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Rational Mind Manual

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Chapter 0. The Awareness of Life

0.1. Back to school, but this time to the school of rational thinking and personal development

A modern school where only one essential subject is taught: rational thinking. The focus is on defining and applying mental processes to become an evolved, conscious, and balanced person in everyday life.

Here, you will learn how to control your senses, define your personality, and prepare yourself for living. You will learn to master fear and use it only when it serves you.

You will learn the difference between living and surviving, and you will understand the world around you.

You will learn about true moral values—ethics, character, and integrity—and you will gradually reject the concept of purely material value. Authentic value is not measured in money or possessions, but in who you are and how you live.

Once you finish these lessons, you will discover the freedom to choose as you truly should. The most important choices will be: your path in life and who you want to become.

0.2. Rational thinking manual

We have all, at times, experienced an extreme state of fear, worry, or tension. Sometimes, this state lasts for a day or two; other times, it drags on for a year or even longer. We all start asking ourselves the wrong questions: "What is happening to me?", "Why am I reacting this way?", "Why am I so afraid?", "Why won't my body listen to me?". Or maybe it actually is listening? The right question to ask is: "Is what I am going through normal?"

The answer is: YES. Absolutely normal. Your body is simply reacting to the stimulus of your mind. It is so deeply connected to your mind that you don't

even need to give it orders—it simply responds to your thoughts.

The body has its own way of reacting, and I will detail a few patterns below, though there are so many that a single page wouldn't do them justice. But let me emphasize—they are all natural, normal, and nothing out of the ordinary. Let me try to clear up your doubt about whether this is normal. It is all about the world we live in. A world that avoids talking about this. Parents and your first teachers try to raise you well, but in very rare cases do they prepare you mentally.

At school, you are taught to absorb and process information for economic applications, and rarely any information about your own mind. That is why, in a world where nobody talks about the mind, you feel like an isolated case—as if something went wrong with you and you broke down. I must emphasize: we all go through this phase. We all evolve, and we all feel this shift in a way that terrifies us.

This extreme or constant fear weighing you down is actually a form of heightened awareness.

Until now, you used to walk down the street, among buildings, looking at cars, people, and structures, completely at peace. Now, you are afraid. What is the difference between who you were before and who you are now? Now you are aware. You notice that apartments have flowerpots on their windowsills, and you are walking right beneath them. You notice that your gaze is fixed ahead, not upward, and that at any moment, a gust of wind could knock a heavy pot right onto your head. You notice that people are not all beautiful and cheerful. Some are aggressive, some are violent or ill-natured, and you are beginning to spot them. On the street, you see the cars, you see how the drivers behave, you hear them honking, and you absorb that aggression.

You realize that you are walking just a few feet away from one-ton vehicles, and that at any moment, a driver who might have lost consciousness could veer toward you. So, you try to compensate by sharpening your senses; you try to stay alert to the people, the wind, the buildings, and the flowerpots.

This state of hyper-awareness puts your body into fight-or-flight mode. More accurately, into

survival mode. However, the body is not like the mind. It is heavier, slower, and runs on systems that do not activate or deactivate at the speed of a thought. It takes just a moment to activate, but it takes much longer to wind down. Relaxation techniques are processes that require time because that is exactly what matters: duration.

I know you want a magic pill to instantly switch from "I am terrified" to "Alright, I am perfectly calm," but that pill does not exist. The body has its own rules, and you will understand them below. Because this is the hardest question of all: understanding what is happening to me. This understanding eliminates fear and unease, replacing them with acceptance and clarity. This new path you are embarking on is actually a path of personal growth.

You can try to run, you can search for quick fixes, but in the end, you will realize that you are the one who must accept, understand, and heal. Do not look to others for the cure, because you already have everything you need within you. You must get to know your body, just as you must understand your

mind, your reasoning, and the motives behind it. You must understand your fear and why you trigger it. Accept that your body and mind work as a team—in different ways, but together. Unifying mind and body will bring you peace and stillness, both in flesh and in spirit.

=Mens sana in corpore sano.=

The evolution of the human mind does not follow a set of rules, and an evolved mind cannot be judged by its level of knowledge. The evolution of the mind is about processes and connections; it is, in fact, a process-based evolution. How you receive, discover, and process information, the questions you seek and ask, and your stance toward a specific problem are just a few elements that make up an evolved and rational mind.

I don't want to drag this out and waste time unnecessarily. Once you finish the working chapters, I'm going to ask you to reread them one by one, once a day. Why am I asking you this? Because the human mind processes information in several stages. Stage one: the acceptance of information, if you agree with its logical parameters. Stage two: when the

information becomes your own, accepted and passed through your individual filters. That is when, through each rereading, you begin telling your subconscious to memorize it because it is important. Stage three is when the information is completely yours, and you pull it from your subconscious to apply it whenever needed.

You will see the rules you must follow separately. You will follow them if you complete the three stages, and then the rules will, in fact, be your rules. They will become principles for a solid, rational, strong, and above all, evolved life.

This isn't actually a book, but rather a manual I never had and wish I did. A manual that should have existed in school, alongside a teacher to teach it. The manual of rational thinking and an evolved mind. Once you learn it, and especially once you understand it, you will be able to control your thoughts and harness your mind to go exactly where you want it to be. You will understand harmony: a healthy mind in a healthy body.

These are working chapters, and they are placed in a specific order to help you complete each

stage fully. After you finish the working chapters and the meditations, I will give you a few directions where you can test your newly acquired powers. From then on, it will be a fabulous journey you'll embark on. The difference is that you will do it filled with stillness and inner peace, in harmony.

You will climb steps and, from an apprentice, you will become a master. In that moment, you will understand how great your potential is, how little you know, but how happy you are to have found this path. You will become a unique ocean of stillness, because each of us is unique, sculpted by how we adapted to the situations we lived through, developing unique mechanisms. I'm not asking you to trust me. I'm asking you to trust yourself.

0.3. Unease through the eyes of the one who feels it

In the panic and confusion that sometimes grip you, the hardest question is: what is happening to me? You feel like you're exploding, like the growing pressure inside will tear you to pieces. You feel dizzy, nauseous, with stomach pains and chest

pains. Your fingers go numb and then they tingle; your feet feel cold, and the chill makes you lose control and shake violently.

You have sudden temperature swings—when your body heat rises and you feel like you're suffocating, and immediately after, you start shivering with cold, with tremors that shake you. The sensations of pain are dreadful: you stub a toe and feel like your whole arm has broken. Your digestion is never right; your stomach hurts constantly, and when it doesn't, it makes noises that make you feel embarrassed around others.

Your chest hurts; it hurts on the left, where the heart should be, and on the right, where you assume the liver is. This is what a state of extreme unease looks like, and you have probably felt some or all of the symptoms above on your own, alongside others that are even harsher and more 'creative'. It sounds like a living hell, doesn't it? It is, and this is what I mean when I say you can either stay in hell or run.

If you run, after a while, you will end up in this mental hell again. If you stay, then you will live with your demons; you will get to know them, see

how they appeared, and how they can be slain. You will transform hell into your home, your playground, and the demons will become your toys. You might even keep some as pets because they will seem cute and small, even though they look terrifying and frightening now.

The road there is long. It's hard. But you chose it, so let's answer the questions that are inevitable in your mind.

0.4. What is happening?

Let's start with what is happening. Your mind is constantly evolving, accumulating information or going through emotions and situations. The more constant this evolution is, the more time you have to absorb the development without it standing out. It's like doing the same workout every day and becoming stronger each day without it being obvious and without you even realizing it.

In a violent way, a difficult situation, a strong emotion, or a terrible fear makes you evolve much faster. It is the survival instinct that activates in the case of intense emotions to prevent or avoid trauma.

Most of the time, it doesn't get resolved because there is no set of instructions: what to do, how to do it. This is exactly the purpose of the rational thinking manual.

Let's go back: as a result of an event or events, your mind realizes that more is needed to get through, to survive, and it activates the evolution mechanism. Only it doesn't activate it like a normal emotion or at a pace you're used to—like a car where the engine runs quietly at a few thousand RPM—but it takes it straight to the limit. Your car goes directly to maximum RPM, into the red zone.

It's like going to training and seeing the next day that you are twice as strong, twice as fast, and twice as alert as you were yesterday. And this happens suddenly. So you start asking questions: is it good, is it bad, can you handle it now that everything has changed? It was normal to be weak; now you aren't. Is it a dream that will end, is it perhaps a nightmare, or is it reality?

This is what is happening inside you and what you are actually feeling: your power growing to a level it has never been before, and doing so very quickly. To master your new powers, you must

understand them, accept them and, why not, continue to develop them. Part of it I will explain, and part of it I will leave for your own analysis, to discover yourself as an organism.

You will find out what you didn't know about yourself: what every button on your body does, how they are activated, how the magic happens, but especially how you transition toward your hidden qualities. If you wonder why you should do this, I'll answer with a question: when you buy a new phone, do you check what every function and every button does? You received an organism a while ago—have you looked to see what every function and every button does?

0.5. Activation of the senses

Let's go back and look at what happens in general, and then we will get into specifics. Physical evolution is manifested through the activation of the sense organs. Your eyes become alert and focus with fantastic clarity, your ears hear very faint noises, your sense of smell detects tens, hundreds, thousands of

scents, and your skin becomes receptive, feeling every touch.

Apart from that, you will notice that you also have a magnetic sense and an energy sense. These two senses aren't really found in books, but they exist, and those who have gone through such processes can recognize and, why not, develop them. Let's start with each element and correlate it with what you are feeling.

The eyes focus excellently. If you look at an object for a few seconds, you notice details at the highest level. In those few seconds of staring, you will actually feel the image adjusting closer or further away, like a sort of zoom. Your eye adjusts its clarity, and you will effectively feel it doing this, as if it's applying decoding filters. Why does it do this? To identify any danger to you as an organism.

When this zoom occurs, the background remains blurred, while the focus highlights what you have selected to look at closely. If you don't find anything threatening, then your eyes will continue to search, repeating the process. This means you will see blur—clear—blur—clear very quickly, which will

lead to a sensation of dizziness accompanied by nausea and a loss of control.

Headaches and migraines also come from the eyes because, during intense focusing, besides the muscle strain, you won't even blink, so you don't lose any visual information. As a result, the retina dries out, blinking becomes fast and shallow, and within a few hours, you feel a scratching sensation when you blink. Eye drops don't really help; only you can help yourself by using your own lubrication glands to keep your eyes in optimal condition.

The development of hearing is perhaps the most obvious. You feel loud noises so intensely that they actually torture you. Hearing is correlated with the inner ear, which handles balance. Adapting to better hearing will give you balance issues; you'll feel like you can barely stay on your feet and will lean on objects like an old man. Through this suffering, you will develop an impeccable sense of hearing.

The development of your sense of smell brings stomach-related connections, from feelings of nausea and disgust to intense hunger or cravings. Unfortunately, the human sense of smell is poorly

developed, and anatomically it is processed in the central lobe, which is responsible for the rational part. We will discuss this more; for now, we are talking about what you feel.

Through the development of smell, the preparations of the stomach are trained. When you want to eat something, you activate the processes in your body necessary for digesting what you are about to ingest. You also produce hormones that regulate and analyze whether you need to eat or not.

Cravings and food desires speed up digestion to make room for another ingestion. Speeding up digestion happens by shortening the time it takes for the food bolus to pass through the intestines. Peristalsis is the normal contraction and relaxation movement of the intestines to push food along while nutrients are absorbed. When a threat or danger is identified—as happens in times of extreme unease when you feel you are in danger—this acceleration of digestion happens much more forcefully and quickly. The body wants to be able to deal with the "threat," not the digestion.

As a result, you "enjoy" cramps, bloating, or diarrhea. To wrap up this not-so-pleasant symptomatology, there is also the constipation variant, when the body blocks digestion due to an imminent danger. If it were just a single stop, like a healthy fear of something real, it wouldn't be a problem; however, over several hours, multiple successive starts and stops occur. If a piece of clay stays still, it hardens; if it is moved all the time, it stays elastic. In fact, irritable bowel syndrome is just a colon that is much more sensitive to your emotional states.

If you look at an anatomy chart, you will notice that the colon is around the stomach and has two corners, under the ribs, where pain most often occurs. Medical messages often tell you to run to the doctor if it hurts there, as it could be something serious. This makes you think of the worst. From the pain to the consultation, you go through emotions that again block digestive processes, and a few hours later, you start all over again in a vicious cycle. The doctor has you do dozens of tests, and while you wait

for the results, you ask yourself in fear: "What if it's something serious?"

Emotions restart the cycle, and the pain reappears. The tests come back fine, and you get a set of medications to ease digestion. And yet, your digestion has no real problem; it just needs time. Watch what you eat, don't overindulge, and learn to control your emotions; that's how you solve this problem. This is why sedatives or alcohol sometimes work—because they numb the emotional experience for a while. It would be strange for a doctor to write on a prescription for you to drink a beer every three hours for digestion.

It's exactly the same with the treatments you receive, because one pill regulates one thing but might mess up another. It is essential to understand a fundamental aspect: you have absolutely nothing broken inside. Your body is just reacting at maximum speed to everything happening in your mind. Once you accept that these sensations are just responses to fear, you will see how the entire system begins to calm down on its own, without needing constant external "repairs".

0.6. Life has a taste... or not?

Let's return to the hyper-activation of the senses and the sense of taste. The activation of taste is designed to counterbalance the digestive effects of fears and worries. The intensity of taste triggers salivary secretions. What is the role of saliva? It has several roles, two of which are particularly important: to lower stomach acidity and to ensure the lubrication of the food bolus. In a state of inner turmoil and fear, digestion is either stopped or rushed.

At the stomach level, if digestion is stopped, then acid production will increase because, in any case, the ingested food must be broken down. The processes are contradictory: on one hand, the stomach is doing its job of processing food, and on the other hand, the mind says, "Stop, we have something more important to do; a threat must be dealt with."

This forced pause can only be achieved with the help of saliva, which is why one of the most common symptoms is a dry mouth. This also explains the pain on the left side, in the upper rib area, caused by increased stomach acidity. When your body

believes it is in danger, it uses all resources for defense, ignoring normal processes.

You can perform a stimulation test of the salivary glands when you feel pain on the left side. The exercise requires you to move your tongue up and down, brushing against your teeth to increase gland production. Once you swallow the saliva, you will see the effects very quickly; within a few seconds, the pressure and pain are relieved because the acid is naturally neutralized.

0.7. First and foremost, smell – the one that activates the rational center

Let's go back to smell and emphasize its importance and role. Smell activates the rational part of your brain, so from time to time, take a deep sniff of the air around you and decode the scents hidden within it. This is the most important exercise you need to do, alongside breathing exercises. Inhaling through your nose and exhaling through your mouth three times, counting in your mind, helps you anchor yourself in the present. The fourth breath is done

entirely through the mouth, for both the inhale and the exhale.

The role of this exercise is vital because it activates the rational side and puts it to work. It calms your heartbeat according to your breathing rhythm—the rhythm established by you. Breathing through the mouth will become a sigh, and a sigh means the natural recalibration of your heart rate. In theory, it all sounds good, easy, and simple, doesn't it?

However, in practice, things are different. You have no idea how wrong you are if you think it will be easy on the first try.

In a state of intense fear, breath control is what either leads to a panic attack or, on the contrary, stops its defense mechanism. It will be hard, sometimes terrible; you will feel a sensation of air hunger and have the impression that what you inhale through your nostrils isn't enough, feeling like you are suffocating. But—and it's a big "but"—this is a battle for control. It is about your control over your own organism and how you learn to manage your physical reactions.

Even when you allow a breath or two through your mouth because you can no longer stand breathing only through your nose, it is still called control. It is a temporary release of a larger flow of oxygen. The only thing you must keep in mind is to clear your mind of everything and think of a sentence practiced every day. A useful example is: "only the breath matters 1, only the breath matters 2, only the breath matters 3". We will repeat these instructions from time to time.

Following the process, I encourage you to develop various breathing exercises while keeping two important elements in mind. First: you must inhale mostly through your nose for a reduced volume of oxygen. Second: always use a count and a key sentence to keep the rational part active at all times. This is your primary tool, which you should master through daily practice so that it is ready exactly for the difficult moments.

0.8. Let's continue with the answers

Let's continue answering what is happening with sensory development. Sensory development is both internal and external. The part where you feel pain, pressure, or tightness during digestion is an internal sensitivity, also acquired in order to evolve. Think about the fact that most people don't even feel this; think about how you didn't feel it before either. On the other hand, external sensitivity will be at least ten times greater. A small cut will feel like a major wound.

The body's allergic reaction will be exaggerated, but, on the other hand, normal in relation to the intensity of the sensory stimulus. It is the body's attempt to take every protective measure. Muscle pains that you wouldn't normally feel, you feel now. You feel your heartbeat, you feel your muscles, you feel everything at a level that seems terrifyingly high. In fact, it is a new sensation because, until now, you weren't aware of it or of your capacity to feel so intensely.

Everything you feel must be explained, as it has a clear, anatomical explanation. You must explain them to yourself, understand them, and accept that it is perfectly normal. It is essential to understand their causes and how they function. Be very careful, however, with how you draw conclusions. If you fish in a lake, you will most likely catch normal-sized fish. Very rarely will you come across a giant fish. It's much the same with your conclusions about your own health.

Don't think of something giant, because the chances are only 1%. In 99% of cases, it will be normality. In 1% of cases, stomach pain could be a serious illness; in 99% of cases, it is simple indigestion. 1% represents a serious disease, while 99% is something easily curable. Also, apply these same percentages when the situation repeats itself, because these proportions remain unchanged the next time you go through it as well.

Normally, you must check the memory of pain. The memory of pain is recorded during a past event that was very painful, one that shocked and terrified you. You need to think about what happened

to you and how it happened. It is necessary to take that unfortunate event and study it to recall the memory. Do this a little bit each day, but never for more than 30 minutes. You must check all the details of the memory: where you were, what you were doing, how you were dressed, or what scents were in the air.

All the details you recorded back then have remained stored. Then, you must remember what you thought, what reasoning you used then, and especially what you said and what you decided never to do again as a direct result of that event. Once you have identified this, look back to see how many times you actually kept your word, just to avoid ending up in that dramatic situation again. Know that this is the most common human error.

The moment you decide to stop doing a certain thing, you have practically locked the trauma in a box, and you live in constant fear that it might break and the demon hidden inside will escape. Since you made the box, you will actually be afraid of yourself; you will doubt your ability to keep it closed—maybe you'll be careless, or maybe you'll

forget. This is how you let doubt into your soul and build a statue to fear that you cannot even touch.

This box will appear constantly, especially if the activity you decided to stop is a common one that you encounter all the time. In fact, you have established a protocol for remembering fear, and you carry it with you at all times. Carrying one box on your back might be easy, but in ten years, when you have a hundred boxes built on the same reasoning, how do you think that will be?

This is why I was telling you that you must unpack the boxes and set fire to what you put inside them.

No situation can ever repeat itself identically. There are many differences, but the most important one is that you are older and more experienced—and above all, you have already lived through a negative version. If something unpleasant happens, just like last time, you already know you survived it then. The second time will be easier because it won't even surprise you anymore.

You already have proof that you can get through it, regardless of what that old memory tells you.

This mental cleaning stage must cover your entire life. You need to dig daily for memories. Search for both pleasant and unpleasant ones. Study the unpleasant ones to see what restrictions you have placed on yourself over time. The restriction is, in fact, the box where you hid a fear. The way you search for these restrictions should start from your daily activities—everything you repeat constantly.

Check what happens and what you think about when you interrupt an activity you are used to. If you pay attention to the nervousness that arises from breaking a habit, you will see your mind drift toward the initial reasoning that created that habit.

Let's talk a bit about panic attacks. You know what I'm talking about; you know the state of losing control and the terrifying fear you sometimes experience.

You also remember when you first went to the doctor to ask what was happening and you saw that grave, serious look, as if they were telling you that

you were lucky to be alive. It's a moment where, due to a lack of internal balance, you perceive everything as if you were on the brink of death. However, a panic attack has never put your life in danger, because it is, in essence, harmless to your body.

0.9. A panic attack is like a soap bubble

(I emphasize that the diagnosis of a panic attack must be made by a medical specialist, especially since there are urgent medical conditions with similar symptoms).

Aside from a faster heartbeat and some trembling, a panic attack produces no other effects. Only you can produce other reactions if you choose to act on the impulse of fear. If you do absolutely nothing, it will be exactly like a soap bubble that grows and then vanishes without a trace.

The sensation is not physically pleasant, but it's not the hardest thing you've been through either. The solution for a panic attack is a lack of action. Stop every movement of your body, close your eyes so you don't need to blink, and just breathe. Remain perfectly

still and pay attention to your stillness. Move your focus from your toes to the top of your head, making sure that absolutely nothing moves.

Through this method, you keep the rational center active because you give it a clear order: do not move. You will notice the intensity increasing, and then you'll see the pressure dissipate within a few minutes. Of course, we are talking about panic attacks that occur without a real threat nearby. If a bear appears in front of you, please do not follow the stillness rule; instead, see if you can break the running record to save yourself.

0.10. Panic is a decision. Your decision.

Panic is, in fact, an upgraded form of fear. Fear is your decision. You choose whether to activate fear or not. It is linked to the survival instinct but based on your self-confidence and the relationship you have with yourself. That is, you see an event, you evaluate it, and then you decide whether you should be afraid or not. So, it is your decision. You will very rarely resort to the solution of fear if you have

forgiven yourself for the mistakes you've made over time.

"Mistakes" is just the term you chose to scold yourself. Also, fear decreases if you trust that you can handle things, better or worse. What's right is to handle things in a way that is satisfying to you, regardless of how much you achieve. Only you need to be satisfied with what you've done; the rest, whoever they may be, have no right to give their opinion on whether you succeeded or failed, as it doesn't even matter. Only your opinion of yourself matters.

Fear is an emotion, just like joy. It does you a lot of good, however, because it forces you to adapt, step out of your comfort zone, and evolve. And evolution means suffering, patience, and hope. Enduring while knowing that it ends at some point. In the end, you will be better, stronger, and more confident in your powers. Suffering will always exist in your mind; you cannot erase or forget it, but you can accept it.

To be strong as a human being, you need weapons. Among the most important are faith,

positivity, humor, patience, curiosity, understanding, and acceptance. You were born with them, but you haven't used them constantly, and time puts rust on any sword or shield. You must train every day as much as you can, so you can use the entire arsenal you have at your disposal within you. You are all you need to win.

You can get help from family or friends, but in the end, you will fight the battles... alone. You have every chance to win because the human mind is incredible. Still, you also have the chance to lose—not because you can't win, but because you aren't ready yet to fight to the end, or you're afraid of the change that victory brings. Do you know what follows if you are defeated? Another battle. You retreat, regroup, and start the fight again.

No matter how many times you lose, another battle follows. This will happen until the moment you accept that you must fight for yourself. Then you will give it your all, and then you will always win. I believe in you because I know your potential. I know what you are capable of, and you know what you can achieve through your own will. You just have to

choose to want it and start this journey with your head held high.

Chapter 1: Ask Questions

Questions are the foundation of rational thinking. Without questions, you only use what you already know, and what you already know can be correct, partially correct, wrong, or partially wrong. Questions are addressed to the rational self. The response of the rational self—because there is always a response—depends on the knowledge and experiences you have accumulated up to the moment of the question. We will start with a close-up analysis so you can understand the first stage. You are reading a book right now. Why are you reading a book?

The guiding question that regulates the world according to interest. Interest is a very common catalyst; most activities are inspired by interest. Why are you reading a book? To get information. The next series of questions should follow naturally: am I looking for information? If so, what kind of

information am I looking for? Is this source of information correct? Should I write down the information and look for other sources for confirmation so I can draw a correct and complete conclusion?

Let's go back to the answer "Why am I reading the book"—because I'm bored. Why am I bored? Because I have nothing to do? How can I have nothing to do when there are so many things I like and I can choose any of them? Branching out: I no longer know what I enjoy (this is just laziness and lies). No matter how little you have experienced in life, you have found out part of what you like and what you don't like, so you already have a set of activities you can turn to whenever you feel stagnant.

We also have the option—I got bored of what I used to enjoy. The answer involves your desire for something new, beautiful, and attractive.

Also, if you hesitate and only do the same activities, there is a high chance you will develop a fear of what is new. Perhaps you don't see a mysterious world of wonders worth discovering in front of you, but rather a threatening world full of

dangers. That is a different reasoning and a theme for meditation, but let's get back to the questions. So, why do you perform an action like reading a book?

What other questions should you ask? Is the position you are in right now chosen consciously by you, or is it just an automatic adaptation to the environment you are in? Why are you moving your toes as you read the book now? Is the answer a matter of body attention? (Perhaps you aren't 100% focused on the reading activity and you are developing other activities, or you can't keep your focus under constant control to concentrate throughout the entire reading.)

Or do you have a patience problem? Why do you read the beginning of the word and skip through the lines? Can you read and pronounce the words you read in your mind? This is how focus is developed. This process of observing your own mechanisms while going through a text is the first step toward superior mental discipline. When you learn to be present in the smallest detail of your actions, you begin to truly take control over your own reason and the way you perceive reality.

1.1. Attention is the decision of the rational self

Attention is the decision of the rational self—you have decided to be one hundred percent attentive to something, and focus should appear when you want it to, not when you are forced by circumstances. If a wild animal were to appear next to you right now, you would find that you can focus perfectly, one hundred percent, without even blinking. Focus is one of your weapons. Like any weapon, if it is not sharpened through training, it becomes dull over time.

We return to the questions: why are you reading? Why are you moving? How are you reading? How are you moving?

The world around you is in constant motion, and the "why" should be used at all times to identify interests, both your own and those of the beings that cross your path. Let's make a side note to answer you: why did I write this book? Out of kindness, humanity, or perhaps out of ill will, or am I trying to instill a certain thought in you? I will answer honestly: a little

bit of each, both good and bad. Questions are of several types: of place, of time, of manner.

When you ask a question, you activate your rational self and take another step forward on the path to becoming a rational being—a human. I encourage you to take "asking questions" to the highest level. Ask yourself why people do what they do, why the grass grows, why animals walk and don't float, or why trees have thorns. Analyze why an online newspaper writes about a single event of the day when many more are happening, or why information is transmitted by a specific person.

This is the first stage: to ask questions and seek answers. The stage would not be complete without talking about answers. When you ask a question, your rational mind will offer an answer, but now you must ask yourself whether it is correct or not. You must check the rational mind's set of knowledge and draw a correct conclusion, especially since it involves your own baggage of knowledge where you cannot cheat; you must work and verify every piece of information to ensure it is correct.

When we are children, we learn from parents and friends, but later we develop our own structure of analysis. It is important to understand that many of our fears do not truly belong to us but are taken from our loved ones in their attempt to protect us or from their own fears. Recognizing this mechanism helps us look at our past with more kindness and begin to rationally filter what we keep and what we leave behind to build our own path, free from inherited phobias.

1.2. If you ask questions, you find answers...

If you ask questions, you find answers about many things. The mechanism of thinking is produced through questions, so you must learn daily to ask questions about everything. You might think you already do this and that it's simple, but I warn you: you certainly don't, and it is in no way simple. You will see, if you try, how much energy it consumes. However, it is an effort worth making because it helps you see the world with different eyes and understand yourself better.

Let's emphasize the importance of the cycle: asking questions – obtaining answers – asking questions about the answers. It is a continuous movement until you reach the point where you can accept an answer as correct and complete. Although the mechanism is primary, to develop it, you must cultivate your focus, patience, and honesty with yourself. These are essential tools we will discuss further in the following chapters to support you in this process.

Let's complete the first chapter on asking questions with the next stage: what are the right questions? Asking questions is good, but what questions should you seek and find so that they are beneficial for you? This is how you realize what you are trying to find out and how you can establish your interest. Interest forces you toward a set of questions to get answers, but sometimes it can limit your view, casting shadows on things that, although they seem unimportant, are of great significance.

Therefore, it is good to constantly ask yourself which question was right or which are the right questions for the moment you are in. The final

stage, after you learn to ask questions and seek the right answers, will be the one where you think about why you are making this effort and what you are truly looking for. Here, I won't give you the answer, because it is a personal journey. It is your duty and, at the same time, your beautiful obligation to discover your own truth.

1.3. Build a mental structure

The most important thing is to have a structure for seeking and verifying information. Great care must be taken regarding conclusions that are too hasty, based on insufficient or circumstantial data. If you have looked for a piece of information, for example, and the first two sources confirmed it, you tend to form a conclusion. This is a common mistake. Even if the information seems correct and continues to hold up, you still need to see the search and analysis process through to the end.

Specifically, let's imagine a situation where you meet a colleague who says almost nothing, and has a cold and unfriendly attitude toward you and others. You notice various grimaces and interpret

them upon seeing you or other people. You observe her behavior for the first week and conclude that she is a cold, mean person who probably can't stand you—taciturn and introverted. This rapid labeling can deprive you of understanding the deeper reality.

However, this person we are talking about may have recently had throat surgery; she is recovering and suffering during this time, and since you and the others are new colleagues, perhaps she cannot tell you why she keeps her distance. Although the information at the moment seems correct, it is only valid within a certain timeframe, being linked to a specific situation that has a major influence. Context completely changes the meaning of your initial observations.

You cannot know if, after recovery, the person will remain just as unfriendly or if she will change for the better. Therefore, you must gather more data over a longer period of time before applying a definitive label. This patience in collecting information helps you build a solid mental structure, protected from errors in judgment and ready to

receive the truth, not just a projection of your own assumptions.

Answers and conclusions, on the other hand, fall into several categories: your own or copied, received, suggested—meaning, improper. You must take great care when forming a conclusion to verify that very conclusion. An impartial logical framework is mandatory, alongside depersonalization. You must analyze from an objective perspective and look at yourself from the outside. By knowing yourself, you will analyze the justification and motivation behind your actions.

1.4. Protect your balance through conscious choices

How does this help you? You will know how you reached a conclusion, and that conclusion becomes a guiding principle in your life. This analysis is very useful, especially regarding health-related conclusions. For example, your group of friends supports an influencer who promotes a lack of movement, laziness, and doing nothing. Indirectly, as a member of the group, you end up hearing

conclusions that activity is bad, and doing nothing is perfectly fine.

If you have a solidly developed mental structure, in which you previously developed a conclusion that physical activity means better health, then you will reject the new information. Moreover, you will try to convince your friends of the errors they are copying and applying. You will notice the general tendency to follow the crowd automatically, seeking external validation before passing information through the filter of your own reason.

The comfort of being given an answer is most often used in manipulation.

People without a structure of conclusions based on questions and analysis tend to take everything they receive at face value. A recommendation, solution, or proposal coming from someone they trust becomes something accepted and adopted. But does the person who recommends it, and whom you trust, truly want what's best for you? Do they know your needs? Your desires?

Do they know if you need it or not? Do they know your financial situation—can you even afford it?

Another interesting question is: how did they manage to win your trust? Is your answer satisfying, or did you hesitate for no reason? This careful analysis of your sources of trust is a form of respect for your own mind, ensuring that the decisions you make are truly for your long-term benefit.

If you analyze the advertisements displayed everywhere, you will understand a multitude of information. You analyze the shape, the symbols, and the way they are presented. You analyze the text, which words are chosen, why they are chosen or repeated. You observe the symbolism of the images, whether direct or partial, and how they are layered. After that, you analyze the sound: what the tone indicates, what it prepares you for, the type of tone chosen, its timbre, and especially its purpose. What feelings is it trying to activate within you?

Only then do you move on to the product itself and analyze what it is made of, where it is made, its utility, and what similar products exist on the market.

After you ask the questions and seek the answers, you move to the personal perspective: do you need it? Is it useful? Do you truly need it, or does it just improve comfort? Can you afford it? All of these are analyses—first objective, then subjective. And you must do them for everything, as a form of respect for your resources.

Perhaps that is why, sometimes, it is easier to receive a ready-made solution and skip the training. What does this mean? The training of asking questions increases your speed and accuracy. Each time you do it, you will handle it faster and more thoroughly. At some point, the process will become almost instantaneous, and the people around you will say you've done something superhuman, like magic. It all starts with your desire not to let yourself be driven on autopilot.

1.5. Begin the journey with small steps, starting with your own habits

You must build your question-asking structure from the near to the far. Analyzing yourself

is the first step. You wake up and drink coffee. Why do you drink coffee? You go to work. Why do you go to work? You plan vacations—why do you plan vacations? You blink—why do you blink?

In the questions you ask, the structure is important. You ask the question, observe how you ask it, and its wording. You notice your interest formulated in the question and analyze if it is correct.

You analyze whether the question is complete or partial. You look for improvement, then you seek solutions, answers, options. Are the information sources good? Are they sufficient? Do you need to include a timeframe? Reading this, I suspect you're beginning to understand what I'm trying to do. I want you to gain the construction, because with it comes a hunger for knowledge, and you begin to seek wisdom.

This in itself is evolution, regardless of what level you are at in this moment of your life. The search for wisdom may look like something sensational now, but I promise that, along the way, it will seem normal to you. Others, who do not apply this training, will still consider what you are doing to

be sensational. It is your path to clarity, a journey you fully deserve. Continue to ask yourself questions and build your own structure, because this is the safest foundation for a free and self-assumed life.

Chapter 2: Positive and Negative

Now that you have started asking questions and seeking the right ones, you must make a realistic and objective distinction between what is positive and energizing and what is negative and energy-consuming. The most useful highlighting exercise is counting to one thousand in your mind. It is an exercise in focus and increasing rational attention; however, the more you count, the more you will notice other ideas or thoughts popping into your mind.

What you need to do is count how many thoughts are positive and how many are negative. Do not develop any idea that arises; simply analyze whether it is positive or negative. To do this, you should feel what energizes you and what doesn't. I am adding a preliminary step in case you don't know

what gives you energy: give yourself time to discover who you are as a person, to see what you like and what you don't. Most people already have a map formed through their experiences so far.

Let's return to counting negative and positive thoughts. When you finish counting, you will see the result: the higher the number of negative thoughts compared to positive ones, the clearer the answer will be regarding your state of low energy, lethargy, and lack of motivation. You are overloaded with negative thoughts.

Although manual adjustments can be made, everything depends on their actual percentage in your mind.

It is useful to apply a system over a longer period where you consciously choose positive thoughts over negative ones—rejecting the negative ones and choosing not to dwell on them. Every person is different, so it would be strange and wrong to categorize you. However, in the age of information and the internet, the largest part of the negative source that subconsciously affects everyone is the constant flow of news.

Most news channels are full of accidents, disasters, deaths, scandals, diseases, and epidemics—real or imagined dangers. All of this is negative information that you record, and your mind will be forced to make a constant effort to rebalance the equilibrium between positive and negative. It is essential to become aware of this invisible energy consumption to begin the process of recovery and protection of your own mental space.

The idea that an informed person is a powerful person becomes a trap when the information has no connection to your immediate reality. You must think about how many news stories actually affect your life directly. The answer is likely: almost none. Some might influence your future, but in an indefinite way.

If something dramatic were to happen near you, you would know sooner than those writing the news. Once the news broke, you would probably say: "I know, I was there."

If no news story directly affects your existence, then it represents only a negative emotional ballast or, in academic terms: stress. The

second major category is related to social media. In essence, an online social network is a place lacking in the density of sensations. The time you spend following other people is wasted time. So is the time spent posting things about yourself, because the only important opinion is your own.

2.1. Reclaiming your own adventure: From observer to protagonist

Instead of seeking your own life story and adventure, you spend time following someone else's story. You play the role of an observer: praising or criticizing them based on what they do. But here is something important: regardless of what that person does, whether they succeed or fail, they are on the right track. The right track is the one where, at an advanced age, you will sit with a group of real friends and talk about everything you've done, laughing at failures or attempts that now seem ridiculous.

Then, it won't be the fact itself that matters, but the story. You cannot tell a story about what you haven't done. You cannot tell stories only about what

you have observed, commented on, or praised in others. True stories are about what you have tried and what you have built. The final result is, in fact, the story of your life. A life truly lived is a succession of attempts, good or bad, that belong entirely to you and define your unique path through the world.

2.2. Analyzing positive and negative information

Let's not stray from the subject of positive and negative. If you eliminate negative information from the news and social media, you will see that you've gained several hours every day in which you can do something you enjoy. You can choose to do absolutely nothing; even so, it is more useful than charging yourself negatively. The previous chapter—about asking questions—offers you a logical shield that protects you, but you need daily training because you are constantly exposed to unsolicited information.

Let's say you've removed the news from your routine, but you leave for work and see billboards promising you a better life. If you haven't paid

attention to the content of a manipulative ad, it's good to highlight it: the text, the utility, the promotional low price marked down from a large number to a small one, limited stock.

This is how you respond to manipulation: apparent utility, price reduced from a large sum to a small one, and limited stock. In practice, you have accepted the set of questions chosen by someone else for you, without even realizing it.

The correct questions are different: why am I seeing this ad? Did I choose to see the product, or is it someone else's choice? Does it actually help me, or does it just increase comfort? Does it shorten an activity, but do I actually want to shorten it? Are the benefits of the activity I am eliminating found in the new version? Beyond the object itself, you must analyze the real cost: how much do I earn per hour, and how many days do I have to work to obtain this product? Is this sacrifice truly worth it?

That many days of work actually means that many hours of life given away for an object. In the end, everything comes down to time, and your time is limited: a few years of youth, maturity, and old age.

This was just one ad, but you see hundreds a day. A large part of stress comes from this unsolicited information that becomes negative energy. It is something others choose for you to do; they display it, and you read it and consume your life without being aware of it.

2.3. The positive-negative balance

To balance the equilibrium between positive and negative, you make an effort and consume energy in the process. However, you consume much less energy when you are aware of everything and ask questions. The more you train yourself in question-based reasoning, the stronger you will become, and your energy consumption will grow smaller and smaller.

There are many sources of negative information; I encourage you to analyze them yourself and put them where they belong: in the "energy-consuming" or "trivialities" category.

You must rationally and continuously seek positive energy, and the greatest source is nature.

Observe the birds, the animals, the insects; watch the sunrise, the sunset, the rain, or the fog. Enjoy the blend of colors, the different tonality of sounds, and the scents floating hidden in the air. Feel the fragrance of flowers or the salty scent of the ocean. All of these give you peace because they gift you pure energy without asking for anything in return.

In nature, no one wants anything from you, and no one forces you to do anything. Everything is defined and functional, and if you choose, you can enter its rules at any time to find your own role again. It is a space of full freedom where your mind can rest. This simple yet profound connection is the fastest way to replenish your inner reserves and look at life with more clarity and optimism.

The second great source of energy is related to rare and beautiful feelings: love, friendship, honor, respect, and faith. You know what I'm talking about; you know they are there, but often you don't seek them constantly. And when you need light in your soul, you might not know what to look for, precisely because you lack the constant touch of these positive

feelings. Feed your heart with them day by day to be prepared for the moments of hardship.

2.4. Broaden your horizon

Ask questions all the time to find out if your environment is positive or negative, and evaluate your state to see what percentage you have of each. What are you? A consumer and a producer of energy. At a physical level, this balance manifests through emotions. Your organism recharges energetically through sleep, but this recharge can be damaged by the "tone" of the day. If you do not act rationally to balance your life, the negative side becomes the majority, and sleep will function only as a limited survival instinct.

This is how you end up waking up tired, without motivation, and hating everything you have to do. You know that story where everything is to blame, except you? Precisely you are to blame because you don't let positive energy recharge you, because you don't look for it. You think of a vacation as the only salvation—one week a year. Seven days out of 365. It is clear that such a system is not healthy.

Nature remains the greatest source of energy near you, but you must constantly choose to feed from it.

How can you open yourself up to receive this energy? Through meditation. Meditation in the middle of nature is like connecting to a perfect charger. If you don't know how to do it, go back to Chapter 1 and ask questions. Meditation in nature simply means sitting comfortably and activating your senses: listen to the wind through the leaves, the bickering of the birds, sniff the scent of flowers or grass. Take a handful of soil and record its smell in your memory, letting your mind create positive stories.

Think that 500 years ago, a knight knelt on that soil offering a flower, or imagine something funny, like a puppy from two centuries ago. All this activity is, in fact, a positive recharge you can do at any time. Find a place where a tree grows, give it a name, and talk to it. Tell it what's on your mind.

The tree is a living being connected to the Earth's energy mass, the mother of us all, and represents the purest energy you can address.

Try it and you will see: during this recharge, worries no longer seem so heavy, stress decreases, and you will feel a smile appearing. This smile will go from your face directly into your soul. Do this day by day, no matter how busy you are. There is no job more important in this world than taking care of your health and your own energy.

2.5. Charge yourself with positive energy

These are models for managing the negative things in your life. If you want to evolve, then you need energy. You will see how you start sleeping better if you achieve this balance. For sleep, it is very important to activate mind control before going to bed. Although the mind is selective during sleep and deals mainly with strong emotions, it still remains influenceable.

Thus, before you fall asleep, you must think only of positive things and reject any negative thoughts. Creating a comfortable rest space means preparing your bed every evening—and for this, you must put in a conscious effort. Take care to feel good

in your own skin: perhaps a pleasant shower or a little massage for the muscles that ache. This entire preparation doesn't take more than an hour, but it radically changes your next day.

You will see if it's worth the effort as soon as you try. The difference between preparing yourself for rest and throwing yourself into bed with the thought that tomorrow you'll start all over again is colossal.

Your organism reacts to the negative through emotions such as sadness, anger, fear, or disgust. It is important that, besides the experience itself, you analyze their state and source. Emotions do not appear out of thin air; therefore, if you identify the source, you can stabilize or neutralize it through a positive recharge. This is, in fact, emotional awareness: knowing what you feel, why you feel it, and choosing the activity that balances you and compensates for the emotion you feel.

2.6. We are what we imagine ourselves to be

Let's return to meditation for a moment to enhance its role. In essence, meditation means time with yourself: evaluating your present state, remembering the past, or making plans and dreaming about the future. All of these are very important and interconnected because your present decisions become the past that shapes the future. The future is built by your decisions; you decide who you are with every change you make.

In this way, you can actually change your past. If you change your past, it means your future will be different.

You can choose various strategies or periods for meditation, such as retreats, for example. However, I recommend daily, short-term meditation. Other types are merely the development of a process, while daily meditation is the creation of a process—a process of thinking, questioning, evaluating, and keeping things under control. The best time is usually in the evening, as the sun sets. Not right before sleep,

as that would encompass both the positive and the negative.

You will start with: "another day has gone by." Have I accomplished something good or bad? Am I grateful and proud of what I achieved today or the path I am following in life? Then, let your mind choose and bring to the attention of the rational self whatever it wishes. It is good to let the subconscious bring to the forefront what is important and necessary. Work on solving the highlighted problem for a set amount of time. Once the time is up, whether you found a solution or not, consider the time allocated to that problem to be sufficient.

Once you have closed the discussion about problems, savor the moment. It is the moment when you have no worries, and no weight presses down on you. There was a wise saying that we are what we imagine ourselves to be. If you see yourself as strong, fast, agile, and adaptable, life is beautiful. If you see yourself as weak and slow, then life is hard and dark. I will extend this image to our worries and responsibilities—everyone's. If you see them as beasts that constantly bite at you, life is hard.

If you see them as mountains that are hard to climb, but can be climbed, then life is beautiful. Why? Mountains are always there, but they don't force you to climb them. You choose to climb them. Perhaps you are smiling now. Maybe you feel the weight on your shoulders getting lighter, or perhaps you've taken the sack of worries and set it down beside you for a moment. You will pick it up later and continue to carry it, but every now and then, set it down and smile. May your life's path move forward or upward. But may it move with a clear brow and a smile on your face.

Chapter 3 – Life and Death

One of humanity's greatest questions is: what happens after death? To answer you honestly: it doesn't matter. This shouldn't be shocking, and here is why. What we already know—because this is how information is processed in the human mind—is that the world is in constant motion and constant transformation. Your body is part of this world and, undoubtedly, you know that at some point it will deteriorate, break down, and stop functioning. Later, it will return to nature to give back the matter from which it was originally created.

Here we return to the first two chapters and analyze whether this is positive or negative information, seeking the right questions. I'll start in reverse: the information is neither positive nor negative, because you are a small part of a cycle. It is

a circle of life, death, and life again. Your energy controls matter only for a small period of time, and then, after it has exhausted the matter, it re-enters the energy mass of this planet, from where it will take other matter to use until it exhausts it once more.

You might say it is cruel that everything that defines you—memories, knowledge—will disappear. It's true, they will disappear, but it isn't cruel. They will be replaced by other memories and other knowledge, perhaps more intense, perhaps more beautiful or more important, but certainly new. This means you will become something else, then something else, and so on. It is not good or bad; it is simply the planet's energy cycle providing the necessary matter for this continuous process of regeneration.

As long as this planet exists, you will continue the cycles and, in a way, you will be reborn. More accurately: you will start over, from scratch. These are the rules, and I'm sorry if you've grown too attached to who you are now. Let things change; accept them. This is the beauty of the game: everything is new and old at the same time,

everything being in constant change. If you view change with joy and enthusiasm, then death becomes just a normal physical process.

So, death doesn't seem so bad anymore, does it? It is another journey that leads you to a new life. However, until that stage, you already have a life, and this is the most expensive gift in the world. The life you have—the wonder of symbiosis between energy and matter—is the harmony of common efforts to survive and take this symbiosis as far as possible. Life always offers you both "good" and "bad," but it isn't right to call them that. Their real name is *change*—life offers you continuous transformations.

Good or bad represents only your momentary interpretation of a change. It is very possible that, in the future, what seemed like a good change will prove to be bad, and vice-versa. We must return to reasoning to discuss what you are and what truly defines you: your memories and your knowledge. You might think you will lose your essence, but you don't realize that, in fact, your memories are just stories forgotten in the past that you choose to carry with you from time to time.

3.1. Defining details

If you think about it, you aren't even the person in that memory anymore. You were one way, but now you are not; that person remained in the past because the passage of time implies change, and you are part of that change. Therefore, even you are not in the memory; it has become a story you haven't forgotten, alongside thousands of other forgotten stories.

You haven't had events important enough to retain them all. You no longer know what you were doing on a specific day ten years ago if nothing memorable happened. The term itself is defining—memorable, something that should be memorized. If nothing happened, that day doesn't even exist for you, and you can do the math: how many days have you lived and how many memories do you actually have?

Thousands of memories are forgotten because they represent nothing worth retaining. And after forgetting thousands of things, you think that if you forget the few dozen things that perhaps mattered, you will lose your identity. Let's be honest and admit

that it isn't identity or consciousness that worries you, but the new.

Just as you created memories through every decision you made, you will continue to do so all the time - highlighting the useful, beautiful, or ugly ones, learning from some, and fearing others. So, in the new cycle, you will manage. The next life will bring you fulfillment, joy, suffering, and sadness.

Until then, however, you must complete your current life and make the most of it. The most important thing is to trust yourself so you can try new things. The magic words that should be spoken every day: I can handle it, for better or worse, but I can handle it.

Regarding death, there isn't much to say because it is usually a very short process. You can measure it in seconds, for example. Let's say it takes you 100 seconds to die. To live for just one year means over 31 million seconds. Can you tell me which is more important to think about: the 31 million or the 100 seconds?

The reality is that you are afraid, so you have decided that you must be afraid. Are you wrong?

Should you make the decision to be afraid? Or is it more accurate to say that you don't have enough information to make any decision, and you should wait until you get there to make the right choice based on the data you receive? Accept that you are part of a cycle of life and death and that you will start over, regardless of whether you have successes or failures.

Life, on the other hand, is measured in joys, emotions—essentially in things that make your heart beat. Fear is the enemy of life; it robs you of joy and experience by casting a veil of doubt over everything you encounter. One of my favorite maxims is: if you think you'll die if you try that thing, and you actually die, do you think it helps you at all to know you were right?

You are here, and sooner or later, you will cross this threshold. It doesn't matter if you are cautious and avoid trouble; you will still reach the finish line of the cycle. (Perhaps a little later, but certainly with far fewer stories to tell, because you don't tell stories about what you haven't done). Mind you, it's not useful to go and pull a lion's tail either, just to see what happens.

You would likely end the cycle much faster and miss out on the good things and beauties yet to be discovered in this cycle. So, stop thinking about death as a process because it lasts too little and is mandatory anyway. Stop thinking about how or when you will die just to protect yourself, because it doesn't matter if you were right or not. Think about life.

Think about what brings you pleasure, what makes you happy, what fulfills you, and put energy and strength into these activities that truly matter. Life is beautiful and must be lived. It is worth living in every one of its cycles. Give yourself to life and live it to the fullest.

3.2. A new beginning

From a certain point of view, all beings go through this cycle. You are neither the first nor the last. Do not look toward any dogma that tells stories of heaven and hell. These are just stories meant to make you follow the rules, to avoid the threat that arises if you don't. Religion says something contradictory: that heaven and hell exist, but life after

death exists as well. If life after death exists, it means that heaven and hell are merely intermediate stages.

In fact, this is what a new beginning means. A new start from scratch. Do you still remember the joys of childhood? What made you happy when you were small and carefree? None of those would exist if you kept your current memories, because you would no longer be carefree. That is precisely why energy detached from matter becomes an impersonal energy that opens a new chapter. The beauty of the new is possible only in the presence of forgetting.

For something to become new for you as a person, you must first forget it. This is the information you must accept. Death is a normal process, and every living organism goes through this process during its metamorphoses. What you can choose is the attitude with which you die. You can also choose the way you die, but that would be a useless waste and a gesture of cowardice. It is not you who should decide when the cycle closes.

The cycle will close as a final result of your decisions combined with their effects. I return to this and emphasize: what matters is the attitude with

which you choose to die. You can die on your knees, with tears in your eyes, begging, in fear—or you can choose dignity.

You can choose to die with your head held high and a clear gaze, with a smile on your face and thoughts of gratitude for all the good and beautiful moments you have lived.

The moments that made you happy and proud. Thank life for everything and rest a little in death until the new cycle begins. This way, you will understand that only the journey matters. The destination is less important. What you did day by day, what you tried day by day, regardless of success or failure, regardless of whether you won or lost. You must live every day as if it were your last.

Hope that when it truly is your last, you will have a flashback of a life where you tried everything and truly lived. This perspective transforms fear into curiosity and regret into gratitude. Every page written with courage in this cycle becomes the foundation for the one that follows, offering you the peace needed to close your eyes with a peaceful heart and a soul ready for a new adventure.

3.3. Continue or restart?

Let me not omit an important element of the energy – matter – reason cycle. That important element is the development of conscious energy. Developing conscious energy implies that after energy separates from matter and then takes on new matter to achieve symbiosis, the energy remains conscious and carries over a part of the old cycle, or perhaps even more. It is an evolution of awareness of matter, and especially of energy.

This awareness can be achieved within a life – death cycle, allowing you to continue one or more projects in the next cycle. There are plenty of examples of people who remember things, details, and facts from previous lives or a past life. Perhaps the best example would be Pythagoras, the famous genius and mathematician, who demonstrated this connection between cycles.

These people succeeded not through processes of recollection, but through the awareness of energy from cycle to cycle. Partially or at a higher level, they managed to become aware of the energy and to personalize it. Thus, they created a line

between what they were and what they became, demonstrating what is evident on this wonderful planet: everything is transient, yet everything is a continuous cycle.

Everything passes, everything changes, and nothing is lost. Interesting idea, isn't it? To become a person so evolved that you manage to be aware of your own energy. It is a project that starts simply: by being rational and conscious in every second. This perspective helps you enjoy life with a new intensity, even if you don't immediately reach a high level of energetic evolution.

A person who truly realizes their survival needs and whose main goal is the authentic joy of living becomes a free person. And a free person is no longer defined only by their capacity to produce or consume according to external rules. They choose to exist according to their own values, valuing life rather than labels or boundaries.

3.4. Planning your own chaos

Let's return to life and death, to the endless cycle, and to the joy of each stage. Besides evolving,

the purpose of life is to live. To live, you must constantly try new things. To know what those new things are and to want to try them, you must think about them and seek them out. A beautiful way to put it is to plan the chaos of your life. When you have finished one chaos, start the next; that way, you will have stories to tell at the end of the cycle.

The warning remains: be careful what chaos you discover and how you can survive it. Only if you survive it can you enjoy the story. I am not in a position to give advice on what everyone should do with their life, as that would mean manipulation by suggesting a solution or solutions. That is precisely why everyone must choose, respect their choice, and dedicate themselves fully to achieving it.

As a recommendation, however, I tell you all to respect the planet's rule: nothing is eternal and everything changes. So, be very careful with time limits. "I would like to do this forever"—forever is a term longer than it should be. Put "now" instead of "forever." This is what I want to do *now*. Live your life, ask questions, and respect the rules you accept for yourself, not the rules created by others.

Most importantly, respect life—both your own and the life of all living beings. Teach others what you know, but let them live by their own rules. Do not waste a single second, because you won't get it back. A second is not lost, but merely unused, and "unused" is sometimes much worse than "lost." Your life is an almost empty notebook with only a few pages written.

There are so many blank pages left, and you, through your decisions, will write them. Years and years from now, when you reread the notebook, what will you want to find there? Do you want to see the same activities—work, sleep, eat—or do you want to see something else? Also, perhaps you would choose differently if you knew there were only a few blank pages left in your notebook... you would truly choose to live.

Chapter 4 - Patience and the fact that all things are transient

We begin this new chapter with an upgraded version of you. Now you ask questions, seek answers, verify information sources, and look for even better questions. During this time, you know and understand whether you are positive, neutral, or negative, and life brings you joy and delight, while the threshold between one life and another is too small to even notice.

The new chapter is about patience and what it can offer you. First and foremost, inner peace and quiet. You know that everything on earth changes and nothing lasts, so if you have enough patience, the bad will become good, and the good will be savored much more intensely when it appears. You will treat it not as something normal, but as something special.

However, achieving patience is not easy. In a book dear to me, I read that patience means mastering the seven feelings: love, hate, joy, anxiety, suffering, anger, and fear. This, in fact, means feeling each one, understanding each one, and understanding yourself in relation to each of them.

You must see which direction your instinct tells you to take according to each feeling and yet, savor every step of the process. You can only do this if you accept it. It sounds good, but it is hard to achieve.

4.1. Awareness of patience

Patience must be built day by day, in a systematic way. You must set aside a period of time to develop your patience. I will give a few practical examples, but I encourage you to develop whatever type of exercise you feel suits you and apply it. Only through repetition and perseverance will you achieve results—becoming a rational and patient person.

Separately, without patience, you cannot achieve clarity in your thoughts. Without patience, you will ask a few obvious questions and then

immediately look for answers before you have even finished the questioning stage. Regarding answers, you will take two of them and draw a conclusion. Erroneous conclusions born of impatience. In the analysis of positive and negative, you won't verify the essence, but only the surface, and your conclusions will be superficial.

As I said before, I can teach you how to be a rational person, but I cannot change a person who does not want to be changed or who puts no effort into it. Let's return to the exercises I recommend. Count to one thousand in your mind. As you say each number, imagine that the digit is cast in liquid, incandescent metal, and upon being spoken—as if struck by a hammer—it gives off sparks.

Another exercise involves letters. Choose a letter and write that same letter on a sheet of paper (just like when you were learning to write). Fill the entire page. A more lighthearted exercise: take a book and verify if the page numbering is correct. The time allocated should not exceed one hour, and the activity, although boring, should be made pleasant. For the exercise to yield results, it must be done daily.

4.2. Everything is transient

Everything passes in this world; this is the second part of this lesson and its requirement. Nothing remains in the same form. The law of the world is the law of motion, and you find your balance as a fixed point within that motion. For this, you need continuous effort and work to remain at a speed equal to the speed of the world's changes. The implications are many, and some are wonderful. To understand why I say this, this is how you could live for 300 years, regenerating at the same pace as wear and tear—equal speed. You only need to find balance as a fixed point within the same type of motion and with the same speed as the wear of time.

Perhaps the most important effect of patience within change and acceptance is inner peace. Knowing you have patience, you become persevering. You don't mind being wrong 100 times because, if you have enough patience, sooner or later you will be right. That is why perseverance is linked to patience with heavy chains. Perseverance is one of the most important weapons in your ensemble as a human being. Perseverance, in fact, is linked to your

choice and the respect you have for your own decision.

If you have decided something, you respect your word regardless of how long it takes or how many times you try. However, if you break your word, it means your reasoning was wrong, and you must return to the initial decision to verify it. Something you didn't agree with was there. Perseverance is, in fact, a continuous struggle. To not give in, to not stop, to move forward. I always smile when I see motivational videos with messages like: "Don't stop! Keep going no matter what! Only then will you reach success!"

The principle is good, the practice is not. Moving only forward all the time excludes the rational person. I tell you: walk forward on the path, but from time to time, stop. Stand by the road and look back at where you started. Look at how far you've come. Look ahead to where you want to go. Think of the journey as being more beautiful than the destination; think about the fact that you will encounter beautiful or ugly things, that you will fall

and rise and continue. I ask you to look back so you always know who you are.

It is a spatial localization you must perform from time to time. To rediscover yourself more accurately, to see what you were and what you have become, how you became that way, and to accept yourself. You have changed, you have reinvented yourself, so you start over and move in the direction you have set. As a piece of advice, change happens on its own, but the change that comes from your own decision is much better.

4.3. Patience means acceptance

Aside from breathing, nothing is urgent. So just breathe, and let the rest of the thoughts that "must" be dealt with wait in separate boxes. You can take them out one by one, analyze them, and put them back into the boxes sitting on the shelf of your mind. Do not open multiple boxes at the same time. Take them separately, close the box, and move to the next. Determine when you have closed the box, and that thought or idea must not reappear until your subsequent decision.

If two thoughts appear at the same time, then see why they aren't in their boxes. It doesn't matter what kind of thought it is; what matters is that it's not in a box. Your focus must be on a single thought and a single box. If your attention is divided, you can no longer resolve anything, and every thought does as it pleases, appearing whenever it wants. If you want order, close the boxes. For this, you need patience and time. You need perseverance because the effects are seen very little or not at all, even though they are present.

Days, weeks, months, or perhaps years will pass until you achieve mental order. But this is the path you have chosen, and the result is very precious to you. It is an upgrade of yourself. That is why the road is long and hard, and few choose to walk it. Using patience is necessary for developing focus and attention. Without attention, you can achieve very little and only in very small stages, but any exercise done consistently will increase your power of concentration.

Fortunately, any exercise you perform develops your focus, all the more so as you increase

the duration of the exercise. Let's take as an example the exercise of counting to one thousand—it takes about an hour. An hour in which you will guide your thoughts toward a target of your choosing and reject other thoughts.

It is a process that belongs entirely to you—planned, thought out, and executed—and the collection of results is yours alone. You can also extend the specific nature of the exercise to other activities required of you. Although the planning is no longer yours, the execution and the results remain. The result, in fact, means the organization of your mind. Instead of chasing one thought, then changing direction toward another, and so on, you will remain concentrated on a thought established by you.

Only by constantly chasing multiple targets can you create chaos. You, instead, will have order; you will analyze each idea individually and compare choices in decisions that become increasingly rational with every effort. Everything is transient, and your perception will not agree with this because it sees solid, organized things that last. I agree, they last, but

they last through constant change and adaptation, sometimes almost imperceptible.

4.4. A look through time

In some cases, change occurs very quickly, while in others, there is a slight, constant, almost imperceptible change. Perhaps you have visited cities, fortresses, or other such edifices.

Have you ever wondered what they looked like when they were at the highest point of their existence? How strong, how durable did they seem? Do you think the people living in those times thought that in a few hundred years, their fortress would have only a few walls left? That perhaps no one would live there anymore? Do they resemble you now? How you view the city you live in, or your country, as something permanent.

I don't know the age of our planet—maybe 4, maybe 6 billion years, perhaps even more. From its history, we humans only have knowledge of the last thousand years and a few things slightly further back. Traces of humans on earth appear to be several million years old. Compared to what we know in

percentages, I think we are around 0.01% of all planetary history. So, we don't know 99.99% of our history, and yet we promote ourselves as an evolved race.

We are not. And the fact that we don't know 99.99% of our history is proven by the fact that everything changes and nothing stays the same. This example should make us think about how small we are in this course of time. It is both a gift and a curse to realize this. Like everything complete in this world, good and evil integrate to create this wholeness.

With every step, you can think that if things are hard now, it means they will also be good.

This would actually be the positive attitude you should always be anchored in. The positive attitude that is attached to hope and patience. Hope must never be extinguished. In fact, it must never be allowed to fade. There is a nice expression: "I've calculated, and we have a 1% chance of succeeding." And those are good odds. (Clearly, it no longer matters that there is a 99% chance of failure).

4.5. A little bit of everything

During all the changes and instability, maintaining hope and looking only at the glass half full—seeing only what happens if you succeed—becomes your way of being. An optimistic and hopeful way. You cannot control what you receive in life. You can only control your attitude toward what you receive and what you do with it. One of the things that is actually not transient is your attitude. You can remain constantly positive and optimistic.

In itself, this is a balance in motion. You must admit that you are looking for it. You seek things that do not change, and your habits and routines are proof of this. You try to protect yourself from change and maintain distinct characteristics through them. But everything changes, and habits must also change because they lose their importance; they lose their purpose. This is the great error that most people make. They try to hold onto things that do not change, created from things that do.

All the things you do daily and believe to be habits that define you are, in fact, attempts to forcibly maintain something that cannot last over time.

In reality, what you try in practice, in a rational way, you subconsciously hope to achieve on a mental level. These habits are supposed to give you order and mental peace. That is their purpose. Let's take an example, perhaps not the best one: sleep. You don't sleep at night because you like sleeping; you sleep to wake up rested and recharged.

If there were a charger, like for a phone, that could fill you with energy in an hour, then you probably wouldn't care about sleeping anymore. The body needs sleep in different proportions, depending on age, strength, physical condition, and other factors. However, you don't need sleep every single day; you need sleep when you are tired, regardless of what time of day or night it happens. The manipulation you have suffered since you were very small refers to time. To what time it is—bedtime or mealtime.

Please imagine what it would be like if you didn't have a clock. Nowhere—not on your phone, not on your laptop, not on TV. You would return to the day-and-night system. You know the day ends when the sun sets and begins when it rises. You

would arrange to meet a friend when the sun is high in the sky or at dusk, instead of at "X o'clock." You would no longer have a set mealtime or bedtime. You would eat when you are hungry and go to bed when you are sleepy. Think about how your life would change without access to a clock.

Because, in fact, the access is the problem. I will always maintain that the wearable clock was man's worst and most manipulative invention. It placed an obstacle in human thoughts, shifting from "what I want to do" or "what I need to do" to "what I must do." It is no coincidence that in every journey of self-discovery, the abandonment of time-telling instruments is required. These tools steal your present and force you to live in a rhythm that does not belong to you, disconnecting you from your own rational needs.

4.6. Choose

Let's return briefly to the things that do not pass: chosen feelings or attitudes. These are, in fact, the things that define you and matter in the great

change. Habits do not define you; they shackle you. In contrast, attitude gives you direction and freedom.

You want to be brave—choose to be brave and stand by that decision, regardless of what happens and regardless of how you were before. Choose the model you want to follow, not from the world around you, but from your own mind. Choose how you want to be, and that is how you will be if you respect your decision.

We are the result of our own imaginings, so if you create your own design, then that is what you can be. Once you choose what you want to be and how you want to be, then you can perform the training to become what you have established. In time, with patience, you will succeed because things are constantly changing, but you choose for that change to be your decision.

Chapter 5 - Religion and Faith

Perhaps the most powerful weapon in the arsenal of your mind is the possibility of believing in something. It can help you at any moment in life, but especially in the hardest trials, and it can give you daily energy. It can offer you a sense of belonging, guide your activity, but above all, it can gift you an inner peace at such a high and intense level.

At this level, you can become a vast ocean where waves move only on the surface, while in the depths, everything is wonderfully calm. To speak of current or past religions is absurd, because they are, in fact, the result of only a few thousand years of religious evolution. Current religions attached themselves to much older customs, transformed them into various holidays—in a word, they assimilated them.

This process is called religious integration aimed at gaining new followers. The grander the ritual or the holiday, the more followers there were. Religions are created by humans or majorly modified by humans. The strongest argument proving this is the concept of religious uniqueness and truth. Almost all religions individually claim that only their words are true, and the true creator is the one they worship.

"The rest of the religions, compared to them, represent lies, and whoever adheres to any other religion is eternally condemned to suffer in various hells with various torments." The second great argument is related to who leads the religious institution: people. People who teach that "unique truth" to other people. Dear readers, religion is not learned; it is felt.

Faith in something does not come from arguments heard, told, or repeated. Faith in something comes following an internal decision in which you analyze good and evil, verify, and then can say: "I believe." Because, in fact, this is the transition from religion to faith. It involves a mental process with individually established rules. And a rational

person needs verified data and information to make a decision.

5.1. Believe in yourself part I

Believing in something can become a magical thing if you start with yourself. Believe in yourself—that whatever you do and however you do it, you will manage, for better or worse. You must not break the unity of your being through regrets. "I'm sorry I didn't do that," "I was so stupid to do the other." This is the toxin of self-doubt that you collect within you; from one small regret today and another tomorrow, you will gather so much mistrust that you will hesitate to do any activity for fear of disappointing yourself.

The good part is that, in any case, things are not irremediably lost. If you understand that no situation in life will ever repeat itself, then you will understand the uniqueness of every memory. Why uniqueness? Because tomorrow, if it repeats, you are already one day older. It is no longer a new story, just as a movie you watch for the second time loses its charm.

If you remove all doubt and believe in yourself with all your soul and all your strength, you will be able to move mountains. Cleanse your regrets through forgiveness. Forgive yourself and promise that you will always forgive yourself, regardless of what you do or how you behave. This doesn't mean you shouldn't set rules for yourself. On the contrary, always have the strictest possible principles. I am only talking about what happens when you break them. You must pull yourself together, forgive yourself, and return to the path you have established.

Rule - Rule - Exception – Rule

Pay close attention to the "exception to the rule" rule. Too many exceptions to a rule cause the exceptions to become the rule, and the rule to become the exception. Clear away regrets and clear away doubts, and have faith that no matter how poorly you manage, you will be satisfied with what you've done. If you have a tall ladder in front of you and you wonder if you can climb it to the very top, I recommend you think only of each individual step.

It is much the same with failures. You can fall one step, or you can fall completely. When you have

fallen one step, you know the path to get back to where you fell from. If you have fallen completely, you have two advantages—you know the entire path to follow, and also, there is no such thing as managing worse than a complete fall. Therefore, ahead of you, there is only room for improvement.

5.2. Believe in Yourself – Part II

The first and most important belief: belief in yourself. There are so many arguments for believing in yourself, and I will list a few; I will also leave it to you to search further and establish the useful, necessary, and sufficient reasons to believe in yourself. The first argument: please slowly clench your fingers into a fist and observe what a fluid and elegant movement you can perform simultaneously. You move them in a synchronized direction, with a certain force, all determined by you. During this, you are blinking. So, you aren't just moving your fingers; separately, you are also breathing.

That is, you extract air with oxygen from the environment, process it through your lungs, and send

it to every tissue in your body, including the fingers you are moving right now. All while you are digesting your last meal, filtering toxins from your body and eliminating them, cleansing and strengthening your organism, and obtaining nutrients. In fact, what an organism does is of fantastic complexity, and you are a living organism. It's time to accept that you are alive—that there are processes your subconscious performs separately from your rational mind, and it performs them very well.

Actually, we should recognize that most processes are carried out by the subconscious and only a small part by the rational mind. Regardless, you must accept that you are an organism and that you do fabulous things. If you say that "the body" does this, know that you *are* also the body. You are both body and mind: a team, a unified whole. However, if you do not know the complexity of the processes you are performing right now, in this moment—even though you take pride in them—I ask you this: how do you know you cannot do something? Or how do you know you cannot continue? Or how do you know it's too hard?

You don't even know how many things you do, how many things you can do; you don't know your potential or your capacity for adaptation, so cast away the doubt. Think of yourself as the result of generations upon generations of people who lived, learned, and sent their teachings to you genetically. Don't just think of your grandparents; think of your ancestors who lived 100,000 years ago. Think of the fact that your bloodline flows from the time your ancestors raised mammoths and fought saber-toothed tigers.

Back when there were no countries with cities, only villages and marketplaces. From the time when justice had to be won in battle. Your ancestors lived and learned and passed down the bloodline until it reached you. Draw a line on a piece of paper and put your genealogy on the page. You know it is written in your blood, or you can put a story in its place. Start with the story from the year 97,800 BC, when your ancestor met his wife. What was he doing, where was he? Was he a shepherd, a hunter, or perhaps something else? He met his chosen one at a celebration, at a festival of the moon and stars.

Was the love story short, or did it continue until the next festival when they gathered, danced, and decided to stay together? Then they sought a clearing in an oak forest, and there they built a house, loved each other, and had three children who grew up and then went out into the world to write their own stories. The elders stayed in their home until the earth called them to pay their debt and re-enter the whole. Build your bloodline starting from 3 million years ago. You are its result; isn't that a good reason to believe in yourself?

I truly recommend you take a short break and think about what you are, and how much knowledge is hidden within your organism.

5.3. Religion

Let's address religion: which one is the best, which is true, which offers the great reward of life after death—eternal life. The "best" would mean comparing them; the "true" one would mean living each one, and we only have one life. The one that offers you life after death—all of them do. Life after

death is a gift to all living organisms in which energy flows like a holy spirit.

This gift is a rule of this planet, a rule of life and death in which matter—your body—the moment the energy of life leaves it, begins to decompose into the substances from which it was formed, with the aim of restarting the cycle. Vital energy, after separating from the body, enters the energetic sea, from where it will take on other matter and begin a new cycle of life.

In other words, it never ends, and death is just a gateway through which we pass into our transformation. Now, there are a few themes I will treat separately. One of them is the consciousness of vital energy. Whether it can become a conscious energy. The answer is yes. Vital energy can become a conscious energy, and the rational self can pass into the next cycle with all the accumulated knowledge.

You might ask how? Through awareness. The awareness of accumulated knowledge, one's own energetic awareness, and universal awareness. Any upgrade is achieved through work, suffering, and perseverance over a period of time. The higher you

climb, the more you will discover both existential themes and the optimal way to approach them. I say this because every organism is unique and has a specific way of developing.

5.4. Religion – continued –

About the Heavenly Father, you may wonder whether He exists or not. The answer is: yes. He exists. He created the world with billions of stars, planets, and comets, including Earth, and He also created man—not in the literal sense, but by adding the optimal elements of creation. Evolution as a species was set as the target, the objective of every race, and the perpetuation of the race as a minimum obligation.

The Heavenly Father is the creator of everything and is found in everything; therefore, everything around you has a divine part polished through evolution. In fact, this is your purpose: evolution. The presence of consciousness is proof that your objective is evolution.

That is why the Heavenly Father left a path to follow, both individually and as a species. In various

religions, if you listen to the words spoken during the most common rituals, you will understand other steps to follow.

"Blessed are those who suffer, for they shall inherit the Kingdom of Heaven." Sufferings are the way we become stronger; they are, in fact, life's trials that strengthen you and make you wiser.

It is not mentioned that *everyone* who suffers will inherit the Kingdom of Heaven, so only some will be able to walk the path to the end. Sufferings are both physical and psychological, and you must face them all, overcome them, learn from them, and let them bring you strength.

Within religion, the directions to follow and the path are carefully hidden. The path is not pleasant. It is hard, it is long, but it is worth it. Unfortunately, over the years, religions have become commercial; religious discourse has included the financial side, earthly value, and now it has become deeply and perhaps irremediably distorted. The Heavenly Father appears like a vending machine of surprises where people go and ask for things to be given to them. The

desecration of the divine happens by throwing it into the profane.

Two thousand years ago, there was a completely different discourse, a different ritual, and a different concept. There were sacrifices, symbolic or not quite symbolic. Ancient civilizations were destroyed by new religions and assimilated as part of the ritual to gain followers. Paying followers represent the financial strength of the church. When everything boils down to money, the core idea no longer matters. This is what the church has become today.

The Heavenly Father asked for evolution, consciousness, and awareness, but these require time, dedication, perseverance, and the work of knowing, understanding, and accepting.

Man thought it better to create money and then try to buy them. Unfortunately—or rather, fortunately—these qualities cannot be bought. There is no shortcut, no way to cheat or cut corners. These qualities are earned. There are old stories about people who gave up all the wealth they had and went to a monastery.

They went there to evolve; they understood how little the material means and chose to dedicate themselves to evolution.

Ascetics who retreated into the mountains alone to meditate on what matters. These are not madmen, and anyone who has had the chance to meet them will confirm this. They are people trying to develop consciousness, faith, and awareness. You can be one too, if you dedicate time to it. If not now, perhaps in the next life-death cycle. You have enough time, and yet you have no time at all. Too little if you want to find out, and too much if you don't.

Chapter 6 - Nutrition and Hunger

Hunger is the motivation for movement in nature. If hunger didn't exist, there would be almost no movement from mammals or insects. All living organisms need nutrition. Plants draw inorganic substances through their roots, transforming them into organic substances consumed by insects and mammals.

Then, each enters a cycle of life and death, killing to feed or dying to become food, giving energy back to the earth to be reborn and play this game all over again, in an infinite cycle. Humans, with the help of reason, have the advantage of being able to detach themselves from this chain and then look at what is happening, achieving an out-of-body experience.

Let's follow the rules of a rational person and ask questions. The primary question is: why should I eat? Answer: because it is necessary for survival.

Without food, in 20-30 days, the organism gives out and dies, consuming itself. I've understood the message, so I respond with another question: if it's necessary to eat, then how much should I eat?

We consult a nutrition guide and see that, for a human organism of a certain weight and height, we need a specific amount of protein, carbohydrates, and fats, along with vitamins and minerals. We pick out a few superfoods rich in everything required, covering what the nutrition guide lists as necessary, and we notice that only a small pile of food remains on the plate.

The first thought that will pop into your mind will be: "Okay, so where is the food?" Because half a plate isn't going to fill a stomach. If you then realize that the next meal will be the following day, you start doubting everything. So, you go back to the nutrition guide and read it one more time.

You check again and notice a detail—so much protein, carbohydrates, and fat based on the activity you do—and the guide's calculation is for an average activity level. You stop, wondering what "average activity" means, but you quickly move past

it by listing 2-3 actions in your mind. You arrive at the same problem again—the plate is more empty than full. That's all there is to it, and the calculation is correct. Maybe so, but let's stop this nonsense and order a pizza. We'll think about these dilemmas next week. Sound familiar?

6.1. Rational choices

My friends, food is the body's fuel. The higher the quality, the better it runs. The more you exceed the quantity, the worse it will run, because the body is forced to store what it doesn't use. And storage means extra pounds. There are several important aspects to nutrition. The first is the body's preparation.

If you think about food, your body is already making preparations to receive it. The more time you spend thinking about food, the more you will develop a larger and unnecessary intake.

The less time you spend thinking about food, the more you will develop an intake that is too small. So, neither too little nor too much is good. An important regulator here is physical activity, which

modern man avoids. In fact, if you eat, you should be physically active. How it works: following physical activity, your body will demand food. This way, regulation shifts from a mental level to a physical necessity requested by the organism.

The second aspect is related to rational choice and the exception-rule rule we've discussed before.

Applying the exception-rule rule involves creating exceptions so frequently that you eventually turn those exceptions into a new rule.

Over time, you will erode the new rule with exceptions until you create yet another new rule from them. In our case, it is best to maintain the exception for unhealthy food, while healthy eating remains the rule. This means eating healthy 8 out of 10 days—with plenty of vegetables and fruits—and only allowing yourself excesses for two days. You likely have the opposite ratio right now because you keep putting off doing something about it.

You must also choose what to eat and how much to eat in a rational way. Very likely, you haven't monitored your dietary details, and it is highly probable that layers upon layers of fat have been

deposited in certain areas of your body. This happens over time, over years, and it represents erosion, slowing down, and ultimately, illness. If your organism is sick, you will focus on healing it. Your evolution as an organism will fall into darkness until the problem is solved.

And you will try to resolve illnesses with a few pills. Of course, medical protocols have their emergency purpose. The downside is that the current healthcare model has turned into a massive industry, where the focus has shifted toward profit and lifelong clients, rather than cured people. Imagine going to the doctor and asking: "How do I cure this illness permanently so I no longer need prescriptions?". Obviously, the system is not designed to give you a quick answer that leaves it without revenue. Instead, standardized protocols will operate automatically: they will order complete sets of tests and an initial set of pills to be adjusted later based on the results, turning a lifestyle issue into a chronic dependency on medication.

You must not limit yourself to this. It is not a treatment or a pill that heals you, but a change in

lifestyle and nutrition, and the elimination of the causes that actually prompted your visit to the doctor. You might not know this, but every pill does both good and harm to the body. Their approval is based on the concept: "this pill does more good than harm." The truth is that you enter a cycle of breaking and repairing...

6.2. Effort and reward

What to eat, how much to eat, why to eat—I won't even mention *when* to eat, as the internet is full of advice. A rational person will observe themselves. They will write down on a piece of paper how often they think about food, and they will analyze what they eat and how much. They will establish rules, such as three meals a day with no snacks in between, and will set a menu that doesn't weigh them down unnecessarily but gives them strength.

After establishing all this, the rational person will realize that food addiction is actually linked to a hunger for energy.

One does not think about the food itself, but about its taste, which provides energy, satisfaction,

and soothing substances. I cannot deny that eating is an energy-generating activity. However, it is a limited generation.

Human energy is replenished through many channels, and this is a rather restricted one. The energy generated is also correlated with expectation and the effort made toward obtaining the nutritional benefit.

Example: you buy a bag of chips and eat it, or you think about a bag of chips for a few hours, go to a store an hour away to buy it, then return and try to savor it by eating slowly. The realization of a plan, of an objective, the effort made and crowned with success, and, of course, savoring the victory. This is the difference between cooking your food or ordering it. Between having it arrive ready-made or putting in the effort to create it.

I chose this topic because a rational mind can only develop as a healthy mind in a healthy body. If you don't take care of your body, your mind will also be affected. Let's return to nutrition. Your training in asking questions will force you to seek information about what each product contains, what it does in

your body, and how it helps you. I encourage you to learn, gather information, compare data, and compare information sources. There is plenty of room for improvement; you can learn from anywhere and anyone as long as you verify the information and ensure it is correct.

6.3. Keep your mind open and curious

Another small trick for mind control is to avoid reaching final conclusions. This mistake is very widespread. In itself, it is not wrong, but it becomes wrong over time. It is not wrong if that is the conclusion based on the data received at a specific moment. It becomes wrong after a period of time when you fail to re-evaluate as new data is added. However, if you have definitively established that "this is how it is," you will reject new data and eventually find yourself with an erroneous conclusion that will negatively influence your decision-making.

Problems arise when you apply "this is how it is" to everything, leaving your mind full of partially or completely flawed reasoning.

I leave it to you to analyze your actions and the justifications behind them, because it requires patience; there are questions to be found, and negative and positive evaluations to be made. We return to nutrition and hunger. Nutrition is, in fact, the primary cause of diseases, especially after a certain period of time—which translates to: after a certain age.

I am not trying to scare you, but I don't want to diminish the impact either. You may be over 40 and already phrasing it like: "Well, didn't I have a different kind of strength in my youth?" Then it is only your fault.

You have managed to lose the strength and power of your youth. On the contrary, instead of being mature, with years of experience generating greater force and overflowing energy, you cannot even say you still have what you had in your youth. A huge part of the blame lies with years of poor nutrition.

You weren't interested in what you eat, only that it be tasty. And you are still doing the same thing. You continue to offer yourself food-related

indulgence and rewards without doing anything to deserve them. If you had put effort into creating them, you could say you deserved them.

The good news is that you have a fabulous organism and you can still correct your mistakes. Learn about nutrition, fill the information gap. Then apply it. Little by little, stage by stage, so you don't cause adaptation shocks. Give your body time to change. Understand that you modified it over many years, so don't expect to transform for the better overnight. Time, patience, perseverance, information—this is the mixture you must apply, and the results will appear. You, on the other hand, will have a goal, you will push hard, and you will endure the struggle to fulfill it.

But that struggle will give you greater confidence in yourself and in what you can do. In time, you will understand that "impossible" means it hasn't been solved *yet*. Yet. That "untreatable" means the cure hasn't been found *yet*. Yet. You will understand that you are light and energy, you control matter, and you can grow—you can become stronger both physically and mentally.

6.4. A small systematization of the most important questions:

How much I eat – we are talking about quantity and, regardless of what you eat, quantity matters. The first step is a calculation in grams. Total grams of food per meal. A rough calculation of grams and a gradual reduction of the portion to achieve the quantitative objective.

When I eat – maintain the weight calculation and organize your meals as early as possible in the morning, followed by lunch around 12:00–1:00 PM, and dinner no later than 7:00 PM. This gives your body time for digestion. It is mandatory in this stage to eliminate any snacking between meals.

A normal digestion takes 6–8 hours, so you have no reason to worry about what happens if you don't nibble on anything (excluding people with certain medical conditions that require constant eating).

What I eat – here you must study what each food contains, start avoiding fats and carbohydrates, look for products that suit you, emphasize vegetables, and avoid cooking by frying. Let exceptions be so

rare that they do not become the rule. This step is very important for its informational value, because you will learn—and you must learn—about your own nutrition.

Why I eat – perhaps this should be called the "higher step," where you analyze whether you eat for the pleasure of eating or for the energy it will provide you. This is a positive thing, even if incomplete. Positive because you will understand the role of nutrition. Incomplete because you shouldn't give up the pleasure of food, which becomes a source of energy.

As an example, think of a log cabin in the forest, covered in snowdrifts, with a wood fire burning in the stove inside.

You are sitting in front of the fireplace with your feet toward the fire to feel the warmth and a mug of a fragrant drink beside you. To this idyllic image, add the smell of a baked pie being prepared in the cabin's kitchen. Does the image improve? It helps a lot in creating a system of positive memories if you develop the memory of smell and taste. To actually have memories of scents and flavors. Don't forget that

the development of the sense of smell is a sense processed at a rational level in the central lobe. The only sense processed there.

Chapter 7 - Physical Exercises

A healthy mind in a healthy body. That's how an ideal story begins. The real story says that no body is perfectly healthy, so, first of all, do a general overhaul—a few sets of medical tests for your whole body so you can put on paper what is functional and what is non-functional. It's not a mistake, so we'll say it again: we list what is functional first, and then we list what is non-functional.

Regarding the medical system, we must admit they are very good at testing and analyzing various substances in the body that serve as markers for certain diseases. Regarding treatment methods, everything changes because financial interests often become more important than the patient's health. If your health permits, then you must perform physical exercises every single day.

This is not an obsessively repeated cliché, but a truth. Your body is made of muscles and ligaments. If they aren't used, they atrophy, they shrink, and in the place where they once were, the organism replaces them with fat. There's no point in going into every detail; let's summarize: physical activity is overwhelmingly responsible for the immune system and the metabolic system.

This means that if you don't move constantly, over time you will move less and less—not as your choice, but because of inability. Separately, the side effects of physical activity are self-confidence and self-respect, as well as positive thinking and the body's energy level. Thus, the following question arises: Do you want to be strong, energetic, and positive?

If your answer is yes, know that you won't like the solution. It will involve a recipe of patience, perseverance, work, and suffering (muscle soreness should become so common that you welcome it with joy, thinking that it doesn't make you suffer, but strengthens you and makes you more powerful). You

will probably say you don't have time. Of course, that is a lie.

Because you choose a part of your daily schedule yourself. Let's move forward anyway and find you some time: in the morning, before chores and obligations begin, allocate one hour for physical activity that you do for yourself and for your health. If you leave for work at 7 and wake up at 6, then subtract an hour. Wake up at 5. Is it really such a big effort?

7.1. A different perspective on movement

When I speak of physical movement, I don't mean going to the gym, because there it isn't necessarily about physical activity, but rather about socializing, comparing yourself to others, and relaxing. I'm referring to physical activity at home, and the most useful physical activity is dancing. Why is it the most useful? Because it trains all muscle groups without putting too much pressure on the body.

As an energetic state, there are published studies on the benefits of dance, including: well-being, vitality, energy, attitude, reduced anxiety, and better emotional management as a result of increased self-confidence—which, of course, comes over time as you repeat the activity and notice your muscles beginning to tone beautifully, and you see that your stomach is no longer barrel-shaped.

For a rational person, physical activity is mandatory. It is essential to be able to focus on rational choices and not on the problems of a weakened body that demands mental priority for a solution. It's not about convincing anyone of the training's utility; that's exactly why I recommend doing it at home. Alone.

Why at home? Because you can't use the excuse of the commute—"I'm not going today because it's too far." Your motivation won't be distorted—you do what you do only for yourself and your health. You don't care about other opinions, whether that exercise is better or not, and you don't care who says you look good or who says you don't.

If you choose dance as your movement activity, you can choose how you dance; it is your decision alone. You can pick a playlist with the songs you like most and listen only to that set every single time, without anyone complaining that it's boring. You can dress appropriately for dancing: sporty, provocative, or, why not, in pajamas. Or you can ditch the clothes and dance naked. It is your choice and it's for you, so the choice is yours.

The recommendation for dance is a universal one. Almost everyone, regardless of age, can practice this type of training. Although it's good not to stop at just dancing, but to also compose a set of exercises for whichever part of the body you want to develop. Study which muscles are trained by certain movements and write your own workout. Why do this?

Because only you care about yourself. If you go to an instructor, they will put you in the same group with other apprentices, without considering that every organism is unique. Better developed in one area, weaker in another; the training recipe must be individual. Of course, they won't have the patience

to do that; instead, they will show you sets of workouts and tell you: "You want a physique like mine? Do as I do." They won't understand that it's not about muscles, but about health. Related, yet distinct. Health means much more.

7.2. Availability to effort

Let's continue. You shouldn't think that you've solved everything through training. You must address your willingness to put in effort. Humans have a very well-developed predisposition toward comfort. Let's look at a few examples. If you go to the store for groceries, you tend to park as close as possible, don't you? That is the predisposition toward comfort. Why carry heavy bags all that distance?

Another form of comfort-seeking: you order food from the couch, on your phone, so it comes to your door. You find the justification that you don't have time to do the shopping, yet you spend an hour on social media after ordering, waiting for the delivery. You get to the office and group up with several colleagues to send someone to get lunch or you order it in. Anything to avoid activity. All for the

sake of comfort. The next stage would be to hire someone to chew your food for you, just to avoid the activity of chewing.

There are many examples, and I assume that if you think honestly, you will find even more situations where you chose comfort over effort. Now I hope, however, that you understand what you need to work on to gain a willingness to exert effort. Arm yourself with patience, because these are things that don't change overnight, and there are no shortcuts.

As I was saying, it is a long and hard road, but sprinkled with true rewards. However, I feel obligated to ask you not to rush your organism. Precisely because it doesn't change overnight after years of decisions leaning toward comfort, rushing will lead to muscle tears or other injuries. Therefore, postponing the moment will no longer be a choice, but a necessity until you recover.

Also, learn patience well. Set monthly targets, then targets for three months, six months, and one year. Never more than a year, because it is too far off and you risk falling into despair, where you'll say it's too hard, it's too far, and there's no way you can reach

that target. It's like a 100-story building. If you look at the top floors, they seem difficult, if not impossible, to reach.

If you take each floor individually, one to climb for each objective, then you achieve something. In time. You realize that, no matter how much time is required, you have the capacity to get there. Take each floor as an objective and always just one floor, until you gain the self-confidence that if you take it step by step, you will go far.

7.3. What do I earn and in how long ?

Let's correlate physical activity with the transformation of the food you eat. During your activities and workouts, you consume energy. Your own energy, produced by your body as a result of processing the macronutrients you ingest. Like any organism, you are adaptable and comfort-oriented. This means that once you have finished a set of demanding activities, your body will establish new rules.

If the activity was demanding, your energy levels will increase, muscle capacity will grow, blood flow will improve, and much more. If you repeat the activity, the body will maintain these new rules, but if you stop and don't repeat it, it will scale them back. In reality, it is the body's natural tendency toward comfort: if an activity is hard, the body will make it easier with each repetition until it becomes comfortable.

Constant activity will force your body to become stronger so that the discomfort of the activity decreases. Regarding timing, this usually happens between 6 and 9 months of sustained and fairly intense activity—5 days a week, with a training duration of 1-2 hours. After this period, the level of exercise drops from demanding to acceptable, and this is a signal that you have become stronger.

That is the moment when you must add something to your workout to make it demanding again. "Demanding" actually means that it requires you to develop, to become stronger. This is where the rule applies: if the path you are on is too easy, it means you are on the wrong path.

Physical development is accompanied by energy development. The charge/discharge cycles become more intense, and thus you will store, generate, and use more energy. Energy is pleasant and can have various uses. Consider what perseverance really is. As I said, 6 months don't pass that easily. But 6 months in which you are in pain, you suffer, and you feel your whole body changing will feel even longer.

There are several ways here to approach the big picture. The first would be to analyze the results only over a longer interval. Miracles won't happen overnight, but in 30 days, let's say, you will see some changes. If you look every day, you won't notice any improvement. To keep the big picture on track, I'll give you an important tip: take a break when your body asks for it.

A break is useful for recovery and is an internal report that you receive. If you ignore the break requested by your organism, you might push too hard and need a total shutdown to heal. Therefore, it's better to hit pause and let the big picture stand still for a day than to be forced into a break for several

weeks. Another method you must consider relates to your mental construction.

You must realize that you are doing this only for yourself. You must realize that it doesn't matter what anyone else says about you or your training. Because they *will* say things. You can be sure of that. They will speak out of hate and envy. They don't actually hate you; they hate themselves. You become their example because you are doing something for yourself and putting in the effort, and they are incapable of doing that.

Because they see you putting in the effort to become better and they are unable to do so, they will try to discourage you. If you succeed, keep your direction, and become better and stronger, they will be forced to follow in your footsteps. Maybe even ask you for advice. That is the moment when, after all the nastiness, they actually admit they are beginners compared to you.

This is the mental construction you must build: patience, perseverance, and awareness in choosing and respecting your chosen path.

7.4. Start from the bottom to reach the top

Let's go back for a bit to what the workout consists of. I recommend anything that involves movement; however, when choosing exercises, start with those that train the joints. Regarding joints, we have: the ankle, the knee, the hip, the shoulders, the elbows, the wrist, the neck, the fingers, and the jaw. Use rotations, stretches, or any other element that helps the joint. These should be done repetitively, but without pressure or weights. Strictly to work the joint.

I assume you've done a neck rotation and it cracked. That is what you're trying to clear, to repair. If you do 30 neck rotations a day, it will crack for about 2 years. After that, it will move as if it were well-oiled. Over time, you will see the benefits become increasingly visible.

I cannot help but point out the complexity of the human organism. It does miraculous things if you ask it to. You must show it what you need.

You must show your body that you need your joints in order to do the workout. How do you show it? Through pain. Only when it hurts does the body

take action. That is when it will strengthen and repair the painful spot so that, in the future, it becomes stronger.

You choose this objective when you choose which activity you want to do.

If you think you cannot do something, perhaps you should take the example of a woman who carries a pregnancy for 9 months. During those 9 months, maybe you should read and understand the incredible changes she can achieve. Then, perhaps you will understand that your adaptation efforts will be crowned with success, because your organism's limit is very high. Also, recovery is incredible; you can take the same example of the woman who resumes all her activities just a few months after giving birth.

We are humans, whether we are men or women; therefore, the capacity for adaptation is similar. You just have to choose, to want it, and to follow your path. After the joints, you can start with the muscles, but it would be useful to always keep the goal in sight. You don't need to lift 20 kilograms all

at once. To grow muscle, you must lift 1 kilogram 20 times to create a high-quality, unforced muscle fiber.

Repetition instead of force also helps minimize the risk of injury. Go ahead and choose complex physical activities where, alongside movement, you also use your mind to find strategies that the body must then apply. Sports are one of these types of activity, with different benefits depending on which part of the body is trained more, but all sharing one thing in common: the mind-body unification in conscious and total action. This is perhaps the most important thing to achieve.

Chapter 8 - Fear and Emotions

Fear is your decision. It doesn't appear out of thin air; it's not something uncalculated or uncontrollable. It arises following a reasoning process, when you establish certain data, and based on that analysis, the brain alerts the organism to be afraid. One of the most common reasonings for fear is an incomplete one. Someone comes along and scares you with a loud, nearby noise.

Your hearing detects the noise and sends it to the rational brain for decoding, which then has to make a decision.

Since you had more or less some knowledge of what was happening in your immediate vicinity and did not anticipate the possibility of a loud noise, the brain's response is: "I don't know, therefore fear must be activated." This response comes coupled with the intensity of the noise, which demands a rapid

reaction. If it had been a soft noise, you would have had time to think: "I wonder what that is?"

Thus, fear is activated to increase the heart rate with the goal of filling the muscles with oxygen, preparing and tightening them for effort. The brain is flooded with oxygen to process everything faster and better. To increase the volume of oxygen quickly, you will breathe through your mouth and not through your nose.

Separately, the stomach will stop digestion and intestinal movement, tightening up to protect internal organs and to ensure availability for a violent and rapid effort.

Vision will begin to blur at the edges of your focus, while the focus area itself will be very tense and clear. All this preparation is a readiness for both fight and flight. More accurately, it would be called survival preparation. So, fear is not bad in itself, but very useful. However, you have been manipulated to see it as something negative, unworthy, and shameful.

To help you understand better, we will use the term "survival instinct" instead of "fear." You can

replace it everywhere: the survival instinct activated, accelerating the heartbeat, temporarily blocking digestion... Does that sound better? Definitely. This is how human society is built—through manipulation. Fear is not bad; it is very useful.

A fearless person standing next to you when a grizzly bear steps into your path won't be very happy. Why? Because they will look at the bear and evaluate what they should do, wasting precious moments. Meanwhile, you, with your survival instinct already activated, are testing your speed limit to run as far away from the bear as possible. Because that's what fear does: it makes you faster, more reactive, and as powerful as can be.

There are no problems when we speak of correct, healthy fear with real causes. The problems lie in imbalances—too much or, conversely, too little fear. This is where the rational brain steps in. The rational brain needs data and processes data. A bear confirms instantly that choosing fear is a good choice.

On the other hand, if an aggressive gander comes toward you, we are talking about unjustified fear. Why? Because if you give the gander a couple

of slaps, it will fly away. And if it persists, you turn it into a roast. A lack of confidence is a very common cause for this erroneous decision.

However, often the error of correlating with past situations is made—like when you were little and might have been attacked by a gander. Although no event ever repeats itself identically, you have a memory, and you must control it and understand that you are no longer small; you have grown physically and/or mentally.

8.1. Choices

I'm coming back to the part where fear is your decision. You can choose to activate it or you can choose to deactivate it. How? Activate the rational brain and fear deactivates. The rational brain is activated through nose breathing. Because the oxygen intake is limited, a racing of thoughts that triggers the survival instinct cannot occur. Therefore, thoughts will continue rationally, through analysis.

The second magic lies in activating your sense of smell and dampening the visual and auditory accelerator sensors. As we've discussed, this is

because smell is the only sense decoded in the central lobe—the part responsible for reason. You might not remember, but when you were a child and were afraid, you would close your eyes, wouldn't you?

The eyes are the primary emotional accelerator for decisions. They provide focus, but also the blurred vision that gives you a false state of dizziness. So, you've known since you were little how to diminish fear; you just forgot. Or maybe you knew, but you weren't consciously aware of it. Now, things will be different. As a small tip, it is very useful to practice breathing exercises. We have discussed this topic before, and we will repeat it for better mental recording.

Breathing exercises... you'll probably wonder what on earth breathing exercises are, since we all breathe and we "practice" it all day long. Let's explain a bit. When nose breathing won't work, when the fear impulse is triggered, when everything must be done now! now! now!, breathing will be very hard to master.

So, you will struggle to breathe through your nose, feeling like there is too little oxygen and that

you are suffocating. You will breathe through your mouth every now and then, and you will struggle to keep inhaling only through your nose. The standard exercise says to inhale through the nose and exhale through the mouth while counting to 3. On the fourth time, breathe entirely through your mouth.

Then, repeat the set of inhaling through the nose and exhaling through the mouth while counting to 3. Through this struggle, you will calm your body down. You will control it and allow it to do only what you permit it to do. Even when you release your breath and use only your mouth for 2 or 3 breaths—which you must count—that too is a controlled release.

You must practice this exercise so often that it becomes a reflex. You will see how much it matters then. I cannot explain it any other way. For this entire system of inhaling, exhaling, and counting, you must establish a key phrase. For example, count and say in your mind: "Only the breath matters."

You say it every time because it is a truth—to survive here, now, you need nothing else but to breathe. Separately, you must clear your mind of any

other thought and focus on the key sentence. If you have training, you will also have stamina. How many times should you perform the necessary breathing to calm down: as many times as it takes. You repeat it until you calm down.

For intense fear, it might take 20-30 sets to bring things under control. The good part is that if you do this, the possibility of a panic attack disappears. Without a large and rapid volume of oxygen, a panic attack cannot trigger. With time and the repetition of these exercises, you will control fear even in extreme situations.

It might be useful to have a brief summary. If you feel fear beginning to surround you, close your eyes and sniff the air around you, then name the scent you detected. If you've moved past this phase, apply the breathing system until you can return to activating your sense of smell. If you've cleared that stage too, fight to take control of your breathing and clear your mind of any thoughts because, in fact, only the breath matters and you must fight for every breath. This is how you control the instinctive through the rational.

8.2. Understanding and accepting your emotions

Let's move a bit into the side of emotions. Emotions are positive and negative. We know about the negative ones because we have already discussed one of them: fear. Also among the negatives are sadness, anger, jealousy, and guilt. The positive ones: love, joy, hope, gratitude, and enthusiasm. In the somewhat neutral category, we have curiosity and restlessness. Why are they somewhat neutral? Because they are transitory; they wait for more data before a decision is made. There are many lists available on the internet for every single emotion, and it is quite a long list.

What matters is what they all do: they all make your heart beat faster, they all bring back memories (good or bad), and they are all worth experiencing—even the most difficult ones, like terror or panic—because they provide an extra boost of confidence after you face and conquer them. Facing them is easier after the first encounter or, as I like to say, only the first hundred encounters are harder; then things become simple because you will

be a veteran who has fought terrible battles with the most terrifying fears and won. This is worthy of respect. This makes you human, makes you evolve, and at some point allows you to say: "Bring on the next opponent!"

After you overcome the sensations, you will ask questions to find out why it happened. Depending on how you ask the questions, you can either create traumas or free your mind. The most common error is to erase everything, telling yourself it was too intense, too dangerous, too violent, and that you never want to experience something like that again. This is the first step in activating a protection system; you reinforce it through habits, and over time you will notice that only the habit remains—the one you are afraid to break—but you no longer know why and it doesn't even seem like a rational principle.

A common example is related to the suffering of hunger accompanied by terrible pain. Perhaps you had a project you were involved in for many days, working from morning until night, forgetting to eat. From physical or mental exhaustion, you began to feel dizzy and then fainted. You woke up terrified and

established the following principle: that not a single day must pass without eating. Over time, you developed a fear of skipping any meal. This is the mental process in which you end up being afraid if you miss a meal, without even knowing why.

Rationally, going a day without eating shouldn't involve any physical problems. On the contrary, intermittent fasting has proven health benefits. We could choose many such examples, but I would rather leave the initiative to you to search throughout your life and discover the initial factors based on which you developed flawed reasoning. This could actually be called the first step: to know the initial fear. To understand where your reasoning started, what those reasonings were, and what you promised to do as a result of that fear.

Correctly phrased, it would be: what you promised *never* to do again. Does it seem easy? All you have to do is flip through your memories and bring to the surface all the moments when you felt fear. Afterward, begin to recall that experience. You must recall the complete experience and analyze everything that happened. Look at the details of the

memory—the colors, the light, the smell—as well as what happened before and after the event. Observe yourself as if you were a character in a movie. Analyze what you felt, how you reacted, and what symptoms the fear was giving you.

Absolutely all details are important. After you review everything in detail, you must track the changes in your "never again" promise over time. What did you add to the promise, and how did you modify it? Once you follow the thread to the very end, you will receive the answer to why you do—or don't do—one activity or another.

8.3. Build and tear down: How to tear down the shrines of fear to reclaim your freedom

If it is still difficult for you to repeat the activity, find another similar activity to do and imagine that it is, in fact, the activity considered forbidden. And finally, face exactly the activity you established as forbidden. To do this, you must keep two important things in mind: 1. Nothing is ever the same; every experience is unique in time and context.

2. You have been through the experience once before and, even though it was hard, you survived.

All the stages are difficult, and perhaps the hardest is finding the mental thread, especially if many years have passed over it and many reasonings have been built on top of one another. To find what you need, you must look where you are a prisoner. I'm referring to the activities that restrict your freedom. Common activities that you perform day in and day out. Take everything you usually do in a day and analyze it, and for a few days, do not repeat that habit.

If there are fears beneath that habit, you will realize it immediately. For example: you drink coffee in the morning. Go 2-3 days without coffee and without any other substitute. Or you watch TV in the evening—don't turn on the TV at all for 3-4 days. All these experiences will bring you answers. And those answers are, in fact, data you can work with. The more data you have, the more correct and complete the reasoning becomes.

Perhaps this is how you received the answer as to why one thing affected you terribly, while

another similar thing passed as if it never even existed. You let it enter your mind, but you didn't let it leave, and all your actions called "never doing this again" are, in fact, a shrine of remembrance. Remembrance means you keep the fear locked inside you and don't release it. Analyze yourself to find where it comes from, how it appeared, and what you have built upon it.

Then face what remains. You will realize it is useless to face it once you observe and analyze all the motivations along the mental thread, but you must do this for your subconscious. You prove to yourself that you have removed the wrong idea, that you have corrected the reasoning, and the old shrine of remembrance no longer exists, so it can fade into oblivion.

8.4. Forgiveness

The final stage that must be completed, either before or after facing your fear, is forgiving yourself. This is important because, by following a logical thread in your analysis and the habits you've built, you will inevitably reach the conclusion: "How

foolish I was!" Because of this thing, I couldn't live this or that experience. While life was right there beside me, asking me to take advantage and enjoy it, I was stuck thinking about fear, waiting only for bad things to happen.

It's true—you willfully gave something up, and you built your entire life around the idea of not fully enjoying any experience just to avoid reliving the trauma. I speak of a trauma in the singular, but it is never just one. Once that same edifice is built, it will rise again in other difficult situations, and it becomes very easy to reach a point where all your decisions are based on what you *shouldn't* do.

This is how you reach stages of complete negativity, where you are afraid to make any decision for fear it might lead you into one of the many flawed and negative reasonings you've recorded. This is why you must forgive yourself and set out on a new beginning. Regardless of whether you find the specific thread of fear that generated the trauma or not, it is vital that, from the moment of your new beginning, you do not add any new fears.

Observe every situation and every reasoning and, whenever it happens, let go of the feeling without building anything upon it and without letting it affect you. If you do this, the old you will remain the same, while the new you will become stronger with every experience lived. At some point, you will become so strong that the old you will seem small and insignificant.

Patience, time, and an open heart for life's experiences—this is one of the best remedies. To reach the point where you feel that time is passing, but it is passing in your favor.

Chapter 9 - Good memories vs bad memories

The goal of a rational person is to seek wisdom. The truth is that wisdom can exist everywhere, but that doesn't mean it actually does. The greatest lesson from which wisdom can be extracted is the lesson of life. It teaches you all the time, only you aren't always paying attention or willing to learn. Fortunately, there are memories. The events that happened in your life actually define your personality. This is precisely why each of us is unique.

We have talked about fear. Know that most fears originate in childhood, starting with parents scaring you with something so you would behave. We could call this a type of initial fear. Along with this, the first initial doubt was also added. It is somewhat sad that your teachers—namely, your

parents—truly wanted what was best for you, but for their own comfort, they resorted to a lie.

The first big lie: “If you don’t behave, the Boogeyman will come and get you,” with alternatives like, “If you don’t eat everything, you won’t grow big.” It might seem distant, but know that you recorded that memory as a bad memory and built habits from it to protect yourself from the recorded threat. From there, you built a setting to follow rules and be “good.” There are many memories you don’t recall. You call them forgotten.

But know that they aren’t forgotten; they are carefully stored. They aren’t brought under the investigation of your rational mind. However, the subconscious keeps them all active. Well, now let’s see how memories help you. Indirectly, because they project your future. The future is not influenced by your current decisions alone. Something has already happened—the construction of you, the person making the decision. That is why the past defines your future.

More precisely, the past defined your decision-making traits; therefore, the next decision

will follow these traits recorded in the past. However, you can change the future if you change the past. Any decision of yours becomes the new past, and if your decision breaks previous parameters, then the future starts to be more unpredictable. You can change your past at any time and any hour.

For this, you must know yourself, know your past, reactivate both good and bad memories and understand them—see who you were, how each one changed you, how you developed afterward, and how you can change or develop them now.

9.1. The magic of memories

Memories are good and bad. The good ones give you energy, change your mood, and fill you with joy, respect, and power. To quote an interesting movie that hides much wisdom: Harry Potter was taught about the magic of *Expecto Patronum*. How did this magic work? You would look for a powerful memory that made you very happy and invoke the spell. The spell was like a powerful, shimmering wave that chased away everything negative and protected you.

You can perform exactly this kind of magic in reality using a memory that made you feel true happiness, provided you surrender completely to that memory and eliminate every other thought. Float in the details of the memory. Perhaps not the best example: when you first rode a bike. It appears to you like an aura; you see yourself looking at the handlebars, you see how you moved the pedals, you feel the wind hitting your face, and the pressure you used to push yourself forward.

You must activate all the details of the memory, unpacking them completely. Remember how the sky was, what colors and shapes the clouds had, what scent was in the air, what was around you, what you saw as you pedaled, whether it was morning or evening, and if you met people on the road. Secondly, your body has memorized every sensation. You memorized the muscle tension, the success of pedaling, the flexing of the knees, perhaps even the scratch from the helmet.

You must feel all of these physically to let the memory work its magic. You must constantly study your memories. Only through exercise will you bring

the ones that are hiding into the light of the rational mind. Only after you study your entire past can you understand who you are, what defines you, and why. At that moment, you will realize that the future is your choice. You will see your current future, and perhaps it will satisfy you, perhaps not, but you will have the possibility to change it at any time.

No matter how easy it seems, I'm telling you it isn't. Again, you will need the recipe of patience, perseverance, and constancy with positive and negative analysis, especially if you study the past too much. You risk forgetting the present or disliking it and making hasty decisions. That is precisely why the recommendation is to set out on the path of memories by searching for both positive and negative ones at the same time. Number and analyze each memory, regardless of what it's like. See how it can help you, see how it changed you.

What energy the positive one can give you, or what weight the negative one has attached to you and what it deprived you of when you said you'd never do something again. Your memories are, in fact, the essence of your consciousness and what defines you.

If you don't think about them and access them, the dust of forgetting will settle over them, and it will be hard to bring them back into the light to use them. Because, in fact, that is their role: to learn from them and use them.

9.2. You have the power within you to learn

Memories are, in fact, energetic weapons; they are sources of self-respect and self-confidence. When you bravely faced situations and succeeded—those are lessons you must never forget. Experiencing a memory is a totally different thing from understanding the lesson within it. When you start analyzing your baggage, you will discover that the negative ones are the most clearly defined. Your organism, in its greatness, tries to help you by bringing them to the forefront of your analysis so you can avoid them in the future.

The most frequent error is staying in the negative emotional state of the memory instead of moving into its advantages. What you learned from it, how much strength it gave you, how you got

through it, how you fought, and how you recovered. These are the positive aspects of a negative memory because, in fact, no memory is useless. They are all there for a purpose: to learn about yourself. You must look at them detached from the negative side, from the suffering.

See the reasoning, the decisions, the mistakes, the context, and only at the end, the emotions. You must see things from the perspective of your strength and adaptability. To be able to say it was hard, but I managed, because that's who I am: adaptable, resourceful, patient, and with a solid survival instinct. What the world says about you doesn't matter at all when you know who you are.

9.3. Erased or forgotten memories

Normally, as memories, the most intense ones are recorded much more strongly in the mind. It's normal because they are linked to fears and recalled through avoidance patterns. That is precisely why negative ones seem stronger. And they are, because you haven't recalled the positive ones as often; you

haven't built activities to remember what made you happy. Separately, even if you've done the activity that makes you happy, according to the memory, it loses its shine over time and, little by little, turns into a mundane activity. You forget why you still do it because it's not dangerous to forget that you were happy.

Is it not? Why do you think you often have negative thoughts and a depressive predisposition? Because you record what is negative and forget what is positive. When you draw the line, you discover a clear negative baggage and a positive baggage that is in a fog; it's as if it was there, as if I liked doing this or that, and you reach the question: what do I actually like to do? What gives me joy, satisfaction, happiness? This is you, trying to balance things without considering that you already know a lot of things that make you happy, but now you only find excuses not to do them anymore.

Comfort demands sacrifices and takes away from happiness. Comfort is not happiness. Let's take an example: playing ball games in childhood. You didn't have comfort, only happiness. Now, you can't

recreate the memory for various reasons. That you are no longer in shape—even though you've forgotten that even chubbier kids used to come out to play. Another excuse—you don't have time—you only lack time if someone else makes your schedule. Or: "I have nowhere to play"—seriously? I won't even answer that here.

Maybe you'll say: "I have no one to play with"—that's a good thought. It's true, you don't; people prefer comfort, using the excuse that they've reached an age where they no longer play. (Perhaps, in fact, it should be interpreted that they've reached an age where they no longer need happiness). These are your friends, who choose comfort and urge you to stop this nonsense and respect "doing nothing." You can make the decision that brings you the greatest benefits. If you don't know which one it is, you can use this criterion—the decision you can tell a story about when you grow old, the decision where you actually *do* something.

9.4. Erased or forgotten memories – continued –

Another question will be: do you have the right friends? Don't think about that. It's not their fault; it's yours. Because at some point, you stopped socializing. You built walls and stopped letting anyone get to know you. You stopped meeting new people. This might seem like a normal thing as a result of negative experiences, disappointments, and inherent betrayals. But this reasoning is also wrong.

If you consider that all beings change, including you, then why do you assume that new changes will maintain old relationships? Or that people who have changed will be like they were before? People change for both better and worse. Somehow, up until a certain point, you didn't expect them to change for the worse.

Did a friend betray you? In reality, they were just pursuing their own interests. They didn't actually betray you; after all, they hadn't sworn an oath or signed a contract with you.

Did people who made mistakes or caused problems that affected you disappoint you? Everyone

makes mistakes—you, them, and me. If they messed up and you suffered some of the consequences, as a friend, that should actually seem normal to you. Instead, you probably reacted with dignity, paid your dues, and then forgot the phone number of the friend responsible for the situation. We could go on with the reasoning, but I think you get the point.

You asked the world for constancy and for things not to change. You asked this of a world defined by permanent change. That is your mistake. Own it, forgive yourself, and fix what you got wrong. Is it right that you blocked socializing and stopped meeting new people? You moved from having friends to having acquaintances with whom you are careful and distant, making sure they don't find out too much about you so they can't hurt you. Still, your conclusion is that you would like to have friends you feel good with.

But you exclude friends who stand by you through thick and thin. Only through the good times... When you have problems, you prefer to rely only on yourself, and expect them to do the same... Honorable, but without perspective.

Without perspective because every time you accept a new friend, you force yourself to adapt a little. It forces you to become better, and you just want to be comfortable. Change means adaptation, and you are basically giving up on adapting. Any memory shared with someone you lived it with is a magical thing. Practically, a part of your essence and that of the other person is shared (memories define what and who you are).

9.5 Never-forgotten memories: How to overcome isolation through the power of love

Let's also talk a bit about the loss of loved ones, as it relates to this subject of distancing oneself from friends. Loved ones never truly disappear; they remain in your memories exactly as they were then. They never leave you as long as you do not forget the memories you created together. Commemorations serve this very purpose: for remembrance. The absence or passing of dear beings means you can no longer add new memories to the existing ones. But no one can erase what has already been from your heart.

The suffering of loss is felt much more intensely if you isolate yourself, as most people do. Let's do a cold, mathematical calculation. You lose a good friend, and you only have 4 friends in total. If you had 30 good friends instead of 4, the loss would not be felt as extremely. Why? Not just because of the number, but because of the shared memory. Your love, shared equally among a large number of friends, is less impacted. Additionally, shared suffering and shared memories work with greater force to move forward.

If you are left with only 3 friends, you have lost 25% of your total affection and your team; separately, you begin to think that so few of you are left and that perhaps your own end is near. This is gloomy, negative thinking that casts a stain on life. I hope I have been explicit enough and that you understand the consequence of your decision to isolate. We might revisit this important topic; for now, let's look at the advice and moral we gain: by trying to protect yourself from suffering, you have closed off your own paths.

In trying not to be disappointed, you have loved less and less, and a loss takes from your soul and heart instead of taking from what you have built on top. Beautiful memories are built alongside other people. They don't have to be the same people, but you must put in the effort to develop relationships so you can create memories. No one is forced to do this; take the pressure off, lower your criteria, and let diverse people become your friends while you simultaneously try to be a friend to them.

Also, love as much as possible. Preferably as many beings as possible. Whether they are humans, pets, or trees you talk to, it doesn't matter. What matters is having a soul and heart full of love, not just for a single person. For a single person, it is called dependency...

Chapter 10 - The New - A Constant Search

Regardless of who you are, what your purpose is, what responsibilities you have, or what you like or dislike, the search for the element of "new" must be mandatory and constant. Throughout life, every person tends to seek comfort, to eliminate what they did wrong, and to limit themselves to activities they know and where they won't encounter unpleasant surprises. When something bad happens in a familiar activity, they simply toss it aside along with other eliminated activities, without taking anything else into account.

Do you find yourself here as well? Do you know how many things you have stopped doing because of unpleasant situations? In essence, this is not a benefit; it is not the correction of an error, but a punishment. You have punished yourself with the current formula: "I am never allowed to do this

again." Well, perhaps your expression was more elegant: "Rather than doing that, I'd better choose to do anything else. Who knows what might happen this time. If it happens just like last time..."

It is time to forgive yourself. It is time to realize that every adventure is entirely unrepeatable. It is time to trust yourself. I am going to give you an example, but I ask that you do exactly as I request, because it is part of the exercise. Fill a bottle with hot water. Tighten the cap well so it doesn't leak. Wrap the bottle in a towel and hold it on your abdomen for a few minutes. While it takes effect, we will continue the reasoning about the "new." Take great care not to burn yourself, yet still enjoy the warmth.

Let's return to forgiveness. Forgiveness is within your reach, and only you can grant it. Inner peace starts here—from the balance between the forces existing inside you, and this is achieved only through forgiveness and acceptance. Take a piece of paper, write down the mistakes you have made over time, and then burn it. Accept yourself, love yourself, and forgive yourself. The moment the paper has

burned completely, do not even mention past mistakes again. Let it be a closed subject forever.

10.1. Learning and relearning

After you have made peace with yourself, think about what you have stopped doing because of the causes you established. Did those activities bring you pleasure? Did they have an element of novelty or unpredictability? Any element of novelty creates new connections in your brain in the great process of learning that should last a lifetime. Once you have gone through a new situation, you have already gained experience and completed the necessary tasks (better or worse). The more intense the new experience was, the more strongly you recorded a solution and an adaptation technique.

You repeat the new experience a few times or dozens of times, and you will notice that things become a reflex and a slight monotony. You repeat it a few more times or dozens of times, and you are already bored with the activity that was once new and pleasant. You know this is true, don't you? Then why do you doubt that reliving a traumatic experience a

few times or dozens of times will follow the same path? Changing from trauma to disgust, monotony, and eventually boredom.

Once you have gone through the experience, you have already acquired the qualities to get through it. The second time, you already know what to expect; there are no more surprises to catch you off guard. Are you waiting for the right answer? In fact, you are only thinking about the bad part of the trauma, emphasizing the suffering and diminishing your patience. You emphasize the agony and diminish your power to fight and move on. Oh, yes, surely you could have handled it better; you could have found a better solution. However, you managed, and now you can tell the story.

If you hadn't managed everything you did then, you wouldn't be reading these lines now. In fact, you no longer trust yourself, do you? You don't trust that you can handle it if that situation arises again. Even though from then until now you have accumulated knowledge, reflexes, and experience. So you know more, you have more experience, and yet you believe that your past self was a better version

than you are now. Your conclusion would be that your current version, which is better and more experienced, is weaker than the old version. Do you understand where the error in your reasoning lies?

10.2. The water bottle lesson: How to transform your fears into unwavering confidence

Let's return to the hot water bottle for a moment. You can look at it and be proud of yourself. Why? Because it is proof that you trust yourself. It is a bottle containing a hot liquid, dangerous to you. You were mindful of the danger the entire time, but you never once doubted yourself while handling it. You knew you wouldn't remove the cap because you trust yourself.

You knew you would pull it away if it burned too much, because you trust yourself to protect yourself.

Thus, you thought only about the warmth it emits and didn't think: "Will it burn me?". You should be proud of yourself and realize that you have great

self-confidence. There are so many things you do because you trust yourself and they seem easy to you.

The hot water bottle says so much. For example, your fears are actually thoughts of preparation. You think about a situation to eliminate variables and elements that might surprise you.

You can choose not to think and say: "I will handle it when it happens, if it happens," or you can charge yourself negatively by thinking again and again about future situations. The bottle is hot and will burn you if you put your hand on it; however, if it burns too much, you can lift your hand and stop the discomfort.

If the bottle were to break and you were burned, the pain would not compare to the slight burn you feel when you touch the bottle. If it were to break, you would no longer be able to stop the pain, the suffering, the discomfort.

It is the same with negative thoughts. It is useless to hold onto a thought about suffering just so it won't shock you when it happens. The burn of the thought will never compare to the accomplished fact. So, it is pointless to prepare for a difficult situation

that *might* happen. Nothing compares to reality—what you will feel then: the pain, the suffering. Thinking about what bad things are coming is just a waste of time and energy, and a negative burden.

I have known people who were terrified by the thought of losing their loved ones. They tried to distance themselves from them so they wouldn't suffer as much when the time came. I told them: "Why do you touch it (the fire) every day?" Do you think it will be easier for you when you actually get burned? Are you giving up memories you can still build today with your loved ones for nothing? It is for nothing, because regardless of what you do, you will suffer then, and that suffering will be beyond comparison. Instead of living every day, you are waiting for hardships and problems.

And guess what: they will come; you will suffer, you will struggle, you will rise, or you will fall. But only then, not now. A beloved animated film said: "Yesterday is history, tomorrow is a mystery, but today is a gift. That is why it is called the present." The bottle system can be applied to very many negative thoughts. Perhaps even to all of them if you

consider that through your actions, you either tighten or loosen the cap.

Do you smoke? With every cigarette, you have loosened the cap a bit more. Do you exercise? The cap has been tightened a bit. Do you eat junk food? Again, you have loosened the cap. Do you follow a preventive diet? Again, you have tightened the cap. Just remember that you can loosen the cap until it comes off the threads, and then you get burned. And you cannot know how much thread is left before it falls... Apply this to fears of various diseases. If the cap has fallen, it means you have fallen ill. If you have tightened the cap, it means the chances of getting sick decrease.

Say what worries you and see how you can tighten the cap, and on the other hand, what you are doing to loosen it. The good part is that you trust yourself. You proved this to me after you went through the hot water bottle experience. If you trust yourself, then you must try new things. New things can be good or bad, depending on which angle you view them from, but all of them—absolutely all of

them—bring you benefits in learning, adaptation, and knowledge.

10.3. Reasoning to try

Humans are like a piece of clay. The more you knead it, push it, and press it, the more elastic and pliable it becomes. More accurately: adaptable. Conversely, if you don't expose it and keep it doing nothing, it becomes hard and rigid. Life has a habit of hitting you. You know this, and if you don't, you will find out. If you strike a hardened piece of clay, it will shatter into pieces. If you strike soft, elastic clay, it will only change its shape, but it will not break.

What matters in life is how much you can take and rise afterward. If you break into pieces, it becomes impossible to pull yourself back together. This is the role of the "new" in your life. Only this prepares you for the shocks to come; only this makes you stronger. Because strength lies in flexibility and adaptation. Seeking the new requires effort, it requires you to trust yourself, and it stands in conflict with comfort.

Comfort is the fear of losing what you have, extended through negative experiences to everything you possess. You don't lose what you had; you change it. You change yourself into a better version. To what extent? That is your choice within the great nature of creation. Do not hesitate to set out on the path destined for you. It is an unknown path because all your decisions change it every moment, but it is a beautiful one. Facing the new requires courage; it requires taking risks.

You may end up in good or bad situations, but if you don't try, you have no way of knowing. What does "the new" actually mean? Experiences of the new fall into two categories: the unique and unexplored new, and the forgotten new. The forgotten new refers to what you used to do many years ago and, over time, forgot or refused to remember for various reasons. Giving up on your memory is like giving up a part of yourself.

Let's say a small part, but still a part of you. Physically, would you give up something of yourself? A finger or perhaps a nail? I assume the answer is no. Then why not make the choice to keep your mind

whole as well? Why give up a part of yourself? The advantage of the forgotten new is that not many new variables appear; you don't create many scenarios about what might happen.

Because it is a familiar activity, even if forgotten. As a small side note, have you ever tried to look for everything that might go well in an activity? I'm sure you've tried to imagine everything that could go wrong, but have you looked for the other possibility? Try it, especially in the situation of the absolute and unexplored new. Outside is a world full of opportunities, beauties, and mysteries—or outside is a world full of dangers and misery; they actually refer to the same thing.

In fact, it is not a "thing," but a ratio. It is a ratio of the world seen through your eyes. You don't realize that you are negatively charged, and that's why you see the dangers as greater than the benefits. You see the glass half empty instead of seeing that it is half full.

10.4. To understand warmth you must learn cold

Positive energy balancing, which we have discussed in previous chapters, but which we will refer to again as it is very important. You must fight against permanent negativity. Other people will try to pull you into the darkness along with them, but you must remain in the light. Light means the balance between positive and negative. To do this, you must be aware of everything you experience and divide the negative into one side and the positive into the other.

Separately, you must establish a set of positive things to recharge you when you need it, and here we find the true role of hobbies and passions. Doing what you love most recharges you and balances the negative-positive ratio. Notice that I refer to the term "balancing." This implies not just doing activities you like, because an imbalance can also occur through too much positive compared to negative. If this seems strange, let's continue the reasoning to clarify.

If you only do what you like and what energizes you, you will, over time—quickly or

slowly—transform that activity from energizing to monotonous, boring, and neutral. Without the joy of anticipation and always being in the same frame of mind, and also by always repeating the activity, you will spoil a wonderful and energetic thing. Perhaps you remember the joy with which you waited for vacation when you were in school. Do you know why vacation was so beautiful? Because school existed.

If school didn't exist, vacation would become something permanent in which you didn't have much to do and which bored you. Likewise, do you know how good water is when you are actually thirsty? If you always have drinking water, it has no taste, right? Try going for a few hours thinking about the fact that you don't have water with you—mental preparation is everything. You think about what you want, and the longer the wait, the greater the savor when it is finally achieved.

All things follow the same circle. If you didn't see a clear sky for a few days, you would appreciate the sun and the blue when they reappear. If you only had clear skies, you would look at it bored and

uninterested. The truth is that without the negative, you cannot emphasize the positive.

10.5. Rebirth

Let's return to energetic activity. Now you understand why it's good to enjoy it in limited amounts and only from time to time. Likewise, it's good to see the negative as well, so that you can appreciate the positive. You must constantly concern yourself with this positive/negative balance, especially regarding the sad or pseudo-sad side that attracts you. I say "pseudo-sad" because, in fact, sadness is the moment of recovery after a suffering that has made you stronger. Your subconscious knows this; that is precisely why it understands it as a rebirth.

The requirement for rebirth arises when you have closed a circle of activities and no longer engage in new ones. When everything in your life repeats itself and activities no longer give you any satisfaction. This is an important point for eliminating the depressive loop. If you add the fear of new activities to the indifference toward old ones, you will

begin to wonder what you are living for—as if, in fact, you have experienced everything and done everything. But you haven't experienced everything.

On the contrary, here you lie to yourself about new activities—thinking that nothing can be different and that everything is the same.

In reality, you avoid practicing them because you are afraid of losing, and you risk losing yourself. This negative state is, nonetheless, a state of intense consciousness in which you, as a human being, are seeking answers and objectives. This state of intense consciousness is produced by your body for the purpose of balancing the spirit. As I was saying, you see better, hear better, feel better, and yet you do not use your senses.

You don't realize that sharpening your senses changes everything.

It makes the sky more colorful, more beautiful; scents become more intense or more subtle, and sounds more playful. It is actually the "forgotten new," but in a different form. It is a kind of recolored new. It was always there, but it had other, more faded colors, a different fragrance, and perhaps a different

shape. However, it is easy to get out of this loop. You just have to try something truly new. Choose and act without thinking twice. You only need to think once, because, in the end, memories are created by you through your decisions. So, it is recommended to think once before you do it.

10.6. Write your story

Another joy available to you for reclaiming the "forgotten new" is learning. Learn something new about a tree you pass by. How it blooms, how it bears fruit, how it pollinates, or whether you can make tea from its flowers; perhaps its bark heals wounds or, if there are several trees, you learn that if one is attacked, they all secrete defensive substances. And then you begin to wonder: is the tree truly alive? And if it is alive, can I talk to it?

Ask it what it is like to be a tree? Does the wind whisper through the leaves, or did the little tree answer? You aren't far from the truth; you can talk to a tree, but it remains to be seen if the tree wishes to talk to you. Perhaps it prefers to remain silent and observe you for a while. Why? Because it doesn't

know you. If a stranger came up to you and started telling you a bunch of things, would you start talking to them as if you were old friends?

In the same way, the tree might need time. Time to know you. Time to listen to you. After a while, maybe it will want to talk to you. You can only find this out if you try. Thus, we've found a new activity—talking to a tree every day. Maybe at some point, it will answer you.... If you think about doing this, but the thought of what your friends would say holds you back, perhaps you don't have the right friends.

Maybe you should evaluate them to see if they are friends, acquaintances, or simply people you know. Because a friend cares about you, seeks to help you, and understands you. If you told them you were going to talk to a tree, they would probably ask "why?". If you answered that talking to a tree calms you, that would be enough for a true friend. I opened this side of the discussion because, for a new activity, people usually prefer to be accompanied by someone they know.

Out of fear, but also for the shared experience. It is both good and bad. In fact, this is the perfect element that encompasses both the negative and the positive. So, take a friend with you to that activity, but be careful—if you take the same friend to every activity, you are actually raising walls against others.

Walls have two perspectives: they keep others away from you, but if you look closer, walls actually keep *you* locked in. Build a castle with high walls, but leave doors and windows. Let your soul and heart be seen. It helps you be free and do what you feel and want. Because walls are made of fear and for protection. If you allow access, you don't just let things in; you let them out. This, in fact, makes you the master of the castle and not its prisoner.....