



NARSHA BULGAKBAEV

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# Unlimited Confidence

DON'T THINK LIKE CATTLE



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# Нарша Булгакбаев

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## **Аннотация**

The whole problem is that our faith is wrong and not true. In this case, there is no boundless certainty, instead there is an imaginary life, "Slave Thinking" and dependence. Nobody will tell you about this. Today's media, television, especially the Internet and social networks, do not tell you about the dangers of negative information, but rather propagandize the benefits of lying sold for money. They will attack your brain with all their might to get your attention.

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# **Нарша Булгакбаев**

## **Unlimited Confidence**

### **Who am i?**

Wise people often ask themselves this question in order to know themselves, but in order to find the answer to this question, they live a lonely life for many years and completely renounce the world. I don't think it needs to be repeated, and I am convinced that the answer is inside, it will definitely be found. But you need to search both externally and internally, but, first of all, the answer to this question was given to me by intuition (the unconscious part of consciousness), because I asked her this question all the time. I didn't want to hear such answers: «I don't deserve to be happy», «My deeds in this life are over», «I have lost and will never be cured», and I received the answer that the Creator wanted and I am infinitely sure of this: «You you deserve to be happy!»,» You will prove to everyone!»,» You will defeat this disease and be cured!».

Peace, mercy and blessing of God be with you. Let me start with the name of God! And let me introduce myself.

My name is Narsha, I am Kazakh! My profession is a general practitioner lover (I have invented such a profession for myself). I have no higher education, but I studied in the professions of

«psychology» and «philosophy». But I had to leave the university not because I did not want to study, but because I had a «serious illness.» I have been fighting a very negative, unpleasant disease for 5 years, and I am very confident that I will win this fight. Because there is no incurable disease. Both the disease and its cure were created. This is my first book that I write in English. I hope you will treat it with understanding, since English is not my thinking language, my thinking language is Kazakh and I'll say right away that the book is experimental, the main thing I want to check is how interesting people are with my thoughts and spelling. I will correct it in the future, if necessary.

## About «serious illness»

Mom had a bad dream, then I got very sick a few days later, then life changed dramatically and I was diagnosed with «Bad Illness» (this was in 2017), and then I started hanging around with doctors, they have no mercy and kindness, and then I started to lose interest in everything. I moved from place to place several times and experienced many difficulties. I completely forgot about entertainment, that they exist in life at all. But for five years I didn't just look at the sky. Despite all these difficult times (stress, depression, aggression), I understood the most important thing: doctors will not help me and no one can help me now.

I didn't care, there was nothing to lose. Maybe I still have a little life left and I wanted to devote the rest of my life to my loved ones in order to make them happy, to make them joyful, but this did not happen, I could not give others a feeling of happiness, my parents became even worse. But then I realized the most important thing: firstly, I cannot make others happy without making myself happy myself. At first I did not feel happy, and I realized that in such a state I was not needed by anyone. Secondly, I realized that I could not do anything useful and good for others without making myself happy and without defeating the disease on my own. In general, as you noticed, if a person is «bad» or «sick,» no one needs him.

I wanted to know more about types of diseases and general

medicine. It became clear to me that it takes time and a lot of work to fight the disease, before that I could not solve the problem of time and motivation for this work, the problem of faith and hope, the problem of action. That is, I must decide what to do next.

In the first years it was not easy for me to adapt, but then I learned, mastered the tactics and methods of struggle in order to change myself and by the will of God I did it. But of course I'm still struggling... In general, my main dream was to have time to write a book.

I remember in childhood, my father told me: every day you write a diary, and then in 20—30 years it will become a book and you will have your own book of life. I told him: «The angels are writing on both shoulders, why should I take a steam bath?». But then I was only twelve, sometimes I regret not listening to my father just then, although these words made me think.

At the beginning there were such thoughts «I can find something even more useful than this occupation», «Isn't it useless?». There were thoughts like «I can't», «I am not feeling well». Then I thought: «Maybe this is fun, the most important thing does not hurt.» But I searched a lot, found all this knowledge and nevertheless wrote a book with my terrible English language for which I apologize initially. But I hope you understand the meaning and essence of my thoughts.

A year after my illness, I began to write a book, and even before I got sick, I had a diary, but to fight the illness I needed



something serious – to write a book and not to deceive myself, not to amuse myself, «I decided to write a real book, in order to help myself, I will help myself, that means I will help others, at least I will bother loved ones less». This was my first voluntary (conscious) statement.

The truth, after all, who is looking for fun, will meet trouble, who is looking for business, wealth will meet. How do you like that? Or do you think you copied it from the Internet? Writing a book is also work, we need to be able to perceive it that way.

In general, in my entire life (I am 23 years old) I have received advice, inspiration and motivation from hundreds of people and books, just being at home. So I think that this book will be useful to someone, because I still have experience in how to make a person be happy. Others may think differently because everyone has a different level of consciousness.

Many online audio / video courses (lessons) and books made a great impression on me. After all, they themselves compose, think, write, and speak. I still remember how my parents and I listened, read and discussed their ideas. We were amazed at what we heard and what we read. We can say that books and audio / video courses have revealed to us the main secrets of the universe.

In general, I think that all the useful knowledge gained will forever remain in my memory, although I advise you to repeat them more often, otherwise the effect will disappear. Thanks to all this, I have developed a way of thinking that helps me to be a

happy person despite my condition and I think that she will help you too.

# Why did you disappear?

The invisible person is either dead or a stranger. Many could forget that I was still alive, since for some time they did not see my face. But I had no intention of communicating with others. All my friends asked me: «Why did you disappear? Did you die?». Friends didn't run away from me, I just didn't want to communicate with anyone, because I thought: what other people can give me besides advice and support like «Everything will be fine», etc., in this case I had to look inside. Where did I go wrong? When did I go wrong? How did this happen to me? Where can I find the answers to all my questions? That's just the same, I began to struggle with myself with questions.

In general, my main goal when writing a book is to make sure that no one can repeat my mistakes. The mistakes that I have made, and that most people still do, are that we do not correctly accept ourselves, the environment, and God; do not think correctly (or do not think at all); we do not act correctly (that is, we do the wrong actions); do not make the right choice and make decisions; not managing themselves properly (unable to control themselves) and unable to behave in the right way (confusion).

I believe that a good book should make people think, laugh, and sometimes cry. Then this book will find its place in the human heart. You may not immediately understand the book

(especially with my English language), so give the book a few more possibilities. In order for a book to help a person, it is necessary to re-read it over and over again, because not everything can be remembered and understood in one reading.

As one famous game says: «We act in darkness to serve the Light.» I wrote this book in the dark, with the light of my soul. I have boundless confidence to say, «I can do it,» so no one should be discouraged and lose faith.

I cannot say that my current state of health is good because I am still struggling. But my «spiritual» state is good. Thanks to the Creator! I am infinitely convinced of the truth!

# Dedication

First of all, I dedicate this book to everyone who wants to improve their lives. Because I think that there is no one who would not like to improve their life in all its aspects. You just need to be more selective about the help you give to yourself. Everyone needs confidence. The word is rooted in the word faith. In general, you might think, «There is no one who has no faith, everyone believes in something» (in themselves, in others, in life, in God, in something else), but the problem here is not lack of faith, but in its inaccuracy and incorrectness. In this case, there is no boundless certainty, instead there is a false life, "Slave Mind «» and dependence. It is not just evil, so if you have this disease, you must treat it without running away from the disease, embarrassed with a smile and hiding it. All who will hide will die internally. Nobody will tell you about it. Today's media, television (news, programs, advertising), half of doctors and parents try not to tell you about the dangers and «harmfulness» of negative information, but propagate the false benefits of «Slave Thinking». This is especially true when using the Internet and social networks. They will attack your brain audiovisually and will do whatever they can to get your attention.

# Life is deceiving you

Many people think that it is useful and even necessary to kill your time, waste it, addiction to bad habits, limit your consciousness, feed your brain with harmful information, but I have a lot of evidence refuting these illogical conclusions.

There are people who worship a person. Many, even almost all, have their fans (geek, nerd, fan as they call it). They are wealthy businessmen, sports or art stars, they often say that they are their admirers (but they themselves are their slaves). Indeed, outwardly they look like slaves.

Repeat clothes, demeanor and even hairstyle. They observe their life every day, are constantly interested and repeat everything they do. It is a disease of useless imitation and addiction that must be eliminated.

In general, celebrities (stars), the rotten rich are very concerned about the loss of their reputation, the safety of their personal (worldly) property. Most celebrities (entrepreneurs, government officials, sports and art stars) seem happy only on the outside, not on the inside. I think the stress of a celebrity eats them up from the inside. Since they are always at war between love (sympathy) and hate (haters), they can be suppressed, sometimes even frightened. They are mostly afraid of bad, negative comments and intimidation (bluffing).

You can argue that these are proven, reliable people: «We

need to crawl under their feet, learn from them, not out of jealousy, but out of curiosity, in order to find out their path to happiness, success and victory», but is it really did they become so happy of their own accord? Many do not even know how they achieved this, because this is a decision of fate. Therefore, do not think that it will be beneficial for you to be a slave of those people who have become such only by the will of the Creator.

Another example: do not think that you will find something good in spam in the mail, if you go there, you will find nothing but «Advertising» and «Temptation». You will find only useless, harmful truth. It's the same with many sites (news sites, etc.), mobile apps, games, and social media. Everyone should know this truth. Negative truth can hurt, but positive truth cannot hurt. Lies do not exist, everything in life is truth, there is only falsehood and truth. And only the truth can be effective for you. You also need to know this truth.

A person should be a slave and obey only one God. If in this life there really is a person worthy of an earthly bow, I would say them as angels among people whom we do not see, hear and do not notice ... «Teachers», «Scientists», «Kind people» or just people who have surpassed their teacher, people who are struggling with their sores.

I believe that a happy and vibrant life is incompatible with «Slave Mind» and «Addiction» because these actions become a strong psychological habit. I sincerely want to help other people suffering from ignorance to learn about it.

This book is for people who want to get rid of bad habits and change their lifestyle for the better.

Every day we hear people who intuitively predict what the problems of humanity are, and if you support the point of view of this book, you will be on the right track along with everyone who is worried about the future of humanity. The more people learn about the dangers of this evil, the cleaner the world around us will be, ideally «without slavery» and «regardless».

People should treat each other with respect and compassion, etc., do useful deeds for themselves and for others, too, and all this together should become a habit, so I am sincerely happy for everyone who does not accept bad habits, addictions and slavery in their lives.

To familiarize yourself with the book, you must first familiarize yourself with the contents of the book. Consider this as introductory work.

Thank you for wanting to be with the book. Good luck with every moment of your reading! Thank you to the Creator for giving you the opportunity to read this book. The time and energy spent on this will set you apart from the crowd (and all this is not in vain). As you explore your soul with unlimited potential, you will not only achieve success, but you will also develop skills that you do not already know, and you will also receive a lot of useful and persuasive information that will help you help others and learn from you.

I think that there is no one who would not like to live a happy



life. Everyone always wants to improve their life, to become better after reaching a certain level. If your ultimate goal is not to be one, but to be different, this is the book for you.

Secondly, I dedicate the book to the younger generation after me, that is, growing children, young people, especially those in a crisis situation. It hurts to remember my teenage years (but, of course, this is not the case now). If I read this book at a time when I had everything, I would simply swallow the prepared food. However, in my time there were no ready-made meals and, in general, age plays a big role in the development of the human mind.

If you are against all these ideologies, then this book is just for you.

Hello again, WELCOME DEAR READERS! I say hello again, because I think that there are people who have already closed the book and left you and me and left us alone, I think that it will not hurt to say hello again.

Do you want to read a book that can change your whole life? And I'm not kidding! Or do you think that I deliberately take time and enlarge the pages to make the book thick? Thanks to the completely truthful, very clear and proven practical approaches that I offer, you can combine the truth about yourself and life not only the way you want, but also by combining three desires («My desire», «The desire of the environment», «God's desire») and create a balance between them. All the information you receive here is based on time-tested psychological and metaphysical

methods and the universal laws of happiness.

The only proof of the effectiveness of the following principles can only be the result if you apply them. I can tell you as much as I want about the book, but only the results of real changes in your personal experience and life can convince you.

# **Will this book really help me?**

I really respect your intellectual ability, because I don't make such statements without reason, I don't make unfounded opinions, and I hope that you will accept my words and believe that I have written a book that is worth reading. The only proof of the effectiveness of the principles written in the book is to get real results only if you faithfully apply them in real life. Therefore, it is very important to do exactly what is written in the book, this is done only by activating the heart and feelings (emotions).

I can tell you as much as I want about the benefits of the book, but only when you experience it yourself, when you make real changes in life, when you test the book and see the results, you can see for yourself.

Most, if not all, at least once in their life, attend special courses, trainings or educational seminars (offline) or read various bestsellers, watch, listen to audio / video lessons (online), and, worst of all, marathons (especially three-day, how can you change a person in three days? it is unreasonable), (one of us – because of imitation, the other – from despair). God commanded to pray five times a day and that's not all, the most interesting thing is until the end of life, so there is no stability anywhere and in anything.

They inspired us, we even started to change something in our life, but after a few days or a few weeks everything was still the

same. Why? Most of these books, all trainings and seminars are not about achieving sustainable change (they are not about how to achieve balance). Applying their solutions is like decorating moldy bread with sweet icing. No matter how beautiful, tasty and appetizing it may be, sooner or later you will feel the mold hidden in it and you will definitely discover the secret hidden inside. Positive thinking is a beautiful icing, and moldy bread is faith that keeps us from achieving real results.

If you need a beautiful and inspiring fairy tale with a subtle shade of positive thinking and colorful examples from life, which simply takes up shelf space and takes invaluable time from the reader, then this book is just for you. This time everything is very serious and it was sarcasm.

This book is not only about positive thinking (self-esteem), but also about correct thinking (correct assessment). There are three types of general thinking (self-esteem): positive (wrong, but harmless, useless), negative (wrong, harmful) and adequate, based on real truth (right, infinitely useful).

This book is about achieving boundless confidence, doing the right thing, true happiness, realizing dreams, goals and plans. If you are limited to books about positive thinking, for which there is only place on the shelf, which takes up the reader's precious time, a beautiful, publicized, inspiring fairy tale, then this book is not about that. If you are looking for a book that is serious, truthful and accurate, and is not limited to ephemeral (unstable, volatile, temporary) positive thinking, you will find a lot of useful

information here for yourself.

You have a proven formula «Be happy», which is not limited to positive thinking, but a formula «Success and Victory» on the way to «Truth», time-tested and experience, which will help you achieve the desired results. This book requires your time and attention, careful reading and serious attitude, but in the end, every minute spent on it will be justified and will produce real results.

I am very pleased to have the honor to share my knowledge with you. If you're ready, let's start our journey into a happy new life!

The best statement for me is «I hope for the best, everything will be fine if God wishes!»

And the next books will be about making both lives truly happy (remember: the first life is the cause, and the second, eternal life, is the consequence of the first life). Live without sorrow, achieve happiness in both worlds, live a decent life and die without regrets. Do you want this?

Whether you choose only first life or only eternal life, then this book will give you the right idea of Islam and other religions in general. In my eschatology, the two worlds are one and must be in harmony (balance and harmony), that you must love both worlds at the same time, and, most importantly, understand that one is the cause and the other is the effect. Because you are doing good deeds for the sake of Eternal life, but remember: «You do it only in the first life – only in this world and you get the result

in the future, eternal world!»

Man was created for happiness in both worlds. Even if this life was taken away from you (you were born sick, you have a difficult fate, etc.), then you will still be happy in Eternal Life.

If after all these words a war breaks out inside you and you are against all these ideologies, then this book is just for you. And this time it's no longer sarcasm, let's get started, otherwise I noticed that my book has a hypnotic effect!

# **Intro (yes, this is just an intro)**

I think that all (especially useful) books have a soul like a living organism. Because they are written by thinking people. Thinking is one of the basic properties of the soul that the body lacks.

The book should not only be outwardly decorated with form and design, but above all the book should contain letters, words, ideas that inspire thought. Many people hesitate to write a diary or book because most of us are impatient and don't like to think. Therefore, patience and perseverance should be the main qualities of human nature.

A quality book takes months and years to write. Every day a writer collects and writes, reflects and composes, then it all turns into a book. I think everyone should have their own book of life. Because reading and writing is a great motivation for the brain than just listening, of course, if there is only a desire for this, if we pay attention to it.

I have compiled this book from various short words that I have collected since I was 12, using whatever comes to mind or using external information.

As a primary way to avoid the temptation of the devil from among humans, I gathered ideas and personal experiences, compiled Useful Knowledge based on the latest «scientific evidence,» and wrote a book using Concepts of Faith, which is

Islamic philosophy.

I wrote this book to help you live a productive life by sharing my personal experiences and observations from many years of contact with many people. Because I like to study myself (life / life after death) and other people too.

Have you ever been told that you need something to live a happy and correct life: «Don't think bad!». The counselors are right in telling you to «be energetic» and «think positively,» but they have failed to correctly explain to you the meaning of boundless confidence and true happiness. We all know from childhood that simple desires are not enough to succeed and live a fruitful life. Because we were brought up to believe that nothing can be solved without action.

From the moment you are born, your body grows and your soul develops. You always asked your parents «What is this?». Because you were interested to know everything. As you grow and develop, according to your age, you will find a place in your life, regardless of your parents and call it «destiny» as most of us call it. This is the (correct?) Notion of confidence that is ingrained in our brains, and we are finally beginning to be called a human. What does it mean to you to be human?

And what did they tell us about how to achieve success (dreams, goals)? Of course, we were told: «You are required to make a firm decision to change your life, to have the will and hard work, then you will achieve what you strive for, what you want,» and we really began to feel more confident. But



unfortunately, the next day or the next week, most of us forget our good intentions and go back to old bad habits, and our dreams remain dreams. It is interesting that in the «new year» our decision to start a new life, to disappear by mid-January. This is why many of us promise to change, but over time our determination to start a good life begins to fade. Why? Because a person is unstable and forgetful, he is so formed. Many people think that creation is not how it works; in fact, the problem is not with creation. We were created by perfect babies, but the temptation of evil ... (being, the essence of man himself tempts / Satan tempts from among people) does not stop. So being, the essence of man is not ideal, but it requires it.

It's not enough to make a decision to be successful and live a more productive and happier life because it doesn't get to the heart of the problem – it's a fallacy. Only when we correctly assess our situation and truly understand the environment can we change ourselves for the better.

Willpower alone is not enough, because the essence of the problem is «getting useful information». In the flow of information, a person quickly and easily remembers useless information, and you will have to pay attention to useful information.

I have met with people of different professions and social strata, and I can assure you that the effectiveness or ineffectiveness of their actions, successes and failures has nothing to do with their level of intelligence or will to

succeed, decision making, etc. Those who fail do not have the right attitude (faith, opinion, understanding) to themselves, the environment, reality (life). Therefore, they begin to consider their family, profession, life in general (the world) «wrong», and themselves (perceptions, thoughts) «right.» As a result, they lose touch with real life and, worst of all, with reality, that is, with truth. Truth is the words of the Creator, scientific proof and the spiritual meaning of life.

The unhappy, whom we call «sinners» or «bad people», do not look at the truth within themselves and the life around them from the point of view of the truth, so they begin to believe that it should be so, everything is wrong. Blind faith...

# Litter bin

Man is the only being that speaks to himself. During the day, you constantly talk to yourself and collect information about the reality (life) around you. You act like a programmer who enters information into a computer, with the only difference that you are both a programmer (desire) and a computer (brain). Your five senses are a programming tool, if you do not look at yourself and at life correctly, you lose touch with the truth (God and His laws) and live life as you want to be yourself, after that you begin to see only imaginary. In this case, there is a danger of losing contact with the Creator and becoming a slave of a person or society.

Even if you don't install certain spyware on your computer, you still use torrent like a pirate, and you won't be surprised if you see a lot of viruses or programs (viruses) that you did not install on your computer. You are complaining about where this problem came from on my laptop (computer). In the same way as with the brain, you do not feel that you are voluntarily / involuntarily poisoned with unfamiliar information on a daily basis. This is because you acted without thinking.

If there were no antivirus on your laptop (computer) or smartphone tablet (which, for example, is a shock to me), it would look as if someone is spying on me, phishing, robbing, sending viruses and destroying everything that I have (equipment). In principle, I probably overreact, but our brain is

also very sensitive and defenseless, which also requires antivirus, immunity against negative, useless information. In this life there are many spies in the external environment, whom we do not know, who study human psychology through observation, there are bison – who know you better than you, take away your happiness, there are many different viral information that destroy the human brain. Now you need to choose a good antivirus, they have many similar features, but when it comes to choosing, people get confused, look for a 5 star rating and finally choose one. In other words, from a spiritual point of view, there are many (antiviruses), but mostly one of them will definitely not let you down. It is truth!

The truth about God is an unlimited truth, and the truth about me is known only to the Creator.

But our goal is to find out this truth and turn it into truth, and this truth must become reality in life. The purpose of the book is not to be God, but to be like Him and live according to His laws.

You should not perceive all the external truth about life, because you do not know what information is useful, useless, harmful. We talked about this, that the truth cannot always be considered the truth. So take care of your perception, all troubles start from there.

A successful and happy life is the relationship between the surrounding reality (life) and the correct feedback (relationship, reaction to any action or event). In general, a person has 3 different relationships in this life:

- Relationship with yourself
- Relationships with others / with Life
- Relationship with the Creator / created by him by laws

We perceive our situation (positive / negative), external information (useful 20% / useless 80%), and then we program our situation and information that appears or sounds real in our minds. It shapes our way of thinking (thinking system) and behavior, which, in turn, shapes new perception (receiving, applying). o first we accept and then we think and act accordingly. Thus, we create our own beliefs and understanding, our life principles, that is, we accordingly choose the direction and path of our life. Then we make a decision and take further action.

Formula: perception <thinking, feeling <action = faith and understanding <life principle <life direction, choice of path

I hope these ideas (thoughts) will motivate you to use new ways to live a better life and thus perceive, think and act correctly. From many sources, I've learned to help myself and others perceive, think and feel right, and manage myself without losing control.

This book contains the Word of God, the Holy Quran which is a true (shining) holy book that can give you, me and millions of people like us, a clear and simple picture of the situations we face in our daily life. There are a number of mysteries in the form of history lessons and examples with scientific evidence. I hope that these thoughts (ideas) will encourage you to accept

new ways (methods, experiences), useful ideas and innovations, think about them and be confident that you will live your life in the best and happiest way! Useful information based on facts, a book based on knowledge and experience will definitely benefit!

Indeed, the number of writers is growing. Until the twentieth century, writers often wrote about the outer life of a person, but now writers write more about the inner life of a person. Their distribution is «not good» and «not bad», but is «Normal», why «Not good», because «Competition» and «Competition». All this kills creativity because the whole topic has now moved into imaginary, for example, «How to become famous?», «How to become popular?», «How to be rich?», «How to become happy in one day», «How to achieve success in three hours», “ How to solve the problem of housing and a car in one hour «kills the meaning and essence of books. Why is book distribution «Not Bad»? Because a person thinks, levels of consciousness are developing, science is growing. But does all this really benefit humanity? Does it really work? Is it proven? We don't pay attention to it. This is because, since the formation of a system of worldly materialism and the worship of matter, which is based on numbers and calculations, should increase, and the qualitative and real advantages – science and truth, spirituality and faith, according to the last Prophet, should decrease towards the end of time.

# What is thought?

In fact, a person who is able to combine different thoughts is considered a thinker. But our thoughts are scattered, so we need to summarize them. To make the right choice and make the right decision, the most important thing is to pay attention to your thoughts. There are several ways to do this, but the basic formula that will be covered in this book and in future books (maybe?):

Infinite confidence (your enemies and friends on this path) + inactive action (affirmation or confirmation + visibility through imagination + emotions) + physical, active action = proven result + true happiness = (self-achievement through the internal mechanism of self-regulation) = eternal success and victory

About actions without action and about true happiness – in future books, with God's help. And this Book, about boundless confidence in everything, may seem complicated and incomprehensible, but you will understand everything in order.

# Thinking system

Affirmation (sometimes I call this confirmation) is thought, and to be affirmative means thinking, there are three types of thinking: right (what the truth wants), positive (what we want) and negative (what we are afraid of). What is a statement in general? To ask yourself or someone else a question, that is, a conversation with oneself – an internal dialogue or a conversation with others – an external dialogue. That's all, there is no monologue. Now for an extended explanation:

Affirmation (or confirmation) is thought, and thought are inner words, and we unconsciously (unwittingly) deal with it from the moment we start talking to ourselves from childhood. How do we do it? In two different ways, asking yourself or others questions, or just talking, again with yourself or with other people. This is why affirmation (thought) is to ask questions and talk (to others or to oneself). Again, thought is internal words that only we hear, medically thought is impulses of the nervous system that are generated by an internal generator of current – the brain (just a small millivolt). It turns out that even when a person is asleep, he can light one light bulb.

The soul consists of will, brain and heart. It is very important for our soul (brain) to study the environment, because in this way we grow and develop our soul (brain). And what most psychologists are proposing today is the creation of these



statements, that is, thoughts, not unconsciously, involuntarily, but consciously, voluntarily. Then the scenario of your life (fate) will not be written by another person or negative environment, you will write it yourself. Thus, destiny can be changed with new affirmations. It is also possible to get rid of «Dependency» from external life (environment) through affirmation, under the influence of external negative factors, that is, «Slave Thinking». Conscious, (voluntary) at least 3 weeks of practicing with the correct statements (thoughts) itself has a great influence on the 4 basic human abilities: perception, thinking, feeling and action, can cause profound changes in the relationship (I, the Other, the Creator). Remember, the whole point is to do everything right, according to the laws of truth. I say this because many people make the statement wrong.

That is why they do not help them, they see no benefit and they say: «I will never return to the inner world», «This is all a lie,» and they again become dependent on the outer world. The main thing is that the statements are not negative and negative.

There are three types of sentences (depending on their ending in punctuation): period, question mark, exclamation mark. Likewise, there are three types of affirmation: dotting (complete thought or complete thought), asking a question (seeking thought), and exclaiming (emotional thought).

Changing the way of thinking changes the meaning of life!

# The main problem!

All training seminars (this is generally a wedding for the West), a marathon relay race, online lessons, etc. Perhaps they are useful, but the books never say that they are not reliable, no one will tell you that our ideas are bad and have no proof, but I will tell you this. Everyone sells their mind for money, people support it, praise it. No one can give a false promise: «Only I can make you happy», because it is impossible to make a person happy, a person must learn to be happy himself, otherwise you will become a puppet in other people's thoughts. Modern books are like the promises of guys to girls... but of course there are good books (and there are those who make good families). There are those who have read a good book and have finally become human.

People say that they are divided into two camps, some say that they only pursue imaginary and deny life after death, and some say that they only pursue eternal life, these are usually religious dogmatists. I mean the eternal struggle between science and religions. And some say that we hold both at the same time. But this is hypocrisy. But a very possible hypocrisy.

The main problem of a person as a whole is that he does not do three things correctly perceive, think (feel) and act. Due to lack of motivation, they are lazy referring to their current situation.

# **An overview of body and soul, this life and eternal life**

In general, you probably know that in the human soul, that is, human life is eternal, because it is very important, then the human soul will not be afraid of death (but in accordance with the laws of nature, a person is always afraid of death). Therefore, the Quran always reminds us of death, so that we do not forget about the terrible Judgment, where we will have to answer for everything. And death is simply the process of separating the soul from the body, the transition from one state to another, while one must understand that a person's soul does not disappear and is not destroyed. After the separation of the soul from the body, the soul leaves the body either as the devil, or as an ordinary animal, or as a Spirit of the highest level (Rukh), he leaves the first world and enters the world of the dead – Barzakh or as in the Bible Purgatory.

Common life is divided into two worlds: the first life is mortal, material life before death and the second life after the end of the world is a new, decisive, important and eternal life, and the apocalypse is the «End of the World» ending of the first life. In general, like life, time is infinite and does not end with death. In Islam, a Muslim should not give up his first life, but should always put eternal life first. In general, one should not surrender

control only to the soul or body excessively. Together, these two form the being or essence of a person = (soul + body).

Formula:

Human = being or essence (soul + body)

Combination (harmony) of body and soul

Satisfying only your own needs is not the path to truth. Of course, first of all, the passions of the body (food, sleep) are important from the point of view of the laws of nature, but also the passions of the soul (to see, know, hear, get to know) must be in balance with the body. It is impossible to have only «passion for the body» or not «passion for the soul», they must be present together. A person can be called «animal» if he has only carnal desires. A person who has only the «passion of the body», but whose soul is fading away, can be called a «dead soul.»

# Don't Think Like Cattle

You can achieve Infinite Confidence and True Happiness. But most of us are used to thinking badly, and we may not know how to deal with it. There are many ways to avoid bad thoughts. But since all these methods are external, their help is temporary, not permanent, but deceptive. There are people who are afraid to look inside because they are absolutely «dependent» on the external environment (the so-called «slaves»). Since this «addiction» is the result of the «Slave Mind», we must first stop «thinking like cattle».

Soon, you will embark on an exciting journey that will help you face the future with confidence. You will learn how to overcome the insecurity that prevents you from moving forward, how to restore correct self-esteem. This book is for you if you feel stagnant, inferior, and unable to face life with confidence and enthusiasm (motivation). If you are not satisfied with life now, you will not be satisfied with either the past or the future. So, if you do not want to be a stupid, ignorant brute in the stream of life, if you want to swim freely, in the following pages you will find out that there is an alternative to a gray, hopeless life. If you are ready to open your heart to new ideas (thoughts), values and beliefs, you will know how to restructure the thought process and awaken a new self. Once you internalize (master) these principles, your life will be full of happiness, love,

freedom, money and confidence. Because there is nothing cool that motivates and inspires you to unleash your infinite potential (abilities) and rich creative life (to express yourself). No matter who you are, what you do, no matter your situation, you can be completely infinitely confident in everything. It's much easier than you think! So, if you're ready, let's get started!

# Many are lost

Do you think others are happy? Is everyone happy? If you take a closer look at the people around you, you will see that there are not so many happy people among them who are able to realize themselves and find meaning in life. Many are unable to cope with the simple problems of everyday life. Some people do not want to give up animal thinking and do not agree with the imaginary life (the world). Consciousness began to be confused with life and existence. Accepting mediation (the ideology of useless intermediaries that has nothing to do with you) has become a way of life. After that, their feelings of incompetence, failure and dissatisfaction make them blame society, others, fate (God) and look for various culprits. And that doesn't sound like humanism!

In their minds firmly rooted the belief that «life is controlled only by outsiders (government, etc.)», «My life depends on my family» or «Everything depends on the external environment.» They refuse to accept logical beliefs that prove otherwise, and are willing to happily accept animal thinking.

William James, an eminent philosopher and psychologist, said: «The greatest achievement of our time is that we can change the outside world by changing our inner thinking.» There is a great truth in this short statement. We are not victims of life and peace, we are the Mercy of God, and He (God) is the main

creator of our life, and we are its co-authors.

Or, as another saying goes: «We are not what we think, but we are what we think about all day!»



# Flock of sheep

We used to think that the opposite antonym of courage is cowardice, but in reality it is not. This is conformism (change in behavior, opinion of a person, or, in other words, adaptation to the pressure of another person or society, the virtual world in order to agree to defeat, in general, hopelessness). We spend precious years of our lives adapting to the masses, but when we realize that this is a trap, the idea «I can't do this on my own» takes us away from boundless confidence. It is nonsense to argue that conformism allows you to stop war, resolve conflict, confront challenges and adapt to the social environment. But in fact, conformism is a public imitation (empty imitation), in other words, a «game of imitation.» As we adjust to the crowd, we waste precious time trying to follow them. We do not know how we managed to get into the flock of sheep. What / who makes us blindly follow each other like sheep? Because we want to be like other people. We want what they want. After all, a person is submissive to other people or society. All kinds of false beliefs form a voluntary inner «Slave Consciousness» that voluntarily enslaves us. It's time to stop thinking like a sheep or any other animal, it's time to understand that we are different from family members, friends and other people in general (famous, rich), that you cannot be 100% the same as them, and that we have their own unique features and abilities, and so do they.

It's time to stop blaming yourself and others. Much suffering (insults) can be avoided by not allowing society, the virtual world, to control our lives. And the conscious, inner «Slave Consciousness» voluntarily arrests us and puts us in prison. Our thoughts are copies that reflect all elements of the unconscious (information received), these copies can be positive or negative beliefs and beliefs. Your life is the exact result, the result, the consequence of the work of your mind. Thus, we bring into our life everything, good or bad, happy or sad, successful or unsuccessful, in accordance with our words, thoughts and desires. This applies to all areas – work, marriage (family), health and spiritual life. Think about it! The environment is an external form, results, consequences of the internal work of the mind (brain). Understanding who you are (knowing yourself, life and life after death, the Creator), we can find the answer to the question of how to become not an animal.

# **You need spiritual strength to be confident**

Shakespeare wrote: «We know who we are, but we do not know who we can be.» Does this apply to you? Have you identified your limitations, failures, and mistakes? Or have you stopped thinking about who you can be? The problem is that from an early age you are programmed with false ideas (opinions), values and beliefs that prevent you from seeing your true potential, feeling your uniqueness and realizing it. In fact, your role as a co-author of your own life allows you to change any aspect of it, your attitude towards it. All great mentors have come to the conclusion that no one but you can solve your problems. As the Great Teacher said: «The Kingdom of God is within you, and your duty is to cultivate it, no matter how small it may be.» It is not in distant lands or in heaven. Buddha came to the same conclusion: «Turn on the light of the soul, do not rely on anything and do not seek help from anyone but yourself.» Or the poem «believe in yourself... you will be helped together / your work and mind, taken from both sides», which Abai said, corresponds to this. The power of healing, correction, recovery, improvement is hidden in us. Health, happiness, well-being, development, and peace of mind come when you break the shackles of negative and negative thoughts and feelings. If

you do not know your true value, importance, significance, need and do not evaluate yourself fairly, you cannot be completely and infinitely confident. You can be free from limitations only to the extent that you are able to realize your uniqueness, your choice and your level of consciousness.

Who built the skyscraper with their own hands and erected it (if not you)? Decide, environment or you? The Vedas involved parents, family members, relatives, teachers, friends, society and even all of humanity. If you remember, we limit our lives by letting others control us. If you do not stop feeling guilty and do not stop humiliating (discriminating) yourself for brain defects, you will not be able to become one of those who endlessly and fruitfully fight for complete self-confidence and personal freedom. To be truly free, kind, compassionate, loving and caring, you must learn to understand and love yourself. Some parents from childhood told their children: «Love others as yourself», which is a good idea, but it was impossible for us or for anyone else until we learned to adequately (realistically) assess ourselves! Why? Because «selfishness» does not allow. You have high self-esteem and the disease of pride and arrogance, or you have low self-esteem and fear and depression. Only a person who can adequately (truly) evaluate himself can love others as himself.

# Think about yourself first

To be a confident person, you must first satisfy your needs. At first glance, this statement may seem selfish (arrogant), but again, we will only be human when we fully understand ourselves. We must first help ourselves: the more you help yourself, the more you help others. This is not misleading, these are truly wise words. Therefore, only by acting appropriately can we benefit our children, friends, colleagues, society and humanity as a whole. You cannot change the world for the better, but you can change yourself. And if you can change yourself for the better, you can change your life in the best way. People change for the better only when a person is in complete control of his life and takes responsibility for his future. It's time to put your needs first. This is the only way to be truly free. Physical slavery is, of course, a crime. However, the inner, mental, emotional «Bondage of the soul» is much more terrible, because his punishment is a quiet, hopeless life, full of despair.

# 21-40-100 day technique

You will learn how to make the right choices, make bold decisions and, most importantly, draw up a high-quality plan and schedule, depending on your abilities and flexibility, skill and talent (by industry, profession, goal of your dreams). I will tell you how to plan and schedule correctly, because many people do it wrong.

Let's take a moment to step backstage and have a look at a simple yet highly effective self-study method. This is called 21-40-100 DAYS. It has been found that it takes at least 21 to a maximum of 100 days to get rid of an old destructive habit and form a new positive habit. It will take you roughly the same amount of time to fully absorb the material presented in this book. I do not want to mislead you. You can understand the book right away, but it is not enough to have an intellectual understanding to motivate yourself and attract the necessary changes. Impulse, surge, surge of emotions and motivation come with a conscious (voluntary) experience. You have to go from a simple concept to a detailed concept (feel). To understand a word, thought or idea, it is necessary to accept them as part of thinking, feeling, acting and reacting (perception). Everything takes time. So do not think that after reading the book, you will understand everything. Keep reading until this information becomes a new habit, because you can only understand the value

of a book if you read it over and over again, your intelligence depends on the quality of the books you read, not the quantity. Set aside all the work for a while, pay full attention to the book. The time it takes to change old, negative, destructive habits into new, positive, constructive ones is a small investment compared to the freedom (inner happiness) that you can achieve. If I sometimes exaggerate, it is in order to overcome your stubborn resistance and make you hear and accept the truth.

And when there is false, deceptive happiness (for example, you put on a gold medal), you feel great, and then an inner voice tells you: «Yes, now you know what true happiness is ...". At first it seems so, it looks so, but in the end it becomes clear that this is not the meaning of life, wealth, popularity, worldly possessions... because all this is only a temporary achievement of life.

For best results, read the entire book first, familiarize yourself with all of its materials. Then reread the chapters that are important to you and work on yourself, not with anyone else. Allow the described principles and ideals to penetrate as deeply as possible into your mind, but most importantly – as soon as possible put them into practice, so to speak, in real life.

# Get out of the wrong self-belief

Everyone is hypnotized to some extent by information received from other people (the environment) or overconfident, perceived thoughts. These thoughts affect our behavior, actions (depending on the skill of the hypnotist in real and virtual life). From childhood, all people inevitably fall into a state of unconscious hypnosis. To make it clear, let me explain what happens to a person during hypnosis. If a perfectly healthy person is convinced that he cannot do something, he cannot do it. Because when faith passes from the conscious to the unconscious (that is, in the heart), a person becomes literally zombified because of this belief. Note, this is not because he did not try to do it. He tries, but he can't. On the one hand, he tries to act with voluntary consciousness or physical effort. But on the other hand, the belief that «he cannot do this» convinces his unconscious consciousness that it is «impossible.»

In the case of «self-hypnosis» we are engaged in mental and physical forces, that is, we act on the basis of faith. But both voluntary consciousness (mind) and physical abilities (physical strength) of a person are defeated by «unconscious» involuntary consciousness. Another example is the struggle between the unconscious and the will. Then the unconscious always wins! Many people believe that they can only change their lives by their own free will. This is not true! Negative and negative thoughts



from the mind harm a person. Despite their willpower, they cannot achieve results without correcting the unconscious part of consciousness.

They unconsciously accepted the lie as a proven fact. All their abilities, good intentions and willpower will be completely useless and even harmful if their faith is wrong. So get out of the outer «belief» or the inner «self-belief.»

I can prove that a person's possibilities are limitless, because the power of his imagination and consciousness is limitless. In general, the human brain consists of two worlds: the «World of Fantasy» and the «World of Consciousness». In the fantasy world, a person dreams, this is a kind of «internal visualization». And in the world of consciousness, a person thinks this is a kind of «internal affirmations», but in general consciousness is divided into three: «Unconscious» (involuntary), «Reason» (voluntary), «Super Consciousness» or «Highest Consciousness» (involuntary). We will dwell on each of them in the following chapters, starting with the involuntary, the unconscious.

# About hypnotists

Hypnotists put on a show and feel like magicians because they force a person to act against his will. You may have heard of gypsy hypnosis or shamanic trance. Hypnosis was used by gypsies for theft, and shamans for medical purposes in order to exorcise demons (that is, to suppress psychosis in truth). They did not know what they were doing themselves, but they say that this is not education but experience, although neither gypsies nor shamans know how the human brain works, but they know how to hypnotize. Indeed, they have real experience, but not knowledge, that is, the skill that shamans used to exorcise demons, to heal diseases or gypsies to steal with hyponization, and it really worked. According to modern science, both methods are based on the «Dominant Theory» hypothesis of the brain. The truth is that the force that pushes a person to hypnosis is hidden in him at the level of unconscious consciousness. Without realizing this, a person unconsciously «hypnotizes himself», convincing himself that he can or cannot do something if we are talking about self-hypnosis. Although hypnosis is usually involuntary, it is impossible to hypnotize some people against their will, for example, I know a hypnotist who could not remove the ring given to him by his mother at the time of death. Because hypnosis is not higher than love and heart. Hypnosis is just a bridge over which you can quickly convince a person of anything. I have given the

example of hypnosis as an example of a psychological principle that will be of invaluable benefit to you.

You can hypnotize him by making him believe that he is an artist, his unconscious will say: «I am an artist», but if you give him a pencil and he starts drawing, a big war will break out inside him: «I'm an artist, but how can I not draw?». The unconscious must form a new belief in order to change again. He may think that he has lost his mind, or someone has hypnotized him. If he calms down and comes out of hypnosis, he is no longer a zombie. And now how to get out of hypnosis for us, how to remove the trace in the brain left by the external environment?

The parent is a hypnotist, a child susceptible to hypnosis. The teacher is a hypnotist, a student amenable to hypnosis. If a child or student is not affected by hypnosis, if they do not believe, then they will begin to «hypnotize themselves», look for education in social networks and the Internet, search for knowledge on their own and cannot find a place in life, parents and teachers pamper children and so spoil their lives, simply because they do not know how to work with children, because they do not understand how to raise them correctly. Parents and teachers should be psychologists and educators, and most importantly, they should be able to properly hypnotize their children and students.

The most impressive example is the practice of healing, when a self-confident healer confidently heals his patients under the guidance of a supposedly higher power. Anyone who has probably heard of the placebo effect (in faith healing) will hear

enough that this medicine will help you, but in fact the body has the ability to heal itself and this property is given by God. Both the placebo (dummy medicine) and the self-confident healer are just coincidences, in fact, the body was self-healing. This is why it is so important that medicine can distinguish between true and false drugs and treatments through experimentation. Lies and deception can be illustrated by a variety of endless information in our lives. There are many of them, but little use. Useless and harmful information (80%), really useful information (20%). What good is a thousand books if you don't have the right information at the right time? With the rise of digitalization, marketers know you are a digital zombie, so get out of this hypnosis before it's too late, start studying yourself, recognizing such hypnotic attacks, and addressing the problem immediately! Ask how? Learn to hypnotize yourself!

As soon as a person believes the information (despite the fact that it is a lie, without verifying the truth), he begins to act accordingly. Even if they are false, facts supporting his beliefs are collected unconsciously (unwittingly), and the mind (voluntarily) begins to support them. From this we can conclude that if a person receives information that does not correspond to the truth (the words of the Creator – the Koran and the laws of nature – science), all his subsequent actions and reactions (perception), thinking will be based on false beliefs. This idea does not mean not to be original. Just do not think that the whole truth (useful, useless, harmful) is the truth. This is only true for you, created

by your own mind, but not true at the level of creation. And we only need to believe in the laws of life, nature created by God, to believe in the word of the Creator. This is the truth. Only truth can free a person from bondage. I'll cover this in the next section.

If a person consciously decides to change his faith, if he starts to change it, no one can convince him otherwise. Changing faith, though, requires a lot of experience and emotionally useful information and knowledge.

Since time immemorial, people have been in a hypnotic dream that they do not know, and in order to wake up, they need knowledge and experience based on truth. Only great mentors and teachers knew about this. They realized that humanity is limited by erroneous facts, and sought to direct their potential to great achievements (inner happiness) that go beyond anything we dream of (outer happiness). Therefore, it is very important not to be too confident in life (imaginary), other people, the virtual world. Indeed, a person should rely only on God. One who believes in God is self-confident, because the truth never deceives. We should not say in our thoughts about modern life, about ourselves, about God, that only I am right or only they are right. On the contrary, from now on, we must understand and acknowledge that you are hypnotized by false beliefs, concepts and values (stereotypes, trends, fashion, hype, associated ideologies) that prevent us from realizing our potential. You and I are to a large extent the result or victim of what (the environment) inspires, teaches, or tempts. So you don't

have to believe everything people say, what people write, this also applies to the message on WhatsApp. Most ordinary people may not know that they have unlimited (powerful) potential, and do not try to discover and use it, because they live with harmful truth or false beliefs that «only I know how to live.» They believe in books, parents, teachers, preachers, celebrities, the rich, and do not try to prove their case, because most people are in the «Bondage Consciousness». Their souls can be turned on or off. Where is this happening? At school, on the street or on the Internet (social media). Millions of people in real life believe in the so-called «smart» people, in their fiery words, without hesitation. Do these «experts» (critics, appraisers) really care about us or only think about money? We simply recognize them or, as they say in modern society, we virtually sing with them. We are not trying to make their principles (canons) correspond to reality. We cling to these false values and blind beliefs and limit our minds to false imaginations, not knowing that there is unlimited potential beyond our own existence.

Whether we are happy or unhappy people, information and the environment in general have raised us to the level of our present consciousness. To reach the best possible level, we need to discover and develop unconditional faith in God and in ourselves. Your first task is to wake up from wrong self-belief or self-hypnosis because it prevents you from being the person you deserve to be. The person you deserve to be must be «perfect», you cannot «be God,» but you can be «like God». This is the

role that the Creator himself wants, to raise us to his level. Read the following conclusion (statement): To wake up from hypnosis, you do not need to accept the false truth about yourself, about life, about God, because the truth can be a lie, and in general the truth is not always true. In order to wake up, you need to know the truth about yourself, about life, about God, so that a person has love for everything, so that it is not difficult to accept it and boldly believe in the truth about yourself. Antonym of the word «truth» – imagination, consists in the fact that it will never be «true», it will always be «false». Truth and truth have two meanings: the truth is that we mean everything that happens in life (good / evil), everything you do (sin / reward), and how many different things a person says about God (truth / Lying). Remember that truth is reality, whatever it may be. We speak of truth as the words of God and scientific evidence, truth is precious and important not only for an unhappy person, but also for a happy person. Now read this idea again! This is the main factor that determines your ability to improve your life, to be happy, to be an unusual person. In the words of the Great Teacher: «Know God, only God will deliver you from bondage» or «Know the truth, only the Truth will heal you from your sins.»

Many of the information, thoughts, and ideas presented in this book may immediately contradict the belief that you now believe to be correct. Some may even seem strange, irrational, unusual, or unreasonable and can shake your faith. The choice is yours: either believe in this book or oppose it. Your life will change

depending on the content and meaning of the information you receive. Before accepting any information, determine whether it is useful, useless, harmful to your desires, dreams, goals. If you are genuinely willing to be happy and build self-confidence, then you need to open your mind. Then you will learn how to correctly perceive, classify, analyze, information. If you really want to be happy and boost your self-confidence, then you've found the key to your mind.

In general, my goal in writing this book is not to make you think like me, that is, I want you to learn to think with your own mind, based on the truth, and not as written in the book. The book I wrote may only be true for me, but it is not entirely true. We have already mentioned what truth and truth are. The inner feeling, hope, and confidence in the future that arise when you prove the truth of what you thought was the truth of the past are the «foundation» of boundless confidence. To build a new «constructive», «real» building on the site of the old «false», destructive mansion, it is first necessary to demolish the «false» mansion, including the foundation. In other words, you need to change the original structure of the soil in your brain and cut down all the trees that cause unconscious unhappiness or difficulty in gaining confidence in everything.

You can do this by shaking, shaking, shaking, tugging at the «base» of false facts that prevent you from living a full, fresh, vibrant and internally rich, happy life. It is these principles – «infinite certainty» and «false, erroneous facts» against it that



will be discussed in this book.

# How do false beliefs limit freedom?

What is faith? They represent conscious and unconscious information that we perceive as true. Unfortunately, false belief limits freedom and denies us access to truth. Usually we only accept what we want and discard everything else. The truth will never be revealed to a «capricious, stubborn person.» You probably know such people. They are always working with false «facts», they do not want to admit what you are saying, because it is something called truth, beyond their level of consciousness, and they consider it dangerous to their mind. New, unique and exciting ideas are flagged as «bad» or «unfavorable». They have many bad or unhelpful habits because they are used to old, traditional and misconceptions. For them, «truth» is to refuse to understand that it is the truth, for them it is difficult, and imagination is easy for them, but despite the fact that it is deceptive, they do not refuse to understand it, saying: «I am right and I know.» Truth always comes from the source of eternal life, no matter how much we dislike it, «good always comes from truth,» and imaginary life, as much as we like it, always «comes from lies.» To protect their faith, these people build strong walls and stone mounds around themselves and believe in it like God. To save their faith, they run away from the «creators of truth, creators of builders» and cannot accept the new, and most important, true faith. I urge you to break the connection

with the false truth.

The «stubborn (capricious) believer» does not think about improving the ability to think, harmonize, change the way of life, because he believes that the environment does not allow him, which can make him ignorant or stupid and ultimately dependent on others. He sees and recognizes only the beliefs within the walls that he has built, and this prevents him from seeing, recognizing and studying the truth about the infinity of mind and consciousness in general. Such people do not understand that truth is always infinite than any truth or information obtained from the environment to limit it. Examples from a Religious Perspective (Islam): The Sunnah of the Prophet Muhammad, the last prophet, and the words of the Holy Qur'an should be reflected outside the mosque, not just inside the mosque or building. Or, for example, not be limited to the external form of religious science and education, look deep into the inner meaning, be able to use the most useful essence for your own benefit. May there be so many truly independent, limitless minds that are always with the truth!

Remember, truth and truth are not synonymous and should not be confused. Unlike truth, truth is limited and truth is unlimited. Truth requires new knowledge, science, which is constantly growing and developing. Everyone should try to understand the truth as deeply as possible. The «stubborn believer» thinks that he knows the answers to all questions, and knows all the information that he will need during his lifetime, and does not

recognize the truth. And a person who believes in the truth knows that no matter how much a person knows, there is always an unknown, infinite amount of information – therefore he constantly strives for spiritual enlightenment, forward, to the top.

# **We are limited to the «wrong facts»**

If we want to radically, permanently, systematically improve and harmonize our lives, we must first identify the cause of the problems that bother us. This is definitely in the «wrong facts». «False facts» are beliefs that we consider to be true, and in fact, they are all true only for you, but from the point of view of truth or, more simply, adequacy, they are not true. They are usually based on human will, that is, on the ability to choose. These are wrong, false ideas. This distorts the truth and leads to self-deception. We want to see everything the way we want ourselves, close our eyes to the truth, and basically we must look at the world (the environment, that is, the reality around us) through the «correct prism of faith.» We can change life only insofar as we can change ourselves. In order to spiritually nurture and develop the environment and loved ones, a person must first of all grow and develop himself.

Only by fully understanding the «wrong facts,» that is, our false beliefs, can we change and improve ourselves. Many problems arise from unrealistic expectations and dreams that never come true. Disappointment, in our opinion, is the result of the erroneously idealized idea «Life should be...» or «I should be ...". This phenomenon is known as an obstacle to truth. Do you know who I am? «I'm what I've been thinking about all day.» Everything that is happening to you now, intellectually,

emotionally, physically and spiritually, is the result of what is happening in your mind.

What is your current level of consciousness? You accept or reject information only depending on your level of consciousness. The actual level of true consciousness (awareness) is determined and related to knowledge, environment, family life, childhood experiences, success, failure, and religious beliefs. Soon, you will feel that most of the information that you still believe to be true is still not true, and it turns out that it is not true at all.

As you read and read the material in this book about beliefs that make up a solid foundation of truth, you will receive or reject information based on your current level of consciousness. Awareness is how much you know or how full of information your mind is. Unfortunately, most of the information in your mind can be incorrect, inaccurate, false, or distorted.

# Nobody likes to change

Changing, correcting, improving, the current level of consciousness (awareness) is usually difficult for the following reasons, so many people do not like it. It is not easy to work with a new yet non-existent level of consciousness. Everything that we paint in the unconscious reflects our inner portrait. For us, this portrait is based on our understanding of «I», «Other», «first and eternal life», «Creator». We do not think whether all this is distorted or not, so it is not easy for us. Our mind controls all actions and reactions (perceptions).

It is much easier to justify being lazy, saying that this is not logical, it is actually a false argument against ourselves, and many people are not used to it well. Why do we feel like we shouldn't change, correct, improve, or even improve ourselves, even if we often don't like it?

We make choices based on beliefs and experiences that we have formed or invented as a result of external influences that support our current values. At the same time, we ignore or even reject those who are not in line with our daily beliefs. We perceived an incorrect reaction at the unconscious level (central nervous system) in relation to life, personal situations, the environment (the reaction of the nervous system to external or internal influences) and further incorrect programming. This made us perceive what is happening to us in a different way.

In other words, how we perceive, think, depict, feel and act in relation to ourselves, to life, to others, to the Creator shows in a true way «who are we?»

1) Perception + thinking and image + feeling = action.

2) Information turns into thought (Affirmation) and image (Visualization) <further thought and image turn into feeling <feeling is emotion = (according to this chain), finally, emotion makes us act.

From the very beginning, we did not create such a system ourselves, we were created by the environment (Epigenetics) and we called it «destiny». Some people think the opposite:

«Everything that is happening in my life is only because of me.» The most important thing is that we can change, improve and even correct ourselves, and we can do this.

Our brains are like computers or robots, but they do not have feelings and hearts (unconscious), there is no desire to choose, artificial intelligence has limited thinking, they only act as they were programmed. We shouldn't be like robots or AI, we shouldn't think like animals, we should activate the heart and the unconscious. Humanity will never be able to invent «Artificial Intelligence» with such an unconscious (heart), selfishness, demons inside. For this, scientists must study the brain 100%, and this is impossible until the end of the world, of course Tvroets will not allow this, I think so. You cannot revolutionize parts of consciousness that have developed in a complex evolutionary way, such as instinct (lower consciousness,



animal consciousness, egoism), intellect (mind, controlled only by our will), intuition (higher consciousness, comes from the Creator).

The environment tells us that there are situations in which «you need to change something,» but at the same time they do not tell us that our situation is no different from the situation of other people. Everyone has the same problem and the same solution. First they try to change the «external situation» and then the «internal situation», we must first deal with the «internal situation» and then the «external situation» automatically changes, improves and corrects. The external situation depends on the internal situation, therefore it is impossible to change, improve, correct the «external situation» without first of all working with the «internal situation».

Many people consciously / unknowingly follow this wrong rule, it forces us to avoid many opportunities and chances that supposedly threaten our faith and give up any great ideas. On the contrary, it can lead us to bad habits and to our spiritual fall. Take alcohol, for example. In his opinion, continuing to drink is rational, convenient (useful) and logical. Sometimes they say: «I only drink in the right place (only for a reason).» Alcohol blocks a person's path, spoils his character, leads to family conflicts and material deprivation. An addict, a gambler, a person who cannot control himself in food – everyone experiences the same feelings (emotions) about their passions, addictions, no matter how false and deceptive their beliefs are. Based on the

current level of consciousness, they cannot confidently explain their actions and give a clear answer, because they do not understand their inner state. «I don't know how it happened to me,» they say. There is a big controversial war going on between soul and body inside them. Making a choice, making a decision, «Reason» (your arbitrary thoughts) must prove to the «Unconscious» (involuntary for you, controlling you), «yes» or «no», so there are always only two choices. It all depends on current beliefs and ideas, on the predominance of emotional thoughts, and in the battle of the unconscious and the mind, the one who knows how to make the right choice and makes the appropriate decision wins. Then «good» or «bad» action will be written on our shoulders.

There are people who say that I believe only in facts, but if this does not correspond to the truth of the Quran, the evidence of science, this is not a fact, and not true, this is true only in your mind, the life and laws of the Creator do not obey the laws of your brain, they obeys only the Creator of these laws, not you.

The biggest obstacles to changing, correcting and improving consciousness and the human soul are false facts (arguments that we are trying to prove), false beliefs and false propaganda, incident (internal / external conflict), state (internal / external difficulties). Not accepting the truth as truth and refusing to admit that we are receiving false, useless information that distorts the mind is stupidity. Hence the misperception. Therefore, sometimes we doubt your point of view.

It is very important to check whether one can rely on the false principles and attitudes of others.

The beliefs and worldview of an unstable person constantly go through the process of self-belief, self-hypnosis, and the worldview of a balanced person is constantly undergoing a process of change, improvement, spiritual maturity, growth and development. And if he is neurotic, he clings to the past for a long time, convincing himself that he is weak and helpless, because the mental system of the mind is emotionally disturbed. The only reason a neurotic thinks about past decisions and actions is because of severe internal crises (demotivation and depression) that prevent him or her from regaining healthy thinking patterns and changing bad habits.

If your mind is programmed with false and distorted beliefs and values, then you will appropriately shape your lifestyle and justify them in every way. You accept the truth as a lie this is also very bad, the problem here is perception. Then, as you try to prove your beliefs, you begin to distort the truth. One false belief leads to another. This is a real vicious circle that needs to be broken. Otherwise, you will weaken your mind and ability to act, and you will lose yourself in life. You are like a dog chasing its own tail. So break the fence, get out of the vicious circle drawn in your mind! For this, the primary task for you is to expand the boundaries of consciousness.

# The most important advantage

For you, the most important advantage should be the expansion of the boundaries of consciousness. People are not animals with a narrow field of view. New horizons of science, depth of knowledge, dreams, goals, optimal planning and possibilities are endless. By doing this, by working, you will get rid of the false facts and false beliefs that prevent you from becoming the person you have long dreamed of. They make it difficult to understand how unique, invaluable and talented you are. You will need to do the following to achieve the desired positive, positive outcome.

– Stop automatically and unreasonably defending your false beliefs about «right» and «wrong», «good» and «bad», otherwise you will not be able to access the «new ideas» and «true thoughts» in the Book.

– Do not overestimate your hopes, beliefs and understandings, values, ideals, assumptions. This inevitably leads to False Pride. Know how to distinguish expectation from reality and underestimate the meaning of life, dreams, goals, motives, your intentions. We need a real, adequate assessment of oneself, life, others, and God.

– It is important to know, understand and love the true spiritual deepest needs. Because the satisfaction of spiritual needs is impossible without a clear, definite, motive, without a reason,

and most importantly, without motivation.

– Believe in your intuition, that is, in the «Higher Consciousness of God», in «Supermind or in another way Super Consciousness.»

– Learn to recognize and correct mistakes, try to understand that they teach valuable lessons.

– The ability to love everyone no matter what, because bad people do not exist, there are only lost and dead souls, to love yourself first of all, loving yourself you cannot harm yourself, loves the Creator and all his laws, the so-called laws of nature.

– Learn to listen without preliminary conclusions and without leaving comments like «this is good» and «this is bad», and listen to the end, and not necessarily believe what they say; Do not divide into «right» and «wrong» without drawing conclusions (without seeing evidence), use the words «imaginary», «temporary», «deceptive» or «true», «eternal», «truthful». Correcting the words you say is one step closer to lasting happiness.

– Pay attention to the trust you support and protect. Does it correspond to the truth?

– Understand: New Consciousness provides you with the necessary tools, motives, reasons and arguments to change, fix, improve yourself for the better. Ask yourself: «Is my belief reasonable (rational, optimal, effective)?», «Maybe I'm wrong, maybe I'm lost?» If you asked such questions to another person, you would have to judge objectively. In this case, you will lose

because you have to prove convincingly why their beliefs are «wrong.» So learn to judge subjectively, if you do not know how, then be silent.

Learn to look at your beliefs in a new light. Doubt any information, critical thinking is not criticism, but the salvation of the soul and body from unpleasant, negative consequences. Don't think like an animal, don't eat with your brain without thinking about what the environment is giving or offering you. Ask yourself questions and draw conclusions only after considering and analyzing all the information. We need introspection, self-control and self-examination, that is, we look within ourselves. A positive answer arises only when a person is not afraid of self-knowledge and self-awareness.

If he is bold and determined, he will not only reveal some important truth about himself, but he will also gain a psychological advantage. As if he had taken the first step towards building self-knowledge and self-awareness by officially proclaiming his Declaration of Human Dignity and personally signing it.

# You can change however you want

Beliefs are divided into dominant, questionable, and weak. The beginning, the starting point of any change is the replacement, change, correction of the dominant beliefs that limit the voluntary consciousness «Reasonable» through the involuntary consciousness «Unconscious». I will tell you how this will work in future books. In the meantime, you have to understand this change, correction, improvement depends on the unconscious and imagination and is controlled by both. We ourselves create our life under the influence of the environment. It all starts with changing the inner aspects of thinking. We know from experience that external changes are the result of internal changes. By changing the «Dominant Beliefs» and «Doubtful Beliefs», we influence the unconscious and, therefore, the external environment too.

At first I had a problem related to my illness. Before I could understand my new world, I had to accept a new reality, I needed to understand it sooner, because I was always in danger. But this was a process of spiritual maturity. I had to adapt to a new world, to a new life, to a different state.

When faced with illness, I noticed that life has two sides. If I really wanted to know what life is, I needed to feel both states, healthy me, sick me. In other words, it was necessary to get a complete picture so that I understood that everything in life is

opposite to each other (like both sides of a coin or a coin). This also applies to your life. To direct life in the right direction, you need to examine everything in the brain, if something is not working in your life, find out why it is so. This will allow us to build a bridge between where we live and where we want to be, who we are at the moment and who we want to be.

The root cause of man's inner slavery is ignorance and ignorance, and above all – ignorance and ignorance in relation to himself. Without self-knowledge, without understanding the principles of psychological mechanisms, a person cannot be free, cannot control himself, becomes a slave to his own habits and remains a toy in the hands of external forces. Consequently, in all ancient teachings, the first and main requirement for the liberation of consciousness from slavery was «to know oneself», «to love oneself.» It is impossible to love yourself without knowing yourself.

Ignorance without self-awareness, without understanding the principles of its psychological mechanisms, a person cannot be free, self-governing and will forever remain a toy in the hands of powerful forces. Are you a consumer or a producer in this life? What kind of player are you in life? PRODUCER (20%) or CONSUMER (80%). The consumer always depends on the producer, for example livestock, this is your capital (money), and they give you meat, milk, wool (goods). «Our biggest problem so far has been not knowing who we are, who we can be, who we should be and our mission in life. A false self-portrait



(self-perception) of oneself prevents and prevents the release of endless potential and possibilities. You are like a bird trapped in a net that does not know how much infinite space is outside of it. False facts (invented), false beliefs (adopted from the environment) prevent you from realizing that you are a unique and priceless talent, even if you are the most mistaken in this life, it means that you are all the more talented, because you have more real experience than the rest.

## **So the conclusion:**

If you think that it is impossible to quit and overcome a bad habit, then it will be «false beliefs.» You cannot tell someone else to do for you what you yourself can do. It will be «addiction». If a person wants someone else to do what he himself can, then he is «Dependent». Repetition and imitation of what the majority is doing is «Slave Mind.» Why do we follow each other like sheep?

It will «think like a cattle or think like an animal.» I hope everything is clear with the first chapter. We go further, there is still a lot of interesting things ahead.

**To be continued...**