her emotions are telling her in what way to respond. And because of the lack of self-awareness, men get baffled by why things happen to them the way they do. Why is she responding the way that she is?

The **inside world determines** the responses we get or don't get in the **outside world**.

This is why a salesman can say all the right things, but people feel repulsed, by seeing the compulsive need to take away your money. Without seeing any apparent communication, of him genuinely trying to help with what we need. This is why relationships are beautiful at the start when you give unconditionally and then turn around when people begin to experience lack – every second, communicating to each other. But without the ability to understand the communication – *coming from within*.

Think about it. Any perceived lack within, leads to a communication, where people '*see us*' *the way we see ourselves* – with lack.

Evolutionary, that type of person was seen as weak and incapable. Potentially meaning a loss in battle, slowing us down in a hunt, acting out of need and compulsion - being capable of violence,

betrayal, cheating and resolving to other means of attainment. Women couldn't trust to survive with and be provided by. Men couldn't trust to have their back in a hunt or a battle. It was always – a win/lose relationship. When people are weak, they seek to take, rather than give. When they see themselves as weak, they want to be seen as strong. They want something, which they believe they don't have inside.

The problem lies in the fact – ***you can find something outside, which can only exist inside.*** You can find strength, confidence, self-sufficiency and courage where they can't exist. Even more certainly - ***you can't find things, where they don't exist.***

Today is no different. If you look at the world, you can begin to see that these things occur everywhere around you. And we have these problems collectively.

We don't like people who brag compulsively, who talk from a need, who put others down, who show-off, who talk over us, because they feel the need to be better. We can't trust our partners will stay for us, when something new or better comes along. We can't trust the salesperson trying to use anything and everything against us to persuade us, wanting to take our money. We feel when guys stop giving in a relationship and only want one thing, while girls communicate that they're missing – never really understanding one another. This communication is all around us. Our lives are constantly being created, from what we communicate with each other *'from within'*.

Whether you're trying to meet a woman, get a job promotion, appeal to your boss or trying to impress new people, the fact is – we read people's emotions better than we read their language. People say one thing, and we immediately pick up that they mean

another. We say 'what's wrong?', 'what happened?'. It's all around us.

Through facing the '*world outside*' we became so intellectual, that we forget that we come from animal nature. We communicate through emotions. Through our animalistic needs for safety, survival, food, love and reproduction. Trying to predict whether people will help us fulfil them or take them away from us. Provide for us or threaten us. Do we need to feel safe or protect ourselves? Here, we make every decision about our career, partners, behaviours and communication. These are the only reasons we do things, because they truly make us **feel**.

Deep inside, we know people can '*see us*'. And that '*we can't hide everything*'. And because we face outside for most of our lives, we get easily distracted by outside communication. We hear one thing, often intuitively feeling another. Getting confused and derailed. Because, we have been trained for our entire lives, to live and communicate through the outside world. We collectively accepted that words and actions are all there is. That's how we communicate. What's how we are thought from an early age?

The quality of your life depends on the life expressed from within. Every time you communicate with people and the world. Every thought, feeling and emotion has an impact in your world. With every communication, people receive your intentions from within. They either accept you or not. And everything that you communicate with the world, either stops you from doing things or allows you. If you want to gain control of your life from Inside-out, you have to '*look inside*'. If you want to feel self-sufficient, you have to make yourself strong from inside. Like Dan Milman, great author and Olympic medal winner, said in his book '*The Way of a Peaceful Warrior*':

*'I want you to stop gathering information from outside yourself and start gathering it from the inside. People are afraid of what's inside. And that's the ONLY place they're going to find what they need.'*

*– The way of a Peaceful Warrior*

Imagine, wherever you go, you feel good in your own skin, you look around and people look at you with respect and recognition. When you hear people talk about you, no matter what they say 'their words don't cause pain'. Never affecting how you see yourself. Every circumstance brings you better opportunities. Every appearance, presenting you to people in a powerful way. Gaining trust, through simple genuine behaviour and authenticity. Every thought you hear is an empowering one. Affirming a stronger self-image, by choice. And not the one that was dictated by the 'outside world'.

There's immense power in being able to control your communication from within. Today I live a life where my presence gets people interested and curious. I get glances from people and from women everywhere I go. Women immediately know how confident and self-sufficient I feel within myself. I don't have to try to make myself appear in a 'better way'. Every bit of my voice vibrates with complete certainty. No matter what I do, my body naturally goes into body language that communicates 'comfort'. Whether I make a video, do a consulting call, or a public speaking event - it doesn't matter what I say or do, everything appears strong and confident. Because with the QPH Method I changed how I see myself. Changing what feelings come up, and how they come through to other people – being 100% authentic. And because it's authentic people find you **appealing, attractive and trustworthy**. Qualities which can make you great in every area of your life.

This is not about me bragging, I'm trying to illustrate the transformation I never knew was possible. Because, what you believe, and how your feelings move you determines your success. With QPH Method, you too can find courage, self-confidence, self-esteem, self-sufficiency, self-importance, self-discipline, self-motivation, self-acceptance, self-fulfilment **from within**. There's a reason why all these qualities have a word 'self' in it. Each and every one of them, changing how you see yourself and how others see you. Influencing everything that you accomplish in life and the kind of people you attract into your life.

Without the **skill** of self-awareness, I wouldn't have seen why my financial situation was getting worse, I had to file bankruptcy, owed my ex-girlfriend £2k+always, couldn't make money for 7 years straight. And I wouldn't have been able to turn my 8k financial debt around into making £1.88k/day, while helping people with their beliefs, spending little to no time and effort - making more money than I need. I wouldn't have come out of depression in a matter of days. Acquired confidence, happiness and wouldn't have built myself for a bulletproof relationship.

If you miss out on one half of your life, the '*inside world*', you're bound to hit wall after wall, like I did with my health, relationships and finances. Entering new circumstances and relationships, with same qualities and weaknesses, settling for less and a mediocre life. I know I would definitely still be struggling, trying to '*make it*'. I would still be trying to find a way, from self-acclaimed self-development '*experts*', who claim their methods work for them. Getting stuck in a self-help industry of too much information. Too much wrong and confusing information.

The turning moment is when you begin to see how your **thoughts are creating your feelings**. And then when you see how your

feelings inside, communicate to the world outside. You have to realise that it's not what you say or do that matters. It is what you think and believe - which controls all of the words you choose, the body language you create, the actions and behaviours you exhibit – and what comes through to other people. When you see that, you'll realise just how powerful and influential, the '*world inside*', really is.

You have to realise, you can't give away all control and responsibility like that to people and circumstances. They don't make up your life – **you do**. And you know you are capable of becoming someone greater. You have a choice and an opportunity to acquire a life that will lift others up, rather than take. Provide for your family and people around you, rather than settle for less. No matter where you are in your life today, you can go to a whole new extreme - into your best life!

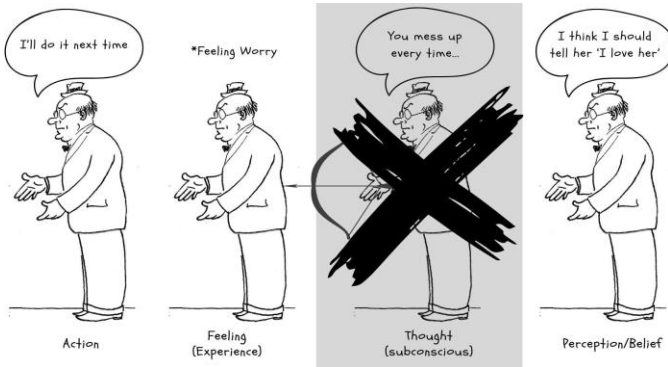
This will be the last time that you feel the need to '*know*' **how things really work**. How to improve your situation and how to change it. Within the next chapters, you will find out everything there is, about creating your own experience of life.

It's simpler and easier than you may be led to believe.

## **How To See The Invisible**

*People hailed him as an ideal Philosopher-King, who always placed his duty above himself and held an empire through several wars and pandemics - Marcus Aurelius. He believed that the happiness of one's life depends upon the quality of his thoughts. He advocated self-knowledge as a way to achieve it. - 'A man's life is what his*

*thoughts make of it. Your happiness depends on the quality of your thoughts'.*



While everything covered so far, might seem easy to understand – what does it really mean to **'know it'**? To **'experience it'**?

You see, without experiencing things, you can't really know what it means. And you can't really see the evidence, coming only from change in perspective, without having experience. To become the master of your life you have to see and experience the influence of your thinking.

So, let's cover the specifics. How do you really do this 'Awareness' thing? How can you begin to 'Look inside'.

These thoughts are not conscious thoughts. They are not like thinking 'what should I eat for lunch today? These are thoughts that barely surface from the deeper layers of your mind. From your subconscious mind. Evaluating every single thing you do. Every circumstance you go to. It's the 'why' are you doing what you're



doing. The perception of things. Therefore, you really need to tune in your focus and awareness to it.

When I first did it, I practised it a lot. And there was no shortcut. I would simply turn into my thoughts and begin to – monitor them. I would follow every single thought. And when I would begin to do something or finish speaking with someone. I would stop, and focus even more on what kind of thoughts are about to flow-through, and try to catch them into my awareness.

Initially, it would be hard to notice anything different. Maybe you catch a thought or two. But the more you practise, the better the skill becomes – the more you begin to see (notice those thoughts).

Luckily for you, I've come a long way in mastering this ability to change the 'inside world'. And there's a faster way. When you follow these steps and advice, you'll be able to develop this skill faster. And you'll discover far more than you would if you'd simply try the conventional advice by the gurus teaching this.

## **Step One – Leverage The power of Questions**

*'The most important relationship we can have is the one you have with yourself; The most important journey you can take is one of self-discovery. Knowing yourself is the beginning of all wisdom' -*

*Aristotle*

You might feel that philosophy seems like a foreign science. Yet you can probably already notice the pattern. The smartest, most wisdomous people, who had all the answers and their knowledge exists to this day – unbroken, for thousands of years – **already knew the first lesson.**

**1. *They've spent time exploring the 'inner world'.***

**2. *They've explored it, by asking questions.***

The combination of these two things allows for exploration. If you learn information on the outside – you have knowledge. If you learn the information from the inside – you have wisdom. These two things are very different.

When you know how the world works all you really have is information. Information that guides you. This is how most people interact with the world. They know the world out there. And they live accordingly.

When you know why your world is the way that it is – you have wisdom. You have the awareness and ability to question, challenge and explore alternatives. You have an ability to find the reasons. Why are things the way they are in your life? In other words – you can connect the information within, to the information outside. You can find the meaning of why you think the way you think, why you feel the way you feel, why you say the things you say, why you act the way you act, and what made you believe the things that you believe?

And as you can see – these are all questions.

People who ask questions, find answers. It's as simple as that. Your mind and your inner world already have the answers. If only you choose to ask questions, **to self-discover them**.

You don't have to become a philosophy expert. Albert Einstein or Alexander the Great. You don't have to figure out the world. But if you want to take ownership and control of your life, you are responsible to know, why is your life the way that it is? What

determines your life experience? How is it created? And to gain control over the process called life.

I've never started off, having the luxury to use the power of questions, to direct my focus within. I had to rely on sheer desire, need and lack of better options. I pushed myself and my intention, to simply seek.

You have an ability to manoeuvre, with one of the greatest psychological weapons that you already have. And get what you want. **What you look for.**

So, what you want to do is to begin to ask questions. What are you thinking? Why are you thinking those thoughts? Why are you feeling the way you do? What do you think about things? How is this making me feel?

There is no perfect question. You have to find your own questions.

If you ask a better question, you will get a better answer. Like Plato once said '*The right question is usually more important than the answer*'. It's as simple as that.

But the first step is to shift your perspective inside, into your experience, and question it.

## **Step Two – Leverage Experience**

*'Because the battles we fight are on the inside.'* – Socrates

To find freedom, we have to see our prison. In your life right now, If you experience any form of difficulty, anxiety or any bit of negative emotion, that's exactly where you want to go. Where you feel discomfort. Where you feel negative emotion.

The mind rarely kicks in when things are good and nice. Because you feel comfortable – safe. It's when the negative emotion comes in. Lack, pain, desire, want, need. It's behind the WHY you feel that way, WHY you say that, WHY you act that way. It's those moments that go unchallenged. It's those automatic responses that pass by quickly. Immediately after taking the action, saying the words or thinking those thoughts. Just begin to pay attention and observe. **Focus on your thoughts and your experience, coming from within.**

When you practise, it's like fighting a war on the battlefield. And seeing what the situation really is, rather than speculating or trying to understand it without the actual experience. Because that's where all the experience lies. Including the true knowledge of yourself.

Pain always has more emotional energy. Therefore, any lesson you learn, any observation you have, anything you hear, see or feel – sticks with you. You can recall later, introspect later. Patterns can begin to surface. You learn more and faster from pain, than you ever do from pleasure. We remember things better. Because pain is a survival emotion. It forms memory, skill and ability faster than anything ever will.

This is how you grow, develop and build skills faster. You don't go to university and expect to be good. You go to work and through lessons and mistakes – you become good.

Also, when it's just you, you are all the energy there is. However, where you have people, conversations, different energies exist – you discover far more than you ever do by yourself. You bounce the energy of other people. Through conflicts, oppositions, desires, triggers of pain and pleasure, lack and fulfilment of human (animalistic) needs. Therefore, you'll learn far more, when you can

begin to introspect, self-observe, and self-discover while you're around other people. Allowing to develop – **balance**, between the two worlds.

You're born to live and develop amongst other people. When you begin to go out there and observe your thoughts, you will discover yourself. You will begin to see your experience and who you are, creating your new experiences. You will become able to connect the dots in your life and only then – make the changes you truly desire.

If you feel good for the most part, I encourage you to simply do the same. With every interaction or action, you take. Follow your thoughts first. Look outside second.

### **Step Three - Gain Ownership Of Your Ability**

*'Until you make the unconscious conscious, it will direct your life and you will call it fate.'* – Carl Jung

This is more powerful than the power of a question.

Without this all of the people's efforts fade as fast as they come in. Like changing their body language, just to find their body go back to how it used to be a week later. Making people feel confident for a while, and then they're not. Drifting from one thing to another, without a real, permanent solution.

No skill becomes a skill without consistency and time. To have a skill, you have to make it - **a habit**. The only things that are worthwhile are skills and habits. Everything else is a product of the skills and habits that you already have.

What do I mean?

Every belief is a habit of thought. Every action you take consistently, through pain and pleasure emotions, becomes your memory. Determining whether you will do things again or avoid doing them. And then your beliefs and your memories create how you see the world, the thoughts you think, the feelings you feel and the actions you take or you don't take. Essentially, the products of your skills and habits.

When you're learning how to drive a bike, you fall down and get back up. You learn what to do and not do again. When you see other kids able to drive, you consistently think that you can too. Creating a positive belief in your ability. The fact that you keep trying is a product of your belief. And the fact that you eventually learn how to drive a bike and maybe even become really good at it, is a product of you believing and developing a skill. Accordingly, if you believe you can't – you won't even try, limiting yourself. And without doing something consistently – you will not have anything within yourself, to create life experience from. You'll never even know, what's it like...

That's where the real change happens. When you want to create a better life, you have to develop new habits and new skills. From which life will give you new experiences and new opportunities. And it always starts with taking consistent actions, and creating a new habit.

Therefore, in order to begin to harness the power of this skill, you have to practise it every day. For a minimum of 21 days. (I'll cover the debate of length in the later chapter) But for now take my word for it.

When you begin to ask questions consistently, you will begin to get answers. When you challenge your desires and moments you want

to be different. Pain. Conflict. Desire. You will begin to see where they may be coming from. What are the thoughts that follow them? With each day, seeing more and more. Until, you will really know you can see the invisible things, influencing your experience of life.

You will achieve a balance of nature, where you live a life from within and without. Instead of living 100% of your life in the '*outside world*', without much control of the '*inside world*', transform it into a 50/50 harmony. It's impossible to begin to live the world only inside, unless you don't do anything in the outside world. Therefore 50/50 is the best that you can get. And it's really not a lot to ask for. And not difficult to do.

But it starts with taking action. For you to develop **a skill of self-awareness**.

## **A Word Of Warning About The New Skill**

*'Piece comes from within, do not seek it without.'* - Buddha

There's a warning that comes along with this powerful skill. As the saying goes, with great power comes great responsibility. As you can understand, this skill itself is the path to taking responsibility and ownership of your life. That it takes away the power that the outside world has over you.

There's something you should know about this skill and this way of living, that I didn't know initially.

Initially my life had that '*one perspective*'. I was living in the world, the way I saw it to be and I was dealing with life like everyone else. After discovering the skill of self-awareness, for the first time in my life, everything took a turn. First, I began to see my experience being

created from the inside out. And second, I began to see all of the shadows come out. Initially, when going through struggle, I was led to a whole new experience:

1. The more I saw the worse I felt.
2. The more I focused inside, the deeper into the dark place I went.

I began to feel depressed from seeing the thoughts. From seeing that I was feeling that way because of my thoughts. Which initially made me feel even worse.

It was a natural process of the brain, the way that focus works. 'What you focus on you see more of'. The more you focus on it, the more you see. The more negativity you see, the more it takes over. It's a survival mechanism, to help you move away from pain. To help you survive.

While for you the same thing might happen, you need nothing to worry about. It's only a useful thing to know, once you see it happen initially.

Unlike me, you'll already have an instant way out. An ability to change your thoughts and feelings then and there. Ability to control your mind in ways that other people can't. Being able to change what you see – into what you want to see. You will always have a way out.

Most people can drift into negative places like that, without ever seeing a way out, or even how they got themselves into it in the first place.

Imagine a successful millionaire. Because he wants wealth, he works hard and manages to create a successful business. But you know, how you hear, that there are people who try to accumulate money,



but end up miserable and depressed? Imagine this millionaire is constantly consumed by work. He keeps making more money, but all he feels is loneliness and unfulfillment. He wants more and more, always realising that it's 'not enough'. Like a dark place, he can't escape. He feels, maybe if he gets more things, he will finally 'arrive'. But the moment he gets it, inside – it leaves him as quickly as it comes in. Every day is like a cycle... a rat race... that gets worse and worse. The more he thinks about getting out from the sadness and unfulfillment, the more he sees how unhappy and unfulfilled he is. Leading to drugs, alcohol amongst many other things. Until eventually, he reaches his worst.

I've met people ready to pay £100,000 outright – just to help them fix such compulsion and unfulfillment in their lives. Just so they could escape the never-ending pain, and be able to find fulfilment in work, their time and family. You would think, they can hire someone else to run their business, or take a time-off. But it's the compulsive need for more, and inner pain pushing to try just a little harder. Maybe then 'I will feel like enough'. Never finding a way out. Thinking, the problem is on the '*outside*'.

For many, not being able to come out of that, is worth their life. So, imagine the value of having the ability to see the problem and having the ability to permanently solve it. Having something so powerful in your hands, that the richest and most successful people in the world would give anything away, to have. People who fought their demons and never found a way out of this cycle.

How many women after an accident or trauma blame themselves in a repetitive cycle? How many teenagers check their Instagram each day wanting to be different? How many people can't recover after losing a loved one? How many people hide things inside themselves that eat them away from inside out? I'm not even talking about

things people hire coaches and pay thousands of pounds for. Going through breakup pain, divorce, financial loss, failing business, being unable to meet a partner etc.

I know exactly what it's like. Because in 2015, when I received that response during a phone call to the emergency – I gave up too. I didn't think about doing anything, but I lost all hope and motivation to keep trying to help myself.

So, while self-awareness can lead to seeing the invisible shadows, which follow you everywhere you go – **fear not**. You will have the QPH Method, the ability to change beliefs as something you can carry everywhere you go. And be able to deal with those shadows then and there. You will never spiral into the rat race. And you will never have to *live there*.

However, there's another rabbit hole that people fall into, that you must know and be aware of, so it doesn't affect your life in a negative way.

## **Your Body & Mind (Strength vs Sensitivity)**

*'To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear.'* - Buddha

Nobody talks about the connection between the mind and your physical health. No one really understands how important and powerful that connection really is.

I want you to understand something extremely powerful. Because this is what differentiates people from living with fear, worry, anxiety and ones who are strong and emotionally charged. People who submit themselves to the outside world and people who powerfully

- **act in it.** And when it comes to the outside world, one type of person can see it more than another – for a reason.

As a previous health and fitness expert, and Sports Medicine student, I must show you what other people in the self-development industry completely neglect. It's the powerful role your health plays in the process of your thoughts, feelings and experience.

If you can feel strong and healthy from within you can respond with clarity, conviction, and strength from within. When you feel good and strong, you feel capable and respond differently, then when your body is exhausted, weak, shaky, anxious or malnourished.

People who lack natural hormones, proper understanding of the food they eat and importance of rest, have higher levels of weaker - sensitising hormones. Because the body goes into 'healing mode'. Recovery. When that happens it's a lot easier to become stressed, weak and anxious. Giving rise to weaker thoughts. Pushing your body to escape the feelings, skip the gym, eat bad foods, drink smoke or engage in any other escape. When the imbalance becomes too great, people can even experience extreme anxiety and panic.

Paradoxically, the mind affects the body and the body affects the mind. You will find something uniquely powerful about the power of paradox in the next chapter. But for now, it's important to understand – **your body affects your mind.**

When you practise self-awareness, if your body is weak or has the wrong things being put in it – it will lead to constant self-consciousness. Where feelings can take over, regardless of what you think or become aware of. Weak body leads to weak hormones (emotions). Weak hormones create these molecules called

neurotransmitters, which begin to fire in the brain - creating doubt, worry, anxiety, compulsion and so on.

If you will feel extremely sensitive, weak and vulnerable from high levels of sensitising hormones and neurotransmitters in the brain (coming from the food you eat) – your self-consciousness can consume you. You become extremely self-conscious all the time. The worry, stress and anxiety can rise from overthinking. Agitated like a pinball, being bounced off different walls at once. If you're extremely sensitive it can even lead to panic attacks. (Which can get triggered by potential associations of fear based beliefs– covered in Chapter 3).

The problems that people experience are always two-sided. Most of the self-help gurus and self-help or success coaches don't teach this. While the richest people in the world, don't even want you to know this. Because all economy is built on production and consumption, so that we need to buy things, to escape our pain.

Your ability and your success in life, is in how you express life through you. Meaning both through your body and your mind. With the actions you take and the way you perceive and respond to the world. Your body and your health is everything for your mind and the quality of your thoughts. Conversely, your mind and your thoughts are everything for your body and your health. What I want you to keep in mind is that even if you take care of your mind using the QPH Method, **your physical body will always be on the better side of the equation.**

Most people eat whatever tastes good. Their mind, beliefs and associations lead them to unhealthy habits. And the more tired they get, stress they experience or weight they put on, the more sensitive the body becomes – the more it leads to weakness, stress, worry

and anxiety. All of which lead back to eating what tastes good. Like a rat race, once more. And without *self-awareness*, people can't even see how the food affects the strength of our thoughts – **which affect our feelings**.

When people feel emotional, weak, vulnerable, anxious, afraid, stressed – they continue to react to the outside world and outside circumstances. Often blaming people and circumstances. And arriving back at the 'temporarily' unhealthy health and nutrition habits. It simply helps to keep people exactly where they are. Believing, they are living their life – the way that it is. It's a perpetuating cycle of rationalising all choices, all actions, all behaviours. A life of self-imprisonment and quiet desperation.

The most powerful thing that you have in your hands right now is the next chapter within this book. The QPH Method, your ability to change beliefs. Because if you can associate pain with the negative habit – all you have to do is watch your life move away from it - **on its own**. Without even trying to resist temptation. Without even putting massive effort into going to the gym. Without even having to do anything physical. Because your mind will begin to direct you to the right path. Like a dog who doesn't do anything, that he feels painful (or gets punished for).

There's another important point. A lot of people who do feel strong and don't have a more sensitive body, will find it hard to hear their thoughts. Paradoxically when the body is more sensitive, the brain receives energy and signals easier and transmit them faster. Meaning that you can be more in tune with the thoughts coming in and passing by. When you use the QPH Method, it sticks stronger. The beliefs change faster. Because the brain is more sensitive, it takes in more information, faster and with more emotion. Making it more **memorable**.

Which of course means that when your body is less sensitive, you are less in tune with your body and mind. This is also a natural difference between Men and Women. Between different bodies given by nature. To help us survive in different, opposite – yet complementing ways. That's why women are often better at remembering things, memories, being in tune with their emotions, understanding the underlying communication better, more self-aware, intuitive, self-conscious, sometimes even worry more. And why for men less in tune, and understand the underlying communication less than women.

Regardless of biology, every food has an effect on the body. Simply drinking a cup of green tea can sensitize the body. Likewise a different food, spice or herb can de-sensitize the body.

The point is that if you're a man with masculine hormones, you would find it far more difficult to develop the skill of self-awareness than a women. You can still take use of the QPH Method, and it will still work 100%, without a doubt. But it's simply more powerful, when the body is more sensitive. That's when you can leverage food and diet, to help you develop self-awareness skill, or change your subconscious beliefs faster.

Most people are entirely oblivious to the effect of the food on the body. It's virtually invisible – even self-acclaimed experts, only teach textbook stuff, without any actual physical observations and principle understanding – how the body responds and why. There's nothing more powerful than understanding of a principle.

What does it mean to feel stronger or sensitive? Simple. Everything you do, eat and how you act determines how you feel. How much sleep do you get? How much coffee do you drink? What kind of foods you eat or for how long you don't eat? Do you notice how in

the morning you always have more of the natural hormones, and by the evening time after using them up for energy you feel more sensitive, cravings kick in, desire for comfort, sleep? Or if your hormones get imbalanced late at night and stress hormone runs along with more sensitive biology – and you can't fall asleep, convincing you that you function better at night, needing that cup of coffee in the morning?

Here's a simple principle. (Or you can wait for scientific evidence to catch up with principles of nature)

**Vegan/Plant-based diet**, majority of which influences a more sensitising biology, because all plants and vegetables are designed for energy absorption (from sun, water, oxygen, nutrients in the soil). Requiring to have sensitive, absorptive biology of their own. For example, when you develop self-awareness to the food you eat, you could notice a pattern. Typically when you eat root vegetables, you feel less stressed and more rejuvenated. Making the body, like roots, be in hibernation, increasing absorption of nutrients, its metabolic functions, providing nutrients, sensitising body cells and healing it. They reduce stress and reduce active energy. Consuming leaves, typically lead to become more sensitive. Making the body, like a leaf, become more capable to take in energy from outside-in.

**While animal foods** typically increase the natural hormones, for which we share as animals (*unless grown with injecting sensitivity hormones*). Requiring resilient, long lasting and adapting biology of their own. Which making us have more energy and feel stronger.

Food choices alone can make a man feel feminine and a woman feel masculine. And of course, the other way around. Natural spices, herbs and drugs can affect the body even stronger, with longer lasting effects.

The point is - you don't need the specifics. You don't even need to worry or become compulsive about 'what food should I eat?'. In the previous paragraph, I gave you a couple of simple principles – that affect everything. Principles it took me years to experiment on, observe, introspect, make mistakes on – until I began to understand why things work the way they work. It wasn't my Sports Medicine diploma, nor the years spent in the Institute of Medical Sciences in Aberdeen studying. Besides my rare black pepper allergy which made instilled self-observation in me years ago, it was through observation, questioning and seeing things that we normally don't see. Because we never face that way.

People think as long as they eat good enough food, their lives, health and mind stability will take care of itself. I agree that the body is more than capable to balance itself, and sustain life. But you have to be conscious, of the ever changing production of food, and how it changed over time. Growing faster than ever before, having less nutrients than ever before. Physical and mental health rising. Reproduction health continuing to decrease.

When we eat bad food, our body needs energy to deal with it. It taxes the body even more. Drinking coffee, stress at work, lack of sleep – all continue to deplete our energy stores, healthy hormones and our ability to recover. You need to be mindful, of historical perspective and not just what's been blatantly placed in front of you to live with. And from there, you need to take care of your body, because your body will take care of you.

Most people leave this to chance, and without much ability to resist their own mind and biology – fall back into the rat-race. To the numbed down life in the '*outside world*'. The more they stay in it the more addicted they become to distraction and consumption. Going to work and coming back to '*escape*'. If you think this means a life



well lived, then so be it. For me, **this is slavery through the illusion of freedom**. Working a job, they don't want to be working in. Eating the foods that make them sick, fat and ugly. And when they are near any type of pain, realise deep inside, the need to run away from fear. To escape, with whatever means that are possible. With what society presents as '*pleasurable*'.

As you can see – it's a life of bad physical health and a weak mind. It's in both.

And within this book you get an opportunity to be in full control of your life. While taking advice about health and understanding the importance of it, you also get the QPH Method superpower. A superpower to control your physical body – through your mind. Being able to change your eating habits, fitness habits, food choices, likes and dislikes, things you find pleasure in and things that repulse you. Imagine, doing nothing and all of a sudden you feel like you like going to the gym or taking a run. You begin to find pleasure in things that improve your life. While moving away from things, that takes away from it.

Awareness of the problem is the key. That alone, all the difference. Despite creating a mindset where health is never an issue, being mindful of the world and how the society continues to shape itself, gives me leverage to move through it. I know all the important principles of health, which help me maintain an aesthetic physique. Regardless of what I eat, I can stay fit, look good and feel good. Always having an ability to have energy and clear mind when striving for my goals and dreams. And I'm able to enjoy eating bad food without guilt, as long as I know everything else serves my life.

This is a level of control that no one has ever had in the history of time. Ability to control your thoughts, feelings and emotions, is your

greatest superpower. When you begin to control your mind, everything will begin to change. But with this chapter I want you to remember, that even when you do – **a healthy body is equally and oppositely as important as a healthy mind.** Together, they will allow you to achieve everything and become the greatest version of who you are.

There's a secret power in our ability to use our mind and control our body. The question is – Are you going to use it or allow it to use you.

*'Reality is crated by the mind, we can change our reality by  
changing our mind.' - Plato*

...ONLY ONE QUESTION REMAINS - HOW DO YOU CHANGE LIFE?

*(Introducing to you The QPH Method, Your Ability to Change  
Beliefs)*

## CHAPTER II: THE QPH METHOD – NEW HUMAN ABILITY

### Ability To Change - Subconscious Beliefs, Thoughts & Feelings

*‘When you change the way you see the world, the world will change for you.’ – Wayne Dyer*



Ability to change beliefs (The QPH Method) - is the most powerful ability that you have, without you even knowing it.

It gives you the **ability to overcome fear**. Ability to change your past, your present and your future. And it holds the secret to happiness, as well as always being in the present moment - without ever meditating.

You probably think that sounds too good to be true. How can I claim to have pioneered something so big? This is exactly why I've written Chapter 1, before actually revealing the QPH method to you. I've stumbled upon this ability – **believing that** I can find a way to change my life. And because I believed I could – I did.

I wasn't born special. In fact, after you've gone through Chapter 1, you already know that my life was less than perfect. And I never believed in myself having a successful life. I failed my high-school national language exams (*of my own native language*), I nearly failed University because of my autoimmune disease (*I got the lowest grade and an extension*), I've been assaulted and had 3 fractures in

my face at once, always used to live in debt and an overdraft, until I was 8k in debt, including 2k to my ex-girlfriend, and had to file bankruptcy. And even when I started to believe that a successful life was possible, I've failed for 7 years straight, to make any money or see any little bit of success.

But my greatest struggles, eventually turned into my greatest gift. Which I consider to be the pioneering of The QPH Method, which I can share with you now.

Let me give you a more precise definition. The QPH method is an ability to change how you see the world. Ability to change beliefs and associations in your mind, which from there, determine how you feel about yourself (*the things within you*) and how you feel about life (*the things outside of you*).

That's why Chapter 1 is crucial, for you to be able to use the QPH Method to its fullest potential. So that you're able to change things that most people are blinded to (and still can't find solutions for).

It's not a woo-woo magic, 'read-affirmations' type of thing. No. The QPH Method physically rewires the pathways in our brain and changes how the brain works. Giving you an ability to create one belief and eliminate another. In individual principles, the QPH Method is already proven by the science of Physiology, Psychology and Physics. It's battle-tested and proven to work 100% of the time - **with permanent and lasting results.**

The first reason why it was never found, is because it's easy to overlook, when you never '*look inside*' at how your experience is being created (*Reference for chapter 1*). And second, it's all about 3 powerful **principles** that work in combination to create it. If you miss or misunderstand one **principle** – you can't see it. And if you

don't have the ability to self-discover and be aware of your '*inside world*', you won't be able to use it to its full potential.

This ability is not something that I do to you, like a psychologist. It's your own, innate human ability. Ability given to you by God, or whoever you believe in. And it can be used to help overcome fear, limitation, pain, social anxiety, depressive feelings, trauma, addiction, lack, not enough, unfulfillment, sadness, ego, shame, guilt, grief, invisible barriers, financial barriers, relationship issues, procrastination and motivation issues and any form of undesirable experience. It's like *re-writing your life* with a pen in your hands, the way that you wish it would be.

While it may seem too good to be true, I want you to understand something. When I didn't develop self-belief, I didn't think something like this existed. I never thought that I would experience what I did. I never thought I could go from depressive feelings to the highest level of self-confidence - in just a few days. For me it was like an instant cure...

This fascination is something that never went away. Because everywhere I go, I can see how people don't understand their conditions and things happening to them. They have no control over majority of their problems. Their emotions get triggered all the time or sometimes even sabotage their efforts in getting what they want. Without them even knowing. And while I have this ability, seeing that all around me is a constant reminder, of a life I once lived. Which pushes me to share it and allow people to find the power they have inside.

There are people in the world, who want a different life. People who had traumatic experiences growing up, were bullied, abused, lost their parents, loved ones, went through hard times... Or even people

who live without food, were affected by war, who lost their limbs or don't even have a chance to see the beauty of the world. There are people who have real difficulty in life. Real struggle. People who could use the QPH Method, to find solace and freedom in the situation they've been given. Regardless of where they come from or what they have.

What's worse is that there are people who have everything and more, and still live-in suffering. People want for their lives to be different. Trying to fit in, without ever feeling '*happy*' in their own skin; worrying about what other people say; worrying about how they look; putting other people down just to feel good enough themselves; trying to appear a certain way; trying to fill the void inside, which makes them feel '*not enough*'. It's all around us.

In this chapter you'll discover how simple the QPH Method is, how easy it is to use it and how you can implement it into your life today. You will learn 3 powerful principles that create this ability. And different ways of how you can use it - without taking any effort and time out from your life.

The advantage of QPH Method, is that it's as fast as thinking and you can do it without seeing anyone – at your own privacy and your own time. Along with it, you'll learn a simple, clear-cut understanding of all emotional intelligence there is. It's easy, quick and uncomplicated.

You'll also discover how you can change your thoughts, feelings, actions and habits in a matter of days. And even, how you can change multiple beliefs at once, accomplishing many different transformations. With permanent results.

And of course, ability to change them back if you wish. Giving you **full control of your life.**



While other people and coaches charge from £5,000 to £100,000 for personal and financial help other experts keep people on monthly subscriptions of £100s to £1,000s per month. And all I can see they're capable to help with, is to merely change a perspective or do something outside, so that the feelings go away (temporarily). And I could easily do the same - sit back, help a few individuals and make 100k+ a year, without even leaving my home. Compared to their results, when you have something so powerful, that delivers **guaranteed and permanent transformation – it's easy.**

As I am the only expert specialising in reconditioning subconscious human beliefs, it has already put me in a position to work with people, businesses and organisations. From company giants like Google, Amazon, Tesla to small businesses around the corner and the people I affiliate with.

There's an immense power that comes with the QPH Method and ability to change beliefs. It has unlimited potential, like a real-life superpower. I want you to have this method and opportunity that I didn't have when I was going through my struggles earlier in life. To have choice – an ability to decide on the life you want to live. And not live a life, based on where we come from or what things have happened to us. This is where you can find true power and freedom. I want you to find your own way, with the QPH Method and **find your own answers** (through Chapter 1, and the self-awareness skill).

## **Secret: Dismantling Fear**

*'Fear is nonacceptance of what is' - Jiddu Krishnamurti*

*(Continued...)*

In 2015 I was working as a bartender at a restaurant Café Andaluz in Aberdeen. At the time I didn't realise why I was feeling the way I did. I didn't know how my stress, anxiety, worry and negative thoughts were being created...

During that time, I started drinking a lot. And one day, I lost my phone... As I'm reading all the books on confidence and self-improvement, I think to myself 'I don't need a phone... I can go off-grid. Waste less time and achieve my fitness career goals faster'.

As I keep coming to work, I begin to feel that people who once had a positive outlook on me, don't have that anymore. The drugs recently stopped working and I began to feel weak... I began to see myself, more like a burden. I remember making a lot of mistakes while making cocktails. The guys I worked with look at me, and say 'Vytas, what the f\*ck is wrong with you!?!'. Feeling frustrated with me dragging things down.

In the next couple of days, because of my 'off-grid' idea... I missed the 3rd staff meeting and pissed off my general manager, Cesar. I see other managers feel disappointed in me. Because we shared tips, I even had them taken away and was told 'You didn't care, while others did'... I started to think that the guys hate me and might want to get rid of me as soon as opportunity presents itself. We wouldn't speak. And I did my best to avoid Cesar, people and those opportunities.

One evening, after I had a night out with guys from work – everything was going wrong for me. I feel like the guys at the bar are getting frustrated over me. I'm making a lot of mistakes. By that time, I'm already following every thought I'm having. And all I hear is 'you f\*\*ked up again', 'what if people see you?', 'you can't be like that' on and on. My hands were shaky. For 3-4 months, while

reading over 100+ books on confidence – I didn't get any better. Instead, I was getting worse. I couldn't go on like that anymore.

But it wasn't the same as I felt the first time. This time I knew that change was possible. That it's out there and I just got to find it. And on top of that, I knew exactly what was causing these feelings. It was that negative thinking in the back of my mind. I was beating myself up, with every thought I had. I knew my thoughts were somehow causing my experience to be so bad. They were affecting every situation, every word I said or didn't say...

I lived only 5 minutes away from work. I remember having the fastest walk home that night. I was making big steps, just to get home faster. I was raging inside, thinking 'This is enough. I will find out how fear works.'

So, I come home, take a herbal supplement to help me think. I slam the bedroom door behind me. Throw a pen and a notebook on the bed and ask myself – 'Okay, what is **fear**?'.

For the next hour I begin to follow the thoughts inside my mind (which I became pretty good at already). I start to think in terms of my situation and compare it to a fear of spiders (I'm not afraid of spiders, but it was the quickest example that came to my mind without wasting time. Example, of what we commonly understand as fear).

First, I start thinking, 'let's say, a spider isn't there... then you don't have any negative thoughts. But when it is there, it's somehow a threat creating those thoughts and feelings. It only creates an experience of fear when it is there. And the closer you get to it, the worse it gets...

Then I start thinking of fear in terms of 'resisting', that the spider is there and can somehow hurt you. That the feeling of pain is pushing from the thing, that 1<sup>st</sup> I believe is somehow a threat and 2<sup>nd</sup> I want it not to be there. Because in all of the books I've read, somewhere was an idea of fear expressed in words '*whatever you resist, persists*' and '*whatever you accept, goes away*'. So, I thought, just like in a spider example, when I'm at work, 'what am I resisting?' – 'how things are?' 'How I am?'

I keep going deeper asking questions.

What is fear? What is resistance then? I pondered and drew images in my notebook, until I simplified it, to a simple sentence 'Wanting, for something to be different, than it is'. I thought 'okay so all I am doing at work, is perpetually wanting for things to be different'. 'I'm wanting to be confident rather than the way I am?' 'How is that causing me pain?!'

And then all the previous information I've accumulated from books and videos, began to add up in wondrous ways and connected all the dots ...

This was the first, and arguably one of the most powerful of all the connections, that would lead me to discovering the QPH Method (ability to change beliefs).

## **Secret Loophole = All Lack & Limitation**

*Desires are only the lack of something: and those who have the greatest desires are in a worse condition than those who have none, or very slight ones – Plato*

What you're about to discover, virtually the majority of the population are unaware of. Yet it runs their lives and behaviours on consistent basis. And worse off, it places the biggest limitations on how people see themselves – their identity.

Identity beliefs are the most powerful beliefs. They are the source of all confidence. All self-image. All self-esteem. All self-qualities. All of the power that you can wield and carry everywhere with you, without exception.

When you understand this single principle, combined with the ability to change beliefs – you can literally create power inside yourself. You can effortlessly change how you see yourself, how you naturally carry yourself, feel about yourself and – how other people see you.

Because if you think you are powerful – you feel powerful. If you feel powerful – all your communication appears powerful... Your smile, your tonality, your voice, your body language, every word you choose, every style and behaviour you begin to adopt – **all of it.**

You believe that you are powerful and expressing that in everything you do is infinite times more powerful, than believing that wearing a Luxury Jacket makes you powerful. It's unconditional. Meaning it comes from within and is not defined by anyone's opinion, anyone's words or any physical thing or condition outside of you. Contrary to what people still believe, confidence brings. Momentary change in body language, faking till you make it, 5-second rule, getting drunk or doing a warm up...

This loophole holds the power to predict ALL of people's future misfortunes, lack and barriers that they will have in their FUTURE – without the ability to escape their fate. It's like falling into prison, and not realising you are in one.

The difference between wealthy people (*able to achieve wealth*) and the poor (*who can't seem to get ahead*). The difference between corporate cultures, bringing their businesses to the highest highs (*focusing all energy and attention on growing and thriving*) vs slowly strangling their business to extinction (*focusing all energy and attention on lack, preservation, management and forgetting the essence of what their business was meant to do in the first place*). The difference, that keeps people where they are vs where they could be.

It's also one thing, that when combined with the core-beliefs (Chapter 3), breaks every single relationship, loss of attraction in relationships, makes people sway and skyrockets divorce rates.

To put it bluntly, - without understanding this principle, you cannot become that which you want to be. Unless you are willing to experience pain, struggle and fear (*evolutionary - a feeling of death*) and you're capable of overcoming it.

Here's the first secret principle, which I discovered when I was learning science about the brain and how it works. People don't even know how much power it has over their lives.

'Human brain can only think in the present moment.'

What that means, is that you can think about the future or the past. Yes. But, when your brain produces thoughts, those thoughts always feed back into the present moment. Let me explain in a more practical way.

Every time you want 'something', your brain goes into the present moment and feeds back 'I don't have it right now'. Generating a feeling of pain, and a desire to move away from it. In other words - **lack**.

This lack simply pushes you to want that thing (or move to the opposite side - pleasure). Making you focus on what you WANT. And perpetuating the cycle of desire.

Which would seem kind of normal right? You want to buy a car, which creates discomfort (**pain**). And if you believe you can make enough money and it's possible, you see a potential to have that car (**pleasure**). So, you are motivated to work and make the money to buy a car. It's how all human motivation works right? In fact, every animal is designed to move away from pain and move toward pleasure.

When you want your dog not to do something – you punish the wrong behaviour. When you want your dog to do something, you reward the right behaviour and give him a treat. He will avoid the pain and not do the things you are punished for. And he will want the treat (also creating pain, when he doesn't have it), for which he naturally seeks pleasure for.

However, here's the trick.

You can't get what you want from outside of you, what can only be found inside.

What I mean, is if you want to be confident – you're saying '*I'm not confident right now*'. On-repeat. The more you look for ways to become confident, the more you desire it – the more you reinforce and focus on not being confident. You see, think and experience – the lack of it. Making you respond to the world outside, from the place of pain. **Confidence is a quality of human identity.** Meaning it can only come from inside, unlike buying a car.

When you want something, the brain focuses on the present moment, stating that you don't have it to begin with. The more you

want it, the more you focus on not having it. And when you focus on not having it over and over again it soon turns into a – habit. A habit of thought, which turns to a belief. A belief, for example, that 'I'm not confident'. And creates a never-ending desire and pain everywhere you go. Creating resistance – wanting for moments to be different, than the way they feel. Pushing you to watch videos, read books and fall for any new opportunity to attain it. Never really finding it, where it doesn't exist – **outside of you.**

When I first wanted to become confident, I was slowly getting worse. Mostly in the moments involving other people and social situations. When I began to notice my thoughts, I began to resist my thoughts and feelings. Which made me focus more on what I want (what I don't have). Making me feel worse and worse. Like the saying, '*whatever you resist, persists*'. The pain was growing and I began seeing more and more examples of not having confidence.

After this consideration and understanding, I went back to the spider example. First, you **believe** a spider is scary, dangerous and is a threat. If it's not there – you're unafraid. But the moment a spider would appear in your world – you begin to **WANT**, for that moment **to be different, than it is.** You **want** to change it. You **want** it to go away. That's when the feeling of pain/fear/anxiety begins to rise. That's when the feeling of resistance kicks in.

And the more you see it, think about it, and get closer to the realisation of the worst-case scenario – the negative feelings grow. Again, like the saying 'Whatever you resist persists'.

It's very common when people are worried about making a mistake, and keep focusing on that perspective '*what if this is going to happen...*'. Maybe even see it in their mind. And when the time



comes, no matter how much they try to resist it, or do their best to avoid it – they make that mistake.

In relationships a common fear is a fear of rejection. When people have experienced and believe that it's too painful to be rejected, they try to avoid it. Jealousy, control takes over. They constantly begin to worry – that the worst will happen, and their partner will cheat on them. The more they worry, the more they feel and the more they focus and see the negative things (often even if they're not there, yet...). Most people already know – eventually, the jealousy and behaviours coming from that pain, kill any attraction that was left in the relationship. People are always in a state of threat, wanting things to be different, they stop contributing and start taking away any joy that was left. Until eventually the other person will begin to experience everything better, somewhere else. Until the jealous person, the actual fear, still becomes – realised. The person loses the partner.

In other words – **the belief becomes real.** And you get what you believe. Thoughts, words, actions, behaviours and the things you see are only the by-products of that fear and of that belief.

Whatever you believe, you make it real. You attract that into your reality. Even when it's fear.

If you've read books like 'The Secret' – by Rhonda Byrne or 'Think and Grow Rich' – by Napoleon Hill, this is where the Universal Law of Attraction comes into play (Where most people think of woo woo, I as a scientist think of Physics).

## **Rules Of Life: The Law of Attraction**

*"What you seek is seeking you." – Rumi.*

If there's anything that can prove your ability to get anything that you want, then it's the Universal Law of Attraction.

While it is a simple Law of Physics and energy, the Law of Attraction can actually explain why you are where you are, and why you have what you have. And alternatively, it can guide you to how you can go to where you want to be and get that which you want to have. Many people believe that it is like magic. That you can use it to create a different life. That it's easy and practical. You may have heard of it already. But if not, what is this Law of Attraction really?

According to the first law of Thermodynamics - energy cannot be created or destroyed. It's never lost, it's **transferred**. From sun to earth, from life to food, from food to energy firing in your brain, creating feelings, and moving the world with words and actions. All of which leads to things, ideas, circumstances, places you go and the things you do or don't do. It all leads to what we call the physical world. It's inevitable.

Universal Law of Attraction, definition states that a specific type of vibration (*energy*) attracts equal and opposite types of vibration (*energy*) into reality. What that means is that **energy attracts energy**. Like attracts like. You are like a magnet. Pulling everything that is inside your mind into your world – making it real for you. That the energy flows through you and turns into equal and opposite results. In the way you see things, think, feel, act, what you create, the people you attract and things you acquire. A unique expression of your creative energy.

You don't see this energy and you don't feel this energy. The vibration and constant existence of it is invisible. We only feel it in

terms of emotion, when it's converted into biological energy, from our mind within our body. And gets transferred into physical energy in the world outside of us. We don't need to know the intricacies of what these energies, frequencies and vibrations are. But in order to understand its practical use, you have to understand that your body and your mind is like a big creation machine. With everything it produces from beliefs, to thoughts, to feelings and to actions is creating your experience. Interacting from within to outside world. And back the other way.

For example, if you think you are 'not confident', over time that frequency of energy from your mind connects with the energies outside of you and brings about that exact type of experience, which that 'thought' represents.

It reflects from the world outside and you get the experience where you (and others) see yourself as 'not confident'. Likewise, if we all thought confidence was something that makes all of us anxious and have associated that word with that experience – thinking about lack of confidence, would attract experience of anxiety into your life and to your experience. It's the connective energy between us all – we all decide on the 'meaning'. And we do so in forms of events, people you meet and situations.

This is how I was creating my reality when I didn't have confidence. Every thought was blaming myself. Everything I saw was stress, worry and lack of confidence. And this was exactly how I felt and what I got in the world. What my mind was dictating – I felt. What I felt, connected to the world outside of me, and brought about corresponding events, experiences, people, perceptions, feelings into my reality. When you feel them out there – it's real. But I went to every new moment in time, with the same perceptions and

thoughts. I always went in with one world view – ‘I don’t have confidence the I want to have’.

The principal idea is that every opportunity and success - has a seed. And it originates in the mind of the viewer. If you think about poverty thoughts, feel and speak of poverty – you will experience poverty in your life. If you keep saying ‘I’m so stupid’ to yourself, you will bring about experiences in which you find yourself making silly mistakes. With every thought, word and action – you are creating everything that’s inside of your mind. **Meaning, that if you can change your mind, you can change your experience.**

Every thought is made of energy, which attracts based on what that energy represents in the universe. This is proven by the famous Double Slit experiment, when physical particles began to act differently to how they should act. They began to act, like people expected that they would act (The behaviour of particles changed when a human observer was added to the experiment. By simply adding a person who watched the experiment, changed the outcome of an experiment. Which couldn’t be proven mathematically).

One of the craziest unexplainable phenomena, just like initially with the Double Slit experiment, happened with the Rice Experiment. Initially, someone online made a video where they cook white rice and put it in 3 separate sterilised glass jars. Then they take three different labels ‘*I love you*’, ‘*I hate you*’, ‘*Ignored*’ and place them on the jars. They kept the two and placed an ‘*ignored*’ jar of rice into a dark place where you never go. And then every day for 1-3 months they would come to the ‘*I love you*’ jar of rice and say *I love you*. Then go to the ‘*I hate you*’ jar and say *I hate you*. And the third one was locked up away and ignored.

People couldn't believe what happened afterwards. After around 1 month passed, the rice in the jar that received the words '*I love you*' began to ferment in white little bubbles. Like natural kefir or sourdough – in a nice way. The rice in the jar that received the words '*I hate you*' began to grow dark mould all over. And to everyone's surprise, the rice that was ignored – began to grow inside of the black mould that looked the worst.

People didn't believe this was true, that words could affect the physical world in such a way. So of course, different people began to repeat the experiment and put it on video. And without a doubt, every expectation and experiment – came out the same way. You could find compilations of hundreds of people, repeating this experiment, because they couldn't believe it.

The Law of Attraction highlights the creative power of our thoughts in an unexplainable way. Like magic. Positive thoughts attract positive physical influence, negative thoughts attract negative physical influence. Even outside of ourselves.

This experiment was inspired by Dr Masaru Emoto. He claimed that human consciousness could affect the molecular structure of water. In his initial experiment, he would freeze water molecules and during this period he exposed them to different words like '*god*', '*love*', '*holy spirit*' and conversely '*evil*', '*disgusting*', '*hate*' etc. He then took the water molecules and placed them under a microscope, witnessing the water molecules change to different shapes. Where the positive words would have beautiful, snowflake-like, crystalized and symmetrical structures while the negative ones would always come out hideous, disorganised, and asymmetrically distorted. He found the same results to be true with exposure of music with beautiful tones and lyrics vs negative tones and lyrics. And when you realise that more than half of the human body is composed of

water – you can begin to realise the impact of thoughts and other people's energy can have on our physical health.

When people first became aware of the Law of Attraction, it quickly became a new fad. People began to believe that by thinking really hard, intending, being grateful, visualising or other a-b-c method, you will be able to attract whatever you want into reality. Like a luxury car, a million-dollar house or a dream partner. It quickly became a gimmick to sell to the masses, the dream of waving a magic wand and things appearing in their lives. Like magic.

You can't lie, many people who face the biggest challenges in their lives would turn their lives around from sheer belief and gaining hope that change was possible. Until that hope (belief), would actually begin to give a positive outlook on the things they think, feel and do. And indeed, help turn things around and bring about new experiences in life. Let me illustrate one big mistake that people made, with the Idea that – you attract what you think.

With the illustrations above, people automatically assumed... that it's the thoughts that were influencing the physical world. They assumed that change in thoughts and thinking is what brings about difference in the physical reality. That Law of Attraction can be practically applied – if you change your thoughts.

So, people began to try and change their thinking. They began to medicate themselves with positive thinking. They went out to visualise and read affirmations every day in an attempt to attract their desires. Other people began to buy journals and do mental or visual exercises. While many claimed that The Law of Attraction changed their lives, the majority saw no change and no results. Because it was the wrong assumption, which became popularised.

You see, every thought and what you hold in your mind is indeed creative. But people missed one critical aspect of the process. What creates their thoughts? (automatically)

You see the thoughts don't just come from nowhere. They don't just sit there and hum along once in a while. Sometimes being negative, sometimes positive. They come from beliefs and associations that we learn about the world. **They come from beliefs that** we hold in our mind. That sits there, to guide our lives, of what feels good and what feels bad. Allowing us to know how the world works – how we can survive. They don't wander, they don't change easily, they don't get changed by simple shifts in thinking, better yet with 'positive thinking'.

**Belief** is the missing link to how Law of Attraction is constantly in effect – already creating our lives, through the laws of energy.

Positive thinking will always change how you feel. Because when thoughts change, feelings change. But without changing your beliefs, eventually your thoughts will go back to being how they were. Having the same thoughts, the same views of the world, the same perspectives, the same associations of what you think is good and pleasurable or bad and painful. That's why it's nice advice to help feel better and be able to move on. It's like a band aid, to help move past a situation, until the next one comes along. Being temporary and dependent. Likely repeating the same experiences, in different circumstances.

Besides '*positive thinking*', affirmations are also destined to fail. They don't have much emotional impact. They don't provide energy for the beliefs to be built. Like your memory – you only remember the things that had a lot of emotional energy. Furthermore, Affirmations don't provide evidence to believe. They are simply words that are

often said by people, without even thinking. That's why our beliefs don't change. Meaning our thoughts don't change. And that's why the majority of people don't get any results with Affirmations.

Visualisation is a little better, because as you imagine you can **feel**. You can see evidence of different things, to provide for something to believe in. However, it's difficult to repeat visualisations of the same specific belief. It's difficult to override some of the conflicting or more powerful beliefs that already exist in the mind. And without having a significant amount of energy – the beliefs won't change (like we don't remember the little, the mundane, yet remember emotionally valuable events in our lives). Without enough energy beliefs don't change. Meaning the thoughts won't change. And bring about no results whatsoever.

What's worse is that our ability to visualise quickly gets destroyed when in school we get punished for when our *'minds wander'*. When we think of what we want vs what we're told. When it becomes suppressed by pain associations (beliefs), it becomes very hard to visualise for people. Especially the way we could, when we were children.

Let's take something even more practical and see how ineffective thoughts alone are. Let's say you're afraid of rejection. It's a childhood memory, you don't even remember when it happened. But when I tell you to approach the person you're afraid of, and say *'Think positive'* or *'think that you're unafraid'* what will happen? People have been giving this advice for centuries, yet it never gave anything more than a mere encouragement... Maybe it helped to push themselves and take action (as they thought), but the feeling of pain and resistance never went away.



If the law of attraction worked simply from changing thoughts, you should be able to attract what you think. In other words, be unafraid, approach people and transform near instantly. But so far, that hasn't worked for anyone, who has ever tried this. Because it's not the thoughts, which we think once or twice that bring things to us.

**We get in life what we believe.** Attracting the reality that we hold in our minds.

Before, if I ever changed my thinking, it felt better momentarily, just like the regular ups and downs of life. But when I found The QPH Method and changed a subconscious belief, I began to see The Law of Attraction take place instantly. When I went from believing that I wasn't confident to belief that I was – you could see a 180 degree change happen right in front of your eyes. Your feelings change, your behaviour changes, how people respond to you, treat you, respect you change. You feel more confident approaching every situation, you feel in control. You can see how your appearance gets glances and attention by other people. EVERYTHING.

Reality changes, right in front of your eyes.

To be able to go from anxious, to that – The QPH Method is indeed a superpower. Simply highlighting the fact, that Belief, through the Law of Attraction (energy) attracts into our lives – the reality that it represents.

## **Science Proven Power Of Belief**

*"There are no limitations to the mind except those that we acknowledge." – Napoleon Hill.*

Everything I have been talking about, is already recognized and proven in the world of science. The best example, illustrating our understanding and the very power of belief is – a 'placebo effect'. Which also has an acknowledged opposite – 'a nocebo effect'.

You have the ability to go for what you want, because your brain is working every second, creating energy through your body. So that you could live and do things. Creating your experience.

Unlike how people think, that we consciously create our lives, our subconscious mind holds most of the power in creating our life experience. It has an ability to perform 6 trillion functions to 60 trillion cells with an estimated total of 10 000 000 000 000 (quadrillion) functions - **each second**. An ability to store memory for every experience in your entire life (*even ordinary experiences you may not recall*). Your subconscious mind is controlling 95-7% of your life versus the 3-5% when you consciously think, reason and connect ideas. (estimated % numbers vary within the scientific world).

All medical research is compared against what is called a placebo effect. A placebo effect is demonstrated countless times. When Group 1 suffering from a particular illness gets prescribed a pharmaceutical FDA-approved drug, designed to treat that specific illness. Group 2 suffering from the same exact illness, gets a sugar pill (or faked treatment) – believing it's the same medication. The result? - Both groups get cured.

New England has published a study involving two groups suffering from torn meniscus in the knee and debilitating pain. Group 1 Had a meticulous repair of the torn cartilage and relieved the symptoms causing the pain and discomfort. Group 2, with the permission of the family, had a fake surgery. A placebo surgery, thinking that they

had a real surgery. Only 3 small incisions were done to the knee, and closed, with no intervention. There was no actual surgery performed. Both groups got cured. They took the same path of recovery and rehabilitation, and both groups were reported to have the same improvements.

In the entirety of medicine, since 1940, the doctors already know the power of belief. However, there's an opposite effect, called 'the nocebo effect'. Nocebo effect is when a person thinks that he has a particular disease, and begins to experience symptoms of that disease.

In fact, every medicine student today has to be trained, to carefully investigate the behaviour and communication of the patient, to see if it's not a self-convinced 'nocebo effect' that's causing him to experience symptoms. Today it's more common than ever, when you can read online the symptoms of an illness, identify yourself with them and begin to see, feel and experience exactly the symptoms you read. It doesn't happen after a few thoughts. But when the patient begins to believe he has the disease, he begins to see, feel and experience it. The belief begins to create that, which you believe to have.

If you think you are anxious **once** – your body will control your physiology and make you feel the effects of your thoughts **once**. If you believe you are an anxious person (**always there**), that belief will focus the mind to find and attract thoughts, feelings and experiences, in which in fact you experience being anxious (**always there**)..

Once your thoughts become habits, and turn into beliefs you have no control. As a matter of fact, only 2-4% of the time you decide what you want to do. You actually make the decision. 96-98% of the

time, it's all the habits and beliefs that you hold in your mind, that are dictating your physical feelings, determining what you will actually do. If you don't believe me, ask yourself – when you want to meet a girl or a guy – why does the urge (a feeling) come before you even think about making a decision? Snap your fingers and make that feeling not appear. Do you like chocolate? If you do, snap your fingers and stop liking it. You can't.

Most of our beliefs control and create our thoughts. Which leads to our physical feelings. You cannot have a feeling without having a perspective, belief or a thought first in your mind – about that experience. You will discover the process of creation later in the book. For now, understand that this process is running your life from day to day and from moment to moment.

And what creates our thoughts and beliefs then? The subconscious mind is shaped by everything you see, hear, smell, taste and feel. All of the experiences you've ever had get stored as memory – which become your beliefs and associations of what means what.

Even today, everything you are exposed to, shown on TV, playing on the radio, people's opinions, picking up on other people's feelings/experience are further shaping your mind. Even when actors or singers express to you what certain situations mean and what they feel like – you pick up on it. Relating most, to what supports your memory of experience and beliefs. (while other people relate differently). Practically everything around you is shaping your subconscious mind, even without your conscious control efforts. That is why it can be important to choose the lyrics you listen to every single day. The movies and intense experiences you immerse yourself in. And even watching the news every single day.

During my studies in the Institute of Medical Sciences, Aberdeen in Advanced Psychology lectures and professional practice it's highlighted – that when you are a child, you suck up everything like a sponge. Every first belief and association, becomes a foundation of all the beliefs, thoughts and experiences that you will have. For example, if you experience a strong pain of rejection, even in primary school you could already compulsively desire love and acceptance. Starting to throw toys at the teacher, fight with other kids and try to get it from outside of you. Depending on other beliefs it can lead to a higher chance of either becoming a bully – or being bullied (out of picked up weakness by other kids). Chapter 3 will cover more about the power of these early core beliefs.

The important point to understand is that all of our beliefs create our world. While the early ones are acknowledged by the science of Psychology and Psychologists in professional practice to be responsible for many of the problems. All of the people we surround ourselves with, our network, our families, what we engage in, watch or listen to – all influence our subconscious mind. From belief creating new experiences. And from experience becoming new/or reinforcing existing beliefs (memory).

Even in the placebo effect, when people experience the 'cure' or in a nocebo effect the 'disease' – people are not aware how they are creating their experience. Constantly being busy responding to the outside world. And if they begin to believe they have symptoms – they won't even believe if the doctor will say 'it's nothing'. Making them argue, fight and even go back home and try to self-treat it. Or find a different doctor that will.

Very few people understand just how powerful a belief is. Changing just one belief has the power to change many different experiences, feelings, behaviours, circumstances and change the course of life.

## How One Belief Can Change Your Life

*'Your beliefs become your thoughts, Your thoughts become your words, Your words become your actions, Your actions become your habits, Your habits become your values, Your values become **your destiny.**' – Mahatma Gandhi.*

If you can control your beliefs – you can predictably control reality and your future.

For thousands of years, the wealthiest and smartest people in the world realised there's power within the mind. Better yet, in a world where we exchange things (Capitalism), people understand that people can live by all kinds of rational or irrational beliefs creating their reality. Meaning, that to be a good salesman you had to appeal to people's beliefs. In order to gain power and leadership, you had to influence them.

The great religious wars were based simply from people's beliefs. People would die, based on what they believed. One famous incident happened with a cult, called 'Heaven's Gate', where 32 people took their own lives – wanting to do it. Because they were made to believe, salvation awaits them if they do.

For an individual, 1 belief can be the difference between success and failure.

Trevor Moawad told this story, which his dad, heard from one of the most successful magazine entrepreneurs in the world:

There was a man failing out of high school, who was struggling growing up. He was raised by a single mom in the Midwest. He promised his mother he'd at least take the SAT test. So, he takes the

SAT test in May's junior year, and doesn't expect anything. Get the score back in June.

SAT is a standardised test with the maths part and a verbal part. Both are scored out of 800 points.

Well, this guy takes it, he's bombing, failing out of school. He doesn't expect to pass.

And he gets a 1480/1600. He is stunned...

*(Even good people often average at around 1000.)*

So, he gets the score and his mother do, what any mother would do in this situation, where you know your child – she says '*did you cheat?*' She knew how he was doing with school and the friends that he had. It didn't seem like he's going places...

He says, '*I swear to god I tried to cheat, but the way the numbers were and the scantrons and the bubbles, you couldn't cheat*'. So, she says '*You mean to tell me, that you really got that score?*'. And he says '*Yeah I got the score*'.

All of a sudden he begins to think that he's smart. And because he's going into his senior year, he makes a decision '*I'm going to go to class*'. As he starts going to class, he slowly stops to hang out with the type of people that he did, when he didn't go to classes. When teachers see him in the class, they start thinking '*hey, Franklin Pierce, maybe we missed the boat on this kid*'. Because he presented himself differently, teachers began to treat him differently.

As the story goes he graduates. I Go to a community college. Goes on to Wichita State, goes under the Ivy League and becomes a massively successful magazine entrepreneur.

Everyone began to understand, he was always smart. He just needed a standardised test to unlock his capabilities and show it. But that's not the case.

12 years after all this guy's success, he gets a letter in the mail, from Princeton, New Jersey. I Don't think anything about it. The next day his wife says '*you're going to open it*'. So, he opens it.

Turns out the SAT board periodically reviews their test taking procedures and policies. The year he took the test he was one of 13 people, who got sent the wrong SAT score. His actual score was a 740/1600...

People thought his whole life changed when he got 1480 score. But what really happened was that he began acting differently and holding himself differently, when he **believed** he was a 1480 student.

When he believed he was someone different, than he was initially – he became different. The potential changed. The behaviour changed. All circumstances, people, experiences, choices and decisions outside of him – took him to a whole different place in the world, than it would've, if his belief and perception about himself and his place in the world, wouldn't have changed.

Once you believe you are something, you actually embody it. You embody that feeling.

Being successful in life is all about having the proper belief system in who you are. When you believe that you are someone special. When you begin to believe you are the best at the best entrepreneur in the world, you embody that, different than if you thought '*I hope I'm good*'... Every book you pick up **changes**. Every person you engage **changes**. Your tone of voice, how you walk



**changes.** Every feeling in your body **changes.** Your belief naturally drives you through barriers and obstacles. You act in nature to that belief. Becoming more natural, more convinced, more self-assured.

Changing a belief, changes the whole process of creation coming from your mind and your body. With every thought, feeling, action, word and behaviour you begin to attract different things outside of you. People begin to perceive you, the way you perceive yourself. They feel how you feel. They know – this is a professional. Someone who is on his purpose '*I can see that*'. They give way for greatness and people who appear self-sufficient. They respect it. Admire it. The path becomes open, to actualize that belief, outside of your mind.

It's never about what other people think or say about you. It's always about what you think and say about yourself. Inside of your own mind. With each experience -> creating a perception of who you are. And with each perception of who you are -> creating an experience to express that.

In life we have exactly what we have accumulated over our lifetimes. All the memory-beliefs of pain that we will avoid in the future, and all the memory-beliefs of pleasure that we will seek. We calibrate who we are based on the 'world outside' ourselves, creating our beliefs about who we are.

This confusion of the 'outside world' makes us miss not only how our experience is being created from our mind – but how those invisible beliefs in our mind appear in the first place. This is the key, to understand how your life is pre-programmed and pre-determined for certain types of future experience.

If you can see this – **you can predict your future**. You can change it. You can improve upon it. Gaining full control of your life, from the 'inside world' to the 'outside world'.

## **Confusion Principle: Memories = Beliefs**

*'The mind is everything. What you think you become.'* - Buddha

By understanding this aspect of your mind and your belief system, you can gain even more power in controlling your life in ways you've never dreamed possible.

Controlling feelings, motivation on demand, habits, creating powerful behaviour changes – all becomes possible with this basic premise of belief. And combining it with the QPH Method, ability to change beliefs.

When you go through life you have some conscious control over your – thoughts, words and actions. Which together with your body, senses and the 'world outside' produces a result. A feeling. **An experience.** And this experience, whether you remember or not, **becomes your memory.**

Your memory is the sum total of all of your experiences that you've ever had. Everything you see in the world is how you once felt about it, how you once experienced it and saw it be. All of which guides and directs your new experience - with you believing **what feels good** and **what feels bad**, who is what, and what means what.

There's nothing in your world that you can't relate to your past experiences in some way. However, it is all those experiences, who are giving birth to your new thoughts. Everything is based on your previous experience.

For example, if you burn your hand once, next time you feel the urge to be careful, be more wary. If you burn many times over and over or severely - you may feel it's too painful to handle, and become afraid – avoiding the fire everywhere you go. If you are so afraid of fire, you anticipate the places, situations and environments where fire is. The same happens with invisible things like judgement, being rejected, making a mistake and other common experiences. We anticipate the situation where we may feel that same pain – **again**. It creates pain, barriers, hesitation, stress and anxiety. Like an invisible barrier preventing you from taking that step. And then creating thoughts to diffuse the pain - rationalisation.

Therefore, we do not have an ability (*yet*) to choose the life we will experience ahead of time. But through consciousness we gain the ability to remember our experiences and to control our decisions. Creating the world we live in, both:

1. **Consciously** (through directing thoughts, words and actions).  
*\*Having control (outside)*

2. **Subconsciously** (being directed by memory, belief, feelings) *\*Not having control (inside)*

It's the one mind – subconscious, directing and controlling the actions through the conscious mind. It's the memories of all experiences you ever had. But your memory is your belief - 'how painful it feels to make a mistake', 'how painful it feels when people gossip about me', 'how good it feels when people cheer me up'.

That's the whole point, your memories become your beliefs. Beliefs about the world. Which then calibrates into belief about who you are – your identity. If you believe '*it's painful to make a mistake*', you

will try to avoid every situation where you could potentially make a mistake. If you believe it's 'extremely painful to make a mistake' you will create your identity and everything around you – so you would never have to 'publicly speak' or 'do high-risk work' in your life ever again. By the law of attraction, likely attracting that belief of 'who you are' into your reality. As much as you don't want, still experiencing - making a mistake and finding yourself that way...

Being able to control the subconscious beliefs, which are creating our experience on autopilot, without our awareness - is when we can truly begin to create our lives the way we want. Taking painful past experiences, and turning them into neutral or pleasurable. Changing how they create future feelings and experiences, directing our future. Like taking the brush and painting over the paint of the past. In case it didn't come out the way we wanted the first time.

The purpose of this book is to give you an ability to change those subconscious beliefs of what feels what. Instead of calibrating who you are, based on your past and current experience – become what you want to be. Choose and create your own experience. So that you can at once imagine, and create yourself and your life, the way you truly wanted it to be. And move into that. Just like a little kid, believing that anything is possible. Without the adult mind, rules and learned barriers, that gets in the way.

That's why it's important to learn and listen to every thought, feeling and experience coming from your beliefs. Observe every word, feeling and action. If they don't align with the person you want to be or the life you want to live, and prevent you from that – change it. Using QPH Method, ability to change belief – recondition that belief. And decide to make it the last time it interferes with the life you want to live.

When you can control the uncontrollable, you'll realise how creative you really are. How there's nothing you cannot be and nothing you cannot do and nothing you cannot have in life.

But you discover The QPH Method, we have to uncover one more loophole in our understanding. A crucial element to the confusion in our lives. Which makes life more complicated than it has to be. Confusing people over their emotions, problems and experiences.

This is all you need to know, to have - all **emotional intelligence** there is.

## **Confusion Principle: Only Two Emotions (Emotional Intelligence)**

By understanding this one principle, you'll instantly become light years ahead of most people confused over their emotions and feelings. In common terms, you'll acquire - **'Emotional Intelligence'**.

Because it's pretty cool to know what your feelings mean. What they're trying to tell you. How do you interpret them and understand reality, right? Well, you can finally know the true meaning.

Funny enough, just like the earlier concept of 'facing outside', the confusion of emotions, also comes early from our childhood.

When we begin to learn what the world is, how it works and what everything means – we quickly learn that our *emotions are always different*.

When you push a glass and break it, and our parents aren't happy – we call it '**Guilt**'.

When you meet a person, and begin to want them while they make you feel good – we call it '**Love**'.

When you see your friend has a toy that you want, but you don't have one – we call it '**Envy**'. Or if you have and are afraid to lose it '**Jealousy**'.

We have a word for every different emotion. But what do they describe? A different chemical appearing in our bodies? Unfortunately, that's not the case. The more we divide emotions, the more confusion we create.

In reality, we come from an animal world. And we can only feel two types of emotions. In reality, that's all there is.

Pain and Pleasure. (Love and fear, good and bad, positive and negative)

We can only feel these two emotions, at different intensity and in different circumstances.

In life we simply take on associations of these feelings in certain themes/circumstances that keep recurring. Then we give that feeling a different name, depending on that theme.

Let's take the first example. For the first time in a kid's life, he broke a glass, simply because he felt like doing that. And his parents punished him. Because he was punished – he felt pain. This pain became a belief, associating doing something wrong with pain. And only later in life, the kid learns that the feeling in our world is being labelled as '*guilt*'. So, when he goes to the world, and in the future experiences the same emotion – he feels '*guilty*'.

Now having 1000s of different names for emotion, doesn't mean it's a different emotion. It means it's an emotion of pain. But attached to a theme, it gives the person an ability to make sense of what theme is reoccurring. Something to define a theme itself. A circumstance – which likely occurred many times before.

But that's where people get confused, trying to understand what the feeling means – without ever going inside, and understanding where that association first came from. Without understanding why it's reoccurring. And without all that – trying to rationalise who they are and how the world is, creating reasons, excuses and opinions. None of which reveals any more about him than he already is and was made to be.

The more options you have the more confusion you have. When you begin to understand that every emotion is either painful or pleasurable, you begin to look at the world in a different way. You see people all around you either experience pain or pleasure, in different moments. Constantly being affected by these emotions. You can begin to track back experiences, when you first felt those feelings – in those circumstances. And when you do find them, you have a clear-cut language to change the meaning and the association. To take what felt painful and teach your mind that it was normal. To take the habit of scrolling on social media and train your mind to find it painful. And move away from that. Start living a life where your mind does not get controlled by your past or by other people. Be in full control of your life, instead of falling victim to your own emotions.

The question of this book then becomes – do you wish to walk through your life consciously or unconsciously? Having awareness or lack of awareness? Being at the cause of your experience or at the effect of it?

You have to become conscious of the movement of your life.

## **Beliefs Move Or Block Us (All Motivation & Procrastination)**

*'With our thoughts, we make the world' - Buddha*

We are smarter than animals, because of our consciousness. But we still come from animals. And therefore, we still behave by fundamental nature – like animals do.

Every animal, including us humans – move away from pain, and towards pleasure. This is the source of all motivation. If you feel hungry you go pick up an apple or hunt for food. If you see a tiger attacking you, you forget the food and run.

When you begin to divide emotions into different labels – you create confusion of what is what and what means what. However, when you look at everything from a pain and pleasure perspective, you'll find all your blocks and barriers and will be able to control what you move away from and what you move towards. Like reprogramming your memory, from what was programmed into you.

You see it's all fine if you were programmed and learned that falling down and scraping your knee is painful. You don't want to hurt yourself... But what if you were programmed, that 'it's painful to make mistakes' and now 15 years later this belief is making you procrastinate just a little harder, when you need to do your work. Directing every choice and decision you make, not to look like a fool. Self-protecting and avoiding valuable life experiences, progress or even meeting your dream partner. When we have these



associations of pain – we move away from them. Without thinking, we know there's pain and our body begins to tell us, creating negative feelings. *Not feeling like going to the gym... not feeling like doing work... not feeling like approaching that person...*

This basic principle of ALL motivation is this. If a dog does something you like and you give him a treat (pleasure) – he becomes motivated to do it, to gain pleasure. If a dog does something you don't like and you punish him (pain) – he becomes motivated to not do it again, to avoid pain. Over time, the effect gets stronger. The more you present the treat – the more pleasure the dog feels in anticipation of it. Likewise, the more you punish him – the more painful the experience becomes, until the dog develops fear. In humans it's exactly the same.

If you do it over and over again, it becomes engraved in our nervous system as belief associations of pain or pleasure. For example, you know that falling and scraping your knee is painful, so you try not to fall. And if you eat dessert, it feels pleasurable, so you often get excited or buy your own sweet stuff. Likewise, if you fall down it hurts. But if you fall down again on the same wound, and again, and again – eventually it becomes so painful you physically can't handle it anymore. And you become afraid to fall. You will do anything in your power, to not even walk – just so you wouldn't fall. You'll perceive all situations, with a potential, that you may fall there, and doing that, and with that person and that person lives too far... In essence, these associations control all of your behaviour on a belief level.

When it comes to motivation, pain is always a stronger emotion. Because it's designed to help us survive. When you're hungry you might be going for an apple on the tree, but when a lion attacks you – you will not give a damn about that apple anymore. Pain is a

survival emotion. You will always move away from pain stronger than you will ever move towards pleasure.

This is why people might want to get fit, improve their appearance, look better, but can't make themselves go to the gym. There are different pain associations linked with the idea of going to the gym. 'What if people will see me and not like me?', 'what if I get rejected by how I look', 'I'm not in good enough shape to go yet'...

When we have associations of pain and fear, the closer we begin to move toward them, the body begins to warn us of re-experiencing that pain or fear. Stress goes up, anxiety rises. We begin to focus on predicting what may happen, what may not happen. We begin to see the negative. Images in our mind. The body is trying to help us – even if the associations are irrational. It tries to protect us – creating resistance. Wanting for that thing – not to happen again.

You see fear is the most powerful emotion. Because evolutionary and genetically it means – death. A complete and utter unknown. Meaning you have to avoid it at the cost of your life. Do everything and anything to find a reason not to do it. Escape it. Run from it. And the only thing is **certain**, that you know if you avoid it, you survive.

So, while we move away from pain toward pleasure, we sure as hell avoid anything that has the potential of our fear-based beliefs becoming realised. Everything we do is designed to help us survive.

As you realise, how much animal nature we still have, you want to know of one more thing, that is responsible for ALL of our doing. That besides your life being driven by your conscious mind and your subconscious mind (of beliefs/memory) it's driven the most strongly by – **your primal mind.**

## Beneath Beliefs - Finding Purpose & Fulfilment

*"You become what you believe. You are where you are today in your life based on everything you have believed." – Oprah Winfrey.*

If you want to take full control of your life this is crucial to understand.

Your primal mind is the reason why you do things. Giving birth to the very first beliefs. Creating the strongest emotions in your life including **the feeling of fulfilment**. And it has the most power to shape your mind in the strongest way possible.

Within the primal brain, we have more embedded functions, than just to survive and reproduce. Realise this – human evolution took over millions of years. It means, we didn't suddenly become capable of 'conscious thinking'. It was a long and slow process. During which, we began to adapt to the environment, come out of the trees and form tribes - slowly developing the conscious and subconscious mind.

Because of that slow development, new things became important to us. And in Psychology they are defined as the Human Needs. While we could go into the whole Psychology and cover the science of different labels, ideas, principles, frameworks, understanding – creating confusion, instead let's understand the simple principles. Why are we the way we are? Why do we move the way we move? What motivates us at the very core? And learn **what's really important**.

The progression of the most important things in our lives go like this:

**First**, we have to make sure we can survive and be safe. Be fed and able to reproduce.

**Second**, as we came out of the trees and began to hunt in groups, we developed a need to bond and be safe with one another. To connect and form relationships, discovering different levels of closeness and likeness. Different emotional intensities and even feelings of what we call love, betrayal and so on.

**Third**, when we fulfil the primary needs of safety and survival and achieve the power hierarchy within the tribe, so that we could ensure our survival with the best food and get the best partners – we go into self-expression. We then begin to create whatever is on our mind, make the ideas real – actualizing ourselves from within.

This happened, even million years ago, when you had all the food and felt safe and secure within the tribe. When you had trust of the people and were fulfilled in every way, with the first thoughts – the search for meaning began. *What do these first thoughts mean?* Question, self-realise and self-direct. Which could only be actualized, after everything else was good and fulfilled.

All of these needs, essentially, are still rooted in the part of the brain which is still an animal within us. They create the most powerful emotions in our body. Our minds prioritise them over our beliefs.

**Our beliefs simply sit on top of these needs, to help fulfil them.**

And starts the process creating our first beliefs and associations.

For example, when you first feel hungry as a child and your parents don't show up for a while too long, you quickly associate pain with not having your parents. With losing people. Aka the fear of rejection. Leading to association-beliefs that never existed before. Which are designed to help you fulfil the need of having people. So,

you want them to be there and you strive to adapt yourself – so that you could survive.

When you fight in a relationship, there may be many beliefs triggering pain – yet underneath it all, the other person may have felt potential to be abandoned, or to be unappreciated and lose a feeling of having a good place between people (*feel significant*). When that human need is being taken away, beliefs of fear get triggered. Causing uncertainty and feeling of pain. And the person begins to act from that uncertain place – saying the things he wouldn't normally say, doing the things he wouldn't normally do, defending himself and putting the blame (*anything to survive, and feeling certain again*).

**This is a key point.** It is our circumstances, which determine how we will initially feel. Which then determines our initial beliefs – to help fulfil that, which we lack. Which becomes our programming, creating beliefs about life, new circumstances and our self-image. Motivating us to fulfil our needs, through breaking past our self-created beliefs of lack (*wanting to fulfil from the outside, that which we believe we don't have inside*).

In essence, all sources of initial emotion – come from our animal nature. It's what gives it intensity. The **fulfilment** or the loss of our human needs.

For example, when you watch a movie, and you see a moment where a girl and a guy finally fall for each other. You get emotional, because you feel what they feel. That human connection, receiving and fulfilling the need for *love & acceptance*.

*(\*Hence the importance of what you allow into your mind today - what movies you watch, what music you listen to...)*

Or when you watch a movie and a child gets taken away from his family. You feel how those needs were lost (*the pain association of losing them*). And you watch in order to find out if they find the child (*to regain the fulfilment lost*). The more it looks like they might not find him – the worse they feel (*so do you*). And when you finally watch the reuniting moment, that animal nature – animalistic emotional communication between us gets so heated up, that we feel like we know what it's like. Because we do.

We don't relate, having all of the same beliefs and views about the world. But we all have the same human needs and communication on that level. This is the body language that we most evaluate. This is the natural hierarchy that develops between people. We feel who has least fulfilment and is the weakest within the tribe. That's how a bully evaluates who is the weakest one. The same way a girl evaluates which man has the most potential survival qualities. And the same way we elicit trust within each other, regardless of what we say. It's the communication beneath words and actions. Communication through feeling and behaviour, coming from our **beliefs** (*which come from our needs*).

As illustrated initially, human needs have their own hierarchy and levels. Meaning, that unless you have safety and security – you're unlikely to pursue love and connection or better yet self-fulfilment. That's why often people who focus on resources and money over anything – neglect their relationship fulfilment, connection, other people and the real purpose of becoming. They get tangled up and trapped in a rat race of unfulfillment. Which is why we have commonly accepted the idea that '*money doesn't bring happiness*'. Which is not necessary. Because when you master your beliefs and associations – you can be fulfilled in all areas in life, have the best of life, regardless of whether you're poor or wealthy.

Some people live all their lives in striving to become someone significant. Some to achieve love. And many often run in a rat race in desire to have what they want, always eventually reaching a place where they realise they 'don't have it'.

That's where the feeling of deeper **fulfilment and unfulfillment** comes from. By all the principles revealed so far, you can begin to see the pattern. Initially we all have the need for resources. Let's say you were little and you come from a family where you didn't have much. And you have plenty of experiences 'seeing other people have resources, and you don't', 'losing your toys', 'not being able to buy something you so love' etc. You develop an association of pain with not having money so big – it becomes an association of fear.

All of this unfulfillment fuels you to desire it. Every belief and association of pain makes you want the opposite. The more you want it, the more you focus and see – you don't have it, which makes you work harder and harder. But no matter what you do, you can't seem to 'get it'.

When people hit these moments, life typically goes two ways. 1. Something happens in their life, and their fear gets realised – they lose a business, all their money, a house etc. And from there – they **'let go'** of their fear, as they go through from uncertainty – (*to certainty*) realising they survived and nothing really happened, as bad as they thought it would. Allowing them to go through the experience, and begin to acquire things, without that fear controlling them anymore. (*You can see examples in every poor-to-riches success story*).

Or 2. People get stuck in between, never pushing themselves past their fear. Allowing it to take hold of them. They either settle for less or even if they have a lot of money – all they really see is 'I don't

have enough' experience. **Feeling unfulfilled** – no matter how much they acquire.

This is constantly happening for people, with all of the human needs. With love and relationships, with wealth and resources, with their health, and even their self-fulfilment (not finding purpose/meaning). When we feel pain of unfulfillment, we want fulfilment. The more pain we feel, the more we want it. Never realising that pain associated with beliefs acts like a barrier – to having the very thing you want.

The point of this chapter is that you can't eliminate these needs. But these needs can get exaggerated into pain and fear-based beliefs, based on the circumstances, that we have long forgotten. Creating memories and beliefs that begin to shape the things we will have and never be able to have. Shaping every desire, belief and opinion. And shaping our self-image, based on the reflection that comes out of all that.

Essentially it's about the two emotions. Feeling pleasure of fulfilling our needs. And feeling the pain of losing them. And from these human needs that come from our primal brain, we begin to shape what we do and don't do – creating beliefs of the world and of who we are.

This process is basically invisible to most people. Because no one is even looking inside, to how their experience is being created. Where the feelings are coming from. Hence the importance of Chapter 1.

Every belief and memory you hold in your mind is constantly controlling and directing in which direction your life is moving. In other words, it's predetermined, by all the beliefs and memories that you have accumulated up to this point. Every feeling you feel, is only a new feeling, because it's in a new circumstance. But every



experience you're having, is the same one, like you've already had before.

## **Fate: Changing Our Pre-Programmed Future**

*'The mind, conditioned as it is by the past, always seeks to re-create what it knows and is familiar with. Even if it is painful, at least it is familiar.'* – Eckhart Tolle

After illustrating the power of the mind and belief to a small extent, let me illustrate how little choice we really have from the start – to how our lives will really pan out. And how powerfully the above concepts affect the lives of each and every one of us.

The first is a true story of a boy, growing up in a difficult environment. As the little boy is growing up, all he sees is his parents arguing between doors and fighting with each other. Until one day his father walks out through the door and doesn't come back. It becomes difficult for his mother, she needs money to take care of this boy and to be able to send him to school. So, she begins to move to more affordable homes, through more dangerous neighbourhoods, where she could find a cheaper place.

The little boy has no clue why his father went away. But his mom is doing her best, working many hours and struggling with her own life. Until eventually she gets addicted to prescription medication, making all of her pain just a little dimmer. Because of the struggle for money and not being able to create a safe and stable place alone – she has to move and take the boy from place to place.

As the little boy is changing schools, he struggles to find friends and is always seen as an outsider. He gets bullied. In fact, one time, at

the age of 9, he got beaten so bad, that he ended up in an artificial coma for 7 days. Having to relearn basic motor functions of the body. The father is gone. And for the most part he doesn't see his mom.

As he grows up and begins to make a life of his own, he soon enters into all the same things he learned about life. After he has kids with his girlfriend, they are always fighting (like he saw his parents). He begins to seek a career in music, but fails to succeed (like he saw his parents). He works for around 60 hours in a restaurant 'Mom's spaghetti' until he gets fired (like he saw his mom change jobs). He struggles to provide (like his mom did). And after he can't make ends meet and provide a safe and stable place for his family – eventually he moves with all his family to her mom.

Until one day he faced his greatest pain (which surpassed any level of fear). He had to see how his girlfriend had bought a gift for his little daughter, pretending it was from him. One thing he wanted most in life, is to not be like his parents and live a better life. And to be able to provide his kids with all the things he couldn't have.

That evening, it became more painful to not have the ability to provide, than any other pain-association or fear-based belief that he had lived in response to. He began to think differently, feel differently and began to make new decisions – saying to himself 'it will never happen again.

He left home with one pursuit – to live on the other side of his barriers.

When he let go and broke past the barriers that confined him to relive the life he saw as a little kid, Marshall Bruce Mathers began to go by the name Eminem and became the greatest rapper of all time, forever cementing his name in history.

Since facing his greatest pains accumulated over time, he began making different choices. He began to see different opportunities and ways of pursuing his career – different to the way he was until then. Every old belief of limitation began to break. Every new belief of capability and determination was born. He began to see how the music world works, how he can apply controversy, how he can apply emotion into his music from his life. He created the most powerful songs that moved the whole world.

And if you are familiar with his story, then you also know that he had to leave his girls at first (same way like his dad and mom). And after initial success, he still got addicted to using prescription medication (just like his mom).

In Psychology it's well understood just how our initial experiences and first associations of the world, shape our most intense experiences. Which lay the foundation of how we are going to live our lives and how they will turn out.

We model our parents for how we should be, how we should become, how we should survive in this world. What it means to be a man or a woman. We pick up the feelings that they feel. We connect the meanings and create associations. What kind of qualities or partners we pick.

While our lives are different, a lot of beliefs and associations of what feels like what, what means what, how the world works and how we believe and see the world including the religions, traditions, passions – are given to us, without a choice. **Laying the foundation, for a life to unfold.**

While we believe we are in control through our conscious acts responding to the 'outside world', in reality we keep responding to our beliefs, thoughts and feelings of what we already know and

have experienced. We forget how we defined initial experiences and have no awareness of their future influence. Believing that life happens and comes from the world 'outside of us'. And our only way to interact with it, is to consciously respond to our feelings and experiences – overlooking where they come from. Believing they come from 'outside'.

This is the greatest limitation of living a life without a choice. A predetermined life.

With the QPH Method, you'll not only be able to change beliefs, but also choose a life you want to experience ahead of time. Ability to overcome any future pain, break through barriers, accelerate your success, and achieve the highest level of fulfilment. And also an ability to provide for your children and ensure they have an ability to control their lives – regardless of how difficult life may seem.

Whether you're a father or mother, an athlete or an actor, a businessman or a start-up - this is your opportunity to make yourself stronger. To get smarter. To get faster. To get tougher. Become more stable and more resilient. Ability to go and get more out of life and out of the life you've been given.

Without further ado...

## The QPH Method: Ability To Change Subconscious Beliefs

*A man who was undefeated in battle, considered to be one of history's greatest and most successful military commanders, Alexander the Great, believed that fear is what every man of every generation has battled, but when one conquers fear, he can feel immortal. He himself, a man of great achievement, was known to conquer his own fears, by believing he was a son of God Zeus. An invincible God himself.*

After learning the principle lessons above - **I finally had a grasp on fear.**

When you begin to see where it all comes from. Looking inside and understanding the mechanism itself. You may just find that tweaking those principles from within, can actually give you a superpower, to eliminate fear. Or just about any feeling and help you create new ones.

After I understood how the fear works I realised that the pain I felt was similar to that of fear of a spider. Because the misconception I was living with was that fear can only exist outside of me. A fear of spiders. A fear of public speaking. Or a fear of fire... But that reality was no longer true.

After realising this, I found the next couple pieces that would give me a weapon to fight and defeat that fear. A weapon to get rid of pain. To conquer fear and give me the exact opposite – **freedom from fear.**

I understood that fear stops you. It prevents you from doing the things you want. It limits you in every way. That it's the worst of it.

Most people live their lives with the limitation they have. Throughout history people understood the concept of '*living a life in quiet desperation*'. Where somewhere deep inside you feel the desire for more, of what is possible. But sometimes, emotions just limit you. That girl or guy you liked, but you never showed it to them. That person you loved, but you never told it to them. That job you wanted, but you never pursued it. Or that dream you had – but settled for less...

Most people live their whole lives, concerned about the future and troubled by their past or situation, bouncing in between pain and pleasure placed limitations. When people reach their deathbeds, something happens.

When people have certainty for death, they face the greatest fear of all – survival. When we face the fear, on which all of our pains and fears sit, we realise all the things we've missed. All the things we could've done, but didn't do. Because we've allowed fear to limit us. All the things we should've done, but never pushed past ourselves to do it.

This is called regret. I hope you don't want to reach the end of your life and discover that you lived 1/10th of it.

Regret is wishing that our past was different than the way it was. For the final time, causing us pain and sadness. But because it's the final time, many can accept what awaits them. Because it's inevitable. And for the first time in their lives – we experience freedom. On our deathbeds to say the things we should've said long ago. To see those last moments, without fear.

We become free, right before we go to the afterlife.

I have good news for you. After the next chapter, you will have an ability to never experience a feeling of regret. You will gain an ability that will allow you to experience life, how it was truly meant to be. As described by God in the Bible and Quran – and already given to you to achieve this freedom.

## On The Other Side Of Fear (The QPH Method)

*'Mene, mene, tekel upharsin' translates to:*

*'You have been weighed in the balance and found wanting...' -  
Daniel 5:25-28*

The QPH Method is designed out of three powerful principles. You'll now uncover these principles one-by-one and see how simple and easy it is, when these principles collide.

Up until this moment, we've gone through the paradox that is going on inside our lives, every single moment. Every moment you want something. Means you don't have it right now. When you desire to avoid the pain **it pushes you**, and when you desire to gain pleasure **it pulls you**.

If you focus outside of yourself – you can attain it (*that is if you have no beliefs stopping you*). If you look for what you want 'outside of you', what can only come from 'inside of you' – **you'll never find it**. You can see either lack, or abundance.

The important question is – what are you focusing on? Which side are you choosing?

When I found out that all this time I was facing the wrong way, I knew one thing. I was focusing on lack. On the pain of not having it 'Confidence'. Which gave me more – of what I don't have. My life

was in a perpetual state of discomfort, never really having what I wanted.

As I kept thinking about it, a thought popped into my mind.

At some point, when I was learning all this bunch of information, I heard a profound statement from Owen Cook. He's a really smart guy helping men develop themselves. And I remembered him saying '**Everything in life is a paradox**'. At the time, it didn't mean anything to me. It was just an empty word.

But suddenly it entered my mind, and things started to connect and to make sense of how the mind works.

Experience of fear (resistance) – the very desire for the moment to be different than the way it is, can be condensed to one word. One action.

### **WANTING.**

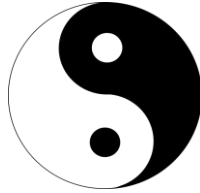
Implying that the very desire itself, in our brain - is a statement of lack.

As the thought of 'paradox' popped into my mind, I suddenly had the first answer.



## Rules of Life: The Law of Polarity (P)

*'Happiness will not come to those  
who fail to appreciate what they already have.' – Buddha*

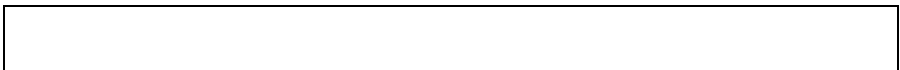


Universal Law of Polarity, is one of the most powerful laws and rules of life that create and define everything in life. It's universal, again like gravity or Law of Attraction (*It's a Law of Energy and Physics*).

The Law of Polarity defines that **everything in existence has two sides**. And that one, always leads to the other. One creates another. You can't KNOW the experience of one, without having another.

Without black, you wouldn't know what white is. Without pain, you wouldn't know pleasure. Without open, you wouldn't know what closed means. Energy, through vibration, moves from up and down. You have good and evil. God and the devil. Every idea and conception always has an equal opposite. (*By the law of energy - always in motion, one creating another. Like the vibration of energy going up and down.*)

I knew this all along, but it never had a profound meaning, until I started thinking...



...If '**WANTING**' causes pain, that means that exact opposite (by the Law of Polarity) has to cause pleasure. I quickly asked in my mind 'What is the antonym (opposite) of the word wanting?'.  
And it is – **HAVING**.

'Gratitude'.

*'A grateful mind is a great mind which eventually attracts to itself great things.'* – Plato.

While you might start realising that a lot of things from the bible begin to surface to real life existence, I want to show you what followed next.

I realised, according to the Law of Polarity, **you cannot have BOTH at the same moment in time**. Which means, if you feel happy, you cannot feel sad at the same time. If you have an open book, it cannot be closed at the same time. Alternatively, if you focus on 'not having enough' money – you cannot feel like you have enough.

This principle basically means that whichever side you focus on – you get.

In my mind I was focusing on lack. On wanting confidence, rather than having. Because my experience was dictating that I don't have it. I was believing that 'I'm not confident'.

The outside world, and the outside experience was calibrating my self-belief of how confident I was, on autopilot. Meaning, that what your mind attract into your reality – you become.

This is where the magic happens. When you change your focus, and focus on having confidence, rather than wanting it – you no longer can have lack. You can only have one. And if you change from one thing to the other – ***the other ceases to exist.***

Which is the cornerstone of the QPH method.

The whole reason why people throughout history were never able to control their lives and their mind to such a powerful extent – was because they never really understood how their experience was being created, through these powerful principles of Physics. Especially The Law of Polarity.

On one side you want to gain something positive, on the other you want to avoid something painful. If your focus is on avoiding the pain, for example you try not to '*make a mistake*', you focus on that you are coping with the situation that's not even there. **Resisting the present moment.**

The closer you get towards the moment where you could '*make a mistake*', you begin to reach the potential of re-experiencing the past association of pain (*or fear*). Anxiety begins to rise. All of the mental faculties are focused on coping, in order to gain control – of what you don't have control over. 'The outside world'. Contracting all of your energy - towards yourself.

However, when you focus on having the thing, quality or ability – *there's no pain*. There's nothing to resist. **Instead, you accept what you feel and have.** Allowing the energy to expand and to flow through you. There's no friction. And because you have and feel good about having something – you share it with others.

If you believe you have confidence, you are sharing yourself fully with other people and you're thriving. However, if you want

Confidence, you are always trying to manipulate the environment, in order to be perceived better. You try to say the right thing, to appear the right way, to feel different and so on. Trying to influence the 'outside world', without having any control of it.

This single understanding, allows you to take perception (*belief*) creating lack of confidence and turn it into perception (*belief*) creating abundance of confidence. It allows you to take energy creating a lack of money and turn it into energy creating abundance of money.

What's even more powerful, that it doesn't matter where you are. On a scale of 1 to 10 of how bad you feel, you could be 1, 2, 5 or even 10. When you apply the QPH method, you don't just go into feeling good on a scale of 1, 3 or 5. You go all the way to the other side of continuum 10.

Later, one other principle of the QPH method explains that after you reach the highest positive on the side of having what you want – it keeps growing, **without limit**. Meaning, the confidence keeps growing stronger, without ever moving back to the other side. Permanently, without end. (*\*Unless again you decide to use the method to change things – you are in complete control*)

It's one of life's greatest paradoxes, when you're in a state of needing this and needing that, it doesn't matter how much you acquire (*from the outside*) you'll never have enough (*on the inside*). But when you become grateful for what you already have, life will bless you with even more.

So, to continue my discovery, I began thinking about what I've already found. And when I continued the train of thought, I found more remarkable realisations.

I thought 'If wanting confidence was showing me that I don't have it, that means I have to look the opposite way and look at myself already having confidence'. But how do I do it?

I've tried all of the things from all of the books before. If you do affirmations – they don't stick. It didn't work for me. If I tried to visualise – it was hard, and it never lasted. So how can you change the way you see things? How can I start seeing myself as already having confidence?

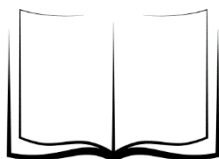
As I asked these questions – **I got the answers.**

Funny enough, as I lead you down this path, the very answer (*paradoxically*) is...

## **Control: The power of a Question - Q**

*'Ask and you shall receive' - Matthew 7:7, The Bible verse*

*'Call upon Me, I will answer you' – Quran verse 40:60*



As I kept asking questions inside my own mind, looking for answers – I received every single one of them. Then I remembered...

A while ago, I've read a lot of Tony Robbins' work. I've tried many of his methods and it sounded great, but nothing ever really gave me a profound change. However, one of the things he said just popped into my mind, when I needed it. He says 'Whatever question you ask, you will get an answer. If you ask questions, you can control

your focus. And the better questions you ask, the better answers you get.

If I was to ask 'where are you now, as you're reading this right now?'. You could easily describe to me the location and give me an answer. You would change where you are looking and could see what you were not looking for initially.

If I was to ask you 'what's your favourite hobby?'. You could easily go back into your subconscious mind, put your hand in and dig out the memory and association of the past. And get the answer to the question asked.

Asking questions is a long-lost quality. The quality of the wisest and smartest minds of the world, from ancient philosophers like Aristotle, to scientists like Einstein, to artists like Shakespeare or Picasso. People who first found the answers within, and then found them outside. Leading historical revolution and human progression. Highlighting that it's one of the most powerful habits to cultivate.

Even today, people understand that questions are powerful. Psychologists could guide people in ways people couldn't guide themselves. In business he who asks the questions holds the power to control the conversation and can lead a customer through experiencing emotions. But there's something even more powerful about questions.

Tony Robbins famously spoke about a Psychology experiment, testing the power of focus. He told of an experiment, when Psychologists gathered a full room of people, they asked the participants to find a certain type of colour (*say it was blue*) and count how many times they've found it in a room. And they gave plenty of time for this exercise. After everyone has finished, the

Psychologists now ask the participants to find a different type of colour, and count how many times they've seen it in a room. After that, they did something different. Now they've asked the participants to go back to the first colour they were searching for first (blue), and look for it again, counting how many times they've seen it this time. This is what they found:

When people have returned to the same colour, they found more of it, than they did the first time. The problem is – there weren't any more blue-coloured things, which appeared in the room (as they had plenty of time to find them all the first time). The Psychologists found and illustrated one powerful principle of focus (and the mind).

The participants began to identify anything that was close to blue – as blue. Even if it wasn't blue.

The illustration Psychologists made was that the brain is so powerful, that when you focus on finding something, it will find it – even if it's not there.

Let's take a real-life example.

1. A person who has a fear of losing his partner and feels jealous, constantly feels pain, when anything comes along with a potential – of experiencing being left (*rejected*).
2. As he wants to be loved and accepted, his mind circles back to the present moment – saying 'I'm not loved and accepted right now'. Causing him to experience the pain of these thoughts and directing his focus on it, to be aware and help avoid it. (*which he can't, it's coming from inside*)
3. As he focuses to avoid pain, he keeps seeing **evidence** of all the potential things, in support of the self-created habit of thought (belief) 'I'm not loved and accepted right now'. 'She

*looked at a guy for too long'. 'She's texting someone'. 'She's dressing up too hot, what if she's trying to attract other guys'. And so on.*

4. The more he focuses on wanting to avoid the pain, the more he resists himself and his experience, the more he feels and the more he focuses on finding the negative, **to prove his belief being real.**
5. Until he begins to think - 'She's obviously cheating'. Attracting own behaviours, circumstances and situations, which will lead to fear of losing a partner (*belief*) – become real.

This can happen for men and women of course. And people see and believe things – even if they're not there. Until they become real. Because eventually, by wanting, blaming and when you stop being the person you were, doing things unconditionally – we push people away. While on the other side, other people have their own fears and pain-based beliefs being realised as well. And it can just so happen, that their DESIRE for the love and acceptance – turns into a behaviour of finding it somewhere else.

**Belief needs one critical element to be created – evidence.** A reference to attach to. Something to support the belief and lay the foundation. The stronger the foundation – the stronger the belief.

Different from affirmations or visualisation or any other method – when you ask a question, you get an answer. That answer will always come through your focus, showing you an image in your mind, a thought, a previous experience (or even a close-enough experience). It gives reference experience, for the belief to be seen as real. Eventually, making it real. – *Ask and you shall receive.*



Funny enough how it works, it's exactly through the Law of Polarity. When you have a belief, it produces references for you to see, for that belief to be real. On the other side, when you ask questions and produce references for you to see – **you create a belief**. \*Ying yang.

This shows the power of focus. It is always working, from beliefs controlling what you look for and what you find. Leading you through the process of beliefs, creating experience and materialising them into reality. From beliefs, to thoughts, through feelings and words – creating reality (*in the physical world*).

The main point of course is that whatever you spend your energy on consistently – you see more of it. The energy expands (*compounds over time*). And from your mind you attract it into your reality.

Later in Chapter 3, you'll discover one extremely powerful survival mechanism of the brain that works in tandem with controlling your focus. Revealing to you - why people cannot see their own most damaging beliefs and realities. Why can't we help other people see things? We can't help them change. And better yet, we can't see our own weak spots. Explaining why people would rather die, than accept certain things. And revealing exactly why we struggle to understand and fix the biggest problems in our lives and society.

When I first wanted to become more like everyone else, and have the confidence to say things and feel stronger, I just saw the feelings. I was constantly responding to things happening in my life, never really getting anywhere. Trying to improve, without ever really improving. With ups and downs. But overall – never the way I wanted, or saw other people living good and happy lives.

After I looked inside my own mind, I began to see how that experience was being created. The kind of thoughts coming and the

feelings behaviours they were leading to. Which made me want to get out of that even more. The more I worked on it -> the worse it got. The more I wanted things to be different -> the worse I felt.

Most people live the majority of their lives in the first stage, where I was in. And as long as things change and eventually everything feels a little better – they move on. Without ever really changing within. For the most part having a 'stable' life, like everyone around them. Even if deep inside, they know they want more.

As I kept fighting for a better life, I realised I only had 2 out of 3 problems solved.

1. I knew I had to focus on already having what I want.
2. I knew I had to ask questions, so I could begin to think and see evidence to – 'How confident am I?' (*\*simply by assuming that I was, even if I didn't believe it, think that way of feel anywhere close to it*)

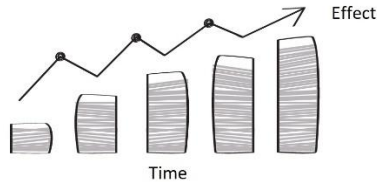
So that through controlling my focus, I can begin to convince myself that 'I am confident'. And that by the Law of Polarity, my belief would move to the positive side. I would begin to see myself differently. Think differently about myself. And feel different feelings.

That evening, I only had one question left to answer - 'If I ask a question and focus on having confidence, **how do I make it permanent?**', 'how do I turn it into belief?'.

And to this I already knew a definite answer.

## Change: The Power of a Habit (H)

*"We are what we repeatedly do... excellence, therefore, isn't just an act, but a habit, and life isn't just a series of events, but an ongoing process of self-definition" - Aristotle.*



Your character and success are and can be, nothing else, but the total result of all of your habits of thought. Habit, therefore, is the next crucial component in the QPH Method.

The power of habit is often underrated. People think that it's only something you do all the time and that's it. But thinking that way, can make you miss a whole bigger picture, and the role that Habit plays in. The power of habit is deeply connected to one other powerful principle and another rule of life.

This one principle leads to infinite creation. In fact, the power of habit is also deeply connected with what Einstein calls 8<sup>th</sup> wonder of the world - **'The Compound Effect'**.

Remember, energy cannot be created or destroyed, it can only be transferred. And if you remember, the way our focus works, is where we continuously spend energy – it grows, expands. Like compound **interest**.

There's another Rule of Life which is always in effect, creating and evolving your life even at this very moment.

## Rules Of Life - The Law of Cause and Effect

*'Compound effect is the eighth wonder of the world. He who understands it, earns it; he who doesn't, pays it.'* - Albert Einstein

The Universal Law of Cause and Effect, states that every action has a reaction. You do x (*cause*) and you get y (*effect*). I know it sounds very scientific and you might think how is this useful for me? Well, it's actually quite simple.

Say if you clean your teeth – they get cleaner. If you don't clean your teeth – they decay. Cause and effect. (*Energy converting*)

The power of the Law of Cause and Effect, really comes to express its power (how Einstein says), when you introduce **time**.

Because now, if you clean your teeth every single day twice – in a day, you will see no difference. However, over time, in 5-10 years they will get brighter and be better looking. On the other side of course, when you don't clean your teeth at all – one day won't hurt (*so you might think*). However, in 5-10 years you might not have some of your teeth and experience great pain in how you look, how you feel, when you eat sugar and cold ice-cream and other people don't find you the same, when they compliment your friend, for their 'white smile'.

This law in combination with compound effect (*consistency through time*) is working in every area of your life – based on every single belief you hold in your mind.

The example of Jealousy – initially starts like a thought. A small feeling. Nothing that bad, normal and natural right? Well, in 5 years' time, this could mean the greatest pain in your life, having to decide

who will get the kids, how you're going to look after your children and have enough money to send them to school all by yourself and the pain inside for losing the love and acceptance you once had.

These kinds of things are already in effect in every area of your life – financially, relationship wise, success and achievement wise **with every belief.**

When they work in tandem with the Law of Averages (*\*a bonus rule of life, see last page*) combined with Cause and Effect over time (compounding) – it's virtually impossible to see how 1 single association, how 1 belief can make the difference between success and failure.

Which further puts people into a rat race. Because once 1 relationship is over and the rational mind finds blame and finally makes things okay – you go into a new one. And while people change their behaviours, opinions and perceptions from outside-in – the core beliefs still eventually bring the same experiences in new circumstances. Creating an illusion, that they are - *different*.

For me it was enough. I didn't want to experience pain anymore. When it came time for me to put the last piece into place – make a real change I was already certain, 'I need to make it a habit of thought'. **I need to create a new belief.**

From graduating in Sports Medicine, I already understood the Physiology of the human body, and immediately knew how to do the rest. What's really important, when creating a habit.

There are only two ways you can create a belief. Either through **repetition**, or intense emotional experience (**intensity**). Or both of course.

When we do things consistently, we are literally sending energy through our body to build new neurons. A neuron is simply a brain cell. Like a highway. Which when you build wide and strong, gives you an ability to go through it, back and forth whenever you need.

When we are early in school, in order to learn how much 5x5 is, we need repetition. It's not something we are thrilled about doing. But if we do it over and over and over again, eventually – they become part of our memory. A belief of how much 5x5 is.

Another way is through intensity.

You can either add small bits of energy over time to build something, or you can do it in one go if you put a lot of energy into it. Meaning if you spend a huge amount of energy – you can create and build a neuron faster. Your body simply allocates more energy and nutrients to create it.

When we have big experiences in our lives, which have a lot of emotional energy – we tend to remember them easily. If I asked you to tell me what you did 10 years 3 months 5 days ago at 5.05pm you'll not be able to tell me, simply, because the memory, belief isn't strong enough.

Oftentimes people remember the bad memories easier than the good ones as well. *(Unless recalling them gets associated with pain, then we stuff them away even further).*

One great illustration of how intense emotion builds beliefs/memory can be illustrated from when people are interviewed after tragic events. For example, years later after the 9/11 incident in New York, people were interviewed for Documentaries. When people tell the story of how they were dining right next to the twin towers when the planes crashed, they recall

having such intense emotional responses – that they could clearly and vividly describe every single detail of the past. They would tell what the weather was like, how many people were in the diner, what they were talking about with their friend – and even how much of the pancake they left unfinished.

This also explains the whole science of Psychology, why the first experiences about the world, when kids don't know how the world works (*uncertainty*) – are so emotionally impactful, to create the initial beliefs. Which are proven, to later in life are rooted into most problems and emotional pain. It explains why we only remember the big, emotional and impactful memories.

So, after I realised, I'll have to make it a habit, I started thinking once more – 'how long will I have to ask this question?' 'When will I know that I have a habit, even if it works out?'

In the world of science and Psychology it's a hot debate and everyone feels like they know '***the right answer***'. I come from a Scientist world myself and I'm familiar with most of the research papers. Where the science says it takes 64 days to create a habit. While other people claim it takes 30 days. And some say it's 21... Who should you trust?..

At the time in my mind, I thought one thing – 'if it works, I'll do it for as long as it takes and I'll see when it becomes a habit'. Which I did – objectively without expectation of the number of days it may take.

However later along the lines of my research, I've found the true answer, which aligned perfectly with how I've seen it and experienced it. Because when you look inside, and see results over many times practising it, and objectively looking at 'what's happening' – you can't miss it.

It goes back to how energy works. If you do something, which doesn't take much emotional energy – *it takes really long*. Whereas if you do something that creates a lot of emotional energy – it can take less. So, the debate changes – **it depends on what you're doing and how you're doing it.**

For example, let's say you do affirmations. You speak out or read a sentence. It has little to no emotion involved as you read it. If you don't feel emotion, don't get an experience – you can do it for 100 days – and still get no results.

When you ask a question however, it's different. Because initially you have a *desire*. And when you ask a question, you focus with excitement (*energy flows from belief in the method*). On top of that, you get an answer in your mind (*a thought.. a reference..*) – which produces an **experience**, often which has a whole little scenario, or past event/memory being associated or re-associated. Meaning it already has energy. And more energy, than just an empty thought. Because often you may even ***feel the feelings*** as you see it in your mind (*strengthening the experience*). And what's even more powerful, is that by focusing more and more on something, your focus expands. You begin to go through the day and your mind begins to show your more evidence – without even asking a question (consciously).

Take an example, if you get a salesman, who is being very pushy (because he wants your money), he comes off compulsive and tries hard (*wanting money*). The first time you don't like that experience, and from emotion – you create a memory.

The next time it happens, you already feel that pain come back, but it's a different guy – so you give him a chance. And again, this guy is trying to push his product onto you, without even caring about



what you want or need. It's all about taking your money. Again, you get another reference, now you begin to think '*god these salespeople are annoying as hell, I don't like them*'.

Because you're a nice person, you allow it a couple more times. The more you experience that pain, the worse it gets. It's like falling on the same wound over and over again, until it becomes – **fear** (*too painful*). *\*Cause and effect, over time.*

Eventually you will do anything in your power to avoid them. You'll run, pretend you're not at home, because every time they pursue you it will trigger that fear-association – until you feel like you might even respond without control (*from uncertainty/fear feeling*), and say something you normally wouldn't.

But because of reference experience, you will have plenty of associations that **salespeople are horrible**. A belief. Shaping all of your new views, behaviours and feelings. That it feels painful to be sold. That you don't like sales calls, emails. That you hate all those people at the entrance of a supermarket, look at businessmen differently and so on.

At that point, even if someone says '*why would you say that? Sales people are good*', you can get triggered. When we have beliefs formed, they become part of our survival, knowing how the world works. We will not let anyone tell us that what we believe is wrong. And the more they try, the more we think they're not on our side. Because we know what is '*real*' or '*true*' to us, and if they try to persuade us, we might fight to death, to prove how we are '*the right one*'.

Any beliefs formed with references, become deeply ingrained in our survival mechanisms (described later in chapter 3). For which through history millions of people would kill their same species –

simply because they believed in different things. Through religious wars. Desire for power. "We are good, they are bad" formed tribal beliefs, coming from their animal nature, and so on.

So, to come back, when you do something every day, which actually gives you '**experience**', I've found that the QPH Method can create beliefs in 21 days and sometimes even less. Which then goes on to stay permanently – continuing to ask questions on autopilot, without your effort or awareness. Which means they continue to produce references, and grow over time. You begin to see more of the positive things you choose, dramatically changing where you end up in life.

But keep this in mind. Being able to change beliefs is the most powerful tool you can have. So, you might just want to stick to the same mindset I maintain.

I rather never fall short of getting what I want. And I stick with the process for at least 30 days. Just to make sure, that sometimes I don't rush through and it happens so that it doesn't become a belief. Because of this mindset, I've never had an experience, where me or any of my clients did the QPH method, and didn't change a belief. In fact, from that little bit extra effort - they began to see the change and results come even faster. And seeing that change clearly.

After doing all the research, I've discovered that people at the highest level of expertise of the brain, like world class hypnotherapists, and people who actually do habitual work with the mind (*specifically thinking*) resolve to 21 days being enough. While it's assuring, I recommend you stick to 30.

Understanding all these principles, only one thing was left.

**To put it all together.**

## **Example: Creating Permanent Confidence, Presence & Happiness**

*“Whatever we plant in our subconscious mind and nourish with repetition and emotion will become a reality.” – Earl Nightingale.*

This is how the whole process works. Let's continue with my story of how I first applied it, so you can go through the same experience and sequence and know exactly how it works and what to expect.

That night, after assembling the the QPH Method, I thought 'Okay so first, you have to change your focus and start looking at having the thing you want. Ask a question. And by the Law of Polarity, you will begin to see what you have and stop seeing what you want (*what you don't have right now*).'

The next thing you have to do is to make sure you do it over and over again until you create a new habit. Until you have the very thing you want – **permanently**.

So, that night, when everything connected, all I had to do is to go to work tomorrow and try doing it at work. Heck, even before the next day, when I laid my head on the pillow, I looked inside my mind and practised it. While everything seemed to work, I had to make sure.

So, the next day I go to work, I'm ready. But I still walk to work worried, since everyone hates me. I'm avoiding to speak with the general manager, people are looking at me like they dislike me, and I might be working with someone intimidating...

To this day I remember how it all went.

As I was working behind the bar, making cocktail, the guys would come over and right after the chit chat I'd ask in my own mind '*How confident am I?*'. It saw the day was quiet, so I went to help the waiters and take the drinks over to the tables. As I put everything down, turn around and ask again '*How confident am I?*'.

As I ask the question – I begin to get answers. 'Well, my posture was really good.', 'And the way I've put the glass down looked good and strong', 'and my posture was nice as I'm walking'. I could see myself differently in my mind. *It felt so good...*

I kept at it the whole day at work.

Later that day, I thought to myself 'That's the first day, I felt good for the whole day in months...'. But I didn't feel like it wasn't over. Because tomorrow, a new day awaits. I just had one idea come into my mind, which I felt inspired me - 'if you ask a question once – you will feel good for a day. If you ask a question for 21 days – you will feel good for the rest of your life'.

The next day, I kept doing it as often as I remembered. And the next day. Until I start noticing something different.

The guys who I felt didn't like me and I was more of a trouble – I'd begin to see them coming over, asking for my opinion, 'how should we do this?' 'How should we change up the bar?'. All of a sudden ***I started seeing and feeling respect*** from them. The colleagues that would come over to the bar, I started feeling that they're more positive toward me and they begin to see me differently. I began to feel good and engage with them with ***comfort***.

Couple weeks-in, I came to open the bar in the Restaurant. I came in early and my general manager Cesar was opening the restaurant

that day. I remember cutting lemons in the corner of the bar, he came and sat down to do his paperwork. I haven't spoken with him for forever, since I was thinking he was pissed off with me and wanted me out.

And I just simply felt comfortable and started speaking to him. I asked about him and his family, and in an instant I realised – I was entirely wrong the way I was looking at things. He wasn't even upset with me – he saw me perfectly fine, and was willing to treat me exactly like everyone else, even if I made mistakes and upset him before. On top of that, I felt good and confident to approach him and just talk. And after the chit chat, all I had going through my mind was positive references, positive self-talk. I began to realise everything was changing.

Without even 21 days coming to pass, I've felt like my life took a 360-degree turn. In record time things flipped from the worst they could ever be, depressive feelings, negative self-thoughts, things going wrong – to me seeing myself strong and confident and other people seeing me that way too.

When I first found and came up with the QPH method, the ability to change a belief – I thought '*It would be cool if it worked...*'. But this was the biggest mindfuck I've experienced in my entire life... My life went from depressed to a confidence I've never felt in my entire life - even if I dressed up cool and had 20 shots of vodka... (*I'm Lithuania, that's how we do it*). All of this 'flip' in my whole life experience, happened **in a matter of days**.

After experiencing that big of a transformation, I knew – I've found it something special.

That ability to change life itself. Completely. I thought of it as an ability to control my life and make it exactly how I want it to be.

At that moment I knew it wasn't some kind of trick where you do it and feel good for a while. Or someone convinces you, and because you believe it, you feel it like *'it's the thing'* – yet nothing really changes. That it wasn't a temporary inspiration or just a hype, I couldn't go back to the previous state, feelings or even thinking. I believed in the change. And I began to believe in the power of the QPH method and ability to change beliefs.

I knew nothing like that existed. I knew no one knew about it, or even the possibility of being able to do something like that. In hundreds of books that I've read, there was nothing even as closely as powerful as what I've just witnessed. At the same time, the night I was trying to 'figure it all out', when I arrived to an idea of fear being connected to a belief – I went online and searched 'how to change beliefs'. And found nothing other than the same woo woo, sham methods people believed in, that are floating about somewhere on the internet already...

There was no connection between these unique laws and the daily function of human lives. Later I've found books on Law of Attraction, manifestation and I already knew the methods they propose is more of a marketing hype. I already knew they don't work. With their practical methods being ineffective and impractical. And I knew that the QPH Method is like a missing piece to everything they're talking about. Being able to attract a different life into **your reality**.

I knew if I missed something and it did exist in some other way, the Science of Psychology and Therapy would've already been buzzing and fixing people up left and right that this would catch on quickly. There wouldn't be things like trauma, ptsd, addiction, personal problems you name it. No one knew this. And I realised, I just became able to mentor and provide for all of the world's Psychologists with one of the most important and valuable things –

they're missing. Or better yet, transfer and provide this power to the people, who are missing out on it.

While you may begin to think the QPH method is indeed an extraordinary opportunity to transform your life, **wait until you hear what I did next.**

I was so blown away by such a drastic change in experience, that I had to make sure it was real. I had to test it one more time. Because If I can repeat it, by principle, it means it always works. For everyone. Regardless of all other circumstances. Because these are the principles that are constantly working for everyone – without a chance.

Back then was the time, where I was inspired by one of the books I recently read 'The Power of Now' – by Eckhart Tolle. After reading it, it was just a cool idea. But after I discovered the connection between the Universal Principles and the mind – it made me see that idea in a new light. I felt that it could be something pretty powerful, yet extremely crazy, if it worked from within. So, I thought to myself, *'If I really want to make sure this works, let's take something like this idea of enlightenment, and try the QPH Method with that'*. Afterall if it works with something as crazy as that, then this new human ability must really be something insanely powerful.

So, I've used the same framework. From the book I understood the negative aspect of the concept in our lives, and then I found an antonym (*polar opposite*) for it. And then I've turned it into a question, which I would ask myself in my mind.

I remember it was a warm spring day, I was walking home on Union Square back in Aberdeen. I was walking towards George Street, right after my morning shift in Café Andaluz. As I began asking the new question, I noticed something weird happen...

As I was walking, I was looking down the main street. The street had these garlands, few cars and a bunch of people filling up the street. There were a lot of people and things going on that weekend. As I asked the question, all of a sudden all of the things I saw, skewed a little. I could begin to see more clearly. Things came out of the periphery and I felt like I could simply notice more stuff. On top of that, it was a wonderful feeling ... It felt pleasant to experience that moment.

It didn't last long. It felt a bit difficult to maintain that – *I had to ask the question again.*

Every time I would lose this feeling, I still remembered what it was like. So, I knew, I've experienced it and wanted to experience it again. From developing a strong ability to be self-aware of myself and my experience, I could tell – it was a profound difference.

If I'd tell any other person to ask this question without first having the ability to be aware of oneself – they would simply miss this difference (*and not notice the change in experience*). Because this was an internal experience. And facing outside distracts us from it, making us seek and respond to outside circumstances. All the worries and concerns – that we think are 'important'.

For me it felt exactly, as predicted. If this crazy thing from this crazy self-help book works, then it indeed it's some crazy superpower I've found. And without a surprise, it did feel out of the ordinary. And because it was a crazy idea to begin with, even though it was a pleasant experience, it did feel like the QPH Method was like a *superpower*. And within a couple of weeks, something else happened... (It went exactly the same way, like it happened with 'confidence' belief. Suddenly, I began to notice things in the outside world that began to change...)



First I was taking a bus to work. I sat down on the left side of the bus, by a big wide window. As I drove to work, I noticed something weird. All of a sudden, I don't think about what happened in my life. My mind doesn't go to the past, thinking about what happened a day before, at work or of any problems going on... *'wait a minute...'* I thought.

My mind also stopped thinking about the future. Before, every time I took a bus, I would think about the things I should do later, thinking about the products I should buy in the shop, all the things I'd like to get done, plans, people and concerns... *But for a while now, it's not happening.*

As I became aware of this, along the journey to my work, I simply looked outside the bus window. I began to notice all the different things that were going on in this one moment. It was like seeing so many simple things – in a more meaningful way. I would notice the emotions a mom feels as she drives her baby in a trolley, how some people are walking stressed and obviously rushing to work. I would pick up on their emotions easier and simply appreciate it all more.

Don't get me wrong, I've seen these things before, just like everyone in the world. But the way it felt when I saw it, changed. With more awareness, with more pleasure for the little things, that would normally seem meaningless.

At the time I didn't know why seeing things would make me feel so good. But today, I know I'm not just like a monk. And I'm not alone, experiencing this.

*'Don't concentrate on the finger, or you will miss all that heavenly glory' - Bruce Lee.*

Couple of days later, I was walking with my sister coming from work, as she worked in the same restaurant at the time. It was already dark, but Union Street was fairly lit up. As we kept walking and talking, I would notice I would be in conversation with her, but just feel more aware of everything going on around us. As she was intensely telling me about all the things 'going on' I just looked at the sky, and saw it shine, in such a beautiful way. It was full of stars and the moon was in place creating such a beautiful view of the sky. It felt so beautiful, I can't describe the change in experience I've felt back then. With amazement, I told her, *'Look how beautiful the sky looks.'*

She lifted her eyes up, took a quick look and said *'yeah that's nice, but anyway... this and this happened'*. As I saw her reaction, I realised. For most of my life this was exactly how I've experienced every single moment. Seeing things, without really 'experiencing' them, and appreciating each moment. Time was passing by, life was going on, and I kept busy with the 'outside world'.

In that moment, I contrasted myself now and how I was before – how I felt before. ***It became clear to me.*** The ability to change beliefs is something more than just changing a belief. It's not just about changing that *'I believe I like potatoes'*. Or *'It feels painful to be rejected by people'*.

With time and learning many more different principles, I came to understand that this question leads to a belief responsible for creating happiness from within. Ever since I've asked that question for 30 days, I've always felt happy and more present in each moment. If bad things would happen, I wouldn't resist them. They would lose hold of me and have no control over how I feel. And

because it went from one side of Polarity, to the extreme of the other – even other people couldn't comprehend, *'how is this possible?'*.

Out of an infinite number of cases, there was a really vivid example of this. One day my sister was moving from Aberdeen to Edinburgh where I lived at the time. Initially she stayed at my ex-girlfriends place. I was pursuing my career with fitness, learning business. My girlfriend was thriving through life, creating a clothing brand on her own, barely after finishing University. A while ago, we bought a nice camera, an expensive lens worth £600 and DJI stabiliser, to create some content and shoot gym videos. I remember, I placed the camera on the tall kitchen chair behind me and turned away toward the kitchen table. The stabiliser had 3 legs and because the cushion of the chair was fairly soft, it leaned just a little too much in between the two legs and the whole thing just fell to the ground.

As I turned around, I looked at the camera, and picked it up. A piece of the lens-protector broke off, the lens seemed fine, And I think something broke inside the stabiliser. I didn't know yet. So, I just put the whole thing back on the table.

My girlfriend got angry, and said 'Vycka, what the fuck?! Why are you not upset? You've just dropped the camera that we bought.'. My sister was on the other side and she furiously jumped in 'Yes, Vytas, aren't you upset with what you did? You know it's also her camera..'. They got even more upset, and angry that I wasn't reacting or getting upset... That I was taking it so peacefully...

So, I said to them, the only thing going through my mind was 'listen, I'm sorry because I know it's yours too, we'll figure something out'. They kept looking at me weirdly and asking me 'why are you not upset?'. And for me it was very simple, I said 'I can't go back to the

past. It already happened. I can only go from here and see what happened and what we can do about it, to make things okay for both of us'.

You could argue that I always had that type of character. But for me personally, ever since I've asked that question, I've stopped worrying about things I can't control. I stopped feeling any bit of emotion, over things I can't change.

I would only worry and care for the things I was in control of, which was myself. Not the circumstances around me. Taking away responsibility, where I don't have any and giving responsibility over the only thing I can control. I stopped worrying, over what I could've done, what could've happened differently. My mind simply never went back to that way of being. It never tried to predict the worst things that could happen. And my life has been like this ever since the second-time using the QPH Method and creating that belief (*as of writing this – over 9 years*).

Going back to the principle of the 'outside world' in Chapter 1 – realise this. You don't have control of the outside world and the circumstances. You can't control the weather. You can't control other people. And most certainly you can't control what happens and how it happens. The only thing you can control is your mind and how you will experience what happens. This is the true power that the QPH method gives you. And **it's the power which you already have.**

All it took was 1 question. Repeated a few times a day. Making you feel and experience change from day one. And after 21 days – turning into a permanent part of your life. Everywhere you go. And in just about a moment, I will show you some incredible ways of how you can apply this method. Including an effortless 2-minute a

day application method – without having to remember to ask the question. And ways of how to change multiple beliefs at once, without taking time out of your life.

One thing that should be more important to you than anything else is not just becoming strong. It's not becoming cool and liked by people. It's not even about your relationship with other people... It's your experience of life itself. And ability to have conscious control of it, rather than being at the effect of it. Because, that's what is known as conscious living.

## Using Your New Ability

*"Whatever the mind can conceive and believe, it can achieve." –  
Napoleon Hill*

Before you ever try to apply this method, you should commit to acquiring a skill to notice your ever present mental chatter. The conversations that are constantly going inside your mind, with or without your awareness. This is the first step – **to see the process.**

After you see the process going on inside your mind, you will begin to notice the thoughts that occur and the feelings they lead to. You will begin to notice why you say and do different things. And most of all, you will begin to notice when you want things to be different. The painful emotions arise. Giving you an ability to understand why you want certain things to be different. What beliefs they may connect to.

It's easy to know 'I want confidence' or 'I want power'. But eventually, you'll come to a point where you will experience barriers. For example, when you want to become wealthy and you convince yourself with new beliefs to help you, yet you still see you're not getting results. During these challenging moments, you need to **search**.

Ask – If I do or don't do this, what's the worst thing that could happen? Look for things that you're trying to keep yourself safe from experiencing. It could be ridicule, it could be an association you made long ago, when you had to do homework back in school. And now, without any visible clue, you are moving away from that invisible consequence – because doing the hard work has a potential, that you'll experience that past pain again. And your body prevents you from going there.

These things are not easy to see or to catch. Therefore, you have to be really good at being self-aware and following your thoughts, feelings, things you do and don't do and connect them to your past **memories/beliefs**.

## Step One: Identify (The Want/Pain)

*'Discovering what you don't want is just as important as finding out what you do.'* - Elaine Welteroth

When you begin to observe your experience and listen to your mental chatter – you'll begin to notice a distinct language that you use in your mind. That's where you can begin to observe and find your desires and emotions – expressed.

The goal in the first step is to be very clear on what it is that you want to have or to be different. At the same time, you have to be aware, if the pain/desire is for something that is inside or outside?

For example, confidence is a human quality. It's an identity belief. It's not something that comes from people. You either believe you have it, or not. Which makes you feel accordingly. This is how an **identity statement**, gets represented in our minds, in a form of language:

*'It feels painful when I'm not confident' = 'I want to be confident' = **'I'm not confident'** (right now)*

*(\*Notice the 'I am' statement. Which represents all of you. Your identity.)*

When you want to get a partner, this is something that is outside of you. It's not about who you are as a person. Meaning, it's a belief of

associating pain or pleasure to the outside thing. This is how an **associative statement** gets represented in our minds:

**'It feels painful when I don't have a partner'** = 'I want to have a partner' = 'I don't have a partner right now'

*(\*Notice it's simply an association – 'I feel x when I do y'. Or 'it feels painful when It's too hot'.)*

Note that this is the simplest form of inner dialogue, without overcomplicating language, understanding or making it too complex. Our minds never overcomplicate things and never make more than 1 cause and 1 effect associative statements. However, we all speak to ourselves in a different way. Meaning that everyone will have a different way of having the question and the answer more clearly, depending on how they've learned to use language.

I advise at the beginning you write things down, to make yourself more aware, make things clearer and see the connection as you express your thoughts and feelings with these statements. Take a piece of paper. Map out your thoughts and feelings. See them physically. List out the things you want to change – what do you want?

Once you know what you want or what is causing you pain and you know what kind of belief it is – you move to step 2.

## **Step Two: Apply the Rule of Life – Polarity**

*You can't have a question without an answer already existing somewhere in the universe. You can't have a desire for something without a way to achieve it.*



Once you form a statement, or find what you want in a simple word or statement – you have to flip to the opposite side. And you have to adapt this to either an identity statement or an associative statement.

The way I found it useful was often to google and find the antonym word for whatever I wanted to change. For example, if you want to overcome shyness, you google the 'shy antonym' and you'll find **'boldness'**.

When you turn it into a question, you have a full construct of how to completely eliminate being and feeling shy from your life. Removing a belief of 'I am shy', through a question of:

### **'How bold am I?'**

When it comes to beliefs about the world it's different however. Because the beliefs about the world have 2 sides of emotion possible. You either feel pain or pleasure.

For example, when you *lose something*. It can be painful or pleasurable. And it can always range in intensity, different from person to person.

So, because of that, sometimes the association is too unrealistic. For example, if you try to get over a fear of *rejection*, thinking '*it feels painful to be rejected*', you're not going to want to associate it with '*it feels good to be rejected*'. The same way you wouldn't try to overcome a phobia of fire, going from '*it feels painful to burn my hand in a fire*' to '*it feels good to burn my hand in a fire*'... At least I hope you wouldn't.

Like with *rejection*, you don't want to seek and engage in rejection, just because... You don't want to attract *rejection*, out of pleasure. Your life wouldn't become much better that way. On the same side,

like with *fire phobia* it's not very realistic. And sometimes, it's impossible to completely eliminate a feeling like rejection, because it's evolutionary encoded. Therefore, even if you tried to convince yourself otherwise, it would be very hard to accomplish it. So, when developing the methodology for changing beliefs I've found a powerful alternative.

In Eastern culture, freedom from such beliefs has long been practised. Even in early traditions of Hinduism, there is a concept of Chakra (*blocked energy/emotion - resistance*). When you can '*unblock*' this energy, you begin to gain power, because energy begins to flow freely.

There's no more resistance in the present moment.

How do they do it?

They meditate. But they don't just meditate simply. They practise the opposite of resistance – **acceptance**. For hundreds of years, they were already applying the Law of Polarity and practised clearing the negative associations, through bringing them up – and being okay with them. Through accepting it. Until eventually, none of these automatic emotions are brought up automatically. Meaning you feel at peace. You begin to control your energy without fear, taking it away.

Which also allows one to excel **in any physical or creative ability**. Like a basketball player - not being influenced by a missed shot, or an actor - not being influenced by being on camera (possibility of judgement, failure, rejection etc.). That's why self-mastery is at the core of any sport. And this is what makes monks and shaolin's so ultra-capable.

The QPH method gives anyone, including you this ability, to achieve extraordinary levels in your pursuits. Be it sports, creative or even your career. Simply becoming better at what you do. And while Buddhist and Hinduist monks achieve this transformation through a lifetime of practice and meditation – you'll be able to do it in record time.

So, how do we apply this principle of acceptance into the questions of association?

If you think of the Law of Polarity, on one side you have one (pain) on the other side you have another (pleasure). When you move toward the side of pain, the resistance goes up more and more. You begin to focus on pain, feel pain and be moved by pain. When you go towards pleasure, you begin to focus on experiencing pleasure. However, in the middle of the continuum – you have neither pain, nor pleasurable. You have a neutral zone.

You have - **Balance.**

Simply by being okay and accepting what is – **you feel neutral.** Emotionally unswayed. Meaning it doesn't affect you emotionally. You are never resistant, pushed away from. Nor are you attracted, pulled towards. You simply see and experience what is.

When it comes to beliefs about the world '*outside of you*', you have 3 choices. Pain, pleasure and acceptance. You have the 3<sup>rd</sup> option, of feeling okay, when things happen.

So, in terms of rejection and abandonment beliefs, you form a question about the world, and instead of choosing the irrational '*how good does it feel?*' you choose '*How okay does it feel when I get rejected by other people?*' or '*How okay does it feel to be rejected?*'.

To recap, once you have identified what it is that you want AND what you want to change it to - you turn it into a question. If it's an 'I am' belief, you simply use empowering, positive definitions (opposite of anything negative, that doesn't serve you). If it's a belief about the world outside of you, you choose - How you want to see yourself feel and create a question with that emotion. And when it comes to neutralising pain, you create a question, to focus on how you accept it.

### **Step Three: Apply the Rule of Life - Cause and Effect**

*'You cannot change your future, but you can change your habits, and surely your habits will change your future.'* – A. P. J. Abdul Kalam

After you have a question ready, you are now ready to ask it. The only thing is left – **repetition**.

You have to make it a habit. You have to BUILD the evidence that the question will provide into a BELIEF. And when it becomes a belief it becomes your new reality.

So, the last step is easy, you have to repeat it.

Every single day.

For 30 days.

Even if 21 can be sufficient, I always recommend sticking to 30. Because the fast transformation comes regardless of how long you ask. But permanent transformation is more valuable than 9 extra days of asking a question. On top of that, the belief with extra time, extra evidence, extra questions will become stronger.

When belief begins to form and the process of finding evidence becomes automatic - every question you ask, is on top of it being asked automatically. Ensuring the belief will be made. And strengthening the belief that will be created. Without ever risking.

Create transformation that will last a lifetime. And one that will be powerful.

## Crucial Application Method

*'Ask, believe and receive' – says The Bible*

There's a way you can use this method, and make the change even bigger, stronger and faster. *(Notice the pattern in the quote and connection between all 3 words)*

The first time, I stumbled on this accidentally.

You see, for many people change is impossible, while others would do anything to make a change. And you don't want to just feel a bit better or have a way to cope – without ever solving pain or the problem. You want to be able to change things, improve them, or completely – **transform**.

There is a way we can take something that is causing a significant amount of pain, and turn it into a significant transformation. And when you understand the process and the principles like I do and explain within this blueprint – you can do pretty cool things with this knowledge. This unique application method lies in my story.

First time I didn't even notice how I'd used this method. I was experiencing a lot of pain and discomfort, every single day for a few months. When I found out there's an invisible layer of dialogue going on from my subconscious mind, the pain, discomfort and

circumstances in my life got worse. And when I've reached the pinnacle of that – I was willing to do anything to overcome it.

I wasn't going to half-ass do the work. Just to attempt it with scepticism. No.

I believed that it was possible. And I was going to do anything and everything to find a way. Even if it meant believing and having hope in anything that comes along. As long as it has some potential to change my circumstances.

So, when I came up with the QPH method, I had hope, belief and conviction to put it to work - **relentlessly**. I asked questions in my mind from morning to night. I've done it dozens and dozens of times. Sometimes even as frequently as every minute.

Of course, I had times where I haven't asked for half a day and got carried away with daily situations. But essentially, when I did, I didn't do it just once a day. Or once in a while throughout the day. I tried to put my best foot forward, to do it as much as I possibly can. To make sure I didn't forget the next day. And to make sure I succeed for **30 days**.

I wasn't going to go back. I didn't want to feel like I'm less than other people. I didn't want to fail at my dreams. I didn't want to struggle with people, with women or raising my kids in the future. It was non-negotiable.

As I've told you the story, after I've done the 2 questions – I've left this new-found ability. (Which turned out to be a huge mistake, I would learn later on, described in Chapter 3)

Many years later, when I continued using, mastering and perfecting the QPH Method I've found out a powerful truth. Later in life, I've

applied the method with less frequency (*in a differently powerful way*).

After learning dozens of principles, ways of using this method and all the intricacies of it, it is essential that I share this one principle with you. Because I'm certain, there will be people, wanting to change, and ready to do whatever it takes – like I did.

We've already discussed how in order to create a belief you need 1) Energy and 2) Intensity or Repetition. And how QPH Method provides it through showing you reference experiences, **even if they're not there**. How the QPH Method uses the Power of Habit to make it a strong and permanent belief.

Well, here's the principle.

The whole idea of creating a habit is that after 30 days, your mind and your focus will continue to see what you want to see. Meaning that it will continue to **ask the question on its own**. It will continue to look for evidence, and provide proof of what is real for you. It will keep feeding energy and make that belief unbreakable, by any circumstance or change in the '*outside world*'. In other words, make it an unbreakable, permanent belief.

However, the frequency at which you ask that question – becomes the frequency at which your brain later continues to ask the question on its own. If you feed energy 50 times a month into a belief, it will be different than if you feed energy 1000 times a month, finding more evidence, more often, creating a stronger experience.

Your body has a powerful way of automatizing habits, beliefs and memories, without numbing the conscious ability. The only thing that changes, is through the future years – you'll get more

references, more experience and make that belief stronger and more powerful over time.

First, because it never stops growing. But second, because it's growing at a faster rate. Providing more and more 'experience'. Because of how much effort you've put in the first time.

I've made a dozen changes to this day. In the past, I've made myself never be able to pick up a cigarette, quit other habits, create specific motivations to move towards and away from and different identity beliefs. But after I've done the confidence and happiness belief and have left the method aside – I've never done them on such intensity, like I've done the first time.

Even if such an immense frequency isn't there – the change happens. But when I look at the difference in transformation of confidence vs other transformations, there's something different.

Each year, it's growing at a faster rate. How I'm improving in every area... appearance, communication, body-language, feeling, the herbs, foods and diet – all to support and see myself as more and more confident. In my own way, the way I define it in my mind right now.

And when I compare it to the beliefs I changed after that – it's not like they're fragile or that they could break. They can't. However, they are not growing stronger at the same speed and intensity, surpassing unbelievable expectations.

On top of that, I know for a fact that asking ONE question with FULL frequency allowed me to go from the worst place to the strongest place. Making the biggest difference. Even half way into the method, I knew that the previous life was no longer possible. I knew that it's impossible for me to become depressed ever again. And



even with heartbreak or losing someone you love – even if there's upset and sadness, it never sticks.

Therefore, if you have something you really want to change, if you have a big problem, pain, fear or an obstacle that you're facing right now – I recommend you commit to applying the Crucial Application Method. Ask ONE question, as frequently as you possibly can. Every time you can think of it. For 30 days.

Don't worry about other changes. Make this one, the greatest transformation of your life. Like a Phoenix rising from the ashes – rise higher than you ever could. Become someone stronger and more powerful.

And then when the time comes and you know your life will never be the same again – apply the QPH method to direct and control your life in width. After going deep – go wide. After gaining full control over your biggest weakness, slowly eliminate all others. Begin to shape your life like you once wanted it to be.

That's where my next, easiest, yet as powerful application method comes into play. Giving you an ability to change multiple beliefs and associations, at **record time**.

## Multiple Application Method

*'Change is invetieable, but transformation is a choice.'* - Heather Ash  
Amara

When you don't have much urgency or pain, this is where you'll find the most comfort. You can use your new ability and make choices of what kind of life you want to live, without much effort, by leveraging your mind.

As you understand, only you are responsible for changing your life. The problem is - change is hard. Nobody wants to change. Or better yet spend time on doing a bunch of workbooks and exercises, or go see experts and work for hours on end. This type of lifestyle simply doesn't last.

And sometimes it requires more than just a decision. Sometimes indeed, we have complicated circumstances. Having 5 kids to look after on your own, being emotionally overwhelmed by life or finding it difficult to find time for anything. On top of that, every method we've ever tried, often was without avail. Making every new effort more '*pained*' and with less belief to put it to practise.

In the past I've encountered many books, experts and coaches which demanded a lot of time, effort or money in order to '*promise*' real change. You would have to dedicate a lot of your time, sit down, write things and do many different exercises. Or have to do complex mind exercises for a mere attempt to change how you feel. But hope and positive feeling is the only thing you get – without real results.

For me making any internal change for me is effortless, it takes literally zero time and effort. All my focus is on living the life how I want and I have all the time in the world to do things that are important to me. Without ever worrying about improving success mindset, mental health, health or relationships.

It all happened, when I returned to using the QPH method the second time, I wanted to be able to have no difficulty in using it. I wanted to make it easier for myself, because this time I understood there's more work to do than just get confident and happy (*more on that in Chapter 3*).

I knew I would have to ask more than one question to reshape my past and my future. And that I'll have to make sure I don't forget to

ask them. The second time, I was determined to turn my life around even more.

That's when I found the Multiple Application Method. Which separates it from all the other experts, by giving you a practical tool you can use every single day – without spending money, time and effort.

In order to make this method more practical, we have to leverage our minds and how it they work, to get better results with less effort.

So recall the fundamental function of your mind – **it never stops** creating your reality.

As long as your body is producing energy and you're alive, it is interconnected to the outside world.

Each second your brain is using 20% of your body energy to create/maintain your 'reality'. In other words, you are only capable of experiencing life – because your brain has energy to control your physical body (*inside*) and your reality (*outside*). Every nutrient you eat, measured in Kilocalories is going to the brain and is constantly being consumed by the brain – creating energy. **Even if you're asleep.**

Like the mental chatter in your mind – your mind doesn't stop thinking and working. Even when you're deep asleep. It simply never stops. Now here's the beauty of it – through conscious mind, you get to set the direction in which your thoughts will flow.

When people have huge arguments in a relationship, their minds continue to go over the scenario, all the things said and all the thoughts, feelings and actions getting rationalised – *without effort*. One little thing or thought can spark a cascade of thoughts that will continue through the same train tracks. The same happens when

you meet a person and experience attraction and a desire for love and acceptance. You can't fall in love with a person as you're talking. There are just feelings and communication being exchanged. It's after you leave them, that you can't stop but keep thinking about them. Rationalising every bit of experience. Picturing the future. Seeing what it would look like. The important point being - the mind continues to work on its own, in that set direction.

This is a well-known phenomenon in the world of science, that when you go to sleep – the last thoughts you have, continue to run throughout the night, even if you're sleeping. And when you wake up, the first thoughts and things you do, set the direction of your mind, in which your day will go.

When it comes to the QPH method, the beauty and the power of it is not in the question. **It's in you getting an answer.**

Getting a 'Reference'.

An experience brought up to mind. When you see an example in your mind.

Because a thought will always follow with emotion. And experience gives birth to a new thought. This is how the process of creation works: you feel angry because of the situation, which gives birth to a new thought based on your experience '*How could you say that? It was all your fault!*'. Then based on these thoughts, you go into the next experience, which leads to a new thought. Like a roller-coaster, once you get on, you can't just simply stop.

Therefore, when you ask a question in the evening – it will continue to run through the night. Providing you with evidence, over and over – without ever asking another question or doing any physical work.

After I've found and understood these principles of the brain, I've noticed the same would happen if I've asked the question right after waking up. I would notice throughout the day, I would notice the question come up on its own... sometimes I would simply begin to notice reference examples. Even if I only asked once in the morning.

Now, here's the beauty. The biggest problem when asking a question is that you have to remember to ask it. Or better yet if it's a few beliefs, it becomes extremely hard to remember to ask them. With all the 'outside world' things going on it would require so much effort. And what if you wake up late for work? Or forget altogether? So, I came up with this.

You write the questions on your phone, within your notes, naming 'Questions'. And every time, right when you set your morning alarm and put your phone down, you have to make sure – you ask the questions. Last thing before sleeping. And every time you wake up and pick up your phone – you ask the questions. First thing after waking up.

You combine it with an old habit – putting your phone down before sleeping, or picking it up after waking up. When it becomes a habit, it becomes like your natural daily ritual. It becomes easy to continue with the process. It's easy to read 10 questions slowly, get an answer for each and every one of them and spend less than a minute. And it's the most effective way to change a belief, without putting in your effort in asking it frequently – your brain does it for you.

When I did it the first time it was the easiest thing in the world. All I had to do was set the alarm, open the notebook, go through the questions (*making sure I get the answers, even if for a brief moment*) and put the phone down and go to sleep. When I woke up, I would open the notebook and read the questions again in the morning.

When you make the question list, you should write down the date when you start, so you know exactly when 30 days have passed. So that you'd never have to track, think about it and **always hit the mark.**

Personally, I've found it difficult to do it in the morning, so often I would read the questions on my way to work, when travelling. And later I stopped completely, and would only do them in the evening.

The method itself is so powerful, and this principle application is so effective, that it works 100% of the time. Only asking once before bed. Battle tested and proven by every student I've ever had. As long as you follow the principles, understanding why it works the way it works.

One of my early examples of reading the questions only in the evening was just after my breakup. I began smoking, like once had, but shortly after I decided that I want to quit. Every time I tried quitting, I end up going to the store and asking for a new pack of cigarettes. When I made a firm decision, I would stop and not smoke for longer periods of time. But when I went out for drinks and I would notice all my inhibitions drop, and I'd ask a friend for a cigarette. And then buy a pack again...

Through self-awareness I saw that it was something I had to change. Instead of leaving it to circumstances and waiting until something happens that pushes me to stop. And even then – I wouldn't be able to guarantee it's permanent. Until something else happens in my life...

So, I took my phone, and added the question '*How painful does it feel when I smoke cigarettes?*' to my notes on the phone and read once, before bed, for 30 days.

Within a week I was not smoking. After a couple weeks – I was drinking with my friends back in Edinburgh. My friend Bibesh had cigarettes, and still out of old habit, when he offered a cigarette – I took it. After I inhaled once, I looked at it and hated the feeling... I said *'no I can't... I'm not going to smoke this one, take it or I'll throw it out'*.

I've not picked up a cigarette ever since. I can't. I'd do anything not to. No matter my state, if I was drunk or any other circumstances. I know – I can never start smoking again. Especially cigarettes. As I voluntarily choose to believe that Cigars and Pipes are different for my health and productivity.

As a man I do enjoy the benefits of a Cigar increasing Dopamine (and enhancing Testosterone) through the brain, without added chemicals. Putting me into 6<sup>th</sup> gear when I have to write this book, do work or go into thinking mode. And If I don't smoke for weeks, I don't feel the need.

While I have absolutely nothing against people who choose to smoke, I have a choice not to. And I leverage the QPH Method to exercise that choice over my life. Especially if something addictive, which doesn't serve my life comes my way.

All it takes is 30 days, reading 1 small sentence each night, taking about 1-2 seconds. And you can easily do it even if you're tired, because reading a small sentence takes no effort.

You can use Multiple Application Method effectively for multiple transformations like that, in your habits, motivations, creating qualities you want to see within your self image, or changing perceptions about the world.

After finding powerful use of this method and finding different beliefs to recondition in my mind, eventually I would start asking 20 questions. Then 50... Until I started spending too much time on it all. Sometimes even over 30 minutes. Because I wanted to recondition all of the barriers, and have a path of least resistance in getting everything I want out of life. Including money, relationships and personal power. But I don't recommend going that far, because you will begin to naturally associate pain with all the effort it takes to do the questions. Until you stop doing it altogether.

So, to recap, all you have to do is follow steps 1 to 3 and design your questions.

Put them in a notebook on your phone.

And create a NEW habit, associating it with something you already do every night, right before you fall asleep. And for me, like many people in the world today – that is putting your phone down, before you close your eyes.

You can expect your life to begin to change, from the moment you start asking the same question, getting an answer - repeatedly. When you begin to use your ability to change the way you see the world (your beliefs) – ***the world will begin to change.***

## **The QPH Method: What To Expect**

*'Your Life does not get better by chance, it gets better by change.'* -  
Jim Rohn

What can you expect when you begin to use the QPH Method? –  
**Change.**



To go from hating coriander to loving it. Or vice versa. Especially when it's with conditioning beliefs. And when it has to do with identity or worldview beliefs, you can expect a change in experience (if you notice it in the first place) and a change in what you see in the world.

I don't want to just blatantly give you the tool and expect you to succeed. To be more honest with the expectations and how the process is going to work, I will share my initial experience and later observations that will leave you in a more powerful position. In a position that you need to be, to be able to use this as your new ability. So, you can know it, and use it.

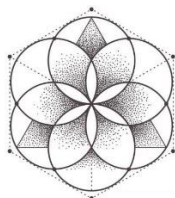
As you can already tell – seeing it, is part of the one wrong belief – that the world is 'out there'. When you discover the world inside, you will begin to see your experience differently.

From there, when you come into question to change beliefs with the QPH Method, you will begin to notice certain things. How the thoughts begin to change and the outside things that you see, begin to transform in front of your eyes.

For people who do not see their inner dialogue, change would happen – without them ever seeing it. They wouldn't know if anything changed. If everything is still happening out there, how could you know if anything changed from inside? If I was to ask, if the things changed, they would say '*I don't know, I didn't really notice*'. Because they never saw where their experience came from in the first place. And it's extremely distracting, to live a life where everything you control is just your 'reaction' to the outside world. Without ever seeing your connection of the 'inside world' with the 'outside world'.

The idea of Physics, that we are not separate. We are connected through transference and interconnection of energy.

*"everything bleeds into everything" – The flower of life*



You can't deny the process of creation and how everything we do, and the people we choose, the circumstances we engage in – come from our mind, views, beliefs and thoughts. A single change in thought, can lead to a whole new circumstance in life. Leading you into experiences. Creating feelings to move you. And impacting the 'physical' world out there. When you see thoughts unfold into behaviour and changes in circumstances, you will begin to realise just how powerfully the QPH Method changes your reality.

When you first begin to ask the question, you can expect it to be – **new**. You'll read and feel the questions with effort and get answers very clearly – because they are new. Different.

You may feel the change in emotion from day 1.

After a few days, you may begin to notice changes both inside and outside of you take place. In small moments of noticing them. Like an answer to a question, coming into your awareness.

After about a couple of weeks, if you rely on your mind and keep asking the questions, you'll begin to notice that they – fade out of your awareness. If you read them, questions will begin to read easier and easier. Almost out of memory. They will become very familiar, and you may need to concentrate stronger, on getting the answers.

Because **automaticity** is beginning to take place. It's like driving a bike, you stop noticing how you're holding balance, pedalling and steering the wheel mechanically.

If you are doing the Crucial Application Method or simply relying on your mind to remember, after a couple of weeks – you want to try harder. Because you'll stop noticing yourself asking the questions. It will begin to fade. It will begin to automatize. You'll have days where you feel like you haven't asked it (*Even when the mind did*). So, you have to make sure you put in the effort. To push just a little harder, in order to achieve your goal and make it – **permanent**.

When you read, you want to make sure you don't rush it. Because answers will come in so fast you may not notice them. But you want to make sure you get the answer, because it's the most important part of the method.

Once you reach 30 days you will have to trust the process and observe the inside/outside circumstances to always align with the change you've made. When you apply the method to change beliefs for 30 days – you can rest assured the habit will be built. And things will change and slowly grow stronger with time.

To ensure everything goes smoothly you have to make sure you avoid certain mistakes in applying this method. The same way like it sounds easy to do, it's easy not to do.

As simple and straightforward the method sounds to apply – as easily it can be applied in the wrong way and never bring the change or permanent transformation.

## **Common Mistakes**

*'Human behaviour flows from three main sources: desire, emotion, and knowledge.'* - Plato

### **Not being specific**

Many of my students and people I've consulted had a desire to change their lives, they were determined, passionate and devoted, yet still sometimes missed the mark on why and how this method works.

I've found that when I've asked people, if they were asking the questions they would answer me *'yes, I was asking all these questions, it seems to be working'*. After years of working with people and developing the method, I could tell by observation and people's behaviours, what beliefs people hold, how they express it – and when they change. When working with something as powerful as core-beliefs, I know when these beliefs are changed and when they're not. Because, people would still get 'triggered' to react from them.

So early in my career, when people would tell me that they're doing the method, but I clearly see that belief didn't change – I'd be puzzled. I'm thinking 'It cannot not work...', 'It worked for everyone who've used it and for +1000s of mine and other people beliefs... but not for this person?'. There had to be something wrong. After digging a little deeper and I'd ask about the questions they were asking, and I found that they completely misunderstood the concept.

People thought the point was to 'ask questions' to focus on an 'area of their life' for those 30 days. Almost like positive thinking. They were mixing up different questions, remembering to just 'question positively' and change their focus there and then. In different ways. Through all the little variations in the questions they asked.

Now think about it. If  $5 \times 5 = 25$ , you can't expect to internalise it when one day you try to remember  $5 \times 5 = 25$ , the next day  $4 \times 6$ , the next one  $5 \times 9$  the next one  $5/2.5$  and so on. And after 30 days the teacher expects you to know what is  $5 \times 5 = 25$ , and you've only read it once... It doesn't work like that. And that was the whole problem, why some people missed the boat on transforming every area of their life.

While you ask questions they will provide references and examples of you having what you want. They will change how you feel. But you must remember - have old habits and beliefs running constantly, supporting their reality. And they will eventually override and make the final decision where your life will go. They are the ones creating reality, unless they get opposed by a different belief. So, you must create a new – specific, opposite belief.

You have to ask the same exact question, word by word, repeatedly, for the QPH Method to take full effect.

When you read the same sentence, over and over and over again, in its exact form, you'll create such a specific memory - always producing a specific outcome. Your mind will allow you to recall the question, letter by letter and even the order of each letter. The neurons are firing energy in your brain for that specific combination of words. And when it comes to questions – it produces a specific and opposite outcome, to the one you are trying to eliminate.

Being super specific and maintaining that specificity, that exact wording and order of words, for every repetition – **is of utmost importance.**

For example, you have to ask '*How confident am I?*' over and over, without ever changing the sentence. Because if you do, you lose the familiarity, your brain has to change things up. It will differently understand what you mean, by how you understand your language.

And from that difference, block us from making it a habit. Meaning that in 30 days, you are left with no permanent change, other than feeling better for a while. The band aid approach...

When this happens, the brain will always resolve back to the beliefs you already had before, and see the world the way you always saw it. Meaning no change took place.

If you want the QPH Method to work, you have to **be specific**. And you have to make sure you repeat the same exact thing, when you ask the questions. Whether in your mind frequently, or the way it's written down.

The method to control your life is not about leaving it to chance. It's not about freestyling in asking questions. It's not about simple positive thinking, to put a band aid on our feelings. The QPH Method is there to help you change your Beliefs and rewire your brain – to see the world, the way you want it to be. And to feel about the world, the way you want to feel.

This is a powerful ability, if applied through the principles of how things work in our biology, psychology and the laws of physics.

### **Skiping time or losing the method**

While this method promises you powers, beyond belief. It's easy to still be human and make mistakes. Like when you forget or you feel too tired physically, to ask your questions without skipping it.

It happens for everyone. It happened for most of my students, whether for a coffee shop receptionist or a Billion-dollar company CEO. And certainly, it happened dozens of times for me. Sometimes you just feel like you can't do it.

For example, I would be too tired physically, to where I knew I'm not going to be able to ask 20-minute worth of questions, or better yet have energy to get answers for every one of them. There's something important you must understand about this method, when you embark on this journey.

While nothing is perfect – we people, or even this method, the QPH Method was designed in a pretty bulletproof way. You see, you always ask a question and get an experience and a feeling back, which means it's more intense than if you were saying empty affirmations over 50 times a day for a month. So, if in 30 days, heck even in 21 days you miss 1 day, it's very likely you'll still build a belief.

Furthermore, because of the ways we apply this method – it often keeps running throughout the night or during the day. It's that ripple effect, when it goes from question (thought) into an experience (seeing/feeling) which creates the next thought and the next experience. Like a roller-coaster until it fades. We leverage the way the mind works to help us get more out of a question, than we would by any statement, single experience or visualisation.

So, if you're ever too tired and skip a time. If you feel like you've forgotten. *Don't beat yourself up for it.* Trust that it will work – ***and it will.***

You can always extend it into the next day. If you skipped the evening, make sure to ask in the morning. If you skipped a day, add 1 more day. If you skipped 5 days, you can always start over or extend asking the same question. From having QPH Method battle-tested with thousands of people all over the world – I can assure you, it will work.

So don't fear missing a question. And don't fear missing a day.

But rather not take chances, and compensate for it. Continue with it. And you will inevitably create what you want to create. There is nothing more powerful than the QPH Method that exists within the self-help industry. And my students will be the first ones to attest – ***it's pretty bulletproof.***

While the method is easy and effective, it does require your awareness for what's on the other side of it. As nothing in life is perfect - by polarity.

## **Downsides Of The QPH Method**

*Transformation is not always a comfortable process, but it is always worth it.*

While you may think all of this sounds pretty cool, there are many things I haven't told you yet. For example, there are ways to apply it to get more results, faster. To make faster changes. To make bigger changes. And even fix-problems and make changes we culturally are baffled by, unable to resolve.

Everyone who has a personal issue or is struggling with their life, can now take this powerful tool and put it to use. You can gain never-ending confidence. Power. Convince yourself you're funny and how other people see you as funny. You can create money beliefs and your ability to acquire more of it. You can improve your skills and capabilities through self-beliefs. Create your own motivations of where you create pain and what you move away from (*or get pulled by*). Overcoming obstacles and procrastination. *What you want, depends on you.*

In about a second I will show you the practical steps you need to take, to be able to get the above-mentioned things. How to create



your questions and how to make the whole process fun and effortless. But right before, I want you to know the downsides of having the QPH Method and the power to change beliefs. This method doesn't come without its own weakness.

One of the weaknesses is that it's easy to do, but also easy not to do. Ever since I started coaching people, I realised how easy it is to miss the little things that can make all the difference. Initially I noticed all the students would be thrilled and put the QPH Method to work. After about 5-8 days I would check in 'Hey how's it going with the method, have you been asking the question?' and they'd be 'yeah, I did feel a lot better'. And then when I ask, 'are you still asking it every day?', they'd be 'No, I forgot, I had x and y happening so I stopped, but I should do it again'.

At the time I didn't get it. It's the easiest thing in the world. You just think a thought. Heck I even found a cooler way to do it, which I will reveal to you in just a moment. You don't even have to remember to ask the question, taking away any effort and time it takes. And many still failed to do it.

One of the biggest problems was, that while everything made sense in their world, they had no connection with how their experience is being created from the 'inside world'. Practically. It's important that people go through the stage described in Chapter 1, to really get the higher level of value and to begin to see where their experience is coming from. They need to have the level of awareness to notice the thoughts, emotions, beliefs and their experience and how they all connect together – predictably creating everything that's about to happen. That's when you can see it. That life doesn't give you what you want. Life gives you the sum total of what you are.

Next you have to believe in the method itself. Because like anything in life, if you don't – you'll never do it. This is the reason I've put everything in a book, to where I can help you to 'see it'. Having a conversation with someone, about something 'new' and incomprehensible (without actually having experience of it or realising that it's all that is creating your life) is not enough to get people to believe it. So, if you ever try to help someone, from experience I can tell you, that you have a better chance passing on this book to them, than when you tell them how it changed your life and that they should do this step and then that step... The transferring of this ability has to come with realisations of Chapter 1 and connecting the principles from Chapter 2 with our own experiences. To begin to see the patterns and connections and understand why.

The downside of the QPH method is that it takes consistency. It takes 21 days (*ideally 30*), to consciously remember and ask the question in your mind. While it sounds easy, it's also easy to forget and not do it. Especially when you are constantly responding to life 'outside of you'. The world has infinite distractions dragging our brains on an animal level, to get that little bit of dopamine and desire to avoid any pain we feel. The world is designed to make it impossible not to 'think or notice your thoughts'. Especially with the rise of technology and now even artificial Intelligence, giving all the answers, taking away the need to think and question things. No wonder people are developing attention problems and becoming less capable of coping emotionally.

Another downside is that in the world, the only people who understand Beliefs somewhat are Psychologists. In reality, there is no expert or specialist who works specifically on how to change,

correct or alter beliefs in order to help people. There are no specialists to understand them at a high level.

People don't know the core-beliefs that all their lives are unfolding from with the biggest impact each and every moment. They don't know the thousands of beliefs that begin to build like a domino effect on top of them. We don't even realise that we have an infinite number of emotional associations to every different thing we do. Currently, I'm the first and only expert in this area. I've studied Advanced Psychology, physiology and have over 9 years of experience coaching people, consulting experts, working and developing the QPH Method and different capabilities that it has. Including with the self-awareness skill, all of which allowed me to find which belief is responsible for what. And in Chapter 3 I will reveal even more powerful applications of the QPH method and the impacts of beliefs in our experience.

Because it is pretty cool, that with this method you can make some easy transformations – like gaining permanent confidence. But Beliefs are even more powerful, than just getting what you want. I can assure you that you can even change things that shape our entire society, with problems and pains we can't find solutions to. From things like, why we men don't understand women and why women don't understand men. To things like creating crime, creating distance between wealth and poverty. To invisible use of belief modification, coming from propaganda that is being used in your world today. Making us believe that we make our decisions and that we are becoming who we are – ***by our own choice.***

Another weakness in changing beliefs is that – there are infinite amounts of beliefs. And they have a domino effect, that can become like a complex web. For example, say a parent has left this child. Without a choice or often without even a memory, he automatically

will have an association of how much pain it feels, to lose someone, as if his life depends on it. That single association and belief later in life can push people away through him wanting to have the opposite – love & acceptance. Everything he does at school, like wanting attention, can make him behave naughty in class and get bad grades. Pull girls' hair in front of him (bringing more rejection and abandonment), creating beliefs of difficulty to find friends and be likeable. Changing the friends he chooses, his likes, hobbies, types of games he chooses and so on. Every new belief will come from a previous one. Within just a few years he would have a number of new beliefs and associations that stemmed from that initial belief. I would estimate it going to hundreds of thousands if not millions.

Therefore often, changing one belief, may not undo all that's been done. And after changing the more important and powerful beliefs, it could open doors to, over time, breaking down negative beliefs that sit on top of it. Often you may want to change multiple beliefs at a time. And again, that's not easy.

\*That's why I recommend [www.freedomacademy.com](http://www.freedomacademy.com) where you can find the database of most powerful beliefs and can get help with using this ability in your life.

So, as you're about to see how you can put this method to practical use right now, I will also share with you a powerful scientific method to apply this method, making it easier, guaranteed to work, harder to forget – and you'll even be able to change an infinite number of feelings and beliefs. Without having to remember 100 questions and ask them throughout the day. Which is super powerful.

Like everything in life, the QPH method has its weaknesses. But the strengths and benefits far outweigh them. While people are

experiencing pain, struggle, being bounced by life left and right, you have an opportunity to take control of this process. You have an ability to make sure it's as easy as possible to do everything you have to do – **to become more and have a better life.**

Most people live a life with an illusion of choice. True freedom comes from having free will and ability to choose your life from within as well as on the outside. So, you have to actively choose what kind of life you want to have. How you want to feel about things in your life. What qualities you want to have. What do you want to see more of in your life?

## **Possible Applications: Self-Image, Motivation, Trauma**

*"Perhaps we shall learn, as we pass through this age, that the 'other self' is more powerful than the physical self we see when we look into a mirror." – Napoleon Hill.*

As you can see, the ability to change beliefs and control your mind is responsible for quite a few things in your life.

Many people believe that if I ever achieve confidence I will have become a fearless and invincible human being. Others believe that I will simply feel strong and never feel weak. When it comes to lack of motivation, people think if they only had a bigger drive their problems would be fixed. While others wish they would stop procrastinating and be able to get to their dream destination.

So, is that all that ability to change beliefs can do?

Actually, there's something else that many people may not even be able to comprehend. The QPH Method and ability to change beliefs has different levels of influence.

As you can see from my story, I've achieved confidence and happiness simply by using this method 2 times. And even 9 years later, it was impossible to even experience the 'old life'. Every word I choose in my conversation, every smile I ever made, every feeling I ever have since then – comes from a different place.

People receive it differently. They notice it differently. Because our feelings transmit communication through the tiniest of expressions.

Along the way I've illustrated some examples to allow you to see the concepts and possibilities of changing, what was once considered impossible. And as we go towards the 3<sup>rd</sup> Chapter, you'll open your mind and your eyes to a different world. Some things you've never seen before. Just like I didn't see them at first as well.

As I've mentioned in Chapter 1 for you, awareness is one of the biggest elements of this process. Because the problems people often try to solve, comes from inside influence. Yet they seek for solutions - outside of themselves. And the only good thing they experience, is that we most certainly always, eventually return to balance and comfort zones. Meaning that even if the problems are not completely solved, and may be re-experienced later – we can move on and later consider it 'a different problem'. When we feel good, everything is okay. We can continue our lives in the world outside of us. At least until next time...

This was actually how I've fallen back to old ways, after I first used the QPH Method. You see, initially all I wanted was to fix my one problem – confidence. So, once I got that, I left the method and continued on with my life. Which felt good, but I didn't yet know

what I was about to miss out on. And what mistake I was about to realise.

Many people see themselves as introverted, low self-esteem, fat, ugly, smoker, being a bad son/father/mother, stupid, anti-social, failure, clumsy, depressed, lonely – any label attached and the meaning that comes with it and through belief, enhancing the experience and making it last.

Other people allow their behaviour or habits to determine how they see themselves, whether it be eating too much or too little, being lazy, procrastinate, incapable, making mistakes all the time, drinking, smoking, failing or having addiction etc.

However, the depths to which this goes is a lot deeper. Let me illustrate an invisible part, that is still at a very low impact and low influence level to solve a problem.

Think of the best friend that you have or had in the past – who saw you as 'funny' or great in some way. When you meet that friend, how easy is it to be funny? It's pretty effortless right? You crank up jokes, have a good time, they always accept you for having that side to you – and you express it freely. It's effortless to have a good time, right?

Now what happens if you meet someone new? Or someone you like and they haven't validated your humour yet? You avoid making jokes, stepping over the line and you always start off slow and safe. Calibrating if that person thinks you're funny. If he allows you to express that side of you. We all know – it's not as easy to 'be funny' right off the bat, with someone you've just met, compared to with your best friend.

But imagine, if you believed that everyone already thinks you're funny. That you believed that everyone enjoys your humour. That you believe you are funny. And other people see you as funny. How much easier would it be to meet someone, and charm them the same way, cranking jokes where they laugh and enjoy it as much as your closest friends? It would be a lot easier. And if you believed you were confident, if you had no barriers to express yourself the way you want, without having any painful behaviours – you would have a flawless interaction with the bat. It would be effortless to meet new people, start a conversation, charm them, have a good time and not worry about any outcome. You could be 007, off the bat.

You can begin to believe you are funny, charming, confident, powerful, charismatic, dominant/vulnerable, influential, persuasive, authentic, congruent and every other quality you choose out of dozens of them that exist and you know the meaning for and what it represents. And when you do – nobody needs to validate and allow you to express those parts of your character and personality.

At the time I didn't consider enhancing more of my qualities and self-image. And I also didn't know I could enhance the speed at which I would move towards my goals and dreams.

With the QPH Method you can begin to change associations and make yourself move in any direction you want. You can change associations of feelings. You can compliment your identity with associating 'pain' to things like wasting time, bad habits, not doing work etc. Create positive feelings with all the things you want to move towards, like doing the work, putting in the effort, earning money, spending more time with kids etc.



This is actually where the cool part comes in. Because we can even flip the meaning.

Imagine if you believed that '**hard** work is **easy**'? Or '**pain** feels **normal**'? How would you go through life if you've seen it that way? How much easier would it be to go through barriers? How much easier would it be to work and persevere through hard times? How much more productive would you become? And how much more time would you save for things that truly matter?

You don't have to be a superhero, to have people think you are one. Because when you believe you are a great, strong and happy person and you meet a girl or a guy that you like – they will begin to pick up on your thoughts, feelings, words and behaviours. And it is far more attractive and appealing when they see you, how you see yourself – **as someone great**. When you see yourself as someone on a mission, trying to achieve more, or if you're simply happier and more positive . These are the things that people think are 'natural' (somehow given to us by the world). That you either are or are not like that.

You see the positive self-image that you **choose** - draws people to you, by nature. Simply from the way they see you and from how they enjoy your presence. You don't have to be a superhero. But you have to believe you are someone great and you are someone moving towards what gives you fulfilment. And you will attract better partners, friends and people. People who will join you and share the experience of your journey.

Another powerful place to apply the QPH method is money and finances. Because if you want money, it's very likely you are always seeing yourself as having **not enough**. Every time you feel pain

when your credit card passes the checkout and you buy something. Finding it difficult to grow, accumulate and have enough.

And worst of all, if you are in debt – likely believing that *'I don't have money'* and maintaining that reality for longer than you would normally wish.

But if you believe you are good at making money. That you feel good when you make a sale, when you help people with your products, that everything you do is a positive thing, that other people want and are willing to pay money for – you would attract different types of circumstances into your life. Moving you away from a scarce situation, to an entirely different destination. Where you can see money and have money, the way you want to see.

Another powerful way to use the QPH method is to break past the limiting beliefs (ones people are aware of). The potential in their mind. Their capability. Which determines what they will do or will never do.

Often people believe 'I can't'. I'm not like him. I'm not good at this thing. This is not for me, it's only for the rich people. Which entirely prevents people from ever having that. From ever moving towards a different life. Their limited thinking becomes a limited life.

There are infinite ways and angles to approach the world with the QPH Method. And in Chapter 3, we will continue into what I've found to be the most powerful area of application. The ability to change beliefs that get expressed in nearly every experience. The ability to change the most impactful beliefs – core beliefs.

### **Note: What Makes It All Possible**

*'Here's the big challenge of life - you can have more than you've got because you can become more than you are, and of course, the other side of the coin reads: unless you change what you are, you'll always have what you got' - Jim Rhon.*

Belief is your dominant will.

If you have a belief that you can do something, and you're equal to the calling - then there's nothing that can stop you in your pursuit of it. It's where all the movement and paralysis in life lies. Progress or decay.

Belief is the one thing that moves that needle of life. Every successful person was once told that 'he's not going to make it', 'he's failing', 'he's an idiot' 'a stupid one'. That his ambitions are too high. That he shouldn't be doing it. There are people like that all around you.

Belief is what allows you to go through the friction of a thousand people. Breaking past limitations and possibilities, believed by others. And the ropes being thrown onto you by the closest people – who try to maintain their own safety of beliefs, self-worth and self-image. Those very limiting beliefs and pain, which makes those same people settle for a life of paralysis, decay, conformity, blame and judgement. It's why people want to either lift you up or tear you down.

Don't be trapped by it. Understand that they have their beliefs and you have yours. While not everyone will choose to acknowledge the power, they have over them – you have an incredible opportunity.

The only way to leave the safe zone, the comfort zone and to self-actualize your potential with a truly lived life – is to stretch the

boundaries of the 'impossible'. Become someone bigger, better, brighter, more fulfilled.

Belief is what made the greatest of people, in history. Every hero story proves that it's possible to start with nothing and become something.

Decide to define your boundaries and not fall for what your neighbour thinks and does. Take full ownership and control over your mind and over your life – **today**.

*As the physically weak man can make himself strong, by careful and patient training, so the man of weak thoughts can make them strong, by exercising himself in right thinking. - James Allen, As a Man Thinketh*

## CHAPTER III: CHANGING THE PAST TO CHANGE THE FUTURE

### **Not All Beliefs Are Created Equal**

*He who would accomplish little, must sacrifice little. He who would achieve much, must sacrifice much. He who would attain highly, must sacrifice greatly. - James Allen, As a Man Thinketh*



You heard it before and you can hear it all around you – all you have to do in order to be a success is believe. Believe in yourself. Believe you can do it. Believe you are better. So many people say that, but they don't seem to be successful themselves. Why do people say this? Why do people understand this power, but don't achieve their biggest goals and dreams themselves?

What's the difference between success, mediocrity and failure? What's the disconnect?

The answer lies in one more principle. Not all beliefs are created equal.

Some beliefs you're forming even right now. Right this moment. And they are quite simple, because they come from our recent beliefs. Others are so deeply seeded in our minds, from the moment we are born. And some of which are attached to everything we do. Influencing every reason why we do things or don't do them.

There are beliefs that move you at your core. Pushing, with so much more power, intensity and drive. They have more emotional energy, than the ones where you simply believe '*I know I want more money*'. But the question is - why do you want the money? Why are you doing what you're doing? Answering these questions, until there is no more WHY left, is what leads you down the path, to the very core, of who you are. Until we do, we don't have a reason for why we don't have what we want right now.

Remember in the previous chapters, you've read that before beliefs, we already have instinctual animalistic nature. That nature originates our deepest desires. Those needs are more powerful than anything else and they drive us to survive, get food, resources, love and connection and so on. That nature, along with what we first see in the world (our parents) – initiate the process of belief creation. And that initial connection that takes place – is the closest to our survival. Making our early beliefs – have the strongest influence in our lives. Which gets expressed in most places, where that animal nature connects us with each other. With people, resources, our health, our goals and desires.

The fact is that besides the visible pain and fear we also have conditioned beliefs of the past (*core-beliefs*). The invisible fears. That's why people often find it difficult to be by themselves, all alone. Because in those moments, late at night, when there's no one else but our thoughts, that feeling of responsibility creeps in. Thoughts and feelings begin to rise, wanting to distract ourselves, with activities, engaging with other people. That's why people can go crazy from being isolated for too long. They need an escape from their 'self'. Keep busy, distracted constantly reacting to life. Without stopping still, experiencing moments of presence and being in-tune

with nature and the present moment. If we can't be by ourselves, it means we live a life out of balance.

Without resolving this balance, it doesn't matter how much people work, how much they acquire, consume, scroll on the phone, go out and meet people, talk their problems out – they can't find real fulfilment. This chapter is about facing into the very core of ourselves and our core-beliefs.

These beliefs not only shape the entirety of our lives, they also shape us socially, culturally and even globally.

## **Your Beliefs About Money**

*'If you don't first handle fear and desire, and you get rich, you'll only be a highpay slave.'* – Robert T. Kiyosaki

Many people fight over the argument whether money is important or it isn't. While others will neglect their relationship, happiness, people around them – until they have money. Whatever belief you hold or were made to believe – you can't deny the fact that it's a human need. We need resources and food to survive. And it was encoded in our DNA for thousands of years.

Money can be a powerful tool used to achieve freedom and safety. I am talking about freedom where you don't have to work, you can travel, do and buy anything you want. Or it can be a curse that takes away happiness, fuels greed and the wealthy stealing from the poor. It all depends on our perspective. On our beliefs about the world.

The problem is that people confuse the two – happiness and resources. One comes from the inside of us, while another comes



from the outside world. They are independent of one another, yet coming from lack, and pain many people self-rationalised and spread an excuse, that *'money doesn't bring happiness'*. Finding it difficult, painful not to have money in the eyes of others, it's better to appear to have something, rather than nothing. And what's a better way to appear better than other people, other than bringing up a higher value like - happiness and fulfilment.

These types of people will find people and examples of who has money and isn't happy. Even if their happiness is fuelled from inside of their life and mind. The same can happen, when a child grows up and learns from his parents, TV or people around him that *'money is evil'* or *'money brings greed'*.

However, you will also find the exact opposite, where people have money, do great things with it, provide safety for their families and move the development of the world forward – and are happier than they were when they had nothing.

The simple answer to whether money is good or bad simply lies in how people view the world. The question is, does that view of the world serve you? If it's about temporarily making them self-satisfied by having an excuse or something to blame – *then it's still questionable...*

For millions of years people who had resources lived the best lives. They had better partners, chances for reproduction, and health. They were simply viewed higher up in the hierarchy of the tribe. Women found them more attractive. It gave them power to lead, and to select people who will get access to those resources – and everyone wants to be that person. People always wanted to be able to live sheltered, have food, and be able to take care of their

families. Even today, when we are able to easily have what we need - you have the same hierarchy.

The difference is because people have '*enough*', and don't believe they can have more – they choose to settle. Rather than see how far they can go. Rather than take care of their families and generations to come, stretch their own boundaries, create something in the world that gives people value. Today, people will often resolve to a can of beer and a football game, to fulfil their inner needs. And escape the shadow of their shortcomings coming from their beliefs.

But, think of all the crime happening in the world. Today, going to school or taking public transport can be deemed as risky. Think of being able to protect your kids, taking them to school with safe transport, or even having someone protect and look after them. Think of the freedom, when you can run a business, through people who do it for you and your ideas make money rather than your own physical labour. Where you create valuable contributions to the world and get rewarded for. Think of your health, when you can afford the ever-growing expensive nutritious foods or red meat, foods that give you more energy, youth and vitality. So, you can spend time with your loved ones, feel emotions and drive at an older age and be able to spend time with your kids.

In the past, I was entirely controlled by the mindset which was created for me by the world. I thought I would graduate University (like everyone does) and then get a job (like everyone does) and I will buy a house (like everyone does) and become a personal trainer. I smiled at the idea that through a job in fitness I will see more daylight and people. For me it meant more freedom. Even when I decided to reach for more and go into business, I had barriers, and was working for 7 years without getting any valuable results.

But think about it, the problem still isn't the path of life. Just like it's not just money. Because opportunities to live a better life are prevented by our own minds. That people have to self-rationalise an excuse to stay that way. The real problem lies with – the ability to acquire a better path. And ability to acquire a better financial situation. It's about peoples' associations about life and money. Whether there's pain or pleasure coming along with it.

Today we have a laid-out path of life, with loans for studying, loans for houses, credit cards, advanced marketing – all designed to create a need and desire for money, through shortage. Taxes squeeze people, AI is coming to take over, soon everything will be technology and we won't have a chance to get ahead.

If we refer back to the principles of Chapter 2, you'll very quickly begin to notice the patterns of how beliefs shape our financial situation and financial view of the world.

For example, wanting money. If you want money, it means you're repeatedly focusing on – **not having it**. Until eventually you calibrate your self-image, to have exactly what you believe. Because it's a belief on the outside, it's possible to want money – and to be able to attain it. But imagine this.

What if you believed '*money is evil*' or bad combined with a belief '*it's painful to not be good enough*'. It doesn't matter how much you would want money. Or what situation you're in. Acquiring it would automatically mean pain/fear in the eyes of other people. Judgement. Realisation of fear itself. Therefore, your mind can't allow you to move even close to acquiring more money than people around you, that you would begin to believe, you might be judged for it.

Remember these beliefs are invisible to everyone. People don't see them; they don't even know they are there. People think they know, you have to work hard, put in the effort, if you want money, you can get another job and make some. But for some reason, everyone finds an emotional and logical reason not to do it.

You see, the example I provided is only a small drop of sand in the grand web of beliefs and associations that we hold in our minds. Many successful people, millionaires and even millionaire coaches who made billionaires know these beliefs are the key barrier, preventing people from having more in their lives. For example, Dan Kennedy in 'No B.S Wealth Attraction for Entrepreneurs' illustrates a great example of one such belief.

When we are little, we sit at the table with our families looking at each other ready to share the food on the table. Mom puts the food on the table, you know that's all there is to eat for that meal. The bowl of potatoes is all the potatoes there are. As we put food on our plates and begin to eat, very soon we encounter a situation where we see our plate empty, but our stomach still makes noise, asking for more. The left potatoes must be right in front of you, you could easily grab and stuff some more in. But instead of bluntly grabbing what you want, you look around at your family plates, how much they have and hesitate from fulfilling your desire. Or maybe our parents even say *'make sure you share it with everybody, don't take it all for yourself'*. And you get made to feel bad, because you don't want others to feel hungry because of you. You don't want others to have less, because you take more. Later in life, you may believe that taking resources from other people is bad and painful. Fuelling a feeling of guilt inside, if you had to do it. So, it's way better to not even go there.

While if you look at the opposite of such a scenario, if you grow up in a family that has more than enough. When food is put on the table, it's more than enough for everyone. Always having leftovers of everything, and there's no shortage. You want to repeat and have a second, there's no doubt that everyone has enough, regardless of how much more you take. So, your parents don't even consider saying anything to you. And when you take more, you know there's enough for everyone. Every time you take more food and have what you want – you feel good. There's no possible feeling of guilt, being associated with taking from other people. And the first fear doesn't get linked to the action of taking from other people. And later in life, whatever job you have, or a position you want to undertake, you find opportunities open to you, you find ways to gain more resources. Because there's nothing blocking you from seeing these opportunities and going towards them.

The same is with money, in reality there is no shortage of money or resources. It's what our minds show us that determines what we'll have. Whether we will be able to get it or won't even try, having a reason not to. Or if we'll try and we don't get results, it's about the invisible barriers that will prevent us from those opportunities.

Today I'm happy to be in control of my own belief, because instead of that scenario I have a new, better path than just resolving to a job and being a personal trainer. I make more money than I ever would as a personal trainer, am able to build capital, only limited by my desire and effort. I can enjoy luxury, smoke cigars and see results grow as the time goes, because I've eliminated these barriers by choice. I took that image painted by the world I knew and created my own. In my mind I know that I'm going places, with far more freedom, joy, ability to see and spend time with kids, provide for my loved ones, financially, safety wise and opportunity wise.

Again, this is just one other example. The implications of belief in your financial life are extremely huge. And as you can see, they can be passed down from generation to generation. In fact, if you look at your financial situation, you are likely to find similarities to that of your parents.

When you begin to understand these principles are always at play, you'll begin to notice these principles at play even at a societal and global level. For example, most companies who go bankrupt, stop growing are the ones who have a scarce narrow focus.

When a company wants revenue compulsively, their focus shifts on seeing they're not making enough and their situation is becoming more dire. The only option then, is to begin to conserve energy and resources, let people go, focus on squeezing more out of less people. All energy shifts inwardly and the very focus of what makes a successful business gets overlooked – providing a better product/service and focusing on giving rather than getting.

Generally speaking, most companies who continue to thrive, never lose their focus. They believe they have capital, have revenue, have plenty of resources, people, opportunities – and they focus on how they can improve what they have. How can they bring a better product or service, from what they already have. That's why giant companies like Amazon, Apple or Google can't go out of business and you can't simply outcompete them. All of their energy is directed outwards – creating, sharing, growing. Whether it be marketing, bringing awareness to the product, developing new products, improving existing ones, taking risks and hiring more people, having more labour, having more resources – **creating more.**

You will find this principle at play in every single small store, salon or business around you. If you look around how they think, feel and manage their workplace. From which perspective all their communication, actions are coming – you will clearly see where they're going. You will see if their actions come from perspective of *'I have all these things, that I can share with people, I just need to find how to give more'* or *'I don't know what more can I give, I need to save on the rent, cut the costs, maybe I can do it all by myself'*. If you invest in companies, just understanding this principle alone, is one hell of an advantage to have.

With a proper mindset, a business can only grow and succeed. Having this worldview, I never struggle with business. I see infinite opportunities of growth in my business, in my opportunities and in my ability to bring something to the world, and exchange resources.

Most people who live on the negative side of the Law of Polarity, often feel pain every time they have to pay for their groceries, swipe their credit card and see their bank balance drop down. Others go into credit card debts without knowing that subconsciously, it implies *'not having'* – ***through the illusion of having extra.*** Keeping them in a rat-race cycle of never having enough, focusing on managing their finances and never spending their energy to look for ways on how to acquire more. Shifting the balance of their life, where it doesn't serve them.

The point is whether you're a business or an individual, your success depends on the beliefs that you hold. You have to have an ability to acquire resources and flourish in the world. Whether you want to have freedom or do good things in the world, money is just a resource. And while it's not tied to happiness, it is a human need, which is - directly tied to fulfilment.

It's completely normal and healthy to want more resources. No different when you give a dog a bone, and once it's his, he will keep it, own it and protect it. But it's about being able and capable to buy these things and to provide for yourself and people around you. Whether through resources, or your work to contribute.

In fact, a man was built and designed evolutionary to go out and bring resources. Being more physically capable, dopamine and testosterone allowing to better prepare, plan, think faster in the face of danger and difficulty. While the wealthiest people on the planet destroyed such evolutionary values in our society for their own benefit – this animal nature is still within us. Intrinsically men knows his place and feels uncomfortable when he can't provide. Women (*despite of being convinced*) intrinsically want a man who CAN provide and has all the complimenting attractive qualities. Intrinsically wanting to be provided, rather than going to hunt in the face of risk and difficulty.

Understanding, that a man's purpose and fulfilment is programmed within us, I've made myself strong and capable. In accordance to these values, to best fulfil my nature. To feel good when I'm chasing that reward, competing, fighting to make sure I bring back the trophy home. There's nothing more important to me in the world than being able and capable to provide for my family. Ensure they have good food, good health, safe transport, live in a good neighbourhood, and have good people around them. That we can enjoy moments where we explore the world together and travel. Where we don't have to do things, we don't want to do.

This is the ability you have, to look at your kids' faces, and see a smile, knowing they will be okay when they go to school or in their future. That they will have access to information, knowledge,



opportunities, safety. It is your responsibility to end the cycle of the limits that would be passed down from generation to generation.

It is of utmost importance to have a barrier-free path to having resources. But you have to make yourself strong and capable and build your associations rather than be controlled by them. You have to change what pre-determines your financial future. Your abilities and capabilities are directly related to beliefs of associations coming from your past, your core beliefs, your identity beliefs, and beliefs about money itself.

The question is, are your current beliefs serving you or working against your dream future? Are you going to ensure you have the best future for yourself and your family? Will you pass on the best views of the world, qualities, and self-sufficiency to your loved ones?

## **Your Beliefs In Relationships**

*"Be thankful for what you have, you'll end up having more. If you concentrate on what you don't have, you will never ever have enough." - Oprah Winfrey.*

Just like resources are a need that must be fulfilled, so are your relationships. Everything you do in life involves people. And it's more important than you may think. Let me illustrate just how big your connection to people is.

Imagine your life the way it is right now - imagine all people in the world disappear. There are no more people but you. Only you. You only have yourself.

You look around right now, and everyone is gone; you see empty houses and empty streets. Things are left how they are. You can go and do anything.

What would you be doing if it was only you in the world? Travel? Maybe go see nice places? Spend some time in nature? Explore places? Here's the scary question. But stop reading for a moment, and answer this to yourself, in your own mind.

Would you be doing what you are doing right now if there were no people? Would you be working the job you're working? Would you value the same things? Possessions? Would you watch TV or Netflix? Would you be doing any of the things you are doing?

If you truly imagine your life without people – you will see that everything that you're doing is because of people. That people drive all of your life. Connection is one of the most important aspects of our lives. If there were no people, people wouldn't need to 'improve' their confidence. Teenagers wouldn't want to look like an influencer on Instagram. And entrepreneurs wouldn't be driven by financial success.

It's one of the most important and fulfilling needs for an animal – to be part of something bigger than just ourselves. To share energies, to bounce off each other's energy, and to experience more of it. Be motivated by it, driven. You need to have people and relationships to thrive.

Most people crave the acceptance of others and fear rejection. We worry about what other people think of us, what they say of us, and how we appear. We put up better images of ourselves. Most people think that you meet people based on circumstances. Or you go out into the world, and some people you get along with, some you don't. People think that you fall in love with and then out of love by

nature. That if it's meant to be and the chemistry is right, we stick, or if it isn't, relationships break.

Again, if you look at every relationship, just like the money example, the same principles are always working. People who want to be liked and accepted the most try the hardest to put up the biggest front. The biggest image. They have the biggest lack and feelings of loneliness. They typically push people away. They try so hard, that people can pick up on their insufficiencies. They brag, and no one likes it when it comes from such a place. They talk over people. Have to always come out on top. They try to manipulate, get something from us. We can smell it a mile away.

The same is true in love relationships. When we want something, we believe we don't have – we begin to push people away. We stop giving what we have. We stop sharing and just being. And we stop doing things for one another. It becomes all about take, take, take. And people drift from lifting each other up, like at the beginning of the relationship – into escape and momentary pleasures. Netflix, gaming, alcohol, smoking, watching sports, etc.

When you fall in love with someone, you give and get love and acceptance to one another. You are putting on your most beautiful clothing; you take care of yourself. You meet each other, bathe them in compliments and fascination, telling them every day how fascinating they look and how amazing they make you feel. You look into their eyes, smiling and wishing those moments would never end. However, for most of us, eventually they fade into normality. They become familiar. And we drift into our old selves. Our old beliefs take over, and we begin to see all the things we're missing.

I am guilty of experiencing feelings of jealousy in my first relationship. Even if I tried not to express it, it would still be felt. I couldn't change how the loss of my dad at the age of 6 would make me feel down the road. That I will keep a distance between people. Surround myself with guy friends making it easier to keep distance or have barriers to meeting women. Or what kind of feelings will arise in my future relationship.

One of the most powerful beliefs we all develop when we're young is the fear of rejection – being left and abandoned. If people believe, deep inside that it's painful to be rejected, they will desire for love out of fear. Out of need to fulfil what he believes he lacks inside. Even when we get relationships, eventually we drift into this belief. If it's a strong belief, with many childhood influences – the relationships are bound to suffer, the barriers are bound to be *unclimbable*.

When things settle, and someone comes along - it just feels so nice to have attention, to flirt a little. To get it somewhere if it's not found at home. Then, we begin to compare what we feel versus what we lack at home. We begin to focus on the lack, fighting, and problems at home. You didn't wash the dishes. You don't do things for me anymore. *You've changed...*

You need to have love and connection with people. It's a need. And if it doesn't get fulfilled in a love relationship or friendship, it pushes you to compulsively seek it. To go to unhealthy places. To take the wrong opportunities, people and circumstances.

People who have a higher association of pain with feelings of being rejected and left, are often the most controlling, the most impulsive, the most jealous. Trying to protect themselves from the pain they once felt. Likewise, they are the ones who are most likely to sway,

and take an opportunity elsewhere. Repeating the rat race of failed relationships.

Or when the time comes to meet new people, that fear of *potential* success – prevents them from chances and opportunities to attract the right partner. They play it safe. Instead living and focusing on the lack of love and acceptance – wanting and *wishing they could meet someone*. Watching rom-coms and trying to feel a temporary feeling of fulfilment.

You can argue that there are people who don't fear loss and feel good in themselves, who experience these moments and emotions. And you would be right. They have all the animal instincts and needs like we do. We have evolutionary conditions, where men are designed to mate with more women. We have cultural rules of accepting monogamous relationships, religion and even normalisation of promiscuity. They all intertwine into what we believe – and how we feel.

But essentially, when these beliefs become 'unhealthy' or more painful than natural, that's when you get less normal and more impulsive behaviour coming from lack and need. It's a belief – about how painful it is to be left. When people come from a high pain association, fear it puts people into uncontrollable – unknown. Every woman knows it the best, the man who is the most dangerous to them, is the man who is jealous and controlling.

But even when we enter these states of unknown, in every argument we begin to act rashly – we say things we wouldn't normally say, we hurt each other with words, we fight. This is also the root cause of most crime. Combine it with learning violence growing up, and learning how other people treat people as 'normal' and you have a recipe for uncontrollable behaviour which can turn into crime and

violence. We want love and connection, yet out of the same fear – we hurt one another. Whether emotionally or in rare cases even physically.

These emotions of pain and pleasure are expressed everywhere around you, in every situation and in every interaction/relationship you see. These painful associations become the greatest barrier for meeting people or preventing them from meeting the right people. It's the greatest influence to breaking relationships or having fulfilling and lasting ones.

This is the power of only one belief influencing the entirety of our lives and pre-determining the qualities of our relationships.

The point is, deep inside you know you want to have a healthy, loving, quality relationship that lasts. Or even if you convince yourself that it's easier just to have fun, it's still the greatest influence on your success with what kind of people you will draw into your experience. How they will see you, take you, how attractive you appear. And in relationships, how you will contribute to their lives and your relationship together and how they will feel the inclination to reciprocate.

The crazy part about the rat race of reliving relationship after relationship, argument after argument, fight after fight is that we pass these pains and qualities to our kids.

When kids see their parents fight, they can feel every feeling they feel. Through the power of micro-communication, empathy and ability to connect emotionally – they pick up on why we feel the way we feel. They take on the same associations. And we pass down the same type of future to our kids.

For example, if a parent closes the doors and is crying or contemplating his financial situation. You can try and protect your kids from seeing that. But kids pick up everything like a sponge. Every time they ask you to buy candy, they see how you feel. Every time you pay at a supermarket and look at your wallet, they see how you feel. If they're not asleep and they hear you behind those closed doors – they know how you feel. And they feel it too. They understand what it means – *'it's painful to not have enough'*.

**The painful association beliefs act as barriers in your life.**

Affecting the quality, feeling and fulfilment of every single relationship you encounter with.

One of the most important things you can do, whether selfishly for yourself, or selflessly for your loved ones – is work on yourself to have a strong self and a strong quality relationship. To fuel it with love and sharing of what you already have. To believe you already have love and acceptance, and everywhere you go – share it with your loved ones. And not just in a way, where most of the time things are eventually okay and you know you love one another (*because acceptance is still there*). But by ensuring that you are self-sufficient. That the negative associations of the past don't take hold of you. That you truly give yourself authentically and have a fulfilling relationship. Friendships. Relationship with your kids. Even simple relationships with people. Because everything you do in life – revolves around people.

You have to be mindful of these principles, being at play everywhere – in every relationship you have, every interaction you make, every behaviour you exhibit. And understand that you have control over them. But it's up to you to want to be better, have better, feel better and be more fulfilled.

While most people keep facing the wrong way and never find the solutions to their problems – you have an opportunity to completely redesign your life into your dream life. Otherwise, you will be drawn into how the world exists outside of us – how we collectively create it. You need to create your relationships and not let them create you.

There's another belief that is extremely powerful at influencing the quality of every single relationship you could ever encounter. Which is just like the fear of rejection, which is visible everywhere around you. It's a belief of '*not being good enough*'.

Intrinsically, we all compare ourselves to one another. In Chapter 3 you will find out how some beliefs have more impact than others. This is one of those beliefs that affect many areas of our lives, whether we know of it or not.

You see, we all have a fear of being rejected and abandoned – at a different pain level. Regardless if we lose a parent or we have them both. Because the world is not perfect. And when you're a baby and you already feel hunger and cry, often our parent's take time or overlook us from all the sleepless nights. When we experience that they are not there, we feel that we may not survive. Associating pain with being left. Later this association can be further exaggerated, if parents fight, split-up or you lose one of them. Even if you don't remember feeling pain. Even if you don't remember it at all – by that time, it's already experienced and linked inside our brain, of how it feels. We all have it to different extent.

As you're learning how the world works, eventually you reach a moment of **comparison**. It's most intense when you have a brother, a sister or a cousin. But often can happen from other family members, neighbours and even kids at school.



It's all about fear of rejection, getting linked to a new belief. Previous belief, creating a new one. And it happens when we see someone get love – while we don't. And for the first time in our lives, we link previous fear with a new fear – *'It feels painful to be worse than others'*, in other words *'it feels painful to be not good enough'*. And because we WANT to be good enough, we form a belief 'I'm not good enough'. Again, some people have it healthier while others are less healthy. But we are always creating, shaping and attracting behaviour, circumstances and experiences into our reality. From a young age – leading to all other beliefs we will create in the future.

When your first fear is strong, this fear feels strong. When the need to gain love and acceptance (by polarity) is so big, they will have a strong desire and need to prove being 'good enough'. It becomes a need to survive – to appear 'good enough'. To protect yourself from feeling the pain of appearing 'not good enough'.

Remember we all have this – association to different intensity of pain (and in extremely rare cases to pleasure). But here is where all the confusion happens in the world:

As we mature, boys and girls have different biology. Boys have **testosterone**, a hormone of confrontation and reward, making them feel stronger, more agile in their thinking, more reasoned and factual, through thinking at a faster rate as dopamine and other chemicals help the brain to fire at a faster speed.

For girls, they are entirely different through biology. Their main hormone is **progesterone**. Which is more sensitive, a hormone of experience, making them feel things and pick up on experience more on an emotional level. They pick up communication differently, experience things more deeply. Because of sensitivity in the body, and higher levels of serotonin in their brain, they often

feel more sensitive and experience more things at once, more stress and can feel less safe and secure.

Both are advantages coming from evolution, which helped men hunt, bring food and provide for the survival of their partner and kids. While for women it helped intuitively gather, care for men and do their part giving back the resources, preparing and nurturing them – making sure that the offspring is cared, protected and provided. All of the qualities are by the Law of Polarity, complimenting each other, and creating polarity enhancing one another. We are different by nature.

However, because of the difference in biology and how we experience emotions, here men and women begin to express the belief of 'not being good enough' differently.

For men, being 'not good enough' means I can confront and show everyone 'how good enough am I'. Leading to behaviour of bragging, higher ego, overshadowing others, talking over people, showing off of the things and achievements, blaming people directly and head on, showing logical reasons for being 'better' and why the other person is 'at fault'. Every time there's a POTENTIAL, to feel being 'not good enough', the painful emotion creates an impulse from which we act. Men intuitively point out the things they see and think. And you can see men typically have these characteristics. While most men wouldn't see it as a problem, most certainly – most women are very aware of them. Why?

Because in conflict, any time these beliefs collide in a conversation – women are the ones who get confronted. Because for women being 'not good enough' means they can't confront like men. They are more vulnerable biologically, they feel pain, fear, danger more intensely than men do. Therefore, women often take the safer route

to prove that they are 'good enough'. Leading to behaviour of going behind closed doors and finding blame, gossiping, showing how they are 'not the bad one', showing how 'it's not their fault', instead of saying – they imply 'who's fault is it', and explaining emotional reasons for how the other person 'did them wrong'. Women are more likely to walk away from an argument and confrontation out of that feeling of fear and pain. Or in extreme cases enter the unknown state of fear and start throwing things. Because of the dominant nature and confrontation in relationships, women even created a term for men, who push his belief onto them – as a 'Narcissist'.

Now while for women, they may not see most of these things as bad, most certainly – most men are very aware of these things. This is one of the reasons why women **feel** like they don't understand men and why men **think** like they don't understand women.

On top of that, we are completely oblivious to our own behaviour, while fully irritated by the opposing behaviour.

For example, when men and a woman in a relationship have an argument, men often, by mere nature imply, that the women should do something or be somehow different – to make things better. For example, saying 'you should calm down' automatically implies that the way she is, is not good enough – without awareness. (*Which by now you would see, that by nature men would be very good at this*). What happens next is the woman immediately gets her belief triggered. And to avoid the pain, she says why 'she's the bad one'. 'You're the one who always leaves things around the house and doesn't throw out the trash'. 'You always make me feel bad'.

Then the man's belief gets triggered, now he has to logically prove that he took the trash 3 out 5 times, automatically implying that you

are wrong. Without understanding why he got upset in the first place, he just said 'you shouldn't stress'...

It's not even about the logical reason or the logical response – she feels like she's being 'not good enough', from the implications. Expressed by the natural communication of male belief. Automatically.

Now it's paradoxical because both of them – are feeling 'not good enough', meaning their beliefs are being realised. Both want to be seen 'good enough', yet both are protecting themselves and **wanting** the other person to understand them, acknowledge them and be made to feel 'good enough'. But the opposite perpetuates. Until women walk away or men draw a boundary of behaviour – and it becomes more painful to be - left and rejected. Then we compromise, and 'let down'. We admit how we acted impulsively and said the wrong things – out of emotion.

Most people go through life on autopilot, already having predetermined experiences of what they will behave and feel like in their future. They don't even see where their feelings come from. We begin to blame the other person or the circumstances, giving away all power and responsibility of our lives.

When you don't work on yourself to have a better relationship, what happens is that deep little lack of self-fulfilment perpetuates, arguments continue like a life-long rat race until we learn to settle and hold it in. Just not to lose a relationship. More often than not we try to take away from the other person or people, rather than feeling attractive by nature. We make other people feel bad, from our own lack. We overshadow, overlook, blame, gossip.

Even if things are okay now, eventually we get these experiences, taking away the potential of how much better it could be.

Continuing with a less fulfilling relationship, even if it was good once. As long as things feel stable and safe.

Instead, if these beliefs do not come from fear, lack and desire and instead people feel like they're good enough – they wouldn't get triggered as much, react and respond the same way. They would naturally choose to phrase their words and want to say things that imply better things. Instead of **wanting** to get what they believe they don't have - they would end up **giving** what they think they already have. Which is making the other person feel good enough. Leading to a deeper, more pleasurable, fulfilling quality relationship. Closer to what it was like, during the early, best moments.

With my relationship, I already knew I was responsible for fixing that. To make sure that it will never be an influence. That my relationship will never be swayed by the experiences of the past. And I've made myself strong. I made sure I can look into the eyes of my women with so much love and passion, regardless whether it's the first month or 5<sup>th</sup> year into the relationship. My relationship can't fail, from that same place anymore. Because I am in control of my past, my mind, my emotions and my future.

When you look at the major part of society, as of writing this book it's no wonder to see – you have YouTube channels and short videos, where men begin to uprise, often showing where women are wrong, not good enough and fighting to prove how their opinion or cultural position is the right one. On the other side, you have women bringing up issues about the type of men and type of women, where they are not at fault, indirectly putting the blame on men. It's like a global arena of conflict and division. And if it happens globally, on podcasts – isn't there any wonder that the same conflict and division happens in relationships? While both sexes believe they're fighting for a good cause, in reality, they start these fights

from the past pain inside – further fuelling and causing divide between sexes as the time goes on. Because people will pick a side. And begin to turn against the other. By nature.

Think about it – one belief, causing a global divide. Creating a future where men will be wary and opinionated against women and vice versa. Why is that happening? Because they keep reacting to the outside world, without ever understanding – why they feel the way they do. It's the world to blame.

One single belief has the power to create a culture. To make it thrive or destroy itself over time.

Not enough that personal satisfaction and relationship satisfaction is continuously decreasing every year, with divorce rates rising. Clearly indicating the power of and influence of personal beliefs. And their influence on a grander level.

Even in our simple relationships, nobody likes a 'know it all'. Nobody likes blaming. Nobody likes a person who talks over people. Nobody likes fault-finding. Nobody likes someone who brags – nobody likes a person who acts from impulse, from need, or appears weak from believing he doesn't have something he wants. A negative Belief association like that **is a weakness, by all measures**. Affecting every relationship, every person you meet, every opportunity you may have, every career and professional interaction. And most importantly the ability to live without regrets, living a fulfilling life.

Most people are not aware of their behaviour and the consequences it brings. They are not aware of how their experience is being created. And most certainly they're not aware of having the same experiences happen in a new moment in time. Just like the saying says, people are living lives of quiet desperation, re-living

their lives, based on their beliefs. With 95% of thoughts, being the same thoughts like yesterday. Leading to the same feelings they had yesterday, just in different places in the outside world.

You have to be self-aware to notice when your thoughts, feelings or behaviours don't benefit your life in the way you want your dream life to be. You have to shape yourself to become a better person, stronger, more loving, more fulfilling, creating all the good qualities you want to possess. So those qualities bring people into your life, make you feel better, stronger, more fulfilling emotions. Bring energy into your life, so you can thrive in other areas of your life. You have to create this, and not hope that by fluke someone will come along and save your life.

After having created all of my qualities, I never worry what other people think of me or how I appear to other people. I can't communicate from these places where I need something or need to prove something. I love how I see myself and how I feel with other people. And even seeing how they feel about me - is pure joy. Anything else to me, became physically impossible. These negative associations do not influence my thoughts, feelings or behaviour and instead all I see is the good in people. Understanding these principles, people become positively predictable – allowing me to choose and attract the right type of people into my life. And it doesn't feel mechanical. It's the same. You only have more control over how you see things, how you feel and how you live your life.

Think about it, all we did here is cover the influence of only 2 beliefs. 'Fear of rejection' and 'fear of not being good enough'. And how hugely they impact our individual lives and the global dissatisfaction between men and women. Two associations, which when associated with pain, are our weaknesses, creating barriers, impulse, need, lack, desire and other negative qualities.

As you can see, this is why I say that there is no single problem that I cannot solve. Everything can be explained through these principles. Once you begin to see how things get created (*Chapter 1*), and follow the principles (*Chapter 2*) - you can connect all the dots (*Chapter 3*). And change everything and anything. Mold your own reality.

We can't live a life influenced in such a way. Think about it, you have to have safety and resources, you have to have health and feel good, you have to eventually raise kids and look after them, you have to experience life. Along with all that you have people everywhere. Relationships everywhere. And a need to have love. When things are going well – everything else in life is good. When your relationship isn't good – everything else in life falls to pieces. You can't focus on anything else.

We have to take responsibility, not for how we were raised and what was passed on to us. Not for what we've learned from movies and heard in songs – but for the ability that you right now have, to make your relationships and your life good and fulfilling. So, you can focus on all aspects of life. Be filled with love and joy. Coming from all the people around you, fuelling your life with more and more energy.

If you want to have a good life, you have to take care of your relationships. Even if they are good – making them the best they could be. And having positive energy fuels you. Giving you health and vitality into how you feel and look.



## **Your Beliefs And Your Body**

*'What consumes your mind consumes your life.'*

Half of what you can control, besides your mind, is your body. If you're sick – it's hard to love and do things for your loved ones. If your life and time is consumed by worrying about your health, you begin to overlook your relationships and other valuable things. It becomes hard to push yourself and put the energy to acquire wealth, abundance and better finances for yourself and your family tree.

I know this well, from having to live in the hospital until the age of 5, being the worst basketball player on my school team (from having all the brain fog), and having to lose 5 years of my life, when suffering from my auto-immune disease.

You have to acknowledge the situation we are in today. The labels of disease became the norm. With the internet, anybody can self-diagnose. Doctors are being trained that people come into their office with a pre-conceived notion of knowing their own 'disease' by the symptoms they read online and begin to see. The so-called '*nocebo effect*'.

While it looks like there's more food available to us – the quality of the food decreased. Food is a business. It's all about growing it faster and selling it, regardless if it becomes empty. In fact, we are moving away from our evolutionary nature as hunters and gatherers and approaching an era of replacing food with substitutes and meats being made from insects. Whatever animal food is left, is being castrated and injected with sensitive hormones to make it grow faster. According to statistics, 33 million pounds of antibiotics go through livestock and eventually enter the soil each year. Inevitably, not without a needle or a chemical in the body.

Because of the quality of food, advertisement and daily stress in work and relationships – our body chemistry that we have is nowhere near what it could be.

Think about how you would feel, if you didn't have all the stressors in your life, if you opened your fridge and you had farm raised food, fresh fruit and quality water being given to you. If you put food on the table and it looked like back in the 1900's. If you looked at your loved ones and each day, everyone was fuelled by lots of energy. And if you believed you always saw yourself as healthy – without a drop of worry ever coming your way.

Everything else in life would be a breeze to you.

While many people experience real health problems and real disease, there are ones who are self-convinced on symptoms and problems. And I'm not saying for anyone to overlook their physical condition. No. You should look after your health and if anything, speak with your doctors or therapists. But imagine, when you have a disease, you have the ability to have two perspectives – push away everyone, become consumed by your situation, focus on the symptoms and see more of them everywhere happening, feel bad about your situation, blame life and circumstances, you can begin to escape and smoke and use drugs, fall into depression and so on.

For the first 5 years during my auto-immune disease, I closed shut. I started reading about different diseases online, I convinced myself I have a methylation problem in the liver (now it sounds hilarious), I told doctors about it, I felt misunderstood, I've spent tons of money to try to overcome it, I didn't meet people at University, I did every assignment last minute, I avoided people – until I could become normal again.

The second perspective is, if you didn't view it as a problem, you could think you're healthy, no matter what's going on. You could continue like everyone else; you could live on and gather valuable experiences, your symptoms wouldn't bother you as much, you could dance, dream and do things that make you happy.

I still have a ton of allergies and reactions to things. I can't have black pepper, vanilla, nutmeg, clove, garlic, egg white, dust mites etc. Every time I go to the restaurant I have to ask, at least for black pepper not to be there. Which currently isn't even acknowledged as a common allergen. While for me my throat swells, my immune system suffers and the next day is ruined from a thousand sneezes and plugged open-tap nose. But none of it affects my life one bit. In my mind I am healthier than most people. I don't even see symptoms or little itches. It consumes 0% of my time, attention and life. No health condition could stop me from moving forward – I cannot be crippled or otherwise broken down mentally.

I am always happy, knowing and seeing myself as healthy. And for believing that way, I know I cannot get 'really sick'. My life is entirely unaffected by any little flu or inconsistency. I don't see potential things that could happen or get worse. It's invisible to me.

Our minds are beyond powerful in influencing our health from day-to-day basis – and even our lifelong view of life.

The point is we can let our health control our lives or we can control our health. And if you want to move through life without pain, barriers, lack, sickness, insufficiency – you have to take responsibility, to make yourself strong. You have to look after your physical body both - **mentally and physically.** Through strengthening your mind and through strengthening your body.

Think how you would act if you believed you enjoyed keeping yourself fit, if you saw yourself as fit and healthy looking, if you convinced yourself that going to the gym is a joyful experience. If you believe you are good at it. You would eventually land on different kinds of videos on YouTube, you would change your eating habits, you would fall in love with the process – which would eventually bring you your dream body.

That dream body and health would further impact how attractive you appear. How you see yourself would transfer into how other people see you. Whether you are disciplined, motivated, self-caring and self-sufficient or dependent on the circumstances of life. People who know what they need to do, but avoid it, through self-rationalise every day look at the mirror repeating the phrase '*I need to lose some weight*', always self-conscious of how they look and appear to people. Comparing themselves in the face of others.

First of all, you have to view yourself in a positive self-image and not beat yourself with a stick every time you see yourself. Second, if you are not where you want to be, you have to at least be putting in effort, and every day do something to move there. And if you're not, that's why you need this book, this method and ability to recondition old associations, preventing you from that. You have to break the old barriers, because – you are not your past.

The important point is if you believe you are healthy – you will naturally be drawn to improve your health. To make better choices. To look after yourself in a way, which will attract that – which you believe. Your beliefs and associations will dictate not only how you view your life and your condition, but the things you do, the opportunities that you see, the choices that you make, the feelings that you feel. All of which will allow you to move into other areas of your life, full of energy and vitality.

Most people are trapped in life outside of themselves, thinking they need to change things on the outside – *but they can't seem to do it.*

With the QPH Method, the ability to change beliefs, you have infinite power to control these processes from within. To direct your motivation. To control your self-image. To change your feelings. And to recondition your past from invisible barriers that impact your feelings, behaviours and decisions in life.

You have to look inside, find those beliefs – and change them. You have to learn what beliefs influence your personal life, your financial life, your relationships and your health and become the master of your life. Unaverred by the outside forces and fully in control of your destiny.

Because you were born deserving all that life has to offer you, and QPH Method and the following principles are the proof.

## **Core-Beliefs: The Problems Successful People Don't have**

*"A genius is simply one who has taken full possession of his own mind and directed it toward objectives of his own choosing, without permitting outside influences to discourage or mislead him." – Napoleon Hill.*

There's nothing more powerful than your ability to reprogram your mind. To be able to take control of these core beliefs, coming from your past. Because by changing your past – **you will change your future.**

The core beliefs that travel back in time are far more powerful than you could imagine. They are like the first piece of domino that starts

the whole cascade. When you change one belief, every other belief that was created on top of it begins to change. These are the first beliefs. The early ones. On which all the future beliefs have to sit on top.

This change happens from bottom-up. Where the fundamental change happens at the deepest levels first. And with time, changing all the things that were relevant to that initial change.

Core Beliefs are the most overlooked in life. Yet they fix the biggest problems in life. The ones that reoccur on a consistent basis. Ones that lead to the highest levels of pain and sabotage our attempts of achievement. It's where the biggest battleground in the mind takes place. They are responsible for the biggest barriers that prevent us from success and getting what we want, whether it's financial success, having the best possible relationship, health or personal limitation.

Only here you can find true confidence to express yourself, release your ego and achieve total freedom. Because these beliefs affect every decision, choice and feeling we take in life. It's like they are attached to everything around us. Affecting the little things. Like a switch which is always on. These beliefs are latching on to every new belief, perspective and experience. **Literally pre-determining your future.**

In fact, the very reason why I wrote this book was because that's how I've realised the power these core-beliefs have on the entirety of our lives. And I've learned it the hard way. Having my future relationships influenced by a single moment in my life.

After I lost my dad, the fear of being left ***was so intense and painful***, that it rooted into everything I did in life. It made me

convince myself that I wasn't like everyone, and kept my friends and people at a distance. Push my sister and my mother away. If I failed at meeting a girl over texts, I would convince myself that 'I'm bad at texting', I would end up giving my phone to my friend to text for me. Later I was led to believe and feel that I didn't want a relationship... That I wasn't ready for one. That the girls aren't good enough for me. When I got sick, I got even more wary of judgement, feeling that I'm different and not like everyone else. Influencing how I looked at people and myself. And worse of all how I was shaping my identity and my life around it.

**I never had a choice** what would happen to me, early in my life. How I will react to it... And how it will affect me in the future. All my life, I was fighting this feeling of wanting life to be different. Deep inside wanting and believing in a better life.

These beliefs have existed in all of us since the beginning of time. When we humans lived in tribes, we would kill our own species simply believing 'we are good' and 'they are bad' and dangerous. During religious wars, people who believed in one God have killed people, simply because they believed in a different God. And while other things and situations were indeed at play, it was all the things that they believed in that led to their feelings and behaviours about the people. Who were essentially - the same people.

What happens if you try to help a drug-addict or an alcoholic? You can't. They don't see a 'way out'. And it's not because it's impossible right? We all know Treatment Centers can be effective. We all know if you put enough work, you can actually overcome addiction. But when you speak to the person, even a smoker and you tell him 'You should quit smoking', you can trigger them. They feel irritated, upset, feel like you are against them, that you don't support them,

they are ready to tell you to f\*\*k off and just about any reason why they choose to smoke right now and right now it's not the time to quit. Or even if they acknowledge it – they still can't change.

People are addicted to their beliefs, because they provide not only comfort - but safety from the fear. Safety from the worst-case scenario and the uncertainty (that they believe they couldn't handle). This makes people scared and tired. People will avoid that feeling of jumping into uncertainty.

The world has to make sense - to survive. It's actually one of the core beliefs itself - fear of death. Which for example in Buddhism, in order to open all chakras, one has to overcome.

It is the first fear. And this is the fear that takes part in the process when one can't see a way out and has to - let go. Let go of what he believes to be certain and **accept uncertainty**. The fear which ether keeps you locked into what you believe and what you see - or frees you to go beyond the limits of your own mind. This is the fear that I've let go of, when I've lost all hope with my autoimmune disease. It opened my mind to the lessons and principles within this book. And it is the deciding factor which led me to the creation of the QPH Method.

When you can accept fear itself and uncertainty, and let go of fear - a whole new beauty in life opens up. On the most fundamental level – you become free. Life begins to change and becomes pretty amazing. But it doesn't happen for most people. Many people give up too early. Others avoid pain for all their lives. While few will climb and claw into the deepest pit of their lives, just to come back out stronger. While many successful individuals have less pain associated from how they were raised, other most successful people



in the world had to overcome difficulty to such an extent in their lives.

This concept is called '**Letting go**'. And it serves as a great example to illustrate how the early beliefs (core beliefs) and their associations feel in our lives. And how strongly they can control us.

Imagine you're standing on the edge of a cliff. You look down and around. Everything is pitch black. You feel like you're high up and you can't see anything down low. The winds are blowing and it feels like if you jump - you might die. You don't know for sure, but you feel like you can't take the step forward. Because if you do, you might die. You don't know if you will, but from everything you've learned about life, you're pretty certain. The one thing you do know - is that where you're standing right now, is safe. You feel safe, because it's familiar and comfortable.

This is the paradox of certainty and uncertainty. **Known and unknown.** A rising feeling of worry and trying to predict - '*what's going to happen*'. That feeling of the worst-case scenario. Of every picture you ever make into the future, worrying. Or after doing something, looking into the past and worrying of what might happen, might not happen. **Unknown/uncertainty – is fear itself.** That's the meaning of fear. When a tiger attacks – you don't know if you'll manage to run away. You go into a state of unknown. To resist, until you know that you survive.

Belief represents the 'knowing' part. The part where you know how the world works. That you can survive. Where you stand on a cliff, you know you are safe and it feels familiar. It's safe. What you

believe, is what you know, is what allows you to feel that you can survive in the world.

What I want you to understand is not the application of this in your life right now. Not the fear-based belief of '*uncertainty*'. And not the power of belief. It's even bigger than that.

You can probably realise, that if you were standing on a cliff, and were about to jump, that feeling of uncertainty and possibly death, is much more powerful, than the feeling of being safe and knowing that if I stand on the cliff - *this is how it feels*. **It's infinitely more powerful, right?**

Now imagine, if your brain is showing you that it means a 100% chance of death. What will happen is your Rational mind will kick in to help you balance your negative feelings in the body to help you survive, bringing in thoughts '*I should step back*', '*I can always try another day*,' '*What if I just stay here*', '*I have family, I shouldn't even consider it*'.

That's when people begin to overthink. Worry. Doubt. Focusing on the fear and attracting more rational thinking, creating beliefs – that will never allow them to jump. That resistance - through pain and negative emotion, pushing away from the very thing. The only way to overcome fear was always believed to – ***just do it***. To accept the worst-case scenario and not allow the mind to take over. (*That's where things like 'just do it' and '5-second rule' book were born. And why do people believe it's better to just walk and do it quickly, rather than wait and think...*).

But for most people, if you stand and you hear nothing from below, you see darkness coming so close to your feet that you might slip

off. Would you jump? No. Nobody wants to die. It's not in any animals' nature to do so. And that is normal.

But what I really want you to notice, **is the amount of resistance and energy it takes to not see – past our own beliefs.** A different alternative - meaning we could be wrong. Any belief a person has, even if it came from rationalising – why he shouldn't do this or that, is being supported by this principle. That's why people don't change. Or why people can't see past their own blinding way of seeing the world. That's why people are so powerfully controlled by their beliefs. And core-belief sits the closest to this first belief. Often, because they get developed, when we are growing up and live in an **uncertain world.**

The concept is that the brain will only show the evidence of the very belief. If you believe it's painful, you'll see no possibility of an alternative. If you believe you're 'not good enough', no matter how many times you get compliments, your ears won't hear them. If you believe you're not beautiful, no matter how beautiful you really are, you won't see that. You will only see one side, and never the other.

I have witnessed dozens of people who hear about the QPH Method, and from their body language you can see – *they get wary*. They don't want to take it, or have it. Not because they are sceptical. Because that would imply change. And change implies '*something is wrong with me*'. And if you have an association of that, even if you don't remember it – change means that feeling of jumping on the cliff.

Bound to live a lifetime of self-imprisonment. A permanent limitation – to everything that belief attaches to.

If you have a belief that you are 'not good enough' and you are not aware that it is there, and I explain to you that that belief, is attached to so many things in your life, preventing you from - striving for more, attempting to start your own business, make more money, keep looking for a better partner, give you comfort in yourself, make your more likeable and authentic without the need to try and get people to like you – **you won't see it**. His mind would erase everything and find anything (*even if it's not there*), any excuse – preventing him from accepting that he could be wrong. (*Even most people reading this will miss it. I recommend reading this paragraph again.*)

The survival mechanisms, sabotaging all possibility of success.

While change in the world beliefs and simple identity beliefs are one thing, these core beliefs are linked the closest to the fear of survival. Meaning that they shape us and even our culture - causing mutual life-like problems that we don't have solutions for. And of course, we can't see where they really come from. Later I will illustrate just how powerfully one belief can influence the world on a global scale – and how changing it could resolve all the problems people have no solution to, for 1000s of years, still wandering outside of themselves.

This is how people can be 100% blinded by their beliefs. And of course, by Law of Polarity, this is also how people can begin to have '*no barriers*'. In the case of the 'Letting go' experience, when people surpass the biggest pain in their lives (*when they see no way out, but keep going*) – their minds open. They begin to see the world differently. They feel a sense of relief and begin to think 'what else I could've been wrong about?'.

The possibility for inner peace and change comes from this moment of **'letting go.'** And these moments are what led the most successful people – from greatest pain, to greatest success. The hero journey. The story of struggling to survive, to becoming the richest person in your family tree. The people who broke their family 'curse'.

Until people experience **'letting go'** OR **neutralise these core beliefs** - they will hold on to their image of life and themselves as if their life depends on it. Every time you will oppose people's opinions - they will fight you. Every time you will trigger their fears (of the way they look, or take away the things they fear losing, like love and acceptance) - they will enter into a state of uncertainty.

They'll get closer to the end of the cliff. Their fear will be triggered. Their survival will be challenged. And just like standing at the end of the cliff - they will uncontrollably say, do anything and find any reason or any excuse imaginable – not to face it. They will rationalise a way around it. They will find safety. And they will do whatever it takes to do it.

I've seen people ruin their whole lives when these powerful fear-based beliefs take over. From getting triggered to self-protect, to start fights, to make rash decisions and give up on the things that really matter. This is the core influence of crime, breaking up families, breaking up relationships, breaking hearts, doing things to themselves or choosing paths of last resort with drugs and alcohol. Many people are imprisoned for their whole lives – without ever being in a real prison.

This is the power of fear. This is the power of belief.

The problem we have today is how people typically try to get over their fears and barriers? By facing them. Like telling every person who comes to you – go jump off the cliff, you'll live (*Believe me...*).

All experts, coaches and even friends will say – ***just do it***. Just push past it. Saying go there and speak to that person, speak to that girl. And you might feel anxious, anxiety getting worse and worse. Where people typically bailout, they don't jump. Because it's not worth experiencing the feeling of death over something that might seem like a trivial thing to do in comparison. 'How I feel is more important than the thing'. Therefore, people not only avoid and bail out the pushing and the forceful nature of overcoming fear, they will also associate that same experience of pain/fear with the person who was trying to help them, or with the attempt to do it. Meaning they choose to never go back and continue the life they always had. They will avoid these attempts even more in the future.

It's not just counter-productive. You are literally adding a new belief and associating it with fear itself. Instead of actually helping people, experts make sure that the person won't do what he's telling them to do. To me that's traumatising people even more.

This is also why when people break up, and feel that great pain (*fear*), they can associate it with their ex-partner. And even though they want to see them, maybe even want that love & acceptance back - when they see them, they feel pain (*fear*). They begin to feel like avoiding them. They become controlled by this feeling. This is a common phenomenon, when things turn south.

But you do not need to fear to ever be controlled by the past. And you won't even need to go through pain until you reach the point

of suffering - where you are called to 'let go'. You will never have to experience that. And you will never have to fall into autopilot where one day you could.

You can have all of your non-serving painful emotions eliminated. You can have all of your invisible barriers neutralised. You have the power to change things of your past.

This is how, after saying 'I will never have a future relationship influenced by my past' I eliminated the pain of being rejected/left. Ever since I never have feelings, thoughts arise from that place again. I became free to meet higher quality people, approach anybody and behave without ever getting controlled by negative emotions. It opened doors to meeting people in business, gaining trust with people, feeling more appealing to everyone.

In 2021, the first time I was on a radio, I was interviewed while also being rated by independent listeners for the quality of speech and the value provided. I wasn't a speaker, nor I was promoting myself much through social media. But after the call, the producer called me back, surprised from top to bottom. My first ever speech was on professional speaker level, with 10 out of 10 ratings and all listeners wanting to keep me on the radio and make series out of it.

Considering, where I came from and never having even dreamed of such quick and easy success – I knew I've found a way to escape the rat race. Not the rat race of the world, but the rat race of experiencing daily problems, doubt, hesitation, invisible barriers (not really being able to get the results I want). Escape the rat race of being part of social problems, mediocrity and the construct, we call - society. And rise above it.

With the QPH Method, ability to change beliefs, you'll be able to swiftly transition into the best possible thoughts, feelings and experiences in your life. And this is where you can find true freedom – like you once had as a kid. Only as an adult.

*'Transformation is not about adding things on, but about letting go and embracing your true self.'*

### **CORE-BELIEFS AND THE LAW OF CAUSE AND EFFECT**

*Man is the master of thought, the moulder of character and the maker and shaper of condition, environment and destiny' — James Allen, As a Man Thinketh.*

This Law states that for every effect there is a definite cause, likewise for every cause, there is a definite effect. Your thoughts, behaviours and actions create specific effects that manifest and create your life as you know it.

Think of it like a seed. Whatever you sow and plant in the garden will produce a crop. Success and failure do not happen in the moment. They are the consequences of all the little actions, good and bad (coming from your beliefs, thoughts and emotions) taken consistently - until they get actualized.

First of all, it's pre-defined by who you are, based on who you are and how you see the world. What decisions and actions you make. And they require time, to build up into the energy to match what that, which you want.



From core beliefs... to layered beliefs... to your current beliefs... to your current experience. Look at these backwards, through your memory, and you will learn how all of your experience today (effect) was caused by your past experience (cause).

It's an always present law that can tell us what we will create, if we notice the type of thoughts we have, the type of words we speak, the type of feelings we have and the type of things we do.

This book is about teaching you how to sow the right type of thoughts, which will create beliefs that automatically put out the right type of thoughts and you can enjoy the experiences.

\*When you participate in the cause you participate in the effect of it as well. The rule however is, that the effects don't always happen immediately, but rather – **through consequence of time**.

Like the little things you do, without seeing results, which eventually lead to big events, achievements, that seem to appear out of nowhere. When you slowly become the person, who eventually deserves to have that which you want – you will in fact realise it.

\*That's why time is more valuable than you think. Because everything builds into something. Our views, thoughts, words, actions influence every next moment and result. Compiling into a grander result. From what we have now, to what we will have in the future. And because we focus on the gratification in the now, we miss to consider the 'possible' impact/investment for the future.

## **Potential Association Principle: Pre-Determined Fate**

*'Success is something you attract, not something you pursue. So instead of going for it, you work on yourself. Personal development.'*

*- Jim Rohn*

This is a powerful principle, which explains much of the invisible world and how it works. It connects our beliefs to everything around us. Why do we have barriers that are invisible and often don't do things? In what way, shape and form we keep attracting negative effects of our beliefs into our lives – same experiences, in new circumstances.

This is about changing the most invisible aspects of experience.

Most people only understand beliefs as 'I believe in x' like believing in aliens, people being good, or I am this type of person. Something that can clearly be verified and seen in the 'outside world'. (Only the 1<sup>st</sup> level of awareness)

Then you have the understanding, where beliefs can be about the qualities and abilities we possess along with associations of pain and pleasure. Believing that things are good or bad, pleasurable or painful, positive or negative. Along the 2 core emotions. (the 2<sup>nd</sup> level of awareness)

And because of this invisible nature of the 'inside world' and the power of beliefs, people are most deeply unaware about the 3rd level of awareness. However, this level of awareness, power and influence is the most powerful, all-reality shaping and extending beyond ourselves into the collective experience within the world.

The Potential Association Principle defines that one belief might be experienced in an infinite amount of scenarios and experiences,

which are relevant to that particular belief. One belief can be deeply attached to many circumstances.

Take for example fear of rejection. It can be experienced when trying to meet a new person and can even occur if you succeed. Because what if you lose them? Our brain is trying to estimate and predict the future. It tries to perceive the potential threats in the upcoming future moments and can try and sabotage our attempts, just to avoid that possible pain. It can also occur if you do a public speech, speak in front of other people, say your opinion, make a mistake, do something clumsy, put a video online, fail making a business deal, fail a project and dozens of other possibilities.

After I lost my father, I knew how painful it is to be left. At that stage I wasn't even aware of what's happening. I'm a kid, and the only way I can cope is – to stuff those emotions away. Looking back now, this association got rooted into every thought, feeling, behaviour, identity and experience of my life.

1. My mom told me, after my father's death, I pushed her and my sister away and everything they did was wrong (Trying to avoid the pain of losing them. Yet through fighting – it becomes real) (\*experiences re-occurring over and over again)
2. Every close friend I had was a guy. It's easy to keep them at a distance and never experience what I fear. And I've always found it hard to approach, meet and get close to any girl. For 23 years of my life, until I began to change beliefs. (\*experiences re-occurring over and over again)
3. When I was texting girls, I would often fail and re-experience the feeling, convincing myself that I am bad at texting. Until eventually I was unable at all and would ask my friend to text girls for me. (\*experiences re-occurring over and over again)

4. When I was sick, I was pushing everyone away, because I felt I'm being rejected just for being the way I am
5. I've made the decision that I want open relationships, at the time likely, just to make it safer not to experience potential loss.

And a dozen more, continuing throughout school years and adulthood. (This is just to illustrate a point, how everything can be tracked back and dots connected)

In many different situations this belief was BOTH controlling me and becoming real, creating feelings of pain over and over again. The experiences were all of the same nature – but at the time, everything felt different. I had no awareness of this.

Like Steve Jobs said ***'You can't connect the dots looking forward, but they always connect looking backward'***. Only when I understood how my experience was created, and only when I understood the principle of how our lives are being created, I was able to connect all the dots and end the rat race of experiences. Too many people live lives coming from their past - without the ability to 'see it'. Like a chain to a rock, dragging everywhere you go.

The basic principle is that we people can have an association of pain to a single thing, for example 'pain to be seen as bad'. A belief that 'other people see how bad I am'. Often focusing on avoiding the pain and trying to appear as good as you can. But the experience that always re-occurs, is where you get the same experience – of being seen as bad. Always wanting to be seen as good. But by trying, always seeing that you're not. And it can happen in infinite scenarios – presenting work in front of class, trying to get a promotion, posting on social media, in a conversation the words

you choose, when performing, when playing games and an infinite amount of others.

The point is that one belief affects a large part of experiences – in an invisible way. Shaping condition, environment, circumstances that you bring into your life. Being an influence of success and failure. For the most part, pre-determining your – **destiny and direction of life.**

For example, a teenager can write a comment, trying to show how good he is and how much he knows (without his awareness of this belief making him do so), and then someone will leave a comment, *which will make him feel 'seen as bad.'* Leading to another experience and impulse to respond.

When the teenager is trying to meet a new person or a girl, he begins to try to say things and show, wanting to be seen as good, but instead, the other person feels his body language and communication where it's coming from - that it's too much. The behaviour is unattractive, and he or she is not gaining anything from engaging in it. The energy is '*taking*' and draining, rather than fun and shared. So that new person gives an excuse and leaves. Leaving the teenager wondering until his thoughts made him see and feel that he appeared bad for her. Making him change clothes, body language, and words – none of which mattered in the first place.

When you look for ***patterns*** of that one belief being expressed – **you begin to see them repeating.** As the teenager is preparing in class to read his work, he puts in a lot of work to do the best possible job, not to appear bad to people and get a good grade. But instead, as he stands up in class, the classmates can pick up on him trying and feeling worried of the '*what if*' scenario, (and by wanting to show off how good they are themselves) – they put him down, in

front of everyone. Bullies say something, or throw something at him. Again, he feels like other people see him 'bad' and he failed to impress. Again, re-affirming his core-belief. And realising it.

Now 20 years later, he goes to a public speaking event, speaks in front of the colleagues, interacts with a girl, is meeting new people, other people are engaging with him in small-talk outside the restaurant, or he feels jealous in the relationship – he feels the pain of the past come up, sabotaging every success. Every attempt to appear 'good'. Only because in these situations, there is a **POTENTIAL**, of being seen as 'bad'. The potential to be realised with ALL of those DIFFERENT circumstances. This potential is automatic. Automatically creating small feelings of resistance and the desire to express the opposite. Automatically focusing on avoiding the ***pain***. Yet always realising that it does indeed re-occur. However, like everyone in the world – without any awareness of why he is where he is. Where it's coming from. Or memory of any of these beliefs occurring, early in his life.

This is the Potential Association Principle. Which implies that every belief has a different place and attachment where it has the Potential, to be experienced. Like fear of loss, can be felt with people, things, when somebody steals something. Or in ANY potential scenario, where something could be lost or taken.

The potential of your success is limited only by your belief. If you're running from pain attachments around the very thing you're about to do, then your success in turn will have little to no potential to become a reality. You constantly bounce and hit the walls of those barriers.

But if you believe you can, and you have no invisible barriers and associations, then your success is like a laid path, of least resistance.

Making success **inevitable**. And the good news, it doesn't matter where you are or who you are, you can apply the QPH Method, and change your beliefs. You can achieve your highest success, with the least amount of friction and pain.

When you understand this process and begin to see it around you, your self-awareness skill will reach a new level. You'll know why you are where you are and be able to predict where you will be heading. You will begin to see patterns in people around you. Where people get stuck and why. But you will always prevail.

It will open doors to you finding all of your weaknesses and core beliefs that have the biggest impact in the small daily things in life. Allowing you to change them and predictably see those little experiences change.

Going through the same process I've eliminated most fear-based beliefs and barriers out of my life. The small things in life don't consume me. And I have a laid out path of least resistance driving me into my desired life. The outside world cannot influence me. And in the future if something would come up, that I overlooked – I always have the choice to change things. And when people try to influence me, change me, hold me back – I have awareness and empathy **understanding why**. I don't have to change them, feel bad about their impulses or conform to them. It's a part of nature – world is the way that it is. You have to live on with your life.

For most people, they don't know why they can't seem to get the things they want. Because of these limitations, their mind doesn't even let them consider that they could be making more money, have better lifestyle, better health, better achievements and acquire more (*things or experiences*) in their lives. They have these invisible barriers, coming from their past experience and associations that

get linked to everything around them. And if they recalled their memories, because of how powerful the negative emotion – they would find when those associations have been formed. And what they are. And begin to **notice** how they are repeating.

Because even a fear of rejection has a potential to be experienced in both examples:

1. 'What If I try to get that girl/person and I get rejected?' (**Fear of failure**)
2. 'What if I succeed and begin to date that girl and then I get rejected (lose her)?' (**Fear of success**)

You see it's the same action – meeting a person. Yet it has more than 1 core-belief attached to it. 'What if I fail and I'm seen not good enough' 'what if I make a mistake' etc. etc. Combining into a more potent emotion of pain and - pushing away from taking action. Leading to diffusion – '*The music isn't right yet...*'

This experience leads to a self-perpetuating cycle. To help blind us from success, through our own mind. And it happens with one of the most powerful mechanisms in the brain.

## **The Rational Mind: Self-Prison By Fate**

*'The mass of men live lives of quiet desperation.'* - Thoreau

The worst thing in life is living a life of self-prison. Without ever knowing you are in one. Running the invisible rat race.

This is about a principle that creates limiting beliefs like a ticket printing machine. That protects beliefs so people would never



escape self-prison. The reason for all self-sabotage, self-reinforced blindness and limitation.

People who only see life as something happening independent of them, on the outside - will say 'you can change your life'. Indeed, on the outside you control some thoughts, actions and behaviours and you can change your circumstances. But you can't change how you will be made to feel - which will dictate where you'll end up. And even on the outside, the only reason why people can't see the repetitive nature of having the same experience is due to another Rule Of Life - The Law Of Averages. It is not necessary for the purpose of this chapter, so I've left it at the end of the book as a Bonus, to show you why everything seems to be 'different', but in reality it's also the same. Why in the end, we always get exactly what's predetermined for us by Beliefs.

Understanding this mechanism alone can give you a new life. A life where when you decide to do something, nothing will stop you and if you decide to make a million pounds, you begin to work towards it, you experience difficulty – but eventually, you get to the result. Always arriving at the desired destination. Creating your own path, of least resistance.

You've probably noticed that when we experience negative emotions, we always find a 'way out'. We can blame other people. We can blame circumstances. We can say it's the wrong time.

Anything, to help us keep going, in the 'outside world'.

Most people have heard the word and understand part of its meaning – to rationalise. To come up with a reason or an excuse. But in order to understand its limitations and have an ability to break them, you have to understand why it is there in the first place.

And what role it plays in your life. Having stronger awareness of your '*inside world*', creating your life outside of you.

Inside our mind we have the rational mind, which is most primary function, is to **help you survive**. The principle is very simple:

Your brain cannot allow you to experience pain, coming from your own mind and body. Because if it did – you wouldn't be able to survive. If the pain wouldn't get diffused, the pains and fears coming from your own beliefs, thoughts and feelings would eventually create some form of sickness. Through negative thought/pain biochemistry eventually destroys us from inside-out.

Meaning that the primary function of Rational Mind is to diffuse anything negative and balance out emotions. To balance out the body. To help you survive.

For example, if you have a 'fear of rejection' and everywhere you go you feel pain, because people might not like you and leave you and even if you make friends, what if you lose them? The pain grows and grows until it's unbearable and you either destroy yourself from inside-out or from outside-in.

So instead, our mind looks for any reason, excuse, blame or circumstance in order to diminish this pain. Because of that, we blame other people, we choose to believe that it's the outside circumstances, that it's 'misfortune', fate, situation etc. Which leads us to look for those reasons, focus on them, find them and – diffuse pain through avoiding it. And what is worse, we rationalise, create new beliefs and mould our identity - which would help us avoid those experiences in the future. Even if we want something, we are building barriers, to ensure – we do not get that, which we believe we don't have.

Rationalisation leaves as fast as it comes in, serving its purpose. Its purpose is to find how to balance out the emotions. How to dim the pain. How to prevent discomfort. How to reduce anxiety. While you know you should go to the gym, you get a mix of emotions which you don't know what they mean. And then your mind produces thoughts, in response to those thoughts and feelings - *'I should go on a different day', 'I can eat ice-cream today, I went to the gym last week'*. Always leading back to the rat race. Beliefs, associations being in control of self-prison. Without awareness.

The only way out is to change your beliefs. Remove and recondition beliefs that create unnecessary pain. Those irrational associations that formed without our choices, when we were little, just learning about the world.

Rationalisation makes our lives easy. You can go through life, not getting into people's way, avoiding criticism, rationalising all negative behaviour, eating all the goodies you like... When we can rationalise it all - ***life becomes easy***. And it may not be bad for most people. But the sad reality is, life isn't great. The boundaries don't get stretched. The potential doesn't get stretched. The experiences become monotonous and less rich. The example you set for your kids is far less than it could be. The success and career that you could have is nowhere near its potential.

And what most people won't realise, that all those things inside the comfort zone, leave their animal nature – unfulfilled. Many of the needs can be unmet – yet rationalised. You can be unfulfilled and want love, but feel-good eating ice-cream. Living alone for years, watching Netflix and escaping your own inside world. You can have friends, who fit your rational thinking – *'I don't like gym ether...'*, but

never meet friends that would give you fulfilment. You can live a life with a stable career, but never feel what it's like to self-actualize your potential in this world.

In today's world, on the other side of self-induced comfort, you will most certainly find – **fulfilment**. And while many will try to drag you down, including your rational mind saying *'it's not worth it'*, the people at the top can tell you otherwise. They inspire others, touch others hearts, influence the world with greater impact – and watch the energy and emotion of thousand people ripple back into their lives. Being far more valuable and rewarding, than living with temporal pleasure and no real impact. Where things are good for a minute, and then they're not. Slowly compounding over time, until they boil up – wasting precious time.

It can happen for a guy trying to approach women and telling himself *'I have approach anxiety'*, or a person trying to achieve his dreams, and working towards making that money, that would allow him financial freedom, always thinking *'I just need to do more work'*, *'I just need to do it better'*, *'I just need to learn more'*, without realising where the barrier is and why the same experience keeps perpetuating – **without bringing the desired results**.

Another example where you can see this mechanism kick off is when you challenge what other people believe in. Many times, you know another person is wrong or is making some kind of mistake over and over again – and when you try to help them, they always have a reason, or an excuse, that would help them stay on the same track, experience the same pain and problems. And as much as you try to help them, they always have a reason, excuse or blame why things are different for them, why success is only for a certain few, why things or people are different and they 'know' how the world works

(at least for them). Maintaining the rat-race they're programmed to run in.

The important point is, that this rationalisation, is helping to maintain the limiting and negative belief of '*other people see me not good enough*' '*I am fat*' and all other relevant negative associations and identity beliefs. Bringing more of the same into our reality, how other people see us, how we see ourselves, how we feel and what little decisions we make or don't make. Having the same experiences, in new circumstances. With a set in-motion direction of our future and our destiny.

Now I want to make a very important point here. Remember earlier I told you, when your mind focuses on something, it will find it – even if it's not there? That function of the mind and psychological experiment. **And this is very powerful.**

The actual reason why your mind, when focusing on things, will find things that aren't even there, is because it's an adjacent function of the rational mind. Your rational mind is in constant need of any excuse, any reason – anything, to support your thoughts and feelings, coming from your beliefs. Therefore, a rational mind works in tandem with the survival mechanism of '*how we see*' things that may not even be there.

It's like you get a different feeling in a new circumstance and now you need to make sense of that feeling. So, you begin to think, what it means. Because you focus on it, you begin to find all the things and reasons to help rationalise 'what it means'. You might go eat some pancakes, continue with your life but thoughts keep rising. And only when it becomes fully clear to you – it stops coming back. You now know who you are and what is what.

For example, after a break up we feel a myriad of emotions, like pain, guilt, betrayal etc. And we begin to rationalise everything in order to find reasons, to diffuse all of them. And because a breakup has so many different POTENTIAL associations attached to it; we can't stop thinking. Trying to find a 'reason' for everything. The more we focus and think – the more it hurts. Some people begin to blame themselves, while others begin to blame others. It can go in many different directions. But the breakup emotions never go away – until they are fully rationalised. Until they have a reason, reinforcing all the POTENTIAL associations in that scenario. And when people try to stuff away their emotions and not think, they can't help but feel bad for longer. Never feeling themselves anymore. Not allowing themselves to move on.

This also happens when we are little and we try to make sense of the world. Things we see, experience and are told about we begin to rationalise in what they mean about who we are, how the world works and what the feelings mean. The more we think, the more we look for support for those thoughts, feelings and experiences. Eventually rationalising them into beliefs that create who we are.

This is extraordinarily powerful, because often people can implant ideas, feelings, advertisement, subliminal words, meanings, lyrics, movie scenes to intentionally create that, which will rationalise into a belief on its own. Making you feel and experience, like you've made the decision to become who you are. But in reality, it was done for you. This is called propaganda. And while most people know this 'word' and think they are aware of it, it's far from the truth...

Within this book you're not only getting awareness and the information to be able to protect yourself from the invisible weapon of Psychology, but also the QPH Method (Ability to Change Beliefs)

to become invulnerable to it. So you can take full ownership and control of your life, with an ability to do what you want with it. Or to undo anything that was done on to you. All down to your choice.

Most people live their lives, believing they are in control and they choose what they believe in. But because they never '*look inside*', and don't know how their reality is being created (*the mechanism within*) – they lose their power over their lives. Instead, they give it away to outside forces. Without them being aware of it. They simply see the world, feel, experience it and react to it. Feeling the feeling of 'being in control'.

For most people not having awareness of how their world works, they can choose to believe in 'faith' 'destiny' 'I was born this way' or any other superficial rationalisation as a reason for why the world on the outside is the way that it is. Where in reality, we are moulded and shaped by everything we let into our world – especially in the early years. The reason why people can't see it and why they rationalise it to anything else being real, is because it threatens to accept that their beliefs could be wrong. Which is equal to death. The brain can't allow, to turn against its own system of survival

He who controls his beliefs, has the power to control not just his conscious life, but his whole life. Therefore, you have to have awareness of the mechanisms that run your life. Be mindful of them, own them and protect them. Make sure that you control them and they don't control you. That you create your life.

## **Reticular Activation System: Blinding From Success**

*Death is not the enemy, if one never truly lives. Most people live with the focus on delaying death, managing survival, doing what's safe, rather than living to potential – without constraint.*

What if you could completely hack the autopilot function of your life? Well, there's a mechanism in our lives which puts us into this autopilot the strongest.

Likely this mechanism in the brain is more powerful than anything I've covered so far. In terms of limitation, 'not seeing' the invisible, having barriers and not understanding the power of the mind and human beliefs.

It's a scientifically proven mechanism, which further reinforces all the principles I've covered so far.

This mechanism is responsible and deeply connected to The Law of Attraction, Focus and how energy flows through our brain to project reality. Meaning that when you take control of this process, you can control your mind, like a steering wheel. Deciding what you get and see in the world. Also allowing you to predict what and how you will see in the future.

In 1949, neuroscientists Horace Magoun and Giuseppe Moruzzi discovered the mechanism of the brain called Reticular Activation System (known as the RAS). It's located at the base of the brain, right where it connects to the spinal cord.

It's a survival mechanism that filters out millions of sensory information and only focuses on helping you to survive. Like a filter, which tells your brain which thoughts to focus on at a single moment in time. And it focuses your mind on two things:



- Where is the danger, and who you could mate with. (*Survival & Reproduction*)

- Where is the evidence of what you believe in. (*To only show you the world, in how you believe it to be*)

The most important part being – that you know how the world works. Meaning that you can survive in it. **It's a mechanism of certainty.** Because if you don't know how the world works, it means you are in uncertainty/unknown, which is a representation of fear, which means death.

It has to make sure that when you learn how the world works - that's how you see it. That's what you see. And everything else has to be eliminated, diminished. Anything that's not in support of your belief, has to be erased.

The RAS benefits us in many ways, such as if you lose your child on a beach full of a dozen people, your mind will focus to filter out everything and allow you to hear **only the voice of your child**, or focus to find everything that resembles everything you know how he appears to be. The hat he wore or the uniqueness of his face.

You'll also have your attention driven to the man or female that walks into the room that exhibits every attractive quality by nature - and those you believe in. Your mind filters out the rest and, in the moment, that's all you can see.

But the belief link is where it becomes a limiting factor in our lives. Everything you believe in and think to be of importance to you, you will filter out the rest like that noise on the beach.

If you believe that only 'lucky people make money', because you've tried and failed. And I will come along and show you and tell you and try to convince you, even with evidence that you can change –

you will filter it out, and possibly feel threatened by it. Why threatened?

Because RAS is your survival mechanism. Ever since you began processing information about the world and created your beliefs about how the world works – it gives you safety and stability. Knowing and being able to predict how you can survive, how you can avoid pain/fear and how you can gain pleasure.

For millions of years this mechanism helped us survive. However, when we became conscious beings – it also became our biggest limitation. People who believed in one religion, would kill and hate people of other or opposing belief religions. If they were '*made to believe*' that the other religion is evil, that was all they could see. They would find evidence, even if it wasn't there.

**They would make it real.**

The same is with smaller things in life, that we believe are beyond our control. When a person is Jealous, he begins to focus on competition, lack and potential to lose love. Because his beliefs are on the negative side of polarity, and they create feelings of pain – he wants the opposite. In order to avoid fear (*which evolutionary means death*), the Reticular Activation System begins to show only what goes along with those beliefs. Seeing evidence for not being good enough, seeing evidence of unfaithful actions, seeing evidence which would lead to realisation of pain and fear. And regardless of what is said 'opposite', people can't see. The Reticular Activation System keeps people in jail, depending on what they believe in.

At the heart of it all it all comes down to this:

What their beliefs are searching for – it has to show that, and eliminate the contrary. Remember, it's purpose is to concentrate your focus, like a laser beam, to show you in the world - your beliefs. Negative or positive about yourself, your life and what is possible. And it will eliminate everything else. Like entering a word in a google search engine – and seeing only results, for that specific word. Eliminating everything else.

For example, if you believe 'Toyota is a bad car' – you can get a professional salesman to influence this belief. It's not linked to your survival beliefs. The only thing is, that for as long as you really believe that, this is all that you will see, experience and attract into your life. But let's say your past determines that you will have a successful future. And with all the laws of the universe, it's in your path to overcome this belief. This belief can easily break. A professional salesman can come in, at the right moment in time, during your life – and change this belief. He can ask you to sit in the nicest Toyota car and convince you through all other beliefs. And when you do experience it – the belief changes.

However, let's say a mom tells her child that 'swearing is bad'. If you swear, you can't make friends. People will turn against you. You won't be like everyone else. And when you do swear – you feel like she could leave you. A belief of swearing is now closely linked to your survival. It becomes a belief, coming from your very core. From your animal nature and the needs to have people and survive. Now 20 years later, there's absolutely no way this belief could change. Because you believe swearing is bad, your mind shows you that. You keep attracting people and situations that indeed swear. Making that belief part of your reality. You may get a partner, and every time he swears you feel bad. Little by little until it reaches emotions, closer to the ones you felt when you were little. (*Compounding*) Until

eventually, it could be an influencing factor, to other beliefs – of losing a person or being left.

This is how core beliefs are backed, by our survival mechanisms in the brain. **Dictating our reality.** Why people resist changing, if it doesn't come from their own realisations, and – from their own beliefs breaking.

Today, this mechanism decides what information you will focus on within this book, and which part of it you will 'see' vs the ones your mind will overlook. Therefore, every time you come back and read this book – you will internalise the same concepts, with a new perspective. And if you begin to change the core-beliefs of your life – you will begin to see 'things you've never seen before'.

The reason why you read a book and then after months or years read the same book again, and learn a lot of new information – is because the first time you read it, your RAS filtered out all the information, which was not in support of your beliefs and values at that time.

The second time, the small change in your beliefs, either from the book you read or from the time you spent between reading the book, made the RAS filter out different kinds of information. Making you feel like you've learned 'new' things. Or had 'different' insights.

Therefore, your biology and your life experience (who made you believe in what) will determine the different kind of value that you will take from this book, compared to the person next to you.

Through limiting beliefs acting through the Reticular Activation system, people often filter out the opportunities, circumstances or things that could change your life for the better. Linking into Rational mind and finding any reasons for why things won't work

for them then and there. Coming from previous beliefs -> reinforcing and maintaining the exact same reality. Where everything seems different in a new moment of time. Feeling like they're in control – yet unable to escape the repeating nature of their experience (*both good and bad*).

The Reticular Activation System is so pervasive and powerful, that it even can connect us to other people. We can reinforce our beliefs and find evidence and support, even from other peoples experiences. For example, if you believe it's a bad day and you walk into a supermarket, your mind will only select the visions and the periphery to reinforce that belief. Seeing the people, the environment in that specific way.

You can come to a club, and if it's not your day – nothing helps. You can try to make yourself feel good, but nothing changes. So, you blame the music, the place, the club – the environment. Other times, if you believe it's the best day in the world, you can go to the shittiest place in the city – and have the best night.

Another example, could be seeing your parents crying (*when you're little*) because they don't have enough money. Which could reinforce a belief that making money is hard and painful. A belief that could be with you for life, even though you don't remember when you created these beliefs and associations.

The RAS mechanism, however, actually serves us. Because if we learn from someone else that putting a hand in fire burns, - we won't do it ourselves. Using other people, we learn about the world faster.

The problem occurs when we pick up beliefs that don't serve us. Or causes us to feel less about ourselves. Or limits our beliefs of what is possible.

The matter of fact is - whatever you're looking for, you're going to find. We just need to be aware of the seeds we are planting in our minds. Or the ones that have already been planted.

When you combine self-awareness (self-knowledge), with the understanding of RAS, Rational Mind, core-beliefs and Possible Association Principle, you can begin to track down your whole experience. You can find the seeds that were once planted. You can catch thought's and notice where things could be coming from. You can identify weaknesses and barriers. You can begin to look at your experience from the inside and see how your destiny is unfolding.

You can connect the dots of your life, and choose where to put the new ones. You can also see and predict people, connect the dots of social and global circumstances, which connect us, in our lives.

## **Projection/Reflection Principle: Illusion Of Reality**

*'Fear does not prevent death. It prevents life.' - Buddha*

The universal Law of Polarity expresses absolutely every aspect of life through two sides. And projection-reflection principles explain how the mind projects what we see into reality, reflecting the experience, based on what was projected.

You see everything we experience, first had to originate in the mind. Nothing happens without perception. Meaning that everything that happens in our lives, is based exactly on what we already hold in our minds.

Say a boy or a man approaches a girl. And he has an association of pain with rejection. Therefore, he wants to be accepted by her. Believing that he's 'not loved and accepted right now'. So, he comes

up with a 'pick up line', that someone else told him – 'if you use this you will get her most amazing reaction and she will love and like you and fall for you like never before'. As he approaches the girl, he says the line he picked up. Unfortunately, it comes off mechanical, unemotional, unnatural and a bit tryhard. It's also kind of incongruent because it's clearly not something he would say himself naturally. The girl looks at him worried, feeling that he is a bit stressed, he doesn't feel secure and that he had to use a line, just to get started talking to her. Clearly it's not a guy, that she would feel safe, secure with her. He may not be able to give and provide her emotionally, yet again resource-wise. So, she rejects him, in the nicest and safest possible way she can, without triggering any more stress and lack of control in him. As he goes away, he 'feels rejected' and wasn't accepted, even when he had his hope with the new line.

The concept of projection/reflection is that he already went into the experience believing that he's 'not loved and accepted right now'. And this was projected from his mind into reality. As he had experienced it emotionally, everything on the outside felt real – reinforcing the inside belief being real.

Yet it all started, with projecting reality in that way. It wasn't about what happened. Neither was it about his experience. His mind was projecting the reality and creating every thought, word, feeling, action, micro-expression to make the decisions, regardless of his preparation and self-awareness, to pick up the place, the person, the pick-up line.

Let's take another example. Say you have two people having the same exact experience. Two people are getting ready to jump off the plane with a parachute. One person believes he's afraid of heights or his parachute may not open and he is worried, expecting the worst. Another person thinks it's a joyful experience of bliss and

ability to experience something new, expecting a positive experience. The first person will experience fear and stress being released in his body as a consequence of how he feels, while the other will have endorphins, the feel-good hormones running through his body.

Two people can do the same exact thing and have an entirely different experience, simply from how differently they see the world. And how they project reality into the 'outside world'. It's not the world, it's not the circumstance and it's not the type of experience that decides how they'll feel and how they'll experience that moment.

1. From beliefs they already see the world a certain way (projecting reality). Like an illusion that has not yet happened.
2. Through thoughts, feelings and actions leading them to - physical experience.
3. Then they experience exactly how they saw the world from the very start (*reflecting it back*).

The perception that you project into the world, leads to an experience. Then that experience gets 'physically felt' through senses and emotions – being reflected inside, *making it feel real*.

Meaning it's our minds that completely create our reality, based on what we believe. Based on how we see the world. From every belief, association we have about the world.

That's why you can jump off a parachute with fear, but no affirmation or positive thinking will change your experience – unless you change **what you believe**.



Missing just one piece of this equation, leaves people completely focused on managing, focusing and seeing just one side – their experience.

The only change people see is **of circumstance**.

Living a life based on what they already have and been given. Living a life of illusion – believing they are making choices and controlling their experience.

So, what can you do?

Awareness is the first step.

## **Reconditioning Core-Beliefs**

*‘The first step of solving any problem is realising there is one.’ –  
Aaron Sorkin*

Besides finding the ability to change beliefs, now we have an ability to find every belief, creating every barrier, pain and problem. Whether personally or collectively. There’s no single problem that you cannot eventually solve, when you have this knowledge and QPH method (Ability to change beliefs).

The coolest gift of this 3<sup>rd</sup> chapter, is the path to a life to – **how you once were**.

Free. Like a child, undamaged by the pains of life.

For example, most people believe that if they have confidence – they have everything. All power and freedom to be who they want to be and go for what they want and express themselves how they want. This was what I thought too. At first...

After creating the 'confidence' belief I understood that all I really had was '*appearance of confidence*'. Seeing myself as being confident. But in reality, fear of rejection, appearing bad and so on don't go away'.

Only after reconditioning the core-beliefs of your life, can you achieve full freedom, authenticity and ability to express yourself how you want. You can begin to do the things you want and say the things you want, without consideration of other people and their opinions.

I realised only after I've experienced it, that It's only after you identify which beliefs are limiting you and change them, when you transform the most. That's when you can achieve what we see on TV advertised as 'confidence'. Becoming fully free to express ourselves. Having everything and being able to achieve everything. Being able to approach. Being able to stand in front of the crowd. Without feelings of resistance. Without wanting or hiding anything. Without wanting that moment, to be different.

### **Accepting who you are – *at every moment in time.***

Confidence is only advertised to us, as a combination of all those fears – never existing as '*cure-all*'. Making us believe that it is an end-all solution to all of our problems. That's why everyone wants it. That's why everyone wants to be perceived as 'having it'.

Advertisement is a lie, designed to sell to you. Therefore, it's no good to help you. I wrote this book so it would allow you to have true freedom and true confidence in your life.

## How To Change Your Fate & Future

*'In oneself lies the whole world and if you know how to look and learn, the door is there and the key is in your hand. Nobody on earth can give you either the key or the door to open, except yourself.'* - Jiddu Krishnamurti

It all starts with understanding that our past creates our future. And you will know that when you begin to see where your thoughts, feelings and behaviours are coming from. When you begin to notice the patterns with these principles – **always at play**.

**First** I was aware of the thoughts coming into my mind, the feelings and the behaviours. Even though I was distracted by the life outside of me, because I made the biggest mistake – I believed I'd done all the work with the QPH Method the first time. Later it was only through that self-awareness that I knew what those thoughts, feelings and behaviour resembled.

**Second** thing I did was I had to look inside even deeper. Where did I experience the same type of feeling? The same type of pain. Where could this association come from?

**Third** – I continued to simply create the questions, to neutralise the association of pain. And created an identity belief, that would make me see, feel and experience – that I already had what I wanted.

And **fourth**, I continued with the QPH Method. For 30 days.

We all have different beliefs from childhood, different associations, therefore you have to find yours. You have to find the most painful and most limiting experience that through awareness you can see, that is currently preventing you from experiencing the life that you want.

It is up to you to find them. And realise – that at the time of them happening, you didn't know what you know now. The ability I pass on to you, now gives you choice, to choose how you would like that experience to influence your future.

This process is called self-identification. And the changes you make with it, are the most profound and incredible ones.

When changing them I saw one belief, change whole experience of the little things all around me. I remember for all of my life when I went to clubs growing up, I would drink some alcohol and dance in whatever way to try and fit in. I would worry about how I look and how I dance, when I didn't know how. I would think that people see me and were always playing it safe, trying to fit in.

I remember one of the core-beliefs I've changed, I was still living in Edinburgh. As I've gone out with a few friends after work, I've had a whole different experience. It was a bar called Eastside. I remember I was just being there and I didn't feel the need to do anything to fit in. To dance. To get along. To do something or say something. I would always try to fit in, move around, have a conversation not to look awkward. And now I was the odd one out. Everyone around me was doing something, saying something, blending in and acting like the next person. Asking me 'are you okay?' I felt so good, not feeling any need. I felt so free and so at peace that it was interesting just to experience the moment by seeing how other people experience it. Noticing how I always was. But not that night.

Ever since that night, I could be in any venue, concert environment or anything and I always act how I want, never trying to 'fit in'. Making me appear even more confident, calm and in control of my actions and decisions – unfazed by conformity. And even if I am the odd one out of everyone – I appear like that odd one out, who just

seems stronger and more secure in himself. And without a doubt, everywhere I go, I experience even more eye-balls and people notice me simply from my presence. Without even having anything to do.

In the past, no matter how confident I was, I always had a sense of certain things not being okay. The way society told me to be and behave. For example, if I would be checking a girl out, eventually I would turn away out of worry to not make things uncomfortable. Being confident, I could show interest and maintain eye contact. But often, there were still some kind of limits to have no worry, no hesitation and complete freedom in such moments.

Again, after resolving some of these powerful beliefs, I remember all of a sudden being able to look and enjoy the women I find beautiful, without being worried what she or other people might think. And because I never act needy or creepy, always coming from a place of giving and appreciation I always appear as if just by looking I'm communicating to her 'how beautiful she looks'. Always getting even more positive responses, girls opening conversations and leaving phone numbers simply from how I made them feel.

When it comes to career and money all of these things automatically place you in a higher, more appealing position for anything good to come your way. Eventually I've found all the wrong beliefs about money and finance type beliefs. Which would lead me, in a straight line, towards better and better results. Where I began to have experiences of making \$1.88k in just a day. Growing further and being able to afford things I've never had, when coming from a family who saw struggle when I was growing up.

You need to take care of every aspect in your life in order to be fulfilled. And this was exactly what I was able to achieve in only few

short years after breaking up with my ex-girlfriend and finding the final answers

Now it's your turn.

## **Step One – Self-Discover And Transform**

*'But the one thing that you have, that nobody else has - is you. Your voice, your mind, your story. Your vision.'* — Neil Gaiman

It's not possible to find your core-beliefs, if you don't develop a skill of self-thought awareness and self-discovery.

It's a skill and like any other skill, you have to practise it daily until it becomes a part of you. It has to become a part of how you function. The more you do – the easier it will become. And if you feel inspiration coming from this book, it should allow you to keep this book by your side, and remind you to do the 1<sup>st</sup> and most important step – **practice self-awareness.**

Of all of your experience. Hearing your subconscious thoughts. Hearing them right after when emotions strike and things happen. Notice their influence on your feelings. Notice how your experience is coming about. Remember similar experiences of the past.

From there you can already begin to apply the QPH method, and begin to build qualities and abilities that you want to see yourself have. You can already change your feelings and your habits. You can start rebuilding your habits and move into a more fulfilling life.

But to make it truly fulfilling, you have to identify what's causing you the most pain and why you are not getting the results you want to have in your life. And you do that, exactly how the greatest and

smartest people throughout history have done – by using the power of questions, to direct your focus in finding the answers.

**The first step:** You have to go through the process of self-discovery. And this is a slow process. Because it requires development of self-awareness and adoption of the principles. Where you begin to see them act everywhere in life, in your life, in other people. For some people it will be enough to go back to their biggest memories, for others the discoveries of core-beliefs will come as they appear in life.

You can take a piece of paper and do an exercise. Write a trail of self-discovery questions. What are the things you want? What are you experiencing that you don't want? What are you experiencing that you want? What are the most painful memories that you have? What are the traumas that you are aware or unaware of that could've developed (from pain, overtime becoming too painful)? What do you remember? What was your family situation and what possible beliefs you could've gotten? What are all your wants? What are the 'wrong' beliefs that you could've gotten about money? Like 'money doesn't grow on trees'; 'It's hard to make money', 'only lucky people can be rich', 'you can't take from other people, that is bad' and so on.

**The second step:** When you identify your associations of pain and wants that turn into negative self-beliefs, you'll want to begin creating questions to either create a positive self-identity or neutralise the pain associations.

You should naturally start with what's most important to you right now. Don't focus on doing all the work. Don't create 200 questions that will take 60 minutes. Otherwise, you'll associate pain with asking questions – just to never do it again.

Take the biggest things, the biggest beliefs, the biggest and most important associations, few things that are the most important to you now and create a list of **5-10 questions** that you will commit to read, every single day before you put your phone down and go to sleep and first thing in the morning (*or on the bus to work*).

The biggest and the most important beliefs and associations will make the biggest impact and difference in your life. They'll show you the power and the impact your new human ability has. Along with the core-beliefs, as you create empowering self-image qualities – like having confidence, attraction etc. you will build belief. You'll begin to see powerful transformations off the start making you believe even more. Allowing you to stick with the process – and help you avoid the mistake I once made, dropping the QPH Method aside too early.

It will be like a tool – giving you choices to alter the little things, that over time will build into big transformations. Tweaking and picking out the things you don't like and creating the things you like.

## **Step Two – Follow The Path**

*'Each tiny effort builds on the next, so that brick by brick, magnificent things can be created.'* - Robin Sharma

As you go along with the initial questions, I have no doubt that this book will make you view life through a different lens. You will begin to notice connections, experiences, behaviours – things occur in a way you've never seen before. You will begin to get answers. You will begin to look deeper and deeper and find more answers along the way.



This will allow you to continue the process and identify more and more limitations and beliefs that are personal to you. Allowing you to work on them, as you go along living a different kind of life. Therefore, you don't need to do too much work, as long as you 1. Build a skill of awareness 2. Use the QPH Method to where you need and 3. Later re-read this book to find even more reference experience for the new information that you began seeing.

The process in your journey will begin to take care of itself.

You just have to make sure that you ask the same type of questions, without changing them – for at least 21 (better yet 30) days.

I've already done my best to prepare and structure the information in a way, which would allow you to begin to see things differently and use this method in the most effortless way. Integrating it into your life straightaway. And to bring you results faster than you ever thought change was possible.

## **Step Three – Follow The Principles**

*'There is no path to happiness. Happiness is the path.'* – Buddha

While many of core-beliefs are unique to your past, there are ones we all share. As illustrated at the beginning of Chapter 3. This means that information can change situations.

If you go out and read, learn about different beliefs and perspectives you can identify faulty beliefs. For example, if you read psychology – you can find many influences of childhood beliefs. If you read books about money – you can find many influences of wrong beliefs that prevent people from making money. If you read

self-development – you can find many influences that create wrong self-perceptions.

You have to remember the wise words that there's no problem, that someone hasn't already had and wrote about it in a book. Information and principles are the most powerful tools in your arsenal. There's nothing that you cannot overcome. You can go through, solve, find or create - anything.

The principles from this book are like guiding a lighthouse. Always showing you the right way. Where you know, why things are the way they are. You don't know them – **you understand them.** Through self-observation and how you think, you'll begin to see how others think. When you begin to see patterns where people go wrong – you'll begin to find the wrong beliefs. The more information you go through, the more you read, the more you engage with people – the more you'll begin to see patterns. Automatically.

### **This is the power of a principle.**

Therefore, there is no sure way to arrive. The journey is the path, to go through it and find your own way. To read what's relevant for you. To seek beliefs and solutions that are relevant for you. To improve skills that are relevant for you. To pursue and enhance your pursuit that is relevant to you right now.

With the QPH Method, ability to change beliefs, you have the power to enhance your life. Improve upon it. Make it your own. Create your own difference. To the unique combination of everything that you already are.

Therefore, there is no clear-cut defined path that I can lay down for you. I can only give you the tools and principles that will allow you

to continue on your own path. And as we near the end of this book it's up to you to take action.

Begin to take part in your life. Create it the way you want it to be.

## **Core-Beliefs: Create Impact Beyond Time**

*'Limits, like fears, are often just an illusion.'* – Michael Jordan

There was once a boy who developed a passion to play basketball. One day, at the age of 10 he entered a summer 'Sunny Hill' League Basketball Camp. Throughout the whole summer, every shot he took, he missed all the baskets and didn't score any points. He played in the games, just didn't score anything. At the end of the summer camp, he got really upset and started crying.

His dad came over and asked him, *'why are you crying son?'* and he responded *'because I didn't make any points'*.

In that critical moment of time, the most powerful example of parenthood took place. His father, gave him a hug and said: 'Listen, whether you score 0, or you score 60, I'm going to love you no matter what'. This is a memory of Kobe Bryant after he cemented his legacy in NBA history as one of the greatest players in the game.

Later Kobe Bryant revealed *'This is one of the most important things that you can say to a child'*. Because from there - he never had conditions to get the love and acceptance from the outside world. Furthermore, leading to his others fears and beliefs - he never had a fear of failure. And from that moment on he said *'okay, I have all the confidence in the world to fail, I have the security there'*. That early

moment in life was like a seed which directed every decision and circumstance in his future. The people he spoke to, the ability to approach them, the ability to take initiative. The ability to take responsibility, train hard and put in the work. What kind of work he will put in. In which direction he will be moved by his thoughts and his feelings. Throughout time, compounding into an NBA legacy.

This is one of the illustrations of what is possible, when the biggest, most powerful and most influential beliefs no longer hold the frame - *'I want to be loved and accepted'*.

When you have beliefs like that, everything becomes conditional. Potential association principle is everywhere. You begin to worry in moments that matter. What if you miss a shot and people see. What if someone will laugh? What if you fail? What If you get criticized? What if you succeed and then lose it. Fears take over. And later those fears get realised and you never achieve your - full potential.

The realisation of potential, comes from believing in yourself, believing in your vision from within. And without barriers, stepping forward and bringing your vision into fruition.

This is what defines the difference between success and failure. Whether we care what others think, are afraid of whether people will like, love and accept us. Or whether we never fear moments where all eyes are on us, all cameras on us, everything is on the line and there's no resistance of the present moment. When you no longer focus on the wrong things - that 'could potentially happen' or 'might not happen'.

This is what makes the difference between a top actor. One who is conscious of his self-image and the cameras. Unable to express

himself fully in the role. This is what makes the difference between a good relationship, where you believe you have love and share it, versus a bad one, where wanting and blaming takes over.

The problem is people are looking for fulfilment, where it can never be found. People look for fulfilment in wanting things, possessions, money, recognition. People look for fulfilment in wanting things from other people. Wanting to be understood by people around, praise from a parent, acceptance from a friend, love from a close one, a 'well done' from the world. But here's the problem:

You can never find things outside of you, that can only come from within. It's like walking with a glass half empty, asking other people to fill it up. Forgetting that you were born with a full glass in the first place. Wanting and expecting to get from people, who often want the same for themselves. Wanting to get and afraid to lose.

When we listen to other people's opinions about the world and about us, we begin to believe the misconceptions that we share. That you become happy when people like you and respect you, when you make money and get that fancy BMW or when you get a house for your family so that things fall into place with the expectation of other people. Fuelling endless desires and reinforcing the rat-race of chasing and wanting to get those conditions. Believing that it will make us feel better, happier, more special.

However, all the happiness and joy you could ever want, even more than you could imagine is already within you now. Many people simply haven't found it yet, because they were looking in the wrong place. Those who did, can be found happier with nothing, than ones

who have everything and still feel like it's not enough. A phenomenon that confuses people. Making people believe that money is somehow responsible for one's happiness. *(resources are part of our needs, necessary for one part of fulfilment, but not directly related to happiness)*

The truth is that we don't need people or possessions to make us feel complete and fulfilled. We don't need anything outside of ourselves to feel joy and happiness. Just like during childhood, we may not have toys, money, or people - yet we were happy. Because when everything was new, we felt like it's something we have, without overshadowing things that were missing. We focused on - what we had each moment.

Therefore, it's not about the secret of happiness, like many people choose to believe exists. It's about self-discovery. Finding that happiness, presence, power, confidence, joy from within - where it always was. Through each act of overcoming, getting closer to realising this truth. Like an old grandmother or grandfather, laughing and playing with grandkids - realising that it was always there. That happiness of a moment – is always there. If you choose to find it.

The truth of this book and the principles laid in front of you is - you don't have to wait until you grow old to realise that. With the QPH Method you can choose to accept the things you have, focus on them - see them and experience them. You can't waste precious time – you have to take control of your mind and start using it to live consciously. Choose to live a full life and don't overlook your opportunity. Your time right now is valuable. From little things compounding into a life, you're about to live.

I live in harmony with evolutionary values, fulfilling my purpose as a man. Driven by biologically enhanced need for accomplishment, resources, loving relationships and adventure driven life. When you change beliefs, you don't become that different. I still strive to do great things and have supercars and an expensive houses – but it comes from a place where none of it is dependent on whether I will be fulfilled, sad or happy. It simply comes from a place where you create your own values in harmony with the biology you've been given, to feel that fulfilment of your animal instincts the most. Experience life and emotion to it's highest emotion and capability. And not be blinded by the world telling you what is good and what is bad, what will make you happy and what will not.

I choose to benefit from the view that the world doesn't happen to me, or without me. That I'm responsible for controlling how I see life and take responsibility for all of it. Instead of waiting to get lucky or looking at moments of being unlucky – I believe that I can create my own luck. And change it here and now, so I don't waste time stumbling into same experiences that don't benefit my dream life. Allowing me to create whatever life I want to create and other people's words, opinions, hesitations, replicas in masquerade of a 'joke' or self-pitty could never bring me down to their level. You want to live consciously, creating every success in your life. Knowing that you can persist, create and achieve anything.

You don't have to become the next Kobe Bryant or Oprah Winfrey. But little things like that in every area of our lives add up. And then they compound over time. They impact whether you'll make the same \$2k a month or \$10k+ down the road, whether your relationship will slowly lose attraction or maintain it, whether you'll

maintain relationships or build more new ones, whether you'll accelerate your life in gathering valuable experiences or run from it more and more as new technology gets introduced. You have to recondition those invisible core beliefs and neutralize the hold they have on you. Prevent any problems or obstacles that stop you from your desired life. Enhance your self-image, perception of capability, possibilities in your life.

You have to look within. Find the truth, of all the things that already exist inside of you. Realise your life without limitation. Because limits, like fears, are only illusions created by past experience, memories and beliefs. Words like '*impossible*' '*too difficult*' have no meaning or influence until we give them life. Creating constructs from within.

When you truly feel like you have everything you need, you will not be able to need from others or get hurt from others taking from you. Everywhere you go you have a full cup, and when you share yourself with others, they love it. You don't act needy. You don't try to take from them. Their tribal instincts are saying 'he's not here to hurt me or take things from me - he is on my side. He is safe. I benefit from being with someone like that'. This is what self-sufficiency sounds like. And like everything I've already said, the key is within the words 'self' and 'sufficiency'. Having inside. That's when you truly begin to shine, inspire others, become someone worthy and special of leadership and management of resources, trusted in all ways to help and be there. When other people are inspired, simply by your presence - to find it themselves.

Your life is like a ripple effect, it impacts this world in one way or another. Whether you like it or not. We come to this life to act out



our role. We can't defeat evil and the darkness outside of us – but we can do so inside of us. Touching everyone who comes in contact with us. You have touched someone's life, spoken to someone, made someone smile or helped push them in the direction of their own self-discovery through mutual creation. Be it positive or negative.

And when you find yourself and discover all that you have, you can choose to understand that your life has great meaning. You can choose to lift other people up. By giving love and contributing, rather than seeking it and looking to take. Find your life purpose and passion and serve others as a consequence of your being. Because there's no greater purpose in life, than impacting other people's lives, in an act of service. This is what makes the world and life so valuable. This is what makes all business a success. This is what makes all relationships flourish. And this is what life is all about. Self-realisation and transcending.

The estimation of a man is not in 'look how amazing I am'. The measure of his life is irrelevant. It's the impression you leave in the world that creates impact. Because all of our lives and things we do echo into everything around us. You are important, and you have the ability to change the world.

*"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. It's*

*not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."* — Marianne Williamson

*'Be the architect of your destiny, not a mere passenger'*

## Recommended Resources:

### **“Self-Master Academy”**

(Visit <https://selfmasteracademy.com> for more.)

Discover the most powerful core-beliefs shared between all people, strengthen your confidence, courage, connection to people and achieve your dream life faster.

- ✓ **What Beliefs to Change (Other Powerful Beliefs)**
- ✓ **Limiting Core-Beliefs (Most Powerful Barriers of Courage & Financial Success)**
- ✓ **Done-For-You Powerful Belief Suggestions**
- ✓ **How to Transform Your Beliefs & Life Faster**
- ✓ **Powerful Tools & Resources**
- ✓ **Ask Belief Change Expert Questions**

**Visit for more.**

*Join the vast community of Self-Master Academy students who are using their newfound ability to transform their lives. Don't get left behind!*



## **Recommended Reading:**

**The Power of Your Subconscious Mind** – Joseph Murphy

**The Way of a Peaceful Warrior** – Dan Milman

**Think And Grow Rich'** – by Napoleon Hill

**Psycho-Cybernetics** – by Maxwell Maltz'

**The Power of Awareness** – by Neville Goddard

**The Power of Habit** – by Charles Duhigg

**Outwitting The Devil** – by Napoleon Hill

**The Secret** – by Rhonda Byrne

**The Power of Positive Thinking** – by Norman Vincent Peale

**The Alchemist** – by Paulo Coelho

**Daring Greatly** – by Brene Brown

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## **How To Deserve More to Get More in Life?**

*We get what we don't want, so that we can re-discover what we already have.*

Why can't things be perfect in the world? Why can't life just be easy?

What if I told you that not all pain or fear is bad? That maybe, on the other side of pain and fear – is everything you could ever dream of...

You see, a lot of people experience pain, difficulty and suffering in life. I don't think many have a perfect and fluent life. While there are exceptions, many people are baffled and confused by the reality we live in. They question how God can exist if there's so much suffering? Or if the world is meant to be this amazing experience and a beautiful world and creation – how can there be so much pain and tragedy in it?

There's a powerful illustration that captures the very essence of creation we call life and the rules it works by.

Throughout this you've seen many people mentioned, who achieved the highest success in their lives. And one late night I was walking home on a street with my sister, and I've mentioned one successful actor as an example of personal success. And she asked me – how can one be a success if he makes a mistake and the world turns away from? And that was when I already had my lesson, and I was able to answer to her:

I told her - he who asks to be the strongest man, will have life bring him challenges, circumstances, failures or mistakes, each at the level, equal to what he is asking for. Life will teach you how to become that, who deserves to have, what he asks for.

Ask for courage, and life will present you with fears to overcome.

Asking for money and life will present you with losses and lack to overcome.

Ask for love and life will present you with challenges in relationships to teach you how to deserve to have that love in your life.

Black leads to white, and white leads to black. Overcoming each obstacle, you become a person who deserves and is capable of having that, for which you ask. It's an ever-existing principle of growth.

The basic principle is that when you want something, the pain will begin to push you. And if you want to have that which you want, you have to overcome all of the pain and fear associations on the road to getting what you ultimately want. That's why you begin to attract difficulty and pain to overcome. Which when you do, you are a step closer to the desire that you have. If you fail – you are bound to get as many attempts as you wish.

But in order to have what you want, in your mind there have to be all the qualities, beliefs and associations, which would allow you to achieve it. Meaning that everyone and anyone can go through a life of less (like Me, Eminem, Les Brown, Oprah Winfrey etc.) and still get everything they ever dreamed of.

The more unfortunate the upbringing – the more you want a difference. The bigger the distance – the bigger the obstacles, difficulties and barriers you have to overcome.

Hence why I included Chapter 3. Everyone gets a different upbringing. Some have to face extreme pain and get moved by it, while others are stocked in mediocre pain, never mustering up enough motivation.



The one advantage people with more difficult past have, is that the experience of more pain pushes them faster, than someone who never had the struggle, yet wishes for more. The bigger the contrast, the more likelihood of the highest level of success – freedom.

Therefore, the greatest pain can become the greatest gift. For those who persevere the illusionary nature of survival, which is only happening in their mind.

Often people go from nothing into their greatest success – passing it on their children. Breaking the rat-race and changing the course of their bloodline. That's how some people go get it themselves, and how others have a path already laid out for them. While many stay within their comfort zones never reaching their highest success.

Transformation and that possibility for change is what separates us from other species. The desire to evolve. The passion to get up from the ground and stop eating dirt.

When I was suffering with autoimmune disease, living life like no one else, hiding and looking at my body fade away – I faced the greatest pain. Overcoming what was the most difficult experience I had to go through. However, that pain became the greatest gift – finding an ability to control every and any aspect of my own experience. Often leaving me wondering 'Why me?'. 'Why was I chosen to gain something so invaluable?'. Feeling as if I was blessed by God himself.

You will find that most people who became legends, had a story behind it. And that most people's stories follow the same pattern. How their greatest pain transformed them into someone extraordinary.

You have to expect that with every level of power you want to gain, life will present you with a test. All you have to do is persist, have personal strength and power. Ability to accept the good and the bad. And trust that your time will come.

The important thing to remember is that the goal may not always be to eliminate pain, if there's something that you truly want – but rather to prepare oneself to overcome all obstacles to attain it. If you want the highest level of success, you can't sit back and wait. You can't eliminate all negativity from your life and avoid experiencing the pain, the suffering, the obstacles of life.

We don't get in life what we want, we get in life what we deserve. If You want to deserve more, you have to find it on the other side of pain & fear - of belief.

You have to embrace the rules of life. And through contrast, reach for your highest dreams.

*Thinking and believing that you are rich – will not make you rich. Until you eliminate (using QPH Method) OR overcome (Physically) every pain and fear-based belief standing in your way. Considering that you cannot see the dozens of invisible beliefs and associations – it's still inevitable that desire, pain and even overcoming fear will be required.*

*You've received The QPH Method, ability to change beliefs, with which you can build yourself stronger, and become capable of overcoming. Ability to believe that difficult - is easy.*

*Vytas Kas*

## Gift For Others

### You Can Gift a Book for Someone Who Needs It the Most



Hope is that one element that can keep us going. And the worst thing that can happen in life - is to lose hope.

There are people who are born different, are affected by war, circumstances - can't see, can't walk, can't hear or don't have things that other people have, living in a spiral where they are losing hope. Every day wishing, their life would be different. And all the one thing they really need along with Hope, is – to believe.

There's only one thing that helped me go through the most difficult experience of my life and have led me out of suffering.

It was - **Hope.**

Therefore, for every book you buy, or every book your friends will buy, there will be a fund open, that takes the profits made, so that we can buy and print additional books and donate them to foster homes, libraries, communities and establishments that would help young adults and people who are in need of help.

For people in suffering, your contribution could mean their life. Thank you for buying this book and being part of helping us develop a stronger world together.

\*Every feedback left, will also help this cause, through awareness and discoverability, helping other people find the book and contribute to this cause.

## **Bonus Confusion Principle & Rule of life: The Law of Averages**

*'Nothing Ever Stays the Same' - Dan Milman*

The Law of Averages, is a constant law of physics that defines all existence. It states that energy is not constant. It's always moving from one end to another.

If you were to look up an energy frequency, you would see a wave. Going up and down. All of those waves get an average reading line down the middle, and define the energy frequency of 4hz (for example). This is basically just illustrating that all energy moves from one side to the other (By another law, Universal Law of Polarity, but more on that later).

And that it always averages out to give exactly what's on average. You never stay at one wavelength.

And this is the same with human experience. You can do good things and bad things – but on average, you get exactly what you believe and associate about life. You can live a moment of up and down – but on average, you get exactly what you believe about yourself and life. How things are, how things feel – for you. In combination with all the things you placed in your memory.

Let's take it into a physical example:

When a child believes it's painful to make a mistake -> now he will want, and focus his energy to make sure he doesn't make the mistake. But because his thoughts are focusing on the negative, he feeds back into the present moment, and brings about that mistake into his existence. -> while one time, it may not hurt the same exact way like it did last time, on average, adding up all of his mistakes he makes, he will get exactly, what his brain believes from the principle

of wanting – what he doesn't have. He will have the absolute average of all his energies being created (from the process of creation thought -> emotion -> words/actions).

Therefore, his 'feeling' is always slightly different. It's inescapable.

The point is that it can come from the same place and the same pain, but one time it can hurt a bit more and the next time a bit less. On average, matching the belief which controls focus, thoughts words and actions.

Furthermore, beliefs are at an interplay between each other. Meaning that in each situation, they work in combination. And when you take the law of averages into effect, it always creates a slightly different feeling. But for certain, always creating an entirely different experience. Because each moment in time brings a new experience. Different from the last. Creating new circumstances – from initial experiences we have already had in the past.

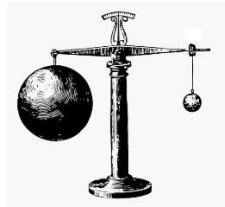
That's why the science backs up that over 95% of our thoughts are the same kind of thoughts coming from the ones we had yesterday and the day before. Our thoughts come from our habits of thought, beliefs and associations. With the same habits we relive pre-determined experiences in new circumstances (moment of time), feeling the same predetermined feelings with a slight variance (law of average). This makes people believe that they are not in control of what they see in the world. Making it easier to submit to the 'outside forces' and see the world as being only 'outside'. Despite having the record for every feeling coming from genetically programmed animal nature (needs) which actually control how we begin to see the world. Where we feel pain and where we feel pleasure. What we move away from and what we move towards. From which we calibrate – where we stand and who we are. We then

calibrate our identity. How outgoing are we? How confident am I? As you can see whether we believe we create our world or the world is the way that it is – we still continue and shape our world, coming from all the beliefs, associations and experiences we have ever had – creating new ones. Without a chance, continuing the domino effect of fulfilling old beliefs and accordingly creating new ones.

Essentially creating what we believe.

## **The Rules of Life and Purpose of Existence**

*This is the real secret of life – to be completely engaged with what you are doing in the here and now. And instead of calling it work, realise it is play – Alan Watts*



Life is all about movement of energy. To move, to transform and to create. Like dancing from place to place until the fun is over. Just like on a dance floor - there's no real point to dance and reach a different corner of the room. The point is not the destination, it's about the movement.

And just maybe, the same goes for life. The purpose of life being transformation – to become what you can become. To go through ups and downs of averages, explore both sides, attract different things in our lives and actualize what's on the inside, to the outside world. Like painting your own painting.

Human nature, since the history of time, was always to actualize itself. To manifest your consciousness outside of your mind - see it in front of your eyes, feel... and experience it. As it's listed at the top of the Psychology pyramid, sitting on top of every other human need.



Life wasn't meant to be taken seriously. It's not meant to be played within the boundaries. It's not meant to be limited. Limited to a point where you worry, prepare, hesitate to make the wrong move, plan, read, learn and never really create, feel and experience who you are.

You already know what kind of person you are, what you like and what you don't like. What you would do in the world if money and time wasn't an option. Deep inside you have all the answers. And if you knew that the very reason you came to this life was to go through experience, transformations, play, ride the roller-coaster lows and highs through the contrasts of life - you would lose meaning for what is good and bad. For war and peace. Understanding that good and evil will always exist in all timeframes, just like it did before us. So why worry?

Peace is an illusion by desire and fear. There is no piece without chaos. Like the ying yang – the two create one experience.

You have a choice: you can accept the rules of the game you entered or refuse them. But whether you like it or not, they are universal, ever-present, and always in effect. Wherever you go, they will be there. Life won't change. However, if you accept what is and the rules of life set up in this game, you are free to play within them. Who knows, maybe on the other side of life there is no good or bad. Maybe God, the universe, energy is ever-present and all-knowing, and there is no pain or evil. Maybe there is no hell or heaven. Maybe life is both hell and heaven. Maybe you came to this life to test your free will and experience what otherwise can't be experienced in the afterlife.



*'Life and death are illusions. We are in constant states of transformation.'* - Alejandro Gonzalez Inarritu