

NARSHA BULGAKBAEV

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# The Laws of Life

HELP YOURSELF



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# Narsha Bulgakbaev

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## **Аннотация**

After learning and mastering the principles and laws of life, your life will be full of happiness, love, freedom, confidence and money. But you need to understand that 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. The purpose of this book is not only to think positively, but also to take another, correct step – to learn to think according to the laws of life.

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# Narsha Bulgakbaev

## The Laws of Life

### Do we have true thinking?

**Thinking** is divided into two: «**correct**» (based on the truth of the Creator) and «**wrong**» (based on inventing truth). It is important to recognize and understand this. And what is the **truth** really? The **Creator** and his **Laws of Life**, in other words, the **Laws of Nature**, that is, **scientific evidence**.

In order to make a change and adjustment inside, you need to assess yourself **positively and adequately**, and you need to understand that there is no difference between **self-esteem and thinking**, they are almost the same thing, and I don't think it's worth complicating psychology, you just need to take these words as synonyms. But still, I believe that **Positive and Adequate self-esteem** is the **right thinking**, **Negative and Inadequate self-esteem** is the **wrong thinking**.

But you need to understand: that only **Positive thinking** is unpredictable, changeable, unstable, temporary, and **Positive and at the same time Adequate thinking** is more serious and realistic. **Positive self-esteem** is a beautiful, inspiring tale, and

**True self-esteem** is the achievement of real results, it is the understanding, acceptance and use of the **Laws of Life** for the benefit of oneself and others.

Don't limit yourself to only positive thoughts. Remember that there is another way of thinking other than **positive thinking**. It is good to think positively, but since many of them are based on lies, this does not lead to perfection and true happiness. Therefore, positive thinking should be accompanied only by the **truth**. This is what «**correct thinking**» is. For example, in some problems, no matter how many positive thoughts, no matter how many positive emotions, you cannot change the external situation, because you cannot change the **external reality** without changing the **internal reality**.

It is foolish and ignorant not to know the «**Laws of Life (Laws of the Creator)**» in the game called Life. **Truth** gives true freedom, gives eternal freedom, therefore we must obey all the laws of nature (worldly) and invisible (so far unknown to mankind), created by the Creator.

If we want a joyful and happy scenario of life, everyone can get it, the main thing is to know the canons and principles (basis) of existence – this is the **most useful knowledge** for us, these are the Laws of Life (Laws of the Creator) that need to be mastered.

Everything in the world is controlled by certain **Laws of Nature**, which we call **science**. There are also **Laws of Life**, that is, the **Laws of the Creator**, which are no different from the Laws of Nature. Because the Laws of Life are also a science. All this is proven, and depends on our **perception**, but unfortunately it may not be proven to someone, because they refuse to perceive it, but despite the resistance of the consciousness of some people, we can say with confidence that the **Truth** exists. And once again, what is Truth? The Creator and his Laws of Life, in other words, the Laws of Nature, that is, scientific evidence. This may not be the Truth that philosophy or psychology teaches, but still, in my understanding, this is the way it is said, everyone has their own truth.

Laws are stable and never changing. You can trust them: they always work flawlessly. Life will not free us from these laws. Therefore, love these laws, because they are fair for everyone (they do not divide anyone). And now it's time to talk about the **first law of life**: our faith depends on what we say every day to ourselves and others!

# Every thought is a rule for us

The only creature that speaks to itself is man, this process goes on all the time. During the day, we are constantly talking to ourselves, collecting information about the environment – life.

For the world, every thought is a word, and every word is a rule for us. **Thoughts** are inner words that only you hear and inner images that only you see. To improve our lives, we need to know how these **inner words** work on an **unconscious level**. And now here is the **second law**: everything that happens to us comes from our consciousness.

The Laws of Life are common to all of us, neutral, fair, they can apply to all people equally. Some people cannot feel love, warmth, mercy, kindness and compassion. Because most of them are hidden in ignorance and do not recognize the laws of the Creator. They force themselves to live in a **limited consciousness** of the mind and have a defect in sight, although their eyesight is all right. I think that no one is to blame for this, but this is not the reason. The reason is that all this happens because of the «**slave consciousness**» and «**dependence**» on someone or something other than the **Truth**. From the moment of comprehending the truth, a person is freed from the slavery of this life, and returns to the free will of God and begins to live

a life worthy of happiness.



# The snag is in ignorance

**Third law:** It is impossible to get out of ignorance without knowing the truth, otherwise you are limited. What is truth again? Truth is the word of God, scientific evidence and a concept based on spiritual and moral faith, not an external deceptive form, but the deep inner meaning of all creation.

Each law is correct, true, and also neutral, just, universal. But even a person who looks good and handsome can have failures in life, but the problem is not in the laws of life. The reason is an **unfair attitude** to the laws of the Creator.

Disobedience to the law once does not mean that a person is already everything, bad and useless. Because any person can use the laws of life in a **negative way**. You just simply may not know all the **laws and rules of life**. But it is of course your choice whether or not to obey him. The laws of the Creator cannot harm a person. But no matter how good you are, no matter how beautiful you are, you may encounter **difficulties and mistakes** if you make the **wrong choice**.

The laws of life do not care whether a person is successful or unsuccessful. Therefore, the laws of life are not so important for us, we think that they are cruel, unfair or just random, but in

fact every law is both neutral and selfless for our own good. The **outcome** of each of our choices depends on how we **understand and apply God's laws**.

The **environment** is always ready to transmit the **information** that we **consciously** want to **perceive**. Some get wealth, fame, property more, while others less. Some get a lot, and some get a little. The laws of life have always been and always will be at the disposal of everyone, **injustice** and **inequality** are created by people themselves. **Thoughts, values, principles** and **beliefs** determine the extent to which we will receive good from life or vice versa.

A person who considers himself **poor, unfortunate** and continues to act against the laws of life will be obliged to be content with what he has. Since he has no other choice but to be **jealous** or **interested** in those who see the many **benefits, pleasures** and **interests** of this life.

The **fourth law**: whatever your internal environment (cause), your external environment (effects) will be the same. The Laws of Life exist constantly, the laws are sincerely generous. What then prevents us from accepting all these laws is the ability to **perceive** and the system of beliefs built on this ability. And it's time to find out what **persuasion** is, but only from my **point of view**?

**Persuasion**, in my opinion, is a **faith**, that has sat down in the «**unconscious**» and does not want to leave it. **Persuasion** is not the same as **confidence**, but just the same confidence appears because of our **faiths**, and only then our **consciousness** begins to feel confident in something, in someone. And then we divide whether it is a **true confidence** (benefit and gain) or a false one (harm and loss).

In simple words, all our actions, deeds depend on the formed **persuasions** – faith, point of view, opinion and so on. Most importantly, we understood the reason for our actions and deeds. And **Ignorance** lies precisely in the fact that we refuse to understand the **cause** of all our problems, what and how this happens to us. Without understanding the **reason**, we will not be able to solve anything effectively.

If we continue to **hypnotize and persuade** ourselves, that we are unworthy and worthless, we will not be able to get everything, we need, and will not be able to achieve our dreams and goals. **Fifth law**: But no one can guarantee, that our free will, aspiration, desire in the end will please us, and amuse us, if our **faith and understanding** (persuasions) are false and do not correspond to the **truth**.

# Why can faith get in the way?

A person accumulates knowledge, and due to this accumulation, we form two important concepts about ourselves, about other people, about life in general and about God – **faith and understanding** (persuasions). In childhood, it did not matter to us, whether our faith and understanding were true or false, because we simply believed in it, this was the **requirement of the environment**, and as we grew older, they became our **reality (life principle)**. Since childhood, we strive to know everything, as much as possible, and have become **slaves to information** from the environment, through the five senses. **The environment** – which shapes our faiths and understanding (persuasions), speaks the **scientific language of Epigenetics**. The **fate** of a person, depends not only on the **genus**, but also on the environment, which is higher than the concept of the genus.

**Law:** Everything, depends on the time of our stay in this life. What is our environment, such is our life.

**Another Law:** without the **inner word (thought)**, the **outer word (language)** does not come out. What we always say (be it a monologue, a conversation with ourselves, a dialogue, with someone else), that is, what we **think**, determines our **true image**, our **thoughts and attitude** towards ourselves,

towards others, and within time, our consciousness will become **free or slave**, consciousness has no other choice. In many countries, there is a tendency, to form a «**slave consciousness**», because we ourselves do not understand who is the owner of our consciousness, we ourselves, or the environment.

Are our persuasions true or false? Because the answer to this question determines our destiny. **Deception**, the adoption of a **false idea** for the **truth**, begins to form, **false persuasions and delusions**, and no external forces prevent this, but rather support it. There are no obstacles to what you really want from **external forces**, everything depends on ourselves, and the **right relationship** with the Creator, and his laws.

We can have an idea in our head about our own **shortcomings**, then this faith will begin to lead our life in the **wrong and negative direction**. By changing faith, correcting understanding, healing the mind (consciousness), we can change direction in the right, and positive direction at any time in our lives.

Let's imagine, that you have lived a lot of life, and you say that you have changed your mind, but you think, that it will no longer be possible to live life somehow differently, you think, that you are late, and no matter, how much you think positively, you will not be able to turn back time, but you can start life anew right

now. If you are breathing and reading this book, then you are still alive. I will give an example of the **Law of Time**: Life will not change its mind, but this does not mean, that it will not pity us, so note that, while we are alive, it is never too late.

However, life will not spare us if we have immunity against the Laws of Life. Even if all of humanity has immunity against the Laws of Life, they will not change, and will forever exist with humanity. That is, no matter how much you like the Laws of Life, you will see the **consequences** only after the creation of the **cause**. Therefore, before doing the cause, it is necessary to think about the consequences. We need to listen to the warnings of the Creator, and his Laws of Life. This is the truth. This is the science of happiness.

Think of the **belief and understanding** (persuasions), upon which is based on, what you consider, and call Truth. Each person has his own invented Truth. All of us have been collecting information from the environment since childhood, and now days, months, years have passed, since we were born, and the question arises, **why are we different**, that is, our character and behavior, etc.? We grew up in different **conditions, circumstances**, there were different **rules and requirements** from the time of existence, and place of residence, therefore people are not one hundred percent alike, and therefore there are many different **views, concepts and beliefs**, etc. But the most

important thing, is that our faith, does not destroy us, in the end.

# Not many like buzzwords!

There are a lot of people who say, «I'm smart enough, so don't be smart!», and I think their **persuasions and values** are:

- 1) I don't need smart words.
- 2) I have my own views on life, and no one has the right to change them.
- 3) I've been doing well with myself all my life, don't tell me that my persuasions and system of thought is wrong.
- 4) I don't want to hear, see or read people, who give advice, and pose as a smart person.

Therefore, one must be careful when trying to convince anyone of an **ideology**, especially the **truth** about oneself, the **universal truth**. Smart people say, that you need to think carefully, before demanding, that others hear, or read our «big words», and advice.

Each of us, has our **own persuasions**, about life, religion, politics, and the environment, in which we live. Having attacked someone else's faith, you will return from the campaign defeated.

We force ourselves to believe lies, in order to save our faith, by saying, that life is interesting, pleasant and attractive to us.



**Egoism**, and **dependence on false beliefs** are detrimental, that we turn life into a game, compose our **own laws and norms**, and believe with all our heart, that this is the truth. But in fact, this is a **made-up lie**, even if for you it is the truth. The source of truth can only be the **Holy Books**, and **Evidence-Based Science**, which proves, that religion and science, are not enemies, but allies. The basis of science is religion, because it was religion, that contributed to the emergence of science. **Law**: Without science there is no use for religion, without religion there is no use for science.

Gaining the **trust and understanding** (persuasions) of people, who have nothing to do with us, will eventually lead to the **Slave Mind**. Unfortunately, the people around us, often form delusions, and think far from the truth. In general, a **negative environment** interferes with a person. Happiness in this life, not only depends on us, but also depends on our environment, on our loved ones, but most importantly, it depends on our FAITH in ourselves, in others, in God, etc.

Without justice, there is no trust. To establish justice in society, we must first establish justice within ourselves. False promises to oneself, to others, do not convince a person of the truth.

# Get rid of erroneous self-hypnosis

Happiness = true confidence and useful actions (increase) / stupid mistakes and invented flaws (decrease)

Do I understand correctly from the sources (Quran and Holy Books before it), this life (temporary) is the **cause**, and eternal life is the **effect**. The chances of happiness in this life, and in the eternal world, depend on the growth of **true confidence** and the willingness to let go of **wrong persuasions**. Unhappiness, is the absence of **truth** and boundless **certainty** in everything. Instead, a **false confidence** that believes in its ability, but nothing works. Why don't these people achieve anything? Because **repetitive mistakes**, and **invented restrictions** that need to be reduced, and generally eliminated from life.

Unfortunately, in some cases, it is not possible, to change, or improve oneself, because life is not, what we want to see it, the reason for this, is **false beliefs and delusions**, that are deeply rooted through **suggestion**, and which will resist the Laws of Life with all their might. For example, if you cannot read this book to the end, then you do not want to change your reality, then you do not want to admit, that there is **another truth** that is different from your **persuasion system** (who and what to believe?).

We are looking for profitable, comfortable territory, where no one will bother us, and teach us how to think, and act correctly, but we do not know the consequences of such **erroneous self-hypnosis**. An effective method to get rid of **distorted faith**, and **delusions about yourself**, about others, about life, and about God, is to recognize the **truth** about yourself and the **truth** of the Creator, which may be uncomfortable, and unpleasant for someone, but this is only the case at first. Hiding the **truth about yourself**, running away from the **truth of the Creator** is the cause of **slavery** and **dependence** in the twenty-first century, well, it was before us, and most likely will be after us. Once upon a time, people believed, that **universal progress** would finally establish heaven on earth, and there would be no unfortunate people left. Is this what is happening now? The truth needs to be spread, and the truth about oneself cannot be hidden, it will still be revealed someday, perhaps in the future, eternal life, but this is not the problem. Instead of running away from truth, we should work on ourselves. The main thing is to have the **right, true faith**. This is the ability to regulate the **balance** and achieve **harmony** between **the soul and the body**, which everyone can learn. That is, to maintain a **peaceful relationship** between this and eternal life, and of course not to be afraid of death. In general, what do I mean? Our freedom is directly related to hiding the truth or avoiding the truth. This is erroneous self-hypnosis.

1) We need to stop deceiving others, admit that if we are in a difficult situation, we don't need to wear a fake mask, they will help us, if not, then we can help ourselves.

2) We should not blame others for our own difficulties and mistakes.

3) We must intentionally avoid negative and unacceptable decisions and choices. Do something thoughtfully.

4) We must recognize that our self-hypnosis can be deceptive, and it is the CAUSE of all that we call unhappiness.

These four paths are not about replacing the negative, with the positive, but about learning to accept, and obey the Laws of Life.

Inner peace, stress-free life, purity of blood, is the basis of the stability of the soul and body. But this path, causes great resistance within us and possibly even a war between the soul and the body, but the correct way of thinking, based on understanding the true state of oneself, life, and other people in any life situation, is to understand, and accept the **true properties of the Creator** and his laws. Wise people have always tried to rely only on the Truth of the Creator, and the Truth about themselves, whatever it may be.

# What do you need to know to be happy?

In any situation in life, such as when you buy something, always try to understand the true nature, the reason for your choice, the inner content, not the outer form, packaging, design, and so on, because it is very easy to deceive us. So happiness begins with understanding the meaning of life. But what can be the meaning of life, if we are so easily deceived, if others, especially evil people, know more about us than we do?

It's time to get out of your head, and move to a higher level (the **level of perfect nature**). At the **level of creation**, man is created perfectly, all troubles are from man himself. Ask your «I» (ego): «What do I need to know in order to be truly happy?». Did you hear anything? From within? Or do you want to sleep or eat already?

Be sure to find the answer to this question. Because «being happy» is your own business. Take these answers as a basis in your actions, and try to think only adequately, as well as positively. But thinking only positively is **self-deception**. Let's be realistic? I think that we should not engage in self-deception, we are already deceived by the environment. **Law**: Be realistic,

then waiting, will not bring you disappointment.

The most important problem, is in the **wrong relationship** with each other, you should not be yourself, if you consider yourself **guilty** or have **low self-esteem**. Getting rid of negative, and unpleasant emotions is the overcoming of ignorance, as a result of which you get freedom. Let your «**Higher Consciousness**» understand the **true nature of life**, then the problem of not knowing, «how to become happy easily and simply?» will be resolved. This kind of magic is the result of understanding, and accepting the «Laws of Life».

# Words don't solve anything

Many wise men, as we remember from history, tried to solve all the problems of life with words, they said: we ourselves create ourselves and our life. Did these words help you in any way? At the same time, many of them thought, that all the problems were due to the fact, that a person is able to perform actions. But what would happen if a person could not speak, write, read, could only move, that is, only his arms and legs act, imagine, that all people are deaf and dumb, would happiness increase, unhappiness would decrease? A very **important Law**: no words – no thoughts, no thoughts – no brains. But still, let's think about, what is more important, words or actions? I think both. I touch on this topic because very often I hear that, «Words don't solve anything», «You can't put words in your pocket». I agree that words have both constructive and destructive power. So let's get back to the Laws of Life.

**Law**: Blaming means looking outside of ourselves, which means we still think happiness starts outside. Then we should justly, and correctly pay attention to our feelings, evaluate ourselves, others, life, God, but this should not lead us to **conflict**, either with ourselves or with others. Only when a person strives for **real success**, and **spiritual gain**, does he see the **truth of life**.

If a man constantly thinks of real success and spiritual gain, he must see the truth of life, and then he must understand, and finally apply the Laws of Life for his own happiness, without these stages a man may not succeed, but everything in life is an experience, positive or negative, it doesn't matter, and everyone gets a certain result of their actions eventually. The outcome depends on how a person uses «The Laws of Life». For the benefit of what or whom? ... Well, do words decide something?

Action is often a manifestation (consequence) of the movement of our heart, and this must be understood. Many souls may be in a difficult situation, and only their hearts know about it. In such a difficult situation, only perseverance will solve the problem. Do you believe in it? I can list many qualities that sound promising, but will these words help suffering people.

I think that all people are more interested in action (practice) than words (theory). But there is an important **Law**: Without words there are no thoughts, without thoughts there are no actions. So the strongest won?



# Similar to similar

«Similar to similar.» This is the **Law of Analogy**. Your outer environment is always trying to be in harmony (that is, to be similar) with your inner self. Your environment is constantly trying to adapt to your invented laws. Do you remember your environment, that shaped you as a child? We grew, and developed according to the laws of analogy.

As we are inside, so is our external world (environment). Everything that we draw from life (success and failure, health and disease, wealth and poverty, etc.) tends to us. It all depends on who we really are, who or what are we trying to be like? This is the «law of analogy».

**The Laws of the Universe** are the **Laws of Science**, they work with infallibility. We feel their effect in life, even if we have not studied physics, chemistry, mathematics and so on at all. These laws are also neutral, but against our will, and the Laws of Life are different, in that the choice is always ours. Each person, throughout his life, comes up with his own Laws of Life, and they can be **erroneous**. But here only one word saves us – **Truth**. Will not hurt again, remind what is Truth? Truth is the word of God, scientific evidence and a concept based on spiritual and moral faith, not an external deceptive form, but the deep inner meaning

of all creation.

We created our destiny «unconsciously» (not ourselves), and attracted everything to the environment ordered by us, that is, we infected the mind (brain), not knowing the laws of life, the laws of science. We can commend ourselves for this. But still, this process must be carried out **consciously, voluntarily**, from now on, on the basis of Truth, and then fate will be in our hands, and before that our life was **unconscious** (as in childhood) and will remain so, if we do not act wisely, and do not «Let's change» the way we think.

There are no special difficulties with this rule, and if your life is not the way you want it to be, it means that you have not managed to find happiness, in the creativity of your own consciousness, and you have not been able to acquire an **incomparable skill**, and **ability to attract** joyful moments and repel unpleasant situations. So just be like what you're striving for, but always be mindful of the consequences, but don't limit yourself to negative expectations.

What you think about all day long, is what or who you are trying to be like. If we are afraid that something bad might happen, if we think that we will fail, then we try to be like our own invented enemies, something that we do not really want. **Misconceptions, bad habits** – it's all the result of the fact, that

once you tried to be like the environment. If life gets even more confusing, then you are too overdone to be like, then you are constantly thinking that you are getting worse and worse. Be like true **happiness** and you will **attract joy and prosperity**. That is why it is so important to understand how our **consciousness works** and how it **interacts with the environment**.

# Do you only speak the true?

In general, the task of the **unconscious part of consciousness**, is to receive and consolidate information received from the **mind** (the **conscious part** of consciousness). In fact, it not only remembers the information that a person perceives. You perceive, only the information, that you consider reliable. The most important task of the «unconscious», is to prove that your mind always thinks, and acts correctly.

If you trust in your own ability to program the «**Unconscious**» through the **Mind**, you can achieve anything you want, not because you suddenly become superconscious, but only because the unconscious part of consciousness finds, and creates for you the life you want, because you start thinking as **Truth**, as a **consequence of «Similar to similar»**.

Until that time, we were in automatic control, that is, we were programmed by the environment, and the task of the book is to change the control of our consciousness into «**Manual Control**», that is, Reasonable Intervention in a Predetermined Fate, which says that everything is decided before us. But what role in life, what story after death, it all depends on each of our choices.

But the «Unconscious» cannot directly change the reality around it, but it can naturally make a selection, that is, extract what you want from life. The free mind chooses what to perceive, and the «Unconscious» remembers, and strengthens the received data, and then it all turns into your faith (persuasions) with the help of emotion control, and faith forms thoughts about almost everything you can think of.

Worry about failure in life, or think that something is «**impossible**», your «unconscious» will rule out any possibility of realizing this something. The unconscious will find problems only to prove that your something is really «**not important**». And for you, this world will remain closed, until you can prove, that you can achieve this, and are ready to accept the consequences. The bottom line, is to convince the «unconscious», that this is something really **IMPORTANT** for you, and does not threaten your life.

The unconscious, is not in our control by itself. We can only think arbitrarily, with the help of Reason. The unconscious is very dependent on belief and understanding (persuasions). Not knowing, and trying not to think about it, is a consequence of a lack of faith, and hope for the **truth**.

Why isn't the «Unconscious» making an effort, to improve our lives? Because we still do not fully understand, what the word

«think» means, and that's why, we consider ourselves affected by certain people or situations (environment).

Given our imagined weakness, in the face of life's trials, we expect our prayers to be granted. But knowing that by the power of our consciousness, and by the Laws of Life, by fair thinking, we can do what we want, and we begin to understand, that we can give what we need, it is necessary, useful, and we can achieve what we really want, This is no longer a fantasy, but a reality.

There are many people, who do not believe in their own wisdom, so they seek wisdom from others, in order to avoid brain starvation, because their life is poor. And the «Unconscious» does not accept information heard by the ear, because this is already ready-made information. And reading a book deeply affects the «unconscious», because it makes you think. **Law:** the **mind** is the cause, the **unconscious** is the effect. But over time (with age) it becomes the other way around. The unconscious becomes the cause. This should not be allowed, you, that is, your Mind, must always be the cause, so as not to suffer from the consequences. When you lose control of the Mind, the «unconscious» begins to control you. When you understand this, only then, can you confidently say: «I always speak only the true».

It cannot be that you lied, and were wrong. You always tell the

true, even if it is a lie, a lie is also true to some extent, but not related to the truth, sometimes we are forced to tell a lie, and the listener or listeners believe that it is true, but the most interesting thing is that both sides believe that it is the true (and the side that lies, and the side that believes in it). If you believe in a lie, then it will become the truth for you. Then it will be very risky to believe you.

# Believe in yourself, if you believe in the truth

Believe in «**Infinite Power**» (God) to do what we want, to achieve what we want, and only then, will our desires be right (our desires will not backfire). You may already be thinking, «Hunger. Sins. Poverty. Unemployment. The crime. Suicide. People mourn each other. And yet, what **power** can I trust if it is the power called „God“ that allows it? If God really exists, then where is the strength now, that I am suffering?»...

Have you ever wondered, if all this is «man-made», and God has nothing to do with it? More precisely, seductive. I'm talking about all our problems with you.

In general, there are two desires in life: the **desire of God** and the **desire of man**. God created good deeds, and not entirely good deeds, but it is not God who does all these deeds. God gives, we receive. God's will is to propose, man's will is to choose.

In fact, the «**Infinite Power**» (God) is just, allowing the appearance of good, and evil in life. We talked about the fact that the Laws of Life are the Laws of the Creator, how honest, impartial, disinterested, direct and correct it is. If God allows



evil, he has his own reasons. Everything has a limit, meaning and its own goals, its own explanation.

The most important thing, is the great creative force, the just power of life. With his support, we are able to create all the conditions to be / become happy. If we do not accept this help, we will never learn to be truly happy. **Law**: The **result** (this is the consequence of our actions) is always equal to the **intention** (this is the reason for our actions). The **Infinite Power** (God) will always support us, whether we fall or rise. In the end, everything is caused by our intentions and thoughts.

The main attribute of God is Love, followed by Creativity. So believe in the true creativity of the Creator! Laws of the Universe (science), Laws of Life (nature) are the creation of the Creator created with love. How to find out what the Creator wants? So that we would be engaged in creativity, called «to live».

# The direction of our life with you

We said that, if our thoughts turn into truth, then we cannot have dirty, or false thoughts. **Law:** a person takes what he thinks, not what he wants, but exactly what he thinks (all day). What do you think every day? Every thought matters. This is, who we really are. Therefore, the power of thought is higher than the power of intention, because intention arises from thoughts. Think about the difference between these two concepts – desire and thought. Does desire govern thought, or does thought govern desire? If Truth governs it all, then it's all good. If truth governs thought, then that's great, but if thought governs truth, then it's a disaster. I say this with full confidence, Truth is Power. Let's go back to the process of thinking.

When you think about something, remember that the whole world is in motion with you. This means that the position of material particles, objects in space changes, and all this is only because thoughts or ideas appear in your head. Do not underestimate the power of thought and imagination. In fact, we deliberately cause an action with our thoughts (inner words).

Let's try to see the amazing and wonderful creations of this Infinite Power (Creator), and not try to look for flaws, minuses, shortcomings – this will lead to spiritual imperfection, although

you may be forty, sixty years old, but if a person has no connection with the Creator, then he remains spiritually minors, but this is not the most important thing that I wanted to tell you. The important thing is that we all have this power, maybe insignificant, very small compared to the Creator, but we must be able to increase the properties (this power) of the Creator in ourselves, the property of this Infinite Power. The more sensitive we are to our Creator, the fuller and happier our life will be. How does this power work? Through you and me, through spiritual union. For example, by reading this book, you establish a spiritual connection with me. It can influence your thinking and give you spiritual strength. This power does not manifest itself directly, it manifests itself through the cause – people, books (this is also the soul of a person), etc.

Truth (the Creator and his Laws of Life) is our internal battery (it does not need to be charged, it does not need a power source), because it is the energy of the whole world, in which infinite power accumulates, so we can use it in our creative activity, in any field, in any profession.

In order to feel God, we connect to Him through the truth, there is no other way. The bottom line, is that you can get a lot from life, but you can't take all the luck, happiness and fun at once, you can't take everything out of the Gifts of God, because you can get burned. **Law:** Before you want something, you must

be ready to accept it. If you think you're unhappy, it's because you've missed out on a lot of opportunities, you might have wanted but weren't ready to take. If you think you are happy, you see and seize the opportunities you want and are always ready to take. That's what separates a happy person from an unhappy one, the invented words you believe in – «possible» or «impossible» and «ready» or «not ready».

In order to increase the movement of the truth within you, you will need to reduce the resistance, to the Laws of Life (the Creator), and withstand the weight of the test, because the satisfaction of your needs, does not mean that you are really happy.

# Expanding our power of consciousness

«Infinite Power» is a word with a deep meaning that needs a lot of adaptation. The fact that Truth «joined» you, means that you can turn it on, or off as you like, it is a very useful device that grants your wishes or stops if it can harm you, but most importantly you can use her whenever you want, and she won't let you down.

We are no more powerful than God. But we can gradually raise **God's Power**, and **Infinite Possibilities** within ourselves. It is necessary to feel the required elevated level, and then it is necessary to set a goal to achieve this level, to always be with this strength and not to **lose the truth**.

If we realize the truth, then we will learn about our creative abilities. We are creative together with you, and our self-confidence is boundless. In order to remove the restrictions, we need to intelligently sort out the useless information recorded in the «unconscious», harmful beliefs and ideas.

We are always doing something, but often we do not fully understand why we are doing it. Knowing how to develop our real nature and our infinite power will help us gradually transform the thought process from the irrational (not comprehended by the

mind) to the rational (comprehensible by the mind). This forces us to return to the level of nature (being). Because we are born to be happy.

Voluntary creativity differs from unconscious (involuntary) creativity in that, it allows us to make choices. The «unconscious» has no choice, since it has already formed the way it is, and this is the result of our control of our arbitrary mind, but this does not mean, that the unconscious part of consciousness cannot be changed. **Law:** to live means to be creative, that is, to be able to manage your mind and body with talent.

**Imitation, dependence and slavery** are formed in the «unconscious» through a **voluntary, arbitrary mind**. But you can change using the same word – mind, only not in the direction of «Slave Thinking», but in the direction of Truth. Many people think that a person is powerless before fate, but in practice this is not so. Fate comes not from God, not from itself, but from the environment, because it is formed unconsciously and involuntarily.

I do not think that a person consciously chooses misfortune, failure, bad luck, various problems, all because a person cannot know in advance, all the possible consequences, such a choice is formed unconsciously, depending on the environment. So there is a way out of this situation, since we understand the reasons,

you need to either change the environment, which I think is not entirely correct, or change your thinking, from the unconscious to the conscious, that is, take control of your mind, and not let the environment control you.

There is an established order of thinking in the human mind, you need to check how much it corresponds to the truth, if it does, then you can believe in the «unconscious» (our inner voice) through the system of understanding and faith (concepts).

The «unconscious» can do anything, the worst thing is that it can harm you. It can make a person a victim of other people and turn a person into a zombified (hypnotized) or selfish (self-centered) person, no different from an animal. It can also cause us stress and neurosis. Negative, unpleasant, negative reactions and reflexes can be formed. We must be able to act against it.

To do this, you need to act wisely, think more broadly, achieve a state of free choice, and not a dependent slave, have a conscious position. If a person unconsciously believes and lives involuntarily, he will not be able to live voluntarily, he will act on automatic control. That means how a person grows and develops, almost like a programmed robot! This is the «animalistic» stage in the development of consciousness.

The «unconscious» controls all our actions through emotions.

You can make a conscious choice only when you refuse to define your actions as normal and abnormal, you need to explore the reason why this choice, why this particular action, and why you consider them normal and abnormal.

In childhood, we lived only an unconscious life, that is, we tried to be what others thought was right (remember the law Similar to Similar), we did not have our own opinion, despite the fact that this is not true, we grew up in such a state of ignorance. But still, spiritual maturation must continue forever, spiritual age is not measured in years, but is measured by growth and expansion of the level of consciousness.

If the unconscious part of consciousness does not allow us to get what we want, instead, it eliminates it, you are not on the right path, you must be on the path based on the Infinite Power.

The mind, which has accumulated delusions, false and erroneous facts, fixes it in the Unconscious part of consciousness. To sum it up: The «Unconscious» is the cause of what we call sins or unhappiness, bad luck and so on.



# The True Meaning of Spiritual Development

Truth (the Creator and his laws) understands what you need (what you really need). All you have to do is convince yourself that you want to live a decent life and make a decision towards understanding and accepting the Truth. It seems to many that it is impossible to develop and change for the good without being satisfied with the current situation (both internal and external), but the truth teaches patience, and patience teaches a lot, and teaches a lot when it is already necessary to stop tolerating and finally make a decision in favor of survival.

Of course, it is important that your thoughts are here and now, not in the past, not in the future, and that you accept life as it is, but for development it is more important to resist the difficulties of life (because life does not like passive ones), again in favor of himself, for success and happiness in this life. You can do all this on your own, you do not have to look for parents.

Life is a constantly changing instability. What information do you put into your brain? Is it useful or useless? Perhaps even harmful? **Law:** Everything that is stuck in the brain (be it eyes or ears) will eventually become what we call fate or reality.

Why are you dissatisfied, why are you not satisfied? What do you usually mean by satisfying your needs? Growth and development begin with the joy of being created and in understanding how simple and easy it is to become happy – to be and exist in this life, this is happiness.

# **Expanding the boundaries of consciousness**

How much do you limit yourself? Are you an addict? Who or what constrains you in anyway? Only dependent people are mentally limited. Limited people have learned to think that it is impossible to overcome an addiction or a bad habit, and their master does not worry that his slave might run away. But in fact, only our consciousness is dependent, so you don't need to come up with tactics, techniques and ways to escape, you still won't be able to escape from the owner, but you can change roles, and be no longer a slave of your consciousness, but a master.

We cannot be limited by truth, but we can be limited by our own thoughts, beliefs, concepts and life principles. Why? Because the Truth works with our unconscious part of consciousness through the Mind, and people who are not aware that the truth exists, have a Slave unconscious. You do not have access there, the passport is the truth, without a passport they will not let you in, and your. Mind is under the total control of the slave unconscious, so the only way to get a passport is to understand and accept the truth and apply it in life.

A person just needs to forget what he can and what he cannot

do! How? Do you just need to remove the restriction? Practice, even if it is ineffective, you will feel that you are gradually expanding the boundaries of your consciousness.

Many stresses and fears are associated with memories and experiences of the past. If we, in a good sense, «get confused in the past» and forget about everything that happened to us. What if we «get old» in the spiritual sense of the word? Maybe if we just forgot that there are such words as «I'm not ready yet, it's not time yet, I don't know how» or «impossible» and just worked on ourselves, we would achieve each of our goals.

Having expanded the boundaries of consciousness, we go beyond the Slave Consciousness and remove the restriction of the Dependent Slave, change the rules and attitudes within ourselves, and live only in accordance with the true Laws of Life.

# Are you ready to compete?

If your life is not what you want it to be, then try to understand that no one is to blame but your faith, and you can become that ideal person that you dream of being in the world of imagination every day.

Have you ever thought about the fact that humanity is now trapped? Looking back, it seems as if people are about to destroy each other in order to survive, or just turn life into a game and that they are playing a very dishonest game.

People really have to fight for what they need, and humanity seems to be losing consciousness, as if people like us are trying to deceive us, betray us, harm us just for the sake of money. And those people who have suffered usually blame life or fate, but life is not to blame, not fate is to blame, everything comes from ourselves.

The explanation for this chaos is a consequence of the inability to make the right choice and inattention to the freedom of choice. Only a few try to understand the fair laws of the game which we call a fair life. The rest do not understand life well, they worry only about themselves, they try to pull the braided rope only in their own direction. But often nothing good happens, because

they do not know the rules of life and the Laws of the Creator and are very far from the truth.

Is life for you a competition or entertainment, or maybe just a game? Life is really like some kind of sport where you have to compete. It reminds me of football or tougher ones, like hockey. An attack of opponents (from the Real or Virtual World) from which you need to defend yourself, the goalkeeper (goalkeeper) is needed to save yourself from negative, negative, unpleasant external factors and the middle of the field, where the rivalry begins, where not the most interesting, but important events in the match take place.

It's the same in life, someone fights, someone gets sick, someone competes badly, someone competes well all his life to prove his innocence, importance and need for relatives and society, but someone doesn't care at all, which is also probably a competition, since this person will also have to compete within himself.

But some choose to compete in happiness, wealth and good health. However, the most important thing is for each of us to understand that we live according to the laws we have invented, and that any game has its own advantages. If this did not bring us any satisfaction, fun, pleasure, we would have long ago stopped this game and senseless competition in order to prove who is

stronger, better, richer.

Look at your life. Is it possible to feel like a victim of life all the time and at the same time experience some positive feelings? Can you bliss with your flaws? Or vice versa, what gives you competition with property? What is life for you? Maybe some kind of race for something? To participate in the race, you will have to not only train and be ready, but also choose a starting position. But the starting position is not chosen by you, but by your rating. But in fact, the rating depends on how strong a rider you are. If you draw a parallel with life, then you have to choose a role (position). It seems to you that you do not choose this role yourself, but in fact it is not so, it depends on how strong a person you are (on the movement of neurons in your brain).

If you play the role of a sick person, then choosing this path, you will need the love, care and help of others. This is a great way to attract the eyes of loved ones. You will play the role of an independent, decisive person, you will avoid blaming yourself for any mistakes, that is, you will not allow an internal conflict. Another example is if you suddenly forget the words of a play during a performance, then someone who is always ready to help and is next to you backstage will help you in a whisper.

Many experts believe that, in fact, the material and social problems of citizens are a tool for controlling others, for

example, close people, society, and the state. But what if outside help doesn't come? Not everyone knows what power misfortune has (sick, poor, unemployed, helpless, needy), some even believe that the state does not need weak, socially vulnerable people, but in fact they are not weak and not vulnerable, they exist in order to receive a response from the opposite side, which should respond with mercy and love. This is great for those people who don't know what to do with their money, knowledge and time. But people can't be forced to play a script written for them if it doesn't suit them. I mean happy people can't be forced to share happiness, and unhappy people can't be forced to learn how to be happy.

What rewards and titles will you receive in eternal life if you use your own illnesses for good, if you perceive illnesses not as evil. One of the patients said: «This is cruelty. You don't know how I suffer.» It's hard to deny that illness is bad. But with such resistance, we give a lot of opportunities to others to manage through our weakness, our destiny. It is important to understand, no matter how strange it may be, illness is not a destructive force, but rather a healing source of healing of the soul.

If you are sick, try not to think about it. What wonderful advice, you tell me. «Like I don't know.» Do not be offended by me, but still try not to feel negative emotions, but show patience and love for the disease. Saying «goodbye and don't come back»



to an illness is wonderful because we want to heal as quickly as possible and return to daily life as soon as possible. Maybe the disease is more than a temporary unpleasant condition, maybe it's a test, forgiveness and a new opportunity.

Everything that happens in the body starts with the mind. Physical illness is a consequence of mental illness, that is, the cause of any illness begins in the brain. Therefore, it is necessary to treat the cause, even if you are cured of medicines, this disease can repeat with you, because medicine does not want to touch on the cause of diseases, saying that consciousness (free will) is our personal problem, but you can be cured of any disease if you know the right one. diagnosis. The beginning of any disease comes from the mind and is further transmitted to the body. Your soul (consciousness, heart, will) always tells you what is happening around you. Let her be your spiritual guide, not a deliberate pest.

It is interesting that society considers it normal to restore people after serious illnesses, but spending the same amount of money to learn how to be happy, read books, think, study and work on yourself is not normal. If you say that to someone, then you will be blamed or misunderstood. Confusion in health care with real prevention. The state spends money on treatment, not on prevention, and does not eliminate the causes, but fights the consequences. If the state would spend money on making people

truly happy, would there be fewer premature deaths? Well, you probably say, «well, it's necessary to count.»

Reading and brainstorming are confusing and wrong, and sitting on social media all day and watching the lives of others is brain-pleasing and right. Be careful about the role you choose in life and don't put on false masks. Consider how much compensation you are going to receive for your chosen role. Do not hide everything with fate, because you can change it.

# What are we waiting for?

We wait for the right opportunity to be healthy, happy, rich, live long, start a business, fall in love, communicate and improve our personal lives, but if we keep waiting and waiting, nothing will come of this life. Again, we are waiting for interest rates on deposits to rise, we are waiting for the economic situation (inflation) to improve, we are waiting for a job to be found, we are waiting for the situation to change, we are waiting for our second half, then weddings. But sometimes waiting can and is beneficial, but only sometimes, and basically waiting is like an endless state of trance, which prolongs everything and drags out time.

How much time is spent on WAITING for useful knowledge, and not on the act of GETTING this useful knowledge. There is always a reason to wait, to procrastinate, to put off time. But there is no reason to read a book, to seek science, to come to the true faith.

# Help yourself

I once read a biography of a famous singer. She was young, beautiful and smart. She did whatever she wanted, but repeatedly tried to commit suicide with drugs. Do you know why? Because she could not cope with her spiritual emptiness. She did not realize that she herself could create the truth of her dreams, fill her emptiness with true happiness, instead she engaged in self-deception, never feeling true happiness called self-help. She hoped until help would come, thinking (that someone would save her) that other people, the environment, could make her life better. But that help never came.

The desire to become happy using others, and the belief that others can make me happy, endless social projects and the false promise that we will build a just, happy, humane society will not work. The false belief that humanity will build a more intelligent, spiritual and perfect society is nothing more than self-deception. All and sundry urge us to fight for a better life and for the improvement of society. But this is ignorant. Because each of us is individual, but we can be happy independently of each other. Society (other people) is not obliged to help you, we are obliged to help ourselves.

Debts and debts are a new burden on us. Our minds don't

know how to deal with countless social programs. When the government tries to change something for the better, it makes us look for meaning from scratch, it seems that the government does not fully understand what is wrong with the world and people, and people are trying to solve problems due to external factors. We want to change the reality around us, but this approach fails in advance as we fight against the wrong result, not the cause. In such a situation, a good society is not formed. The government can help us, but in fact we can help ourselves, help ourselves means help others, help others means help ourselves. The people are the government, each person is the president of his life. Everyone's life is in his own hands, in his own mind. If you want to help others, help yourself first, if you cannot help yourself, then just know that no one is to blame and you will learn to help yourself.

# Change for the better is simple and easy

We need to understand that we can change as we want. So the **Law**: «It is not necessary to change the space of existence or run away from the people around us in order to gain a spiritual and moral state, unless of course this threatens your life and safety. If you think differently: «What you really are, this is your environment.» Although in childhood it was the other way around (what our environment was, so were we), but everyone will have to grow up spiritually, and accept a new reality and stop being dependent on the environment. A lot of evidence that the attempt to change in absentia from the outside failed, collapsed.

**Law**: The surest way to cure humanity is to cure yourself first. Not original, but I think it would be useful to once again remember who we are and what we can do, why we exist, where the beginning is, where the end is. Depending on the Laws of Life invented, true, we consciously or unconsciously attract what is happening in life to ourselves, too, if we are dependent on the environment.

We bear a great responsibility for our life and destiny, if we do not understand this, then we are all voluntary victims of the

environment. Responsibility is an unpleasant medicine, but it must be taken if we are to cure our state of mind. We blame not only ourselves, but also others, life, government and God for not wanting to accept the truth of responsibility, we believe that it is more beneficial and pleasant for us.

What would you do if your brain didn't work properly? You would be lost and confused not knowing what you are doing. In this case, people will stay away from you, and will say that you are to blame for not knowing how to control your mind. Protesting against universal truth, the truth about ourselves and reality, we are not in a hurry to make the necessary adjustments to our way of life, but rather demand that the truth created by society, the truth invented by us, be adapted to our false ideas about ourselves, about others, about life, about God, about fate and so on. The problem is that we demand, and do not think that we can handle any problem ourselves. But still, change for the better is simple and easy. Do you believe in it?

There are two types of health, not only of the body or flesh, but also of the soul, that is, consciousness, heart, will. Physically healthy (physical health) and Mentally healthy (health of consciousness, heart, will). I wish you to be Physically Healthy always, but most of all I wish you to find Mental Health. Because common health problems begin precisely from the state of mind.

# Where is the start to true happiness?

The truth lies in the ability to properly control your thoughts. The thoughtless mind is prone to unhappiness, not happiness. If we do not live as the truth (the Creator and the Laws of Life) wants, then we are controlled by the unconscious part of consciousness, and our mind is in prison.

A confident and happy existence is determined by the mind (which chooses what to perceive from the environment and what not), the highest goal is to achieve the highest possible level of self-knowledge (These are the first steps towards knowing the Creator's intention). This is the meaning of God's creation of man – self-knowledge, and thereby achieve a level of self-help. To do this, you need to fairly assess yourself and re-examine your point of view, even if it contradicts our nature (soul + body).

We must get rid of all erroneous beliefs between our thoughts and intentions. Soul can be wrong, but Truth can never be wrong. It connects you with the Creator and his laws, so try to believe in these Laws of Life. Don't aim for anything less than your full potential, you rightfully have limitless potential. Our first goal is to draw conclusions about ourselves.

All your life you listen to your inner voice – thoughts.



Whatever the inner voice says, you must hear it. As you learn to trust him more, he will advise you to make the right decision right now. But do not follow the advice right away, but find out first of all whether this desire corresponds to the truth, that is, the Laws of Life, because it may also be the voice of your enemy – selfishness.

To believe or not to believe in the truth is your personal choice. But your choice is very important to me, and it should be important to all mankind. I believe that each of us has a mission (purpose) at birth. Listen to your intuition (inner voice) – if it is true, it will tell you who you are and what your purpose is.

I've always wondered why we came into this life? No one comes into this life in vain, the mission is given from above, but, unfortunately, many people are unable to fulfill this mission and eventually die without completing this mission. But you need to remember one thing – fate is written in our brain. This is our book of life, it is always in our hands.

I cited as an example many «Laws of Life» (there can actually be a lot of them), which I personally consider and call the Truth. Understanding myself, other people, life, the environment, God and most importantly my illness are very important aspects of my life. And finally, the last law and it is very obvious: To perceive or not to perceive what I consider to be the truth is always your

personal choice, and indeed our life is our own business, although what is the point of having brains if there are no eyes and ears. What is the point of having eyes and ears if there are no brains?