

# THE INEFFABILITY FORMULA

A PATH TO PROFOUND TRANSFORMATION

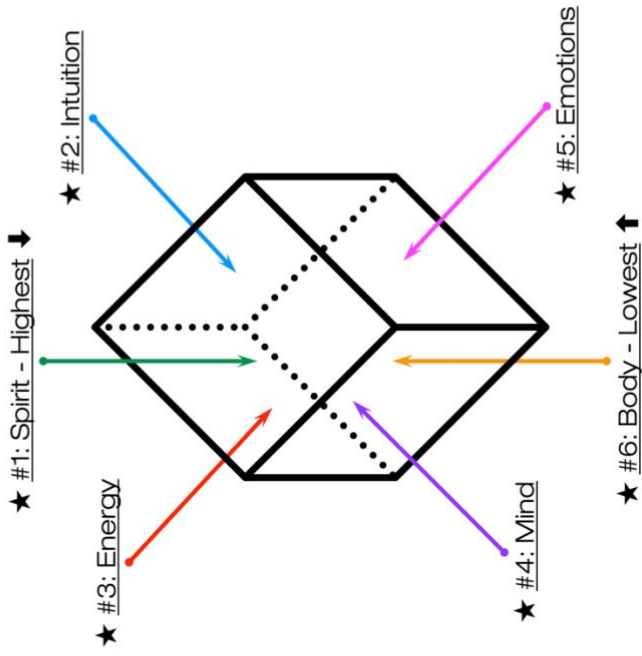


HOW TO FIND FULFILLMENT AND CREATE  
AN EXTRAORDINARY LIFE ON YOUR TERMS  
WITHOUT STRUGGLE, BURNOUT, OR STRESS

*Martin Hristov*

## THE CUBE SYSTEM

- The Six Components of Holistic Transformation and Planes to Self-Actualization:



Martin Hristov

WE ARE BORN TO BE REMARKABLE



*Martin Hristov in Santa Monica, California - 2021*

MARTIN HRISTOV

**THE  
INEFFABILITY  
FORMULA**

**HOW TO BECOME REMARKABLE  
AND CREATE A FULFILLING LIFE**



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Designed by Martin Hristov

*To my loving and supporting parents Mila and Mitko. Without their hands-off parenting and the freedom, they gave me while growing up in a post-socialist era in Eastern Europe. I would not be the person I am today. And my journey would have been very different. They even left behind their comfortable life in Bulgaria to take me to America. And provide me with an opportunity to start a new life of adventure into the unknown. They have kindly supported me throughout all of the years and seldom opposed any of my life-changing decisions. And they never pressured me to conform and live my life by someone else's rules or beliefs. I love you with all my heart, and I am truly grateful for all that you have done.*

*Thank you, mom! Thank you, dad!*

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“Dear father, whatever conditions confront me, I know that they represent the next step in my unfoldment. I will welcome all tests because I know that within me is the intelligence to understand and the power to overcome.”

— Paramahansa Yogananda

# THE INEFFABILITY FORMULA

# CHAPTER ONE

## Introduction – The Intention of This Book

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I have never been someone who follows the rules and plays the game of life halfheartedly. And could never see why I would do things as everyone else does. I never resonated with following the norms of society nor pop culture. Instead, I always asked the hard questions, and the more I did and looked around for wisdom. The more I began to notice how no one had any reasonable concrete answers to any of life's difficult questions.

People were just pretending they do. However, the truth is most of them do not. We are brainwashed and programmed with limiting beliefs and flawed models of the world from early childhood serving someone else's agenda. The moment you realize the world we live in is just a collection of opinions by a handful of people everyone else believes in and gives their energy. You naturally conclude that instead of relying on someone else's ideas about what the world should be and how you should live your life. You can create your own by improving upon what's already available. And by combining the pieces already working well with your original thoughts, like Lego blocks, you can build an empowering mental program enabling you to thrive.

Unfortunately, the social norms, popular beliefs, and models of the world we view through media, the internet, and our environment are disempowering and focus solely on limitations, scarcity, fear, and separation. And none of these will ever get us to realize our full potential and deliver our greatest gifts to the world. Over time, after living with so many anchors and giving our power away. One of the most critical aspects of the subconscious mind kicks in and turns them into a set of terrible habits. These are playing it safe and selling yourself short on the bounties and wonder of life available to everyone willing to cut off all anchors and set sail into greatness.

This is what inspired me to write this book and share my gifts with the world. My soul's mission is to empower every person to realize their innate greatness by discovering and developing their unique talents. And turn them into priceless gifts benefiting the world. A few years back, during one of my self-administered plant medicine ceremonies. I entered a profound state of meditation. I felt as if my body had dissolved into pure energy, and my consciousness was expanding throughout the universe. Before I came out of my meditation, I had a vivid recall of a wonderful childhood memory.

I saw myself at the age of seven with my mom heading back home after attending the commencement of school celebration in first grade. I had forgotten this magic moment from my past. But now, it was brought back into my awareness as vividly as on that day back in 1991. I was looking at the scene and myself from a third-person perspective. I was a spectator, an invisible observer. My mom was holding my hand, and we were walking back past the school gymnasium. Suddenly, a beautiful girl much older than me, maybe 7th or 8th grade, came up to me and said. Wow, you are so adorable and gave me two kisses, one on each cheek.

I felt proud and powerful. And while re-experiencing this memory from the side during my meditation, a thought came into my mind. Life is a game meant to be played full out, and we are all just a bunch of curious

gifted kids yearning to learn and create. This thought was vivid and clear because up until this moment. I was in deep meditation, and my mind was completely empty. At this very moment, I realized that in the eyes of our divine creator. We will always be his loved children. And our mission here on planet earth is to learn, grow, laugh, play, create, dance, collaborate, and love. And to make the most out of this brief moment called life. I am only sharing this with you because, just like with all other games. The game of life is most fun when played with others. And empowering you to become the best player you can be is my mission and the sole purpose of this book.

It's essential to realize that one size does not fit all and never will. And each one of us is meant for a remarkable life. Lived on our terms and focused on recognizing and genuinely appreciating the unique characteristics we have all been blessed with by our omnipresent creator at birth. To cooperate harmoniously and symbiotically at an ever greater level, as nature and life have done on our planet throughout the billions of years of evolution leading to our existence. To help each other to discover our innate talents and implement the most effective ways to master them. And share our genius and priceless gifts with the rest of the world.

Within us, all lay the seeds of extraordinary greatness. And all they need are fertile soil and the nurturing support of a loving farmer to sprout and grow to their fullest potential. For example, the human body consists of almost 100 trillion individual cells, most of which are actually bacteria. However, all of these cells collaborate daily in a beautiful symphony we call human life. Each cell has a specific function and responsibility for the greater good of the entire ecosystem. If cells decide to follow whatever is the most convenient and popular role in the body. Instead of their unique predisposition they naturally excel at, the body will collapse and die in a few days. The same is true when the cells decide to compete for resources instead of collaborating. We call these cells cancer. And you know well what happens to a body overwhelmed by them.

An interesting fact is most ancient mystic schools of philosophy taught their initiates a fundamental natural principle, the principle of correspondence between the macro and the microcosmos. They described the human body as a microcosmos closely resembling the macro cosmos or what we know as the cosmos of space. Following this old wisdom, one can deduct that since competition for resources within the body causes its inevitable demise, the same is true on a much larger scale.

For example, suppose the planet Jupiter became greedy and wished to capture all of the sun's light and positioned itself in front of our planet. In this case, earth will become a desolate place, empty of all life and color. We are no longer a tribe of cavemen who have to fight daily for their survival. We are the dominant species on our planet and possess the immense capacity to solve problems and create ingenious solutions.

Throughout this book, I will encourage you to be the solution and allow yourself to live from a place of infinite possibilities and benevolent universal force favoring our inevitable success. After all, the most widely accepted theory for the creation of our universe in the scientific community is The Big Bang. It states that our vast, ever-expanding and infinitely diverse universe started from nothing. It expanded outwards from a tiny pinhead speck in a vast explosion which, instead of destroying, created a vibrant universe. And if this has happened and we know well, it is quite possible because we can see the vast space with our own eyes at night while gazing at the sparkling stars. Then what is impossible?

If you examine the word impossible closely, you will notice it is the combination of three distinct words, I am possible. It is also important to note that impossibilities do exist. However, they only do in your own beliefs, mindset, and psychology. The things you believe to be impossible become impossible for you. In 1954, Roger Banister was the first human to run a mile in less than 4 minutes. Up to this point, the popular belief was that the human body is unable to run at such a fast pace, and this was just a non-sense. But, as soon as Mr. Banister broke this long-standing

limitation, numerous other athletes did the same shortly after. As the famous quote by Henry Ford states, “Whether you think you can or you think you can’t, you’re right.” My invitation is to welcome and adopt this foundational empowering belief. Everything is possible because we live in a universe of infinite possibilities. It will serve you well in your life’s journey and enable you to make the most out of the material contained in this book.

The second foundational belief I invite you to embrace is our universe is benevolent and openly favors all life and creation. It has your back no matter how tough things might appear on the surface. Surely a power this great capable of creating a vast universe out of nothing can also destroy it instantly. If our divine creator, or whatever label you wish to use, wanted to see us suffer. Would it not be concentrated on hurting and eliminating life as we know it? Why would it go so far to create so many different species? An infinite intelligence this capable would know better if destruction and evil were its natural driving desire. Why would it even bother to create the universe in the first place? Albert Einstein himself stated, “The most important question that any person can ask is whether or not the universe is a friendly place?”

The third empowering belief I invite you to install is abundance is our most natural state of being. Contrary to most limiting beliefs, popular opinion and widely spread propaganda promoting scarcity and lack. We live in a period of human civilization bursting with an abundance of material wellbeing. It is all around us, it is a natural state, and you can notice it in every aspect of our daily life. Do you ever stop for a moment to wonder if you will be able to retake another breath of air after your last exhale? Will there ever be enough oxygen in the atmosphere for you? Do you ever worry after the sunset if the sun will ever shine again? Do you ever doubt there will be waves in the ocean again if it was calm and tranquil today? During fall, when all seasonal trees shed their leaves, do you ever even for a moment consider this would be the last time you will

ever see lush vegetation? Of course, you do not. You expect there will be more because you know this is so.

Let us go back to the Big Bang theory as the starting point of our universe. This ever-expanding vast space of infinite energy and matter started from a tiny point of nothing. Scientific evidence reveals the existence of billions of galaxies such as ours, the Milky Way, each containing billions of stars and planets. How could there ever be any scarcity if we consider just the sheer number of celestial bodies existing in the whole universe? Regardless of the size, scale, and natural system we choose to examine, we inevitably conclude that it is built upon the natural universal principle of abundance and redundancy. Planet earth is a closed system. And with few minor exceptions, such as meteors and meteorites falling to earth or rockets blasting out to space. Nothing comes or leaves.

We all know that everything we consume eventually has to come out from the other end. And no matter how much stuff a person accumulates. Even when he takes it to the grave, eventually, someone else digs it out and takes it away. In essence, we are merely transmuting natural resources from one state to another. It is much like a Lego set. You can build the main plan included. Or you can make whatever you want with the pieces. And when you no longer wish to play with it, you can break it down and create something new. The Lego set remains the same, but you iterate on the forms you assemble from it. And when it comes down to physical matter, impermanence is the only absolute. All things made out of matter deteriorate over time. And need to be maintained to continue their existence. Natural laws ensure that resources will not remain concentrated in one place for an indefinite amount of time.

As you see, we live in a benevolent and abundant universe with infinite possibilities at any moment. You can always select one bespoke extraordinary scenario most suitable for your soul's desire to energize into reality. And each time, you include benefits for others into your desired manifestation. The quantum field responds favorably, and your odds of



success become even greater. And this is how the sharing of your gifts makes the most significant difference.

Your innate talents are not yours. They were given to you to nurture and develop for one purpose only. To use them in a productive way to be of service to others. Imagine for a moment living in a loving society favoring individual expression and encouraging diversity. A global community open to new ideas instead of holding on to dogma. A society focused on empowering its members to discover their unique, innate talents and predispositions. And to provide them with the resources necessary to fully develop these talents from early childhood. To enable each of its citizens to contribute for the greater good in ways they enjoy because they naturally excel at them. And the more of them they do, the more joyful, energized, and fulfilled they become.

Robotic automation and artificial intelligence are set to become the new industrial revolution in the next few decades. And there will be very few manual labor occupations available for us. It is essential to empower each other to discover our gifts and life purpose. This will allow us to maximize our contribution and value to society and to live fulfilling lives. Within each one of us live the seeds of genius and greatness. And as conscious, sentient beings of great adaptability, agility, and intelligence. We are well equipped to begin the journey of self-inquiry to reconnect with our true selves.

I envision a future for us in which our dominant focus is on the expression of human creativity in harmony with nature. Health and holistic wellbeing are the measurements of how well our society functions. The predominant emotions people experience are love, compassion, joy, and peace. While pain, suffering, fear, hatred, guilt, shame, and other survival emotions that turn us into nothing more than compulsive creatures reacting to instincts are things of the past. And with them, violence and war will be painful lessons from the infancy stage of our conscious evolution as beings with greater purpose than the survival of the fittest.

A society in which competition exists only for entertainment in the sports arenas. And service and collaboration with others are the norms. A global community in which human needs and desires are no longer suppressed by outdated moralistic norms and dogmatic religious beliefs. Only to be exploited by skillful marketers and politicians. Or other individuals and entities with selfish agendas to sell us more useless products and ideas. All of which never fulfill the feeling of emptiness and emotional deprivation left by the denial to acknowledge and celebrate our innate drive to reproduce.

After all, if our parents did not meet and their parents did not meet. And so on further down the family tree. Most of us will not be here today. Sex, nudity, and affection are as normal and necessary as drinking water, eating food, sleeping, and breathing. And a fascinating study of our closest genetic relatives, the chimpanzees and their closest cousins, the bonobos, shows a notable fact. The lack of sexual expression and the suppression of our natural drive for procreation leads to severe violence. The study examined how groups of chimpanzees and bonobos living in the wild handled conflicts amongst them. The chimpanzees use violence, often leading to death, while the bonobos use sex and affection. And there has never been observed any act of violence between bonobos in their natural environment. While with chimpanzees, violence is part of daily life.

I am sharing this fact because you can choose to use the material in this book for greatness and dedicate your life to it. But unless you choose to be of service to others and contribute for the greater good. You or someone else can exploit your talents to harm others and negatively impact the lives of many. Please keep this in mind. Only hurt people hurt others. The most challenging and courageous thing one can do is forgive those who have caused them pain and suffering. Be the light and shine by example. Empower others to realize their greatness. Become the source of empowerment for the members of your community. And reflect back at them their superpowers, significance, and valuable purpose. You can only

change yourself and be the invitation and example that inspires others to discover and develop their virtues.

I know that many will find my philosophy and teachings extremely uncomfortable. And experience high amounts of resistance towards them. But this is perfectly normal because I wrote this book for those willing to do the work necessary to stretch their comfort zone and unleash their ultimate potential.

When we experience discomfort and high amounts of resistance towards something we are either curious about or need to do. The game of life is providing us with unavoidable and unforgettable feedback. The message is unmistakable. Whatever experience is causing this high level of resistance and making us highly uncomfortable is one of the areas where we can grow the most at this moment. The unpleasant emotions ensure we get this critical message and take action despite the emotional charge surrounding it.

We cannot grow in our comfort zone, nor will we ever find convenience and greatness living on the same block. The key is to develop the conviction that everything is possible. And the universe is always there to support you in your journey to greatness. Because you know this is what you are meant to do, and you have accepted the responsibility of developing your gifts and sharing them with the world. And ultimately, this is what will bring you the fulfillment your soul genuinely desires.

Developing an empowered psychology and belief system is a step with fundamental importance along the journey to ineffable existence and extraordinary life. Your lifelong pursuit for self-actualization and continuous evolution inevitably will take you to the darkest places. Sometimes, in your quest to become the utmost embodiment of your best self, you will face a dilemma. Do I continue with my life the way it is in light of what I have discovered about myself and existence itself? Or do I let my old self die to be reborn into the next best version of myself? Free from all limitations, compulsive behaviors, and old stories.

The concept of death and rebirth of Jesus in the bible is just one of many metaphorical representations of symbolic death appearing in all religions worldwide. Told and written through different symbolism. The true meaning of this symbolic death and rebirth also referred to as the dark night of the soul, is the end of the ego identity. And its tendency to mislead people to identify themselves with their physical bodies and thinking minds. The dissolution of the ego structure and its limiting concept of self empowers people to unlock their full potential and nurture their extraordinary spiritual side.

After long years of research into the mythology, symbolism, religion, and metaphors of many nations, civilizations, and tribes. Joseph Campbell discovered one clear pattern appearing in all of them. He called it the hero's journey and described it in detail in his book, "The Hero With a Thousand Faces." In essence, the hero's journey is a cycle of going deep within oneself to discover the self's true nature through self-inquiry, reflection, and meditation. Or in other words, by facing our inner demons, acknowledging our innate gifts and talents, and accepting the responsibility to nurture and develop them. While simultaneously destroying our old limited concept of self, purpose, and possibilities. And allowing the new true self with all of its greatness and divinity to unfold most splendidly. To ultimately come back into the world with our gifts to benefit and serve humanity in our utmost capacity.

The legendary myth of Prometheus, who opposed Zeus's command and gave fire to humanity, can be interpreted in the following way. Prometheus was a titan who lived on Mount Olympus with the gods but wanted to descend and live among the mortal humans. The human soul is an individuation of the divine spirit of all creation. And as such, it is immortal and eternal. However, when a suitable body temple becomes available for it. At a child's birth, the soul is bound to the physical body and forgets its divine origin over time. After Prometheus lived amongst the mortal humans, he realized the lack of fire hindered them from living

a better life. And he went back to Mount Olympus to ask Zeus for permission to give them fire. Inevitably along its human sojourn and while living in illusion by identifying with the body and mind. The human soul receives an insight through the learning of new information, spiritual practices, mystical or near-death experiences. And after the person is faced with a life-changing dilemma. Do they ignore their realization and spiritual awakening? Or do they take a deep dive into the unknown and begin their own hero's journey to discover their true self. Zeus refused to allow Prometheus to give fire to the humans. Still, Prometheus decided this was a worthwhile cause, stole the fire, and brought it down to them.

A person who has spiritual awakening can be persuaded by social norms, limiting beliefs, and lack of support. To ignore their inner knowing and continue to live as usual. Or they can embrace the discomfort of the unknown and go deep within themselves to discover their inner light and fire and share it with others to increase the luminosity of the world. The next foundational step to building an ineffable existence and an extraordinary life is embracing the feeling of discomfort whenever you step outside of your comfort zone. And to proactively stretch yourself and your comfort zone by seeking with utmost devotion all of the things that make you uncomfortable, anxious, and resistant. These are your most significant opportunities for personal growth.

Nature has ensured we are well informed before we venture into a situation or experience a challenge demanding our best efforts and concentration. And conviction in our ability to rise to it and conjure up the courage to seize the opportunity and accelerate our growth. Whenever you find yourself in situations triggering visceral feelings of discomfort, fear, or anxiety, and you know your life is not threatened. Pay attention to what thoughts or actions trigger these feelings within you. Keep a journal and write down all of the details you are aware of. Eventually, you might spot a clear pattern of psychological limitations you need to overcome. To once and for all, eliminate this anchor holding you back in your life. You will

have one of two choices. You can commit to crushing this limitation by proactively putting yourself again in a situation with similar circumstances triggering the same visceral response. And despite the unpleasant feelings, you take action, move forward, and finally realize there was nothing substantial to be afraid of or concerned about. The feeling holding you back was nothing more than a loud notification from the universe to stride in this direction.

Most importantly, you will feel powerful and confident. And gradually, you will also develop the habit of seeking more circumstances in your life, offering similar opportunities for exponential growth. They come when you follow your intuitive inner knowing and play full out. In comparison, the alternative option is to give up under the pressure of feeling uncomfortable. And go back to your predictable and comfortable stagnant life. Unfortunately, even if you did, the game of life has two fundamental principles applicable to all, the need to learn and grow.

Learning is the process of seeking wisdom and insight with practical application independent of external circumstances. The knowledge acquired through the empirical examination of techniques and modalities empowering a person to be the master of their being. Their body, mind, emotions, spirit, intuition, and energy. This type of learning is independent of degrees and academic study. It is based on the fundamental principle that every human being is the sole expert of their life experience. And how we experience reality is a subjective creation based on our beliefs, sense of identity, and consciousness level. Each of these unique features either accentuates certain aspects of our experience of reality or filters others out.

There is no one-size-fits-all universal solution effective for everyone. There are also absolute truths, the universal laws. And relative truths, aka beliefs and mindsets. Real learning is about discovering the foundational ruleset of universal laws and principles and carefully discerning the various relative facts of different beliefs and mindsets. To select for yourself those that are most empowering and effective in real-

world situations considering your circumstances.

There are two predominant ways we can grow in life. The first one happens by default and is known as Kensho. And we are all well familiar with it, involves going through suffering and pain. In contrast, the second one, called Satori, is based on making a proactive, deliberate decision to evolve by gathering wisdom and insights. And even if you make the decision not to stretch yourself and stay within your comfort zone. Soon you will discover that life needs you to continue to grow and learn. To become the best or at least a better version of yourself and contribute to a cause greater than your selfish ego. Eventually, life will present you with a situation causing you significant suffering and pain that pushes you to learn and grow. But most of all, to transform yourself in your core way of being.

The essence of learning and growing is continuing your conscious evolution on the physical, mental, emotional, spiritual, energetic, and intuitive levels. As well as interpersonally in relationship to others. You can also choose to ignore the lessons and continue with your life as usual. And pretend that nothing has happened or blame others for your misfortunes while using coping mechanisms to numb out your pain and suffering. However, this can only work temporarily because the universe will come back at you with an even more challenging lesson. One increasingly more painful, causing you an even greater degree of suffering in an escalating feedback loop.

Once again, the choice is yours, and you can either choose to transform and evolve or ignore the call and continue to numb out. But, unless you realize and accept that your growth is inevitable. And embrace your challenges to transform into the next best version of yourself. Your lessons will gradually increase in their level of unpleasantness and complexity until you are thrown out of your comfort zone and have to evolve. Or you will be crushed by the unbearable load of tests far exceeding your coping strategies and resilience. There are two phases all

life as we know it goes through. First, it grows and contributes, and later it withers and dies. The moment you stop to grow and contribute is the moment when you enter the second final phase. And it is entirely up to you when this happens. As the saying goes, you can either use it or lose it.

My invitation is to make the conscious decision to focus on your growth and contribution systematically and deliberately. This will allow you to minimize the need to learn and grow through suffering and pain and maximize your capacity to transform and evolve. Two skills will significantly improve your rate of personal evolution and are total game-changers. They are the ability to feel comfortable outside of your comfort zone and the ability to handle uncertainty. This might seem easier said than done, but in reality, developing them is like developing any other ability or skillset. The only thing required is time and consistency. And since both of these abilities are correlated. By practicing one of them, you simultaneously exercise the other.

Start by noticing the non-life-threatening situations causing you high levels of anxiety and discomfort. Then make a list of all of them and rate them from 1 to 3 based on their level of intensity, where one is the highest and three the lowest. Next, decide if you want the fast track total immersion, the medium, or the slow, low level of immersion. This process is similar to going to the gym and working out. If you want the greatest results and muscle gain, instead of gradually building up to the heavyweights, you will attack them first. There is no good, bad, right, or wrong way to go about this. One is only more effective than the other. After you have chosen your level of immersion, make an effort to put yourself deliberately in similar situations to those you have been avoiding. And tell yourself with your inner voice that you love doing this because it is benefiting you. You want to do it, and you will do it anyway and at any time. When you are in the situation, and the unpleasant feelings start to bubble up within your body. Say to yourself: “Wow, I’m feeling so excited because I get the chance to do this. I love it, and I feel blessed to have this



opportunity. I am enjoying every moment of this experience.”

Focus on your breath and take deep, slow inhalations through your nose into your diaphragm, followed by deep, slow exhalations through your mouth while making a slightly audible sound of AAAAAA. In case you are not alone and this feels awkward. Exhale through your nose while slightly constricting the back of your throat and making a hissing sound. Sit or stay with your feelings, feel them, and allow them to reach their peak. As soon as they do, they will begin to dissipate, and in less than five minutes, it will be all over. Now you can congratulate yourself. You just consciously went through lifting a set of heavyweights in your emotional gym.

Now you have a reference point. The truth is whenever you find yourself in a situation you consider to be outside of your comfort zone. The only thing you will have to overcome to own it is these same waves of emotions. Their intensity will not increase. And the more often you practice. The less intense they will become. And the more you will begin to enjoy this feeling of excitement that reminds you vividly how alive you are. The only people who never experience unpleasant emotions are all dead. Keep investing in this process and turn it into a weekly workout to expand your comfort zone continuously. The wider your comfort zone becomes, the greater your playground. And the more you can play the game of life to the fullest.

After regularly leaping outside of your comfort zone, you will realize that the most prevalent obstacles to human greatness are our self-imposed psychological limitations. We accept them as objective truths after long periods of repetition and affirmation. And this is profound because the very moment the realization hits you. You become aware that most people are prisoners of their own thoughts. And even though they might be physically fit, they lack the emotional and mental liberty to explore life and themselves.

Therefore greatness and remarkable feats are available to everyone

willing to expand their mind. And open up to the infinite possibilities available at all times. This is precisely why this book begins with implanting and expressing the critical necessity for holding a set of empowering beliefs and having an open mind. They will enable you to take full advantage of the powerful tools and strategies contained in the following chapters. Think of your mindset as the operating system, your beliefs as the applications, and your body as the hardware.

Following this analogy, it is clear how critically important is each one of these components for the overall performance of the whole system. Let us examine the smartphone market for a moment. Since its inception back in 2007, the iPhone device itself, for the most part, has remained the same. As far as its form factor, build, and hardware. Yes, there are some differences, but most of them are cosmetic. However, the iOS mobile operating system has taken leaps and bounds by adding more standard features. And allowing for better and more powerful apps to be built, installed, and used. Besides, the applications themselves have evolved as well and consistently kept up with the updates.

If we roughly summarize and estimate the total amount of updates to the iOS operating system and the applications themselves just in 2019 alone. We can safely say that there was one major iOS update from generation 12 to 13. Simultaneously there must have been at least ten minor updates to both the 12 and 13-generation iOS. The same can be said for the apps. Each of the popular apps with a large user base would have had at least 12 updates. So we can understand how updates to our mindset and beliefs are critical, especially when we want to take full advantage of our bodies and minds to unleash our ultimate potential. The only absolute limits are our bodies' physical abilities, and in most cases, we do not know what they actually are. And to have full access to these abilities, we need empowering beliefs enabling us to use them.

We can also develop them further as it is a well-known fact that the human body's physical abilities can be improved and expanded upon

through specialized training. First, let's examine our ancient ancestors for some basic ideas about how capable we truly are. There is substantial evidence showing that our ancestors populated the entire planet over 50 thousand years ago. Since none of us have lived during this period, we can only assume about their technological advancements and ability to create comfort for themselves. Most scientific evidence points to small tribal communities probably living in caves or small, simple huts. They used rocks, sticks, and possibly bows and arrows. They knew how to make fire and even left some art on the walls of caves and other sacred places.

However, there is no significant amount of evidence about what life must have been like back then. But from the evidence we have, one can safely deduct that our ancestors who populated the whole planet over 50 thousand years ago. Lacked any technological advancements that would have made this incredible feat easy. What they had were their bodies and minds. And just like us, a great desire to know what is behind the horizon. They most likely wore animal furs and leathers, walked on foot, had limited ability to carry water and food, and lived off the land. These were the people who populated our entire planet such a long time ago, from the plains of Africa all the way to Alaska.

They lacked the technological advancement we take for granted today. But they had the greatest piece of technology ever created on this planet, the human body. It is a product of over a billion years of biological and consciousness evolution. And the most agile and adaptable all-terrain vehicle giving us immense capabilities to exist and thrive on this planet. It is entirely up to us to decide if we want to learn how to use it to its ultimate potential. And develop this exceptional technology to a whole new level through the process of conscious evolution.

By now, it must be obvious what decision I have made. What is one of my inspirations behind writing this book? And why I continue my exploration of the unknown areas of our capacity for extraordinary performance. The one thing I am sure about is that everything is possible.

And since there are also infinite possibilities available at all times. I can only imagine what will be discovered in the decades to come as science and technology become more sophisticated. And capable of capturing, analyzing, and extrapolating data as to what capacities lay dormant within us while waiting to be awakened.

In summary, the purpose of this book is to empower you to realize your greatness. And arm you with the tools and strategies to develop your innate talents. To turn them into gifts contributing to the greater good. It is up to you whether or not you will step up your game and choose greatness. And devote your life to nurturing your gifts and maximizing your value to society and the world. Or find the courage to cut off all of the anchors holding you back in your comfort zone.

The first step towards an extraordinary life is shedding your old limited ego concept of self-misidentified with your body and mind. The next step is to supercharge yourself with the empowering beliefs propelling you forward in your pursuit of self-mastery and greatness. The belief that everything is possible because there are infinite possibilities available at all times, according to Quantum physics. The universe is your benevolent conspirator favoring your inevitable success every step of the way. And abundance is your most natural state because you will receive everything necessary to reach your destination.

Next, keep a keen eye out for the non-life-threatening things making you very uncomfortable in your daily life. Use them as your soul's compass, pointing you towards the most significant opportunity for growth and unfoldment. Use these opportunities to develop the critical skills of being comfortable outside of your comfort zone and handling uncertainty. By making the conscious choice to grow and learn proactively from wisdom and insight. Instead of waiting for life itself to push you to grow through suffering and pain. And trust me, it will.

Focus on learning the foundational set of laws and principles governing everything happening in the universe. These objective truths are

always active. And they are the actual cause of every effect in your life. Unless you know the game's rules, you will never know where the limits are and how to play full out. Regularly update your mindset and beliefs with subjective truths empowering you to thrive along the way. And refuse to allow any limiting beliefs to become your objective truths and imprison you in your thoughts.

In case you have not yet had your spiritual awakening. Consider the fact that my book has just found its way into your hands. The wisdom it contains is permeating your consciousness. And will inspire you to look deep within yourself and begin your journey of self-inquiry and actualization. The most rewarding and fulfilling quest one can ever take. The alternative is a predictable life of mediocrity best symbolized by the lab rat racing along a maze towards the same outcome many rats before have and many after will. Time has come to stop selling yourself short and embrace your greatness to unleash your remarkable potential. And as a result, enjoy an abundant and fulfilling life in alignment with your soul's mission and desires. The best part is that by acknowledging and developing your innate gifts and talents. You will have the most effective platform you can use for the greatest good and contribution. And the key to our long-term success is an ever-increasing level of collaboration towards an abundant existence for all.

## CHAPTER TWO

# The Ineffability Formula – Transcending The Compulsive Animalistic Nature



Over the last 30 years, I have been living my life almost entirely on my terms. Since my early childhood, I was already expressing my innate predisposition for adventure and curiosity about the world surrounding me. The earliest photos I have of myself as a toddler, between 2 or 3 years old. Capture me while running around parks and gardens. Talking to strangers and most frequently picking flowers from the gardens while my mother tries to get a hold of me.

While growing up, my mom's greatest challenge was to keep an eye on me constantly because as soon as she took her sight of me. I was running away to explore something interesting. And many times, that caused her lots of anxiety because she could not find me and feared that I was lost. As a child, I had a lot of freedom. I was spending my time between my grandparents, extended family, and godmother's family. It was a post-socialism period, and life was simple. There were not many material goods that you could buy or possess. But there were very few limitations on what one could do. You could do anything you liked as long as you had enough money to afford it.

The fact that there was no constant negative news on the first and second national TV channels. The only two available at the time meant that most parents and people lived peacefully. And they were not exposed daily to worst-case scenarios, violence, and hatred. The type that dominates the mainstream media and entertainment nowadays. And keep the majority of the worldwide population in a constant state of fight or flight response leading to non-stop stress and anxiety. These emotions lower the level of human consciousness down to that of an animal fighting and struggling for survival by reacting to everything compulsively and predictably. And once we are in that state, our behavior can be easily triggered and exploited by skillful marketers and manipulators with sinister agendas. Robert Cialdini describes them well in his book “Influence.” I highly recommend that everyone who values their free will and personal agency reads it in combination with “Propaganda” by Edward Bernays.

The lack of authoritative control and loosely followed age limitation in the early years of democratic post-socialism. Especially in the new, rapidly expanding private business sector meant that my friends and I had easy access to the same things adults have from an early age. And because during childhood, we learn primarily through observation and imitation. We did everything that grown-ups did. We smoked cigarettes, drank brandy, gambled, and watched pornography. If there was something else we wanted to do, we did it too. And between the age of five and seven, just before starting elementary school. I regularly used to hop on the bus by myself because it was free for all children. And go alone on an adventure to the downtown area of my home town Varna and explore around. Afterward, I would visit my mom’s business and spend time with her and other adults. I was always asking them deep questions and enjoying great thoughtful conversations.

Eventually, I started school, and apart from the very first day of school in first grade. And the few parent meetings during each elementary

and mid-school years. My parents never either took me to school or came to visit and inquire. For the most part, every day from the early morning until nine at night. They left me to my own devices to live as autonomously and independently as I could. I regularly did my homework, prepared simple food for myself, and visited my friends. My parents cared and loved me very much. But they were busy with their work and had a business to run, which gave me the freedom and space to be my own person. They trusted me to be able to take care of myself.

For someone who loves to learn and is always curious about everything, I cannot say that I enjoyed school very much, if at all. But then, who did? I was the kid who asked the tough questions inquisitively and systematically. I did not see much of any utility in the outdated study materials taught at school. There was minimal room for creativity or improvisation. However, I did find a few subjects quite fascinating. At first, it was art and painting, and I still enjoy them to this day. The second was physics, especially performing the practical experiments that demonstrated the primary laws and principles. Next was chemistry. I still remember how exciting it was to place a tiny bit of sodium in water and observe the spectacular reaction.

Even though English is not my native language, I always excelled at it. And clearly remember how during high school. I was so far ahead of the entire class that my teacher regularly used to let me teach the lesson while reading her daily newspaper. I also attempted to persuade my chemistry class teacher to become my business partner in a scheme to produce ecstasy pills and distribute them in school. I guess she was not as enthusiastic about this opportunity as I was.

Being in school was fun, and the best part was the numerous friendships and strong community I built around me. I was an outgoing and popular kid who hanged out with the grown-ups. I had a level of innate wisdom and an intuitive perception that allowed me to read others' intentions. And quickly discern whether they had my best interest in mind.



At the time, the social norm was that as a younger kid, the older ones would exploit your weaknesses and take advantage of you in any way they can. Learning quickly and adapting were necessary skills. I also oscillated between a handful of different large social circles and micro-neighborhoods within my city district. You can say that I had an extended comfort zone. And being social, outgoing, and courageous were traits I was already demonstrating very early in my life.

The first precious lesson I learned from my childhood experience was always to pay close attention to what people do, not what they say. The majority of people excel at talking a lot. But very few of them follow through and back their words with action. This is often the case with most people if you make a conscious effort to observe them. The key is to keep an eye out for those who consistently do what they say they will and surround yourself with more of them. And be very wary of the sweet talkers. You can tell a lot in one minute, but you cannot get very far.

All of the material contained in this book comes from my real-world personal experience. It is something I live and breathe every single day. And it is not to impress you. But to express to you what is available, laying hidden within you at all times. It is no surprise why the famous oracle at Delphi in ancient Greece had this profound inscription upon its entrance, “Know thyself.” What do you know about yourself?

One of our non-negotiable human needs is that of certainty. Many people dedicate most of their life to create a high level of comfort and security. To eventually discover, most often in a very unpleasant and traumatic way, that certainty does not exist in an impermanent universe. However, if you have completed some deeper level of self-inquiry and exploration, the one thing that you can be sure about is yourself. Being confident in your ability to solve problems, overcome adversity, persevere through pain and struggle. But most of all, to manage your inner world and thoughts, and through them shape your external experience of reality.

By mastering yourself, you inevitably gain control over your

external reality. Because just like on any smartphone. The system preferences where you can finely tune its characteristics and behavior lay inside the device, not somewhere outside of it. The same is true for the human experience. The settings panel lay within. It surely takes effort and dedication to learn how to manage it. But once you do, your life becomes a matter of choice, and you can always have it your way. With infinite options and possibilities at all times. Instead of having to choose from a limited list. And with them come absolute freedom and the ability to exercise your free will.

Going through high school was a fun experience filled with lots of adventures and eye-opening experiences. I can honestly say that none of the educational material in high school was appealing. I could not see its practical application or value at all. Burdening myself with useless, outdated information and facts was not one of my priorities. And I decided to cruise through without pressuring myself for high grades. Or any other form of academic validation of my intelligence. The most joyful part of high school was the daily moments I shared with my big group of friends. And, of course, spending time with the few girls that I had a serious crush on.

I never studied hard and had a lot of time to socialize. And I spent most of it in one of the cafes across the street from school. There, I met with my friends and customers. During school hours, I used to sell doctor notes to anyone who wanted to take time off school. I played billiards, smoked cigarettes, and drank coffee or vodka. This should not surprise you because we started using alcohol and cigarettes early on in childhood. By the time I was sixteen, I had already tried most things that life had to offer. The items and activities which are typically reserved only for adults of legal age in the western world.

I was also very much into basketball and started playing in third grade. And by the time I was in high school, I was great at it. I enjoyed going daily to the gym. And by my eighteenth birthday, I already looked

like an athlete. I developed a solid discipline to take care of myself in my teenage years. And this was the foundational step that led me to seek more effective nutrition and exercise strategies. And essentially for more ways to better myself. My journey to self-mastery and proactive effort to grow started with my desire as a young man to look good and feel strong. And to surround myself with other inspired individuals who took care of themselves and had the discipline to do the hard work in life's gym. If you only do what comes easy, your life will be hard. But if you learn to do what is hard first, your life will become easy.

Developing a solid discipline and strong willpower are non-negotiable components with significant importance for your success along the journey to greatness and extraordinary life. It does not matter what activity you choose to create a consistent discipline around as long it requires willpower to accomplish. Once you develop it, you can transfer it to another one. In case you struggle with self-control around a new behavior you wish to establish. Reflect on your life, notice which activity you always find the time for, and never skip regardless of how you feel. I am sure that there is at least one. Then determine the exact reason why you keep doing this activity. Can you connect the new activity with the reason for regularly doing the other one? Think of a way to connect your why with the new behavior. If you cannot, come up with another reason why that is as strong and compelling as the previous. The reason why you do or want to do something is a powerful driver for consistent behavior. And a necessary piece of the puzzle essential in the early days while you are strengthening your willpower and building self-discipline.

The principle of habit stacking is also a powerful strategy that allows you to add new routines and behaviors by connecting them to ones you are already doing. And in particular when they are complementary to each other—for example, adding a dynamic stretching session before your run or workout. Or a static one post-exercise is a great way to enhance your exercise routine. Either by minimizing the chance for undesired injury. Or

accelerated recovery after exercise or both. In this case, you are using your established habit of exercising. And your reason why as an already accelerated platform. To which the new behavior can latch on and tag along.

The long-term goal is to develop at least one foundational daily habit. In each category with great importance for your overall wellness and quality of life. Such as health, career, personal growth, family, and social life. And continue to stack upon it like Lego blocks other complementary habits. To build a solid set of ever-evolving routines that run almost entirely on autopilot and you do not have to use any willpower. And will continue to push you a step forward on your journey to remarkable existence every day.

After all, gathering information without applying it is nothing more than an act of mental masturbation. The critical distinction is to be, live and breathe what you know. Let your knowledge and wisdom pour out from your actions, habits, and behaviors. Use this book as the rocket fuel that will propel you to a whole new dimension of being. By at least testing out for yourself some of the exercises, techniques, and strategies in real-world situations. Instead of allowing this or any other self-help book in your collection to become shelf help. Or a piece of decoration filling up your mental and physical space. Reap the benefits of the wisdom distilled in these pages by using it.

How many people have you met who seem to know a lot and are well-versed in many topics? But never demonstrate their so-called knowledge through their actions and behaviors. The wisdom and insights distilled in this book are tested, used, and improved upon every day by myself. And other pragmatists with the awareness that unless they take a daily step in a specific direction. By law and by default, they will drift further away from their desired destination.

This is a fact encapsulated in another universal principle governing all physical matter. There are three states which matter goes through

during its physical existence. The first one is the process of generation or creation. The equivalents of it are the birth of life or the manufacturing of a product. And as soon as this first phase of origin is complete, the second one begins. This is the stage of maintenance. Every living organism needs to eat, rest, breathe, move, and so on. All non-living physical products need to be cared for. Vehicles, for example, require ongoing maintenance, or they quickly break down and fall apart. And depending on how well something is cared for and how often it has been used. The process of deterioration can be either accelerated or slowed down.

Finally, everything physical will inevitably seize its existence because it is subject to the law of impermanence governing all physical matter throughout the universe, and the phase of destruction will begin. Organic matter decays, products are recycled, stars explode, and so on. And unless you maintain your course towards greatness and take daily steps forward. The game of life will continue to make its moves regardless of your decision and leave you behind.

However, there is another principle governing physical reality we can use in our favor. An object in motion wants to remain in motion. While in contrast, a body at rest wants to stay at rest. The challenging part is building up the initial escape velocity necessary to set yourself in perpetual motion towards the desired destination. Once you are comfortably cruising, you can switch your focus on navigating better. And using the momentum to carry you effortlessly forward.

It is clear how powerful and fundamentally important it is to build four solid habits dedicated to one of the main aspects of our lives. Like four legs on a chair or table. Or the four directions of the compass. And using them as the solid foundation to build upon the skyscraper of your extraordinary life. Once this solid foundation exists, erecting on top of it becomes effortless. And your focus can shift to finding the most effective way to steer your growth and create a remarkable existence.

The results and evidence that you have will begin to stack up. It will

become evident that things are working. And as the popular expression goes, appetite comes with eating. In other words, the more you eat, the greater your desire, and the more you want to eat. The same is true for motivation. You cannot afford to sit around and wait for it to show up on your doorstep, like the trade winds which used to take merchant ships across the oceans. Motivation is always preceded by inspired action. Not the other way around. Or in other words, signs follow. They do not precede.

The more action you take, the higher your motivation will become. There is a great misconception that someone can listen to a motivational speaker and become motivated. In reality, what motivated the person in the first place is their own decision to go and listen to the speaker. Second, they took action. Third, they met with others there who were doing the same. This gave them social validation, which felt great. And with all of these factors in place. The speaker was like the cherry on top they unconsciously associated with and attributed to the build-up of emotions. And as a result, they gave credit for their feeling of motivation to the speaker instead of themselves.

In actuality, it was taking the decision and following through on it with inspired action that did. Greatness lies within each one of us. It is our birthright because we are born to be remarkable. And with it also are all of the resources necessary for its nurturing and unfoldment. The elements that make the greatest difference are empowered guidance. And the wisdom to discern between what works and what is highly effective. The Pareto principle states that roughly 80% of all results are caused by only 20% of the efforts. And fortunately, there have been others on the path to self-actualization before me whose steps I could follow.

After graduating high school, I had an excellent opportunity to stretch my comfort zone by stepping into the unknown and beginning a great adventure. A few years before graduation. During her annual summer vacation in Bulgaria. Our close family friend Stefie suggested that we give

her our photos, names, and signatures written on separate pieces of paper. And she will apply on our behalf for the diversity immigrant visa lottery when she gets back to the United States. We had nothing to lose and gave her everything she needed. A year later, my father stopped me at the door on my way back to show me a large thick envelope that just came in the mail. We both examined it, and it seemed legitimate. But we remained skeptical because there were always new scams going around. The documents in the envelope required us to pay over \$1,000 each for medical exams. But this was excessive because we had free public health care in Bulgaria, and no one ever paid for medical exams.

Eventually, we put the envelope aside and completely forgot about it, until one afternoon in June of 2003. Only a few weeks were left before high school graduation, and for some unknown reason, I happened to be in my classroom. Suddenly, I overheard one of my classmates, Daniela. She talked with a group of girls in my class about what they will do after graduation. They were sharing what their plans were. I felt drawn to their conversation and began to listen more closely. Then Daniela mentioned that soon she would move to Las Vegas and live with her parents. They have moved a year earlier, and she has stayed behind to graduate. I got curious and asked her. How did her parents get to emigrate to the US? And how can she do the same?

Then she shared with me that her parents had won the lottery for a diversity immigrant visa about a year and a half ago. At this point, she had my full attention. I continued by asking if she can recall, did they receive a large envelope as well. This was when things got very interesting. She described back to me the very same envelope that we had at home. And by the time she had finished what she was saying. I was already stepping outside of the classroom and sprinting back home. I wanted to share with my father that the envelope was the real deal and hoped that he kept it.

Sometimes everything just comes down to being at the right place at the right time. But then again, these two factors are essential in farming

and agriculture. A basic comprehension of these subjects tells us that every plant has an ideal location where it can grow—usually correlated with the climate and the specific planting season. A time when it blooms and later on gives fruit. Even if sometimes things seem to be stagnant and you feel like you are not making any progress on your journey. Do not give up and stay in the game by focusing on your north star and maintaining your course. For example, after being planted as seeds, Bamboo trees barely break above the surface for three years. And then, all of a sudden, in year four, they shoot into a rate of growth that allows them to reach forty feet height in a matter of months.

Continue to nurture your seeds of greatness. The only things needed to become remarkable at your innate talents are the required time and sustained consistency. At the end of the journey, it is never about the destination or the outcome. But instead, who did you become along the way. This is a perpetual quest with milestones for guidance along the path. The very moment you think that you have reached the horizon, it has already moved on. The map is not the territory. As you stride forward, the fog of war will gradually fade away, and the next best version of yourself will be unveiled. And you will discover how to make the most valuable contribution with the gifts you got.

Deep down within, we all carry an insatiable burning desire to realize our fullest potential. And through this process, we also get to know our true selves and can even reach enlightenment. The same innate urge for spiritual expansion empowered our ancient ancestors to populate the entire planet over fifty thousand years ago. Had people walking on the moon. And diving to the deepest trenches of the ocean. This desire drives every human being. However, very few ever channel it to its purpose, which has always been to actualize one's true self and get to know our essence.

Many fall into the trap of chasing and accumulating more material possessions to fulfill the void left within by this driving force. Just to find



themselves even more dissatisfied and disappointed than before. This behavior creates a vicious feedback loop leading those who have realized how to harness its powerful energy to achieve more goals and attain more possessions. But the more significant the achievements and possessions become. The greater grows their feeling of emptiness and their confusion about why fulfillment always slips away.

You can never get enough of what you already do not need. Nor can you fulfill your soul's desire for spiritual unfoldment and evolution by surrounding yourself with more stuff. The everlasting craving of the soul is not to have or achieve more. It is all about being more of what you can be. And allowing the process to unfold by surrendering to the higher guidance of the infinite intelligence which gave birth to everything we know.

Fortunately for me, my father is a very organized person and holds on to important things. When I got back home from school, he was there too. I shared with him what I have just found out. He remembered where is the envelope and quickly found it. We followed the instructions, and six months later, we were on our way to Las Vegas. Daniela and her parents agreed to host us temporarily, and I am truly grateful to them and their cousin Nelko. For all of their hospitality and guidance early on during our adventure in America.

My parents made a great sacrifice by leaving behind their comfortable life and following me to the US. A critical factor in their decision was that even if the United States was not suitable for them and they did not like it. They could always return to Bulgaria with a new experience under their belts. I helped them to realize that they had nothing to lose except for the chance to call America home for as long as they want. And to experience a new way of life.

Whenever we face an unknown future and need to change, we naturally encounter discomfort, resistance, and fear. They are caused by the ego's desire to protect us from ending up worse than before. The ego

part of our identity is concerned solely with our survival. And the one thing it dreads the most is unfamiliarity. Its ideal place of happiness is the well-known and highly predictable comfort zone. However, the most certain things in a human's life are death, taxes, and uncertainty. So instead of playing it safe and placing an all-in bet on death and taxes. My invitation is to accept that you have nothing to lose each time you step outside of your comfort zone and play full out.

No matter what happens, you will always have yourself. And all of the resourcefulness you have attained along the way. You do not have to risk your life or endanger your wellbeing at all. You can play full out within the boundaries of what is safe and sound because the fears you choose not to face today will become your future limitations. The ability to handle ever-increasing levels of uncertainty is the only skill that will empower you to step comfortably outside of your comfort zone. And understanding that fear results from nothing more than the ego's overreaction to unfamiliar circumstances. Enables you to choose courage whenever faced with excessive worry, in cases where there is no real threat to your life. This is critically important because the size of your success is in direct proportion with the size of your comfort zone.

Take some time to reflect deeply and define for yourself what the word success means to you. Instead of accepting as undeniable objective truth the popular opinions most people subscribe to. You have the power to choose what every significant word and label means for you. The words we use are just labels that our minds equate to meanings that are never set in stone. They act like dynamic lines of code that we can reprogram intentionally to serve our purpose by empowering us to take full advantage of the infinite possibilities always available. The words we choose to use in daily life have a significant impact on our beliefs, behavior, overall experience, and quality of life.

Things are just that, things. Whether objects, people, situations, and so on, they have no charge or meaning until we assign them a label. During

the thousands of almost unperceivable judgments, we automatically make each day. This powerful insight enables you to experience everything happening in your life exactly the way you want. And to have it your way. It's an interesting fact that most leading Egyptologists believe that back in ancient Egypt. People did not make any distinction between words, ideas, images, and physical reality. For them, it was all the same. By reflecting on this thought, you will notice that this is also correct and obvious in our time.

The book you are currently reading first started as thoughts and ideas in my mind. Then I verbalized my thoughts silently in my head with my inner voice. And while doing so wrote them down over time, one word at a time. Eventually, I created the cover design. And all the rest of the images within the book. Finally, I published this organized collection of ideas on thin slices of cellulose we label as pages and collectively as a book. And this is just a simple example of how important our language is to being empowered and maintain a resourceful state. You have to be conscious and intentional with each word you use.

Every word you utter becomes a line of code in your mental operating system. Also known as your subconscious mind. The majority of involuntary processes taking place within our bodies and the unconscious behaviors we demonstrate daily are controlled and executed by the subconscious mind. Therefore, if you wish to improve your internal and external functions, learn to use empowered language. Be very specific with the labels you use, and make sure that you are the one who determines their definitions.

As you continue to read through, you will discover that by empowering you to recognize and develop your innate greatness. This book is taking you on a profound journey to transcend your body's animalistic nature and limitations. And accept your divine spiritual essence as the only worthwhile goal that will ultimately bring you the fulfillment you seek. By transcending the animalistic compulsion within, one leaves

behind all physical, mental, and emotional limitations and begins the phase of remarkable existence.

Every person has six psychological needs that have to be fulfilled in one way or another. We demonstrate our driving needs through our daily behavior. These needs can be divided into two overall categories. Those of the ego. Or the mental construct of the separate self-concerned with the basic preservation of the physical body. In essence, man's animalistic nature. And those of the soul, the divine nature of man. For as long as we are preoccupied with fulfilling our animalistic drives. The difference between us and any other animal is very little. That might come as a surprise. But all you have to do is look back through history for all of the evidence. The first fundamental need that all humans have and fall under the animalistic category is the need for certainty. And in particular safety, comfort and predictability.

By going through all of the staggering amounts of evidence in history, one does not need to be a behavioral scientist. Or a genius to notice that when humans feel threatened, they react as all other animals do. The well-studied and widely observed fight, flight, or freeze reaction. Especially relevant is the fight reaction triggered by a lack of certainty. And the fear it evokes in every human being by directly affecting its psychology and physiology.

All of the wars and violent conflicts recorded in history show us how cruel and inhumane we can become when the right buttons are pressed. And fear with its toxic chemistry overwhelms our intelligence. Evolutionary biology tells us that the fight, flight, or freeze behavior is deeply rooted in our brain's primitive part, the amygdala. We inherited this piece of technology nicknamed the reptilian brain from ancient reptiles that lived on our planet alongside the dinosaurs. So how come then sentient beings with such immense creativity, intelligence, and moral values, can be triggered to behave like any wild beast? There are many reasons. But the most significant are that we lack the education, tools, and strategies

that empower us to be immune from our bodies' default wiring. And give us the options to behave as divine beings. Not only towards each other but with all forms of life that we share our planet.

The second animalistic need is that of significance. It is the need to stand out and feel unique or better than others. You can observe this behavior throughout the entire animal kingdom. And especially during mating season, when the males of many species often compete to secure a female partner and reproduce. They show off their physical attributes such as colors, perform intricate dances, and build fancy nests or burrows. This animalistic behavior is widely evident in all western cultures, where consumerism led by capitalism has become the predominant religion of all modern industrialized societies. And the popular expression "Keeping up with the Joneses" can be summarized as keeping up with the rest of the lab rats spinning the hamster wheel.

The third animalistic need is belonging, or the need to be loved, connected, and accepted in a group. This need can also be observed throughout the animal kingdom, especially among weak animals who lack the necessary means for protection which predators do. And instead, rely on a strategy known as safety in numbers. Hence the need to belong to a larger group. As much as we wish to see ourselves as the dominant species, viewed from a biological standpoint, humans are relatively weak and unprotected from the external environment. Our skin is soft and easily damaged. And our bodies' organs, tissues, and bones can be easily exposed to the elements. The only thing we have in our favor is our unmatched level of ingenuity, resourcefulness, and imagination. And when combined with that of others. It has allowed us to engineer and shape our environment to be safe and predictable in a futile attempt to tame nature.

There are obvious benefits to the ever-evolving technological advancement. Still, the fact is that if we continue to outsmart nature, there will be nothing natural left on our planet. And as things go, eventually within us too. Gone are the ancient days when to be excluded from your

tribe or village meant almost certain death. We take for granted our primary survival needs, food, water, and clean air. And because of that, they have become commodities that we mindlessly waste daily at unsustainable rates. Many unfortunate souls live in places where food, water, and shelter are still a luxury, and daily survival is their main priority. As conscious human beings and consumers of manufactured goods, we must demand all corporations to share a percentage of their profits. And benefit those nations and communities worldwide with the greatest needs until there are no more people left on the planet who lack access to basic daily necessities and continually struggle for survival. Especially those companies who exploit cheap labor and favorable local laws. In nations where they are above the law and most likely subsidize the salaries of all local politicians. And unfortunately, this nowadays is pretty much every multinational.

You might ask, how can we do that? Well, it is pretty simple, power in numbers. As consumers of goods and services, we vote with our money every day. And with each purchase we make. Numerous well-known corporations are notorious for their exploitation of labor, natural resources, and excess pollution. We can unite as consumers and launch an annual activist movement. Much in the same way as the members of Wall Street Bets did on Reddit. By combining their purchasing power as retail investors to outsmart Wall Street's finest minds at their crooked schemes.

Each month a corporation that is a primary culprit is selected. And no one in North America buys or spends money on any of their products and services for 30 days. This should have a significant impact on their company policies and business practices. However, if it does not, then the noose will be tightened by refusing to purchase a single product or service from this company for 90 days. At this point, the stock market will react harshly to the corporation's quarterly performance and punish it. And this will leave the company's executive management with only two options. Either comply and do something in response to consumers' demands. Or

inevitably lead the company through bankruptcy.

Multinational companies rely heavily on their sales of goods in North America. And as consumers, we have the power to determine their destiny and business practices through our spending. Any multinational will be crippled without income from its subsidiaries in the North American market. And in response to the initiative of conscious consumers in North America. Others worldwide will be inspired to take action too. And the noose will get even tighter.

At this point, we reach the three spiritual needs, the ones that get us close to our true divine nature. The first one is that of variety or uncertainty. And it is in direct opposition to the first ego need of certainty. It is the innate divine drive within us to know more, be more, and do more. And, in essence, realize more of our true nature and potential. Once the ego's need for certainty is fulfilled, its loud voice quiets. And the soft and subtle voice of the soul that communicates through intuition can be perceived and becomes evident to our conscious awareness. This is not to say that intuition is not always available. But in most cases, the loud ever-present noise from the ego dominates the soft and subtle voice of intuition.

To do this, you need to develop the ability to handle uncertainty by becoming comfortable outside of your comfort zone and courageous when facing your fears. This will empower you to connect to your truth and perceive your soul's intuitive guidance to fulfillment that is always there. The need for uncertainty is there to make sure that no matter how strong is our desire and need for certainty. Eventually, we will step outside our comfort zone and expand our horizons in some way. This need is rarely if ever, observed in the animal kingdom. It is demonstrated only by animals with highly developed social structure, intelligence, and behaviors, such as primates, parrots, crows, dolphins, whales, and few others. Generally speaking, animals capable of high levels of cognition and, most likely, even consciousness. And through them, the omnipresent divine infinite intelligence responsible for creating and maintaining the entire universe

gets to know itself from unique perspectives.

The first directly complements the second need of the spirit. And they are almost interconnected and interdependent. It is the need to grow or to become the best expressions of our infinite selves. Essentially this is the purpose of life itself. And based on our unique talents, predispositions, and interests. Each of us will find the most effective vehicle for growth that is best suited for our journey. Everything we engage in during our lifetime is a vehicle for personal growth and offers unique development aspects. Examples are your career, business, friendship, travel, romantic relationship, volunteering efforts, being a parent, having a pet, etc.

The fact is that we can never grow within the boundaries of our comfort zone because comfort and growth are mutually exclusive. To grow, you have to stretch your comfort zone and step into the unknown. That is where the two needs of the spirit complement each other by inspiring you to think outside your current paradigm. And by instilling in you the courage and curiosity necessary to take a leap of faith. To conquer your fears and exceed your previous milestones. Growth is a need of the spirit and a universal law all life as we know it strictly obey or is taken out of the system. To be devoted to perpetuating life by decomposing into base elements that can be used again to create new life or assist other organisms' growth.

In essence, death is not the opposite of life. Instead, it is necessary to ensure regeneration and survival by recycling organic matter into base elements transmuted into new life forms. We are all made of stardust. And just like stars sacrifice their brilliant existence to provide the building blocks of the universe. We will all have the same honor. To let our bodies go for life to continue. Exactly as parents are willing to risk their lives to save their children. We have an inevitable responsibility to be parents and guardian angels of all life on our planet. And to donate with great joy and gratitude, our body temples to sustain life when the moment comes. Because one thing is sure, life wants to live. And it will find the most



ingenious ways to continue its existence, regardless of the obstacles in its path. Even when all human beings are extinct and eons of time have passed, life will continue to flourish and evolve.

The third need of the spirit is to contribute. Or to be focused on the greater good rather than the narcissistic, selfish agenda of the ego. Everything in the universe is part of a system, either large or small. And each system is a part of another more complex one. Even though to our senses, it appears that each one of us is a separate individual. And the boundaries of our skin are where we end, and the outside world begins. This is simply an illusion because our eyes can only perceive what is there to a certain degree of magnification. Using a powerful electronic microscope shows a very different reality no matter what elements we examine. By zooming closer and closer, eventually, we reach a point where there are only a handful of electrons, protons, and neutrons pulsating at a tremendous rate of vibration. And 99.99% of empty space between them, which only appears as a solid matter on the surface from far away. This is true even for the densest and strongest elements and alloys known to humanity. The illusion of separation and individuality comes down to two main reasons. The mental concept of identity we know as the ego. Your me, which is overly inflated in the western world to the highest degree of importance. By the heavy reliance on logic and rationality to create a meaning of the world. The one thing that the ego loves and thrives on because its primary ability is to think. And it has all of the intellectual capacity to convince you that its way is the only right way.

Have you ever tried to stop thinking? How successful were you? Have you ever felt compelled to do something by your inner voice? But then there was that loud voice in your head asking you what if. And the more you listened to it. The more convincing its arguments became. Until you finally decided to forget your intuitive call. And gave into your ego's desire to control every move and thought you have. Or even felt that this was your own decision and thought process. When all along, it was your

ego leading you like a persuasive lawyer into believing its story and sold you short on your potential.

Once a person realizes that their ego has a selfish agenda driven by its insatiable desire for control. It becomes obvious how often when they sense the urge of inspiration to do something exciting and promising. The ego immediately steps in with its unlimited thinking arsenal and paints a worst-case scenario picture with a list of convincing arguments. To discourage them from following their intuitive guidance any further.

The second factor is our eyes' limited ability to magnify the things we wish to examine closely. Our visual sense can also be easily manipulated to either see things that are not there or fail to see others that actually are. Based on this fact, there is a whole category of entertainment popularly known as magic or illusion. We have all seen magicians performing magic tricks that seem very real to our senses. But we also know that they are just a visual illusion. The methods used in all of these take advantage of our eyes' limitations.

There are numerous ways to demonstrate this:

1. Set a large object in front of you onto your left or right side at least 6 feet away.
2. Cover your left eye with one of your hands and notice where the object is. Then cover your right eye instead and notice again if the item has moved.
3. Look at the item again with both of your eyes.

Do you notice anything unusual? Did the item move slightly in your perception?

Don't believe me yet? Find a glass or crystal prism and set it someplace where sunlight can pass directly through it to create a small rainbow on the opposite side visible on a wall or another surface where you can quickly spot it. Now position one of your eyes directly in the path of the rainbow light coming from the prism. Cover your other eye and look straight at the light at the point on the prism where it originates. If you are

doing this correctly, what you will see are colors so vivid and brilliant that most likely you have never experienced them before. And if you slightly rotate your head at the neck to the left or right very slowly. You will begin to see each rainbow color one by one, from dark purple to dark red.

In essence, this is the entire light spectrum from the sun, which our eyes can perceive broken down into its components. However, if it were not for the prism, you would never notice it because our eyes and visual sense are lazy. Rather than distinctly identifying each color, they mix them all together. Another interesting fact is that when we see a colorful object. What we are perceiving is not its actual color. But a reflection of the light spectrum that the item has not absorbed. Another experiment, which you can perform if you are comfortable doing it, requires direct sun gazing. Do not attempt this while wearing any optical lenses or reading glasses. Or anything else that will alter in any way your ability to see through your own eyes.

There is a lot of misinformation about the damaging effects of the sun rays. However, how long do you think life would last on our planet if there were no sunlight to support it? I have been gazing at the sun daily for many years. Sometimes for over 30 minutes or more. And I cannot find any validity in the widely disseminated information about eye protection from the sun. Not only do I enjoy sun gazing daily. But I can do it at any point of the day, even when the sun is at its highest. My eyes are so used to it that I no longer wear sunglasses. They distort my vision and modify the colors of my environment.

The experiment I encourage you to do is gaze directly at the sun for at least a few minutes. And after you have, notice what its real color is. You can start by doing it when the sun is 10 to 15 minutes from setting behind the horizon. This will allow your eyes to adjust gradually. Gaze at the sun for 30 to 60 seconds at a time. And as your eyes get used to it, gradually increase the length. Eventually, you will notice that the sun appears vividly pink. And you will see the pinkish hue of the sunrays

dispersing in all directions.

You can perform another interesting experiment to recognize the perceptual limitations inherent in our outward bound senses of sight, smell, hearing, taste, and touch. Fill up three buckets with water, each one at a different temperature. The first bucket with cold water. The second one with room temperature. And the third bucket with hot water. Once the buckets are ready, place simultaneously one of your hands in the bucket with cold water. And the other in the bucket with hot water. Hold your hands in there for a minute. Then put both hands together in the bucket filled with room temperature water and notice how each of your hands feels.

Do you notice anything strange? The hand from the hot water bucket will feel cold. And in contrast, the one from the cold will feel hot. The fact is that our nervous system, which is responsible for our sense-perception, functions on the principle of contrast. And every new input of sense data is compared with the previous one. To create our perception of physical reality and the experience of being alive. Keeping this in mind, it becomes evident that the greater the difference or contrast between two consecutive data points, the greater the difference in the sensory experience. And the evidence about why our five senses cannot be trusted and relied upon as objective is staggering. The deeper we begin to examine them. The better we understand why attempting to describe precisely reality and physical matter through them is futile because neither one of our outbound physical senses is a reliable source of objective data. Regardless of the scientific methods and technology we develop and use. We will remain limited by our senses because every piece of equipment we invent is only an extension to one or more of our senses. And when something is not our experience, it is not our truth.

It is even more interesting to examine further and consider that we have eyes because we can see, not the other way around. We have ears because we can hear. We have noses because we can smell and so on. In

essence, the organs and senses are extensions of our abilities. Here we can use computers as an analogy. Our innate abilities to perceive are like software applications, while our organs are like the hardware that works in combination with the software. And the senses are the sensors that collect the data. The big mystery is how the processor chooses to interpret the data and render the final edit of our so-called direct experience of reality. The processor is our mind, while the brain act as the motherboard.

There is plenty of data and evidence showing that this is the interaction happening within the human body. However, we find ourselves at a dead-end when trying to understand what occurs within the system's intangible parts, the mind, and human consciousness. There is also a lack of substantial evidence that the mind itself exists in the brain. Or how exactly it processes the data coming in through the senses. The human perception of physical reality relies on the fundamental principle of contrast. But simultaneously, we lack contrasting experiences of what we perceive to be a reality to determine whether what we perceive and experience actually is reality. While we sleep, our dreams feel very real. But as soon as we wake up, we quickly realize that it was just a dream. Some believe that dreams are a product of our subconscious minds, but there is no concrete evidence. And if, in fact, this is the case, and the subconscious mind can effortlessly render night after night such an immersive experience. Without using any external data coming through the five senses. Does it make you wonder what our minds can create during the waking hours when all of our senses are alert? And every piece of hardware is running at 100 percent.

The further we examine this mystery, the more obvious it becomes. What we experience as a separate self is nothing but a mental concept. An illusion created by our minds serving as a container for our consciousness. Or at least as a boundary between our internal perception and outward-directed bodily senses. The mind acts as a highly advanced filter. It protects us from sensory overload and confusion. And from the need to be

aware of the infinite number of factors that influence our experience of reality.

The human body itself is a colony of anywhere between 50 and 100 trillion individual cells. Still, we neither feel this nor do we notice it. Imagine for a moment if you had to manage each one of your cells daily. Or you experienced the sensations of each cell. This will be an overwhelming experience that keeps you pre-occupied and paralyzed.

The need of our spirit to contribute for the greater good, in reality, is self-help in its purest form because each time, we give unconditionally without any hidden agenda. Or do something beneficial for someone else. We are helping ourselves because there is no separation existing in reality. Everyone and everything we see is an individual expression of the same thing that some like to call god, others spirit, or divine consciousness. Everything we perceive as physical matter consists of condensed patterns of vibrations, and behind this superficial appearance is just pure energy. Everything we do, including thinking and feeling emotions, is also a transmutation and radiation of energy. The act of contribution is like depositing back some of your energy into a shared collective container. And this energy is never lost or destroyed. It merely cycles from one transmutation into another in an endless cycle of energy exchange. As you give, so shall you receive in return. Giving and receiving are like the plus and minus or positive and negative poles on a battery. They must be connected and interacting at all times for the electric current to flow continuously. And the more you give, the more you shall receive because you are giving to yourself. Even though on the surface level, it appears that you are doing it for someone else.

The three needs of the spirit are tightly connected and complementary because they fuel each other. By fulfilling your spiritual need for uncertainty and variety, you get to step outside of your comfort zone. While doing so, you expand and grow in one or more ways and fulfill your next spiritual need. And as you grow and discover your gifts,

gradually, you develop them further. Inevitably you will hear the voice of intuition and feel a relentless inspiration to share those gifts with the world because they are not yours to keep. They were bestowed upon your soul to nurture and ultimately share with the world.

Many people search for their purpose in life. They want to have a meaningful existence that provides them with an opportunity to leave a legacy by benefiting the greater good somehow. The first step towards a life of purpose is to focus on your personal growth and unfoldment. Become the best version of yourself that you can be. And realize how you can apply your unique talents and gifts most effectively to benefit the world. As you continue to progress along your lifelong journey to self-actualization, more and more of your soul's mission nuances will express themselves and become apparent to you. And the time will come when you know with certainty that this is who you are meant to be and what you are meant to do.

Start by reflecting and paying attention to the things that come naturally to you. Notice and recall what favors your friends ask of you most often. Can you spot a pattern in their types of requests? Especially when it is something particular that you can do for them. Feel free also to ask your closest friends because things are apparent from the sides. Your good friends certainly have noticed the things in which you excel. And do not forget to ask your parents or primary caregivers during childhood for any insights about what your unique gifts and talents could be.

We demonstrate our innate talents and predispositions in early childhood between the ages of 3 and 7. The things we are naturally gifted at and can excel in energize us. And the more we do them, the more energized and inspired we become. We do not need motivation or any other form of incentive. We would do them for free just to have the chance to do them again. While we are doing them, we lose track of time, and we feel joyful and compelled to learn more about and become better at them. Because these talents come so naturally and effortlessly to us, they are like

poetry in motion. And others from the side can easily spot what we genuinely enjoy and love.

Once you discover and accept your natural gifts, your intuition will guide you to apply them in the most practical way. One that is of the highest service and value to others and simultaneously provides you with opportunities to further develop and master them. At the same time, it is essential to create a daily ritual that allows you to stretch and train your talents. And to continue to unfold them to their fullest potential. A ritual that is within your control regardless of your life's circumstances.

Find at least one way to continuously develop your potential without relying on anything besides your own will and 30 to 60 minutes per day. So that even if you lose everything and you end up homeless on the street. You can continue to work on your talents and further your growth. The best investment you can ever make is in yourself. Because, unlike the stock market and commodities, your value and self-worth can only increase. As once you have stretched yourself and your comfort zone. You can no longer shrink back to your previous self.

The Ineffability Formula is a lifestyle and lifelong journey towards continuous personal development, spiritual evolution, and self-actualization. It is an ongoing process for life and self-optimization designed to extract your full potential for the world's benefit. The most reliable insurance that you will lack any regrets at the end of your current reincarnation. And know that you have played the game of life full out until your very last breath. It is a habit of excellence and self-empowerment. It is an everlasting spiritual unfoldment propelling you every day a step closer to the extraordinary self that your words cannot describe because it is not a race to a destination. It is an endurance challenge of a lifetime. And who you will become along the way is the only thing that counts. Your goal and destination are only the North star you follow to stay on the path and know your next step. There are no medals or awards at the end of this journey because you are already born



good enough. You are blessed with valuable talents and gifts unique to you. And there is only one you in the whole world. You are only competing with the last best version of yourself. And who you are today is not who you will be tomorrow. You are dynamic individuation of spirit with a soul, body, and mind, on a mission to rediscover your true divine nature and benefit the world along the way. And just as water in the river is never twice the same, so is your unfoldment and self-actualization.

Start by taking some time to reflect on who you are today to begin the remarkable phase of your life. What are the things you would like to improve about yourself that are within your control? In what aspect would you like to grow the most? How does your remarkable self look, feel, and behave? Where are you today in relation to who you want to become? First, you have to know exactly where you are on a map to navigate towards a specific destination. Then you have to realize that nothing in life happens in a straight line. Life does not unfold in a linear fashion where you can plot the course step by step to your destination and follow along without any detours. And finally, you have to accept that the only thing you have complete control over in your life is yourself. Take responsibility and surrender to the game of life. Trust that it will unfold in the way that is serving you the most, regardless of how unclear this might seem at times because it is easy to connect the dots going backward in hindsight. But doing the same going forward is an entirely different challenge.

By surrendering the need for control, you activate the assistance of your innate intuition. You release all emotional charge around how things should be. And significantly minimize your levels of stress and anxiety while moving forward into the unknown. You also learn how to step outside of your comfort zone and stretch it regularly. As stated by Napoleon Hill, “Every adversity, every failure, every heartache carries with it the seed of an equal or greater benefit.” And as a skillful hero on a lifelong journey. You will benefit immensely by developing the habit of constantly examining the challenging situations you face for the seeds of

benefit you can gain. You do not have to worry about the negative. By default, our brains are wired to see what is not right. What is missing, what is not the way it should be. However, this is a futile waste of time and energy. Dwelling upon what you do not want and focusing on the negative will only bring you more of it.

Racing drivers know well that you always look where you want to go. Doing the opposite leads you to crash at the obstacle you are trying to avoid. Staying open, balanced, and flexible is the key to flowing effortlessly through the game of life. It is not that you will not experience any adversity. But when you are agile, ready to adapt, and willing to take action, there are infinite possibilities available to you. And therefore, the highest probability for success. Being open and willing to iterate is a fundamental key for long-term success. The business world demonstrates that the most successful and longest-running companies are eager to pivot their business practices and culture. To fit the market's demands, rather than attempting to impose their business model on the market. There are many well-known examples in the tech world where innovation and transformation happen at an ever-increasing pace. Many can recall BlackBerry, Kodak, MySpace, and Nokia. They were all well-established leaders in their respective markets. But most of them almost failed overnight because they were unwilling to flow with the river and wanted to control its flow.

After arriving in America, I spent a significant amount of time in my adult life. Over ten years, to be exact. In chasing after achievements and material possessions that I expected would make me fulfilled and give my life a sense of purpose. I did many things and bought a lot of things. But the feelings and meaningful life I craved never seemed to come. At best, I had brief moments of highs that did not last. And offered no fulfillment or led to discover my purpose. My error was that I was looking for things outside of myself. To change how I felt about myself and how I experienced life. This was a vicious cycle of continuous lack of fulfillment

and endless pursuits of fading oases on the horizon. I remember so many times when even before I had attained my goal and reached my destination. I already knew that this was not what I was seeking. And I was back at the same place where I started this meaningless pursuit. Asking myself, what is next? What else should I achieve or acquire?

I have been at this crossroad so many times before. Until one day when I found myself feeling mildly depressed with not much desire to enjoy my life. I was doing well by popular standards. I had my bachelor pad in the heart of Hollywood. A new convertible car, a significant amount of savings in my bank account. And no need to go to work for anyone else besides myself. And yet, I felt depressed and spent most of my time stuck at home playing video games, eating junk food, smoking cigarettes and marijuana, drinking alcohol daily, and feeling empty. I knew that something was not right. While reflecting on my life, I realized that I am stuck in a highly dysfunctional pattern that takes me nowhere. The universally accepted, I will be happy when mental model. And unfortunately for me, as it is for many others, it was a consistently moving target. The If-Then model is predominant in western societies, where material wellbeing and wealth accumulation are thought to be the keys to a higher quality of life and fulfillment. However, the longer I lived in the materialistic world of capitalism and consumerism. The more obvious it became to me that this cannot be any further away from the truth.

The evidence in developed countries is staggering. We can start by acknowledging the suicide rates. The number of people diagnosed as clinically depressed. The prolific amount of widespread abuse of painkiller prescription drugs. The constant violence and fierce competition prevalent in Hollywood movies and TV series. The regular negative news. But most of all, the apparent lack of joy in the lives of those who seem to have it all. I encourage you to try a simple reflection and observation exercise. Visit the most affluent neighborhood or community in your part of the world. And go to a park or a public place where people relax and recharge. Once

you are there, pay attention to the people passing by. Are they smiling? Do they seem happy to you? Are they friendly? And what about their body language? Do they look tense? Are they rushing? Do they look scared or afraid of strangers? Do they seem generous? Or behave in a way that clearly shows that they are enjoying themselves and are happy with who they are?

You can tell a lot about what is going on in someone's head and heart by their body language and facial expressions. There are also ways that you can read someone's face. And learn a significant amount of insights about their emotional and mental well-being described by Lillian Bridges in her book "Face Reading in Chinese Medicine."

The deeper I reflected on my life in the last ten years leading to my mild depression. The more obvious was my error. Instead of focusing on myself, the only thing within my control. And making an effort to improve who I was as a person and get to know my true nature through self-inquiry. Like a squirrel, I was chasing after each shiny thing on the horizon. And I never stopped for a moment to reconnect with myself and notice if my pursuits were the genuine desires of my soul. Or was I just another unconscious victim of social programming?

I had to admit to myself that I have been chasing after someone else's goals and dreams. To a certain extent, I also believed that the one size fits all model was valid and effective. And especially when it came down to chasing after results instead of focusing on the process and the journey itself and learning how to be joyful in the present moment. No matter how far away I was from my destination. Because the only thing that matters is not whether you reach your goal but who you will become along the way.

Gradually, I found myself immersed in Eastern and Western philosophy, psychology, meditation, spirituality, and mysticism. And any modern modality that had the potential to reveal to me another truth about myself and divine nature. Little that I knew. My innate curiosity, pragmatic

approach to life, and ability to thrive outside of my comfort zone were the set of traits that gave me the unique ability to absorb new information quickly. And convert my new knowledge into daily habits and stack them on top of each other in a ceaseless effort to stretch my comfort zone and push my physical, mental and spiritual boundaries.

Taking into consideration that my previous life patterns followed a clear theme of significant changes. And ongoing desire to avoid feeling stuck and being stagnant in my comfort zone. It quickly became evident that I also possessed the powerful ability to transform rapidly and enjoyed the process of change instead of seeking to avoid it. I began to realize and discover what my innate talents are. And how I can utilize them in the most effective way to solve my problem.

Once I reached a point where I felt that my foundation is stable and my cup is full. I began to experience a strong urge to use my gift to serve others and contribute. At first, I was hesitant, even though the universe repeatedly gave me so many apparent signs. I was still committed to chasing after a project I had invested a significant amount of my time and energy in. And I was unable to recognize that who I had become in this process was what truly mattered. Not whether I achieved my goal or not. The purpose of a goal is not to achieve it. It is to become the person who can accomplish it and outgrow your need for it. Until finally, one night, while meditating, a brilliant vision for my future life of purpose came through the quiet voice of my intuition. It was so overwhelming and detailed. It was clear that it was not my conscious idea or thought. It was streaming into my conscious awareness because I had become the person who can see it through and bring it into reality.

Up to this point, I was convinced that building a tech startup is what I was meant to do. But at the same time, I knew very well from my past corporate stints that I do not enjoy office environments in particular. Or the 24/7 hustle and bustle lifestyle of a startup founder. The boring meetings with potential investors or other individuals who are only

concerned with making more money. Instead of how can we serve others powerfully and create significant value to be generously compensated in return. The more I realized that wealth, success, and prosperity had little to do with a person's fulfillment. The more unappealing were the world of tech startups, venture capital, and materialistic pursuits.

After my intuitive download came through and I had some time to digest and reflect upon it. It became clear that my gifts and talents are best suited for serving others who wish to transform and realize their unique gifts. And build meaningful, fulfilling lives in tune with their souls' desires instead of their unconscious programming, fears, or limitations which can only lead them astray further away from their truth.

The next big step in my process of unfoldment was to integrate into my identity the discoveries I made about myself. It is one thing to understand something intellectually. But making it an inseparable part of your way of being is an entirely different challenge. The most powerful vehicle for transformation is our sense of identity and self-image. Psychologically we are wired to behave in alignment with our definition of who we are, or your I Am. This is the level with the most significant influence over our behavior. And when combined with the next two, our beliefs and values. They are the most effective means to create lasting transformation within ourselves.

It is essential to have a set of empowering beliefs and values that directly complement and support our identity. Lack of alignment between identity, beliefs, and values leads to unconscious self-sabotage. And an ongoing sense of disharmony within. First, to redefine our sense of identity, it is crucial to understand that we can have multiple identities that serve us in different aspects of our lives. For example, you can have one identity for your professional life. Another one for your love life. One for your social life. And another one for your health and fitness and so on. We all play many roles in our daily lives. And it is essential to intentionally craft dedicated identity containers that empower us to act most

appropriately in each different scene of the movie called our life.

You must invest the time and effort to craft a well-thought-out identity statement for each vital aspect of your life. And ensure that you have the most empowering set of beliefs and values supporting your self-identity to enjoy the game of life to the fullest in the most effortless way. An identity statement always begins with I am. Or I, insert your name here, am a, followed by at least a few adjectives. Then a noun, a verb, and a few more adjectives and nouns. Here is an example of my spiritual identity. I am a legendary spiritual hero devoted to a journey of ineffability, playing full out and laughing out loud on my way to eternity. Here is another one. I am a mega mighty magnificent miracles magnet for wealth, abundance, love, and bliss in all aspects of my life.

Once you have crafted your new identity statement, repeat it to yourself out loud daily at least once as soon as you wake up. And especially right before stepping into the role this identity supports. For best results, repeat it out loud multiple times in front of a mirror. When this is impossible, chant it mentally in your head. Continue to repeat your identity statement until it becomes a part of your being. And you lack any doubt that this is who you are because your behavior demonstrates it. From time to time, you can revisit and improve upon your identity statements. They are continuously evolving in sync with your ongoing unfoldment. If you experience any internal resistance towards your new identity and your behavior contradicts it. Then examine the beliefs you hold in this area of your life because beliefs drive all of our behaviors.

Since our beliefs are invisible and impossible to spot, it is best to start by asking yourself this question. What do I believe about this area of my life? Then reflect deeply on your answers. Another method is to verbalize your beliefs by sharing them with someone else. The best part is that you do not have to share them with an actual person. Instead, imagine that right in front of you is sitting an adorable, curious child. And it is asking you why things are the way they are in this particular area of your

life? Explain to the child by using the most simple words. What causes the circumstances in this aspect of your life, and why is this so? As you do, either record your voice or write down your thoughts. Then analyze your answers and look for all of the cases where you are making assumptions and generalizations. Or using a popular belief without any reason to do so. Our beliefs are unconscious, and most of the time, we assume that they are real. But as soon as we bring them to the surface and challenge them with factual evidence. We quickly stop believing in them because we can not believe in something that we have seen. Or continue to believe in something we have invalidated with evidence.

When embarking on any transformational journey, it is crucial to lay down solid foundations by intentionally crafting supporting identity statements combined with empowering beliefs and complementary values to guarantee your success. After I completed the redesign of my identity and found the most empowering set of beliefs to complement it, I also ensured I behaved and acted coherently. My next step was to deeply reflect on the meanings of all labels with significant importance and impact on my life. These were labels such as success, love, wealth, money, fulfillment, family, growth, career, etc. After a brief reflection, it became apparent that I was a victim of pluralistic ignorance. The tendency of people to do what everyone else does. And not because there is any objective evidence that this is the best way. Or this is the only way. But because when people do not know what to do. They look at others to determine what is appropriate behavior for the circumstances and imitate them. And because no one likes to look stupid or to be left behind. We never even question some of the behaviors we have picked up from others. All behavior is belief-driven. And each time, we adopt a new behavior from others. We also unconsciously adopt the beliefs that accompany it. And in my case, merely accepting the popular definitions for labels such as success, love, and wealth. Meant that unknowingly I was living my life by someone else's model of reality as if one size fits all.



A remarkable life is authentic to you and not dependent on external validation from others. One defined by your very own concept for a successful and fulfilling life. As a conscious, ever-growing, and evolving person. You have the full responsibility to yourself to take the time and define for yourself what the most important words in your vocabulary mean to you. Careful examination of most words' meanings shows that the popular definition we take for granted is far from their original Latin root and core definition. Recall what I stated earlier. The words you use impact your reality. The ancient Egyptians did not make a distinction between words, ideas, images, and reality. To them, they all had the same importance. The only question is, how empowered do you want to feel for the rest of your life? Because if you are not the person creating the meaning of every label that directly influences your experience of reality. You are not only living someone else's life, but you are also a victim of popular culture and society. An average, mediocre human struggling to survive. And not because there is something wrong with you. But only because you have chosen to play the game of life according to society's norms, the cult of mediocrity.

Let us examine the word responsibility. It is an excellent example of how the cult of mediocrity has kidnaped and turned one of the most empowering words in the English language into a label with a negative connotation. And a heavy burden for most English speakers. We will start by breaking down the word responsibility into its root words. And after we will examine each word in its true meaning. The word responsibility is a combination of two distinct words, response and ability. It means that every person, due to their free will, can respond to anything and everything. This does not mean that they have to respond to everything. Or that they are accountable for it. It simply means that they have infinite possibilities to respond to almost anything happening in the world. Here is a simple example. Imagine that it is early Monday morning. Suddenly, while you enjoy your deep sleep, you are abruptly awakened by your

alarm. You open your eyes, but you still feel sleepy because you had few drinks and went to sleep late. You can either get ready to go to work. Snooze for another 15 minutes before jumping out of bed. Or call in sick and take the day off. You can choose to respond in whichever way you want.

Responsibility provides us with a choice and almost infinite ways to respond to the events happening in our world. In contrast, when we react to an event, our behaviors are driven by instincts, just like those of animals. However, the popular meaning of the word responsibility is closely associated with accountability. A label that often carries along with it the negative emotional charge of guilt and shame. Examples like this demonstrate how essential it is to assign empowering meaning to the labels in your life instead of assuming that their definition is set in stone. Or at least to examine their original meaning.

You can become the thermostat in your life by using empowered language. You don't have to be a rocket scientist or a philosopher to realize that the goal of our society is not to empower us to thrive. It is to maintain the status quo and minimize uncertainty for those already with high social status and power. By encouraging mediocrity, blind obedience, and not holding politicians accountable. For pursuing their agenda at the expense of those who voted them in a position of public service.

Contrary to all evidence in the world today. Politicians are employees of the people who voted them in office. One of the most powerful strategies we can use to take our power back and gain leverage. Is to unsubscribe from the two main cults of mediocrity, pop culture and society, because there is no benefit in being a member of a tribe that continuously lowers its standards. And instead, we have to form the club of extraordinary conscious people. Whose purpose is to raise all standards. And keep those in public service accountable for their weekly, monthly, quarterly, and yearly deliverables. Metrics that are not constantly tracked cannot be improved. You cannot improve that which is not measured. And

as the rising tide lifts all boats. So does raising our society's standards by being better examples. Especially when it comes to nurturing compassion, generosity, understanding, acceptance, peace, and contribution. This is the only way to gradually increase the quality of life of all human beings in harmony with the rest of life, cohabitating with us on planet earth.

The next step of my evolution and development was to accept myself for who I am and how I am. Instead of wishing I was someone else and wasting energy by thinking about what if, could have, or should have been. In this aspect, the game of life is like playing poker. You are dealt a hand of cards that you can either make the most out of or fold. A great poker player can win a game even with the lousiest cards because the masterful player is not daydreaming wishful thoughts. He concentrates on playing his cards to the best of his ability and knows that no one can win every single hand. But if you play well, you can win the game. We are and will always remain a work in progress. Our lives offer ever-new opportunities for unfoldment and expression of our infinite nature and uniqueness. The benevolent universal force wants us to be here. And there is a good reason why we are part of the game of life. Nothing in the universe is ever random. The universal law of cause and effect is always at play and influences every aspect of existence throughout the universe.

The divine creator of this sandbox we call the universe possesses infinite intelligence beyond human comprehension that is evident in everything. Take a moment to slow down. Observe and appreciate the beauty and complexity beyond our understanding inherent in all forms of life. Infinite intelligence cannot make mistakes. It creates masterpieces, each one unique and never repeating. We are all masterfully crafted works of art by a divine intelligence that intentionally chose to make us the way we are. Even identical twins are not identical. Each one possesses unique traits and talents. Accepting ourselves as we are and for who we are is the first step towards self-love. The highest and most sincere love, because no one can ever love us more than we can love ourselves. And the foundation

of self-love can be only rooted in self-acceptance. Holding a negative charge around circumstances that were never within our control is futile and can only cause pain and suffering. We are born the way we are, and there is nothing we can do to change this. However, we can learn to accept, like, and love ourselves. And since we spent every moment of our lives with ourselves. The most intimate relationship we can ever have is with ourselves. So we might as well fall in love with the person in the mirror. And start noticing the numerous things we like about ourselves.

Today you have to plant the seed of your secret romance with yourself because unless you truly love yourself. You will never go all the way to do what is best for yourself. Instead, you will continue to sell yourself short of your greatness and gifts. You are the way you are by divine decision. You are one of a kind, the only one in existence. This means that there is no one or thing to ever compare yourself with, which makes your self-worth priceless regardless of your external circumstances. And unless you acknowledge this fact and accept it, no one else will because we project the opinion we hold about ourselves to everyone around us. And others treat us the way we treat ourselves.

Take a step forward to your greatness and honor yourself by doing what you know is best for your growth and evolution. Accept yourself as you are and strengthen your self-love and your belief in your priceless self-worth. Our society and especially the youth are more than ever in dire need of great examples to follow. And leaders to guide them to discover their greatness and self-worth. All of these are intrinsic values and qualities innate within us all. They are not a product or result of external validations such as material possessions and achievements. Or likes, followers, comments, and shares on social media. Without an internal locus of control and intrinsic validation, human beings become worthless to themselves. And begin to behave like dogs obeying a master. Always ready to learn and perform a new trick to gain the love and favor of their master. And this is the worse position to be in because, by default, the only thing we ever

hold complete control over is ourselves. The moment we relinquish even this control. We turn into damaged rafts drifting through the vast ocean on a lifelong journey bound to nowhere.

The next step in the process toward self-acceptance and self-love is to forgive ourselves. We all make mistakes. “To err is human, to forgive is divine” Alexander Pope. No one is perfect, and no one will ever be. If we were perfect, we would not be living in this reincarnation as humans. We will exist in a different etheric plane where angels and other superior spiritual beings reside. Life is the ultimate educational program focused on promoting growth, self-actualization, and spiritual unfoldment. To ultimately raise our level of consciousness, because unless we do so. We will only learn more ways to reenact the same thinking patterns and behaviors. And end up with similar results.

Suppose we were to travel back in time 50,000 years and visit our ancient ancestors. Who most likely lived in caves in small tribes of hunter-gatherers. And we gave them the latest, most capable smartphone. How do you think they would use it? I guess they would most likely see it as an excellent cave decoration at best. Or use it as a hunting tool to throw at animals. Or as a hatchet while trying to break something into pieces. They are certainly not going to start using it as a smartphone. This is for sure. The same holds true about our level of consciousness. Unless we raise it, regardless of our diplomas, degrees, and other education we acquire. We will still feel, think and behave in tune with our old paradigms. The difference between one level and the next is exponential. It is like the difference between using a modern computer and an old typewriter. As shown in the map of consciousness by Dr. David Hawkins in his book “Power vs. Force.”

We need to peel back the onion to understand why we have certain fears. How they manifest and how they control our lives when we do not tame them. We can view the pursuit of perfection as nothing but a manifestation of the fear of failure. It is the lowest denominator. When

someone is seeking perfection, they use it as an excuse to avoid the potential of facing failure or ridicule. The fear of failure is rooted in the core fear all people carry from their early childhood, the fear of not being good enough. This fear has a very firm grip on us because we are conditioned to look at external factors such as success and wealth as measurements of our self-worth. Therefore if we fail, we assume that our self-worth takes a plunge, and we feel not good enough about ourselves. This is a feeling and fear that the majority of humanity will do anything to avoid. And the main driving force behind the obsessive behaviors and achievements of many highly successful individuals.

The TRUTH with a capital T is that we are all born good enough. We have always been good enough. And we will remain good enough because we are. All babies know this and demonstrate it readily in every moment. You never see babies feeling guilty or ashamed after pooping in their diapers. If anything, they might cry to get their parents' attention and get their dirty diapers changed. But otherwise, they smile, laugh, and enjoy themselves. They know that they are good enough and loved by their parents no matter how dirty their diapers are. All babies expect and demand their parents to give them attention by crying and making sure that someone is there to serve them.

But later on in early childhood, once the kids are 2 to 3 years old, things change dramatically. Due to their upbringing and indoctrination, most parents default to using a highly outdated and dysfunctional parenting model. They withdraw their love each time the children misbehave to teach them obedience and discipline. However, small kids do not understand that their parents' withdrawal of love is only a trick because they cannot think critically. Instead, the meaning created in their perception is that they are worthy of love only when they do something approved by their parents. But when they do not, they are bad, not lovable, and not worthy of love. And because perception creates reality, gradually, a toxic false belief is rooted in the children's psychology that they are not

good enough to be loved as they are. And they have to do something to deserve to be loved. That in essence, their self-worth and lovability are measured by external factors that are always in flux. And never within their control.

You can begin to see how all of these disempowering and flawed beliefs. Plant within us the seeds of doubt, fear, and feelings of inadequacy that over a lifetime grow deep roots and begin to feel like a natural part of who we are. And we never question why we have them or where we got them from. Now you can also see how the pursuit of perfection is nothing but a symptom of the fear of failure. And how it is the product of people's sense of self-worth being tied to extrinsic continuously variable factors. All of which are triggers for the basic human fear of not being good enough.

An empowering belief to hold from here on is that there is no such thing as failure. There are only feedback and temporary setbacks. Failure is the opposite of success, and without it, success would not be possible. Numerous studies and research show that all highly successful and accomplished individuals had to fail many times to succeed. The only distinction between them and others who are not successful. Is that they did not accept failure as a sign to give up. Instead, they used it as valuable feedback that ultimately allowed them to navigate better and led to their success. We have all made mistakes, and we have all failed. This is just part of the development process in earth school. If you constantly answer all of the test questions correctly without studying, you are taking the wrong class. This simple truth is evident when we examine the cardiogram of a healthy person. It looks like a roller coaster track. Each peak is followed by a trough indefinitely.

The key is to learn to bounce back quickly after every setback. Analyze it to extract its beneficial lessons and gifts. Deconstruct what led to it and commit never to repeat it. Most of all, start first by reconnecting deeply with yourself by creating the necessary time and space. And forgive

yourself for all of your mistakes, failures, limiting beliefs, and destructive behavior patterns. Recognize that if you knew better, you would have done something different and made better choices. We cannot connect the dots going forward. But we can undoubtedly release the negative charge from our memories. And use the freed-up energy to propel ourselves further on our quest for greatness.

Everything in our past has served us well and got us to where we are and who we are today. It was not in vain. It was the research and development that led us here. Now it is time to burn the ships down and never look back. To focus on our North star and stride forward to our remarkable future. And last but not least, to recognize the self-work, you have completed thus far. Celebrate and appreciate yourself as if you are someone who you madly love.

After forgiving ourselves, the next step is to forgive others. In particular, those who we blame for causing any harm or wrongdoing in our lives. We are doing this entirely for ourselves, not for them. Forgiveness is an act of self-care and love. Each time we hold on to anything negative and accuse others of doing it to us, we live in a place of victimhood. A place of extreme disempowerment. Victimhood and holding on to grudges wastes away a lot of our energy. It creates a strong negative charge which is not serving us in any way. When we forgive and forget, we release this negative energy from our psyche. And it becomes available for use in any endeavor. The negative emotional charges we carry on are like knots within our energetic bodies. They prevent the free flow of energy we can normally access. By completing acts of forgiveness, we can untie these knots and free up the stuck energy. And channel it into anything positive and constructive we can imagine.

Through the acts of forgiveness, we can also remove the negative charges from our emotional container. This is great for our health, well-being, and peace of mind. Because doing the opposite is like drinking poison and expecting others to suffer. Forgiveness makes us feel light and



free of any emotional baggage or stories of victimization. It allows us to take our power back and reign over our lives from a place of empowerment. Forgiveness is an act of kindness to ourselves on every level. It does not benefit the other person who is being forgiven. It is done entirely for our own benefit. To eliminate the negativity we hold in our mental, emotional, and energetic bodies.

To forgive does not mean to accept the person who made us suffer as innocent and not hold them accountable. We find the compassion and understanding within us to forgive them for not knowing better because they would have done better if they did. Most people never reach emotional maturity and are little children living in adult bodies. It is hard to remain upset with a child when you know it does not know better. A great example is Jesus Christ. While being crucified, he prayed to the divine creator to forgive the sins of his torturers because they did not know what they were doing. The pages of history show that many kind and loving men have done terrible things during the wars they suffer from within for many decades later. These men were not evil or mentally disturbed. They were following the orders of others who also did not know better.

As our level of consciousness begins to rise, we will notice the different behaviors each higher level inspires us to demonstrate. And the accompanying predominant emotions, thoughts, and aspirations. It is a fact that we do not have conscious control over our biological maturity and development. As our bodies reach a certain age, specific processes automatically begin to occur and lead to our ability to procreate in puberty. And menopause in women at a later age signals the end of their ability to give birth. Our bodies' overall tendency is to age and eventually reach old age. There are lifestyle choices and practices that can decrease the pace of aging to a certain degree. But inevitably, everyone ages and eventually dies.

However, in contrast, we have complete control over our emotional

maturity. And the expansion of our consciousness from limited mortal body-bound consciousness to eternal cosmic consciousness. Unfortunately, most people lack a crucial understanding of the distinction between physical and emotional maturity. And in reality, we live in a society consisting of billions of emotionally immature children running around in the bodies of grown-ups. Who are still acting in the same ways they did when they were four years old and reenacting the same patterns of emotions, insecurities, and fears. Each time, things do not work out to their liking.

Once we are aware of this fact and its prevalence, we can no longer hold anything against the little children that caused us harm. They are just kids with lower levels of consciousness and emotional maturity. And as the wise conscious ones, we can only hold great compassion in our hearts for them. Finding the strength to forgive someone who has hurt us deeply is challenging. And especially when you want to feel compassion for this person. But when we look at this challenge through a different lens. We quickly discover that it is similar to working out in the gym. The bigger and stronger you want your muscles to be, the heavier weights you need to lift. In the upcoming chapters, you will discover how to exercise every dimension of your being deliberately to build bigger and stronger metaphysical muscles. In this instance are your emotional muscles. You are pushing the heavyweights by learning to forgive and have compassion. For those who made you suffer in the past. The greater the pain, the greater the weight you are pushing against with your emotional muscles.

Start with lightweights and gradually build-up to the elephant in the room. Rome was not built overnight, nor anything else worth it. Remember, we are continuously unfolding works in progress. And stay focused on the peace right in front of you. Every journey begins with the first step. Now is time to take yours towards your emotional maturity and freedom. Bestow upon yourself the gift of forgiveness because this is an act of self-care and love. Why would you bring all of your emotional

baggage from the past into your bright future? Take only the best and burn the rest.

Now that you have released all guilt, shame, and anger. From your mental, emotional, and energetic bodies. By forgiving yourself and those who have done you wrong. You can move forward swiftly without dragging behind the anchors that slowed you down or, worse, disabled your progress. And channel the freed-up energy inwards to build a lifelong healthy relationship with yourself. On the foundation of unconditional love because you are enough and worthy of the most remarkable and fulfilling life.

Creating a sizzling romance with yourself and growing your self-love place you in the most empowered position when going out into the world. It allows you to show up authentically and be no longer needy. True to your core. And it attracts into your life people who like and love you for who you are. This is one of the most desired states of freedom and ways of being that anyone can attain. Because you no longer need to put on a mask and please others to gain their validation and hopefully their love. Instead, you can act, speak, feel and think in alignment with your core. And this gives you charisma, confidence, and self-empowerment that radiate in every direction and others easily perceive. By developing self-love, you become independent of external validation because the most important opinion about yourself will always be your own. People never rise above their own opinion of themselves.

Relying on someone else's validation to feel worthy and lovable is an addictive downward spiral leading to nothing more than self-doubt. It is like trying to inflate a flat tire. The air will always keep running out. Seeking external validation is a highly dysfunctional and flawed pattern of behavior we learn during childhood. It is not because we are silly, but because we cannot reason and discern between the meanings, we attach to our experiences. The mind of every young child is a meaning-making machine. As soon as the child begins to speak, its primary question is why.

The child's mind is always asking why this is happening to me. And each time, mommy and daddy are not happy. Without the ability to reason and rationalize the meaning created in the child's mind is because I am not good enough. And because I am not good enough, I am not lovable and do not deserve to be loved.

Finally, the child is left with the impression that the only way to gain love is by pleasing others and seeking validation. This behavior pattern creates a lot of neediness for others' approval, which leads to self-doubt and lack of confidence. And it puts the person's own opinion of themselves in the hands of others. In essence, they give all of their power away and become a person who lacks self-direction, self-worth, and self-respect. Nurturing your self-love is a massive step towards self-empowerment. And freedom from the toxic good opinion of other people disabling the vast majority of our society from living up to their fullest potential and enjoying fulfilling lives. Instead of following their hearts and pursuing their dreams. They continue to reenact this unconscious pattern of behavior from their childhood. As if they were still trying to please mom and dad to gain their love and approval.

In reality, parents never actually withdraw love from their children, even when they are misbehaving. Mentally healthy human beings are wired by default to love and build an attachment to their children. If anything, their love can only grow but never diminish. Unfortunately, most parents never take the time to research the various schools of thought and parenting models. By default, they parent in the way they were or in the exact opposite as a revolt. And most often, this happens to be some form of a highly outdated, unintentional, and reactive parenting model. Based on a limited system of beliefs rooted in fear, scarcity, and domination or control. Almost everything holding us back from reaching our fullest potential is baggage that we drag along from our childhood. We got it from our parents and other authority figures. It consists of their limiting beliefs, patterns of behavior, predominant negative emotional states, fears, and

unresolved traumas from their past.

The time eventually comes when we need to recognize the baggage we are dragging along if we are to succeed in our quest to become remarkable. And to symbolically hand it back to its rightful owners to resolve and deal with themselves. Everything in our human condition is caused by long-term conditioning, which started during childhood. From the way we see ourselves to the way we perceive the world around us. Life is a subjective experience defined by the multiple unique layers of conditioning each one of us has. Unfortunately, most of us never had the chance to choose the type of behavioral programming we want. And by proximity, like little sponges absorbed all of the nonsense and rigid ideas held as conventional wisdom by society. To end up desensitized to all of the magic that surrounds us. And view it as a result of a random explosion that took place billions of years ago. A remarkable life can be created only with a remarkable level of thinking and point of view. Because your subjective world, aka your reality, works exactly like a mirror. It always reflects the beliefs you hold, the thoughts you entertain, and the emotions you feel. You cannot expect exceptional results if you are still running on outdated mental software. But you have a choice, and all the apps you need are included here for free.

No one can ever love us more than we can love ourselves. We cannot truly love someone else if we cannot love ourselves first because it is not real love. It is a transactional exchange driven by our need to feel loved in return for extending love to someone else. Love is unconditional. It is not a token of exchange you can trade. Those who truly love themselves are capable of unconditional love because their love springs from within. They are always full of love and spread it even to those who do not deserve it. People who love unconditionally have realized that it is the power of love that will make our world a wonderful place for all. Not the love of power and technological advancement.

Developing self-love is crucial on the path towards reaching our full

potential and sharing our greatest gifts with the world. You can start today by writing on your bathroom mirror I am enough. And every morning while you brush your teeth and shower, take 5 minutes to look deeply into your left eye and repeat to yourself. I love you so much. (Add your name, followed by ) I love your: and state ten different things you love about yourself. I am sure that there are many things about you to be grateful for and appreciate. This is a powerful exercise that, in 2 to 3 months of daily practice, will deeply root within you a sense of self-love, self-worth, and self-appreciation. Do not forget to celebrate every little step. Pamper and treat yourself often as if you are someone you love.

At this point and after completing all of the preliminary inner game homework. In preparation for the lifelong journey ahead dedicated to becoming remarkable and the unfoldment of our extraordinary gifts. We can expect to see noticeable shifts in how we feel about ourselves, the choices we make, and ultimately the behaviors we demonstrate. Because when it comes to long-term progress, success, and growth. The small decisions and actions we take daily stack up overtime to make the bulk of our results. It all comes down to two factors, the necessary length of time and the sustained commitment. An average human step is 2.5 feet long. And when we multiply this number by the number of days in a year. We arrive at 912.5 feet in total over a year. The first step might not look like much. But over time, especially year after year, your life's trajectory will be incomparable if you choose to stride forward instead of remaining stagnant in your comfort zone.

Without a stable leveled ground to build upon your temple of ineffability, there will be a fundamental flaw in your construction. And this will cause it to crumble down like a house of cards. Architects and engineers can attest to how important it is to choose a plot of land to build upon that can be stabilized, compacted, and prepared before construction begins. And this is precisely what you did up to here. You set yourself up to win by stabilizing the surface you are building upon and ensured that it

would support your temple of greatness for a lifetime. Much like the Egyptian pyramids still, stand tall after thousands of years and attract the admiration of all who see them rising above the sands. The journey you are taking on is a lifelong pursuit meant to carry you through the wonders of life as far as you are willing to stride. And you can take it at your pace because this is not a race, and there is no destination for you to reach. In other words, it is all about the process of going through the journey and making the most of it.

If life were a race to reach a specific destination faster, you would be racing towards your grave because this is the only certainty in life. From the moment we were born, we are getting closer to our graves with each passing day. We might as well learn how to slow down and enjoy the present moment. And with it, every step of this journey winding its way like a river through the land. Time and space exist as concepts only in the human mind, and nothing else keeps track of them. We can learn to be present and conscious of the peace and possibility existing in every moment by becoming embodied. And by reconnecting with our body temples throughout the day. Each passing moment is unique and will never repeat. It is a masterpiece that can only be enjoyed by those immersed in it as if there was nothing else because there is not. The past exists only as a vague memory that slowly fades away. And the future does not exist at all because it is the product of our imagination, and we cannot live in it. No one goes to sleep with a guarantee they will wake up the next morning. This leaves us with only one option if we truly desire to live to the fullest. And this is to do it now, here in the present moment. The rest is simply a delusion, a daydream that takes us away from the beauty and unpredictability of every moment as it unfolds in its unique way. The simplest daily practice you can develop to savor each moment is to take at least 5 minutes every morning, afternoon, and evening. To slow down, get out of your head and bring your awareness into your body.

The only way to get out of your head is to get back into your body.

If you are standing up, feel the pressure on the bottom of your feet. If you are sitting down, feel the pressure on your buttocks. Continue to feel the pressure and simultaneously focus on your breath. Do not attempt to control it. Simply notice how it naturally flows in and out. Continue to feel the pressure of your body weight and the inflow and outflow of your breath. Close your eyes and focus on all of the sounds you can hear, close by and far away into the distance. Now notice the air temperature on your skin's surface and pay attention to any smell or aroma you can detect. At this point, you have reached full internal and external awareness and immersed yourself in the present moment. The more often and longer you practice this simple meditation. The more you will notice how time begins to slow down and stretch. How you feel more peaceful, and your thoughts are not running wild. And instead, you are enjoying moments of mental stillness and serenity.

Spiritual practices such as the one above that allow us to slow down our minds and reconnect with ourselves. And to feel grounded and centered are essential because they make us less reactive to the factors in our external environment. They give us the ability to be responsive and have infinite possibilities to respond in every moment. We need to learn how to slow down before we can speed up. Every time we are caught up in the details and feel pressured to do something within a timeframe. We lose touch with the big picture and why we are doing something in the first place. Eventually, we find ourselves disappointed and further away from our end goal. The critical distinction here is to focus on navigating precisely towards our North star instead of mindlessly doing things and pushing to get them done. One step in the right direction is much more valuable than ten steps in the wrong one. As described earlier, every moment is unique and offers infinite possibilities. When we concentrate on being present, aware, and vigilant, we can choose and take the best step available in each moment leading towards our North star.

Great examples of how important it is to slow down before speeding



up are the fastest professional drivers and riders competing at the highest level of motorsport racing, Formula 1 and MotoGP. Each racing season consists of about 20 races taking place around the globe, each over a weekend. A typical racing weekend is three days long. It consists of a limited number of timed practice sessions, a qualifying session, a pre-race warm-up, and the race itself. Time is essential during each session because it is limited, including the number of tires available to each racer. After watching an entire racing weekend, you will notice that even the best in the world at going fast. Spend at least half of their total track time in the garage making fine adjustments, analyzing data, studying their competitors and the weather conditions. All of which are factors that directly affect their performance. In essence, they are sharpening their tools, like the timeless quote by Abraham Lincoln. “Give me six hours to chop down a tree, and I will spend the first four sharpening the axe.”

Take time to slow down and reflect throughout the weeks ahead. Life is a dynamic river, never twice the same. And things can change dramatically overnight. The Ineffability Formula is your guide to exponential personal growth and an empowering companion along your journey to greatness. A must-have manual that will propel you to create a remarkable life. It is based on over ten years of my research of human performance and achievement at the highest level. It contains the most advanced systems and methodologies for transformation and professional development. I derived them through daily practice and experimentation with numerous techniques, modalities, philosophies, and schools of thought, including physiology, psychology, physics, quantum physics, spirituality, philosophy, esoteric mysticism, biology, chemistry, cosmology, and yoga. Within this book, I have distilled the most effective systems and strategies for accelerated personal development. And for raising one’s level of consciousness through holistic transformation and timeless wisdom and insights.

The Ineffability Formula is an amalgamation of many fields which

appear unrelated. But in reality, they are parts of a greater ecosystem and affect each other on many levels of causality. This ecosystem is our universe, both the visible and invisible or the physical and metaphysical. Because within it happens and exists everything we know. Men and women are miniature copies of the universe itself. The second principle of Hermetic philosophy is Correspondence and states, “As above so below, as below so above.” Therefore by learning more about the universe, we discover more about ourselves. And by learning more about ourselves, we understand more about the universe and existence itself. Know thyself because you are the only common denominator your life revolves around. If you want your life to change, first, you have to start with yourself.

## CHAPTER THREE

### The Cube System – Working Out From The Inside Out



The Ineffability Formula is the world's most complete and comprehensive guide for holistic transformation designed to empower you to unleash your ultimate potential and create a remarkable life. Based on a robust system of philosophies, mindsets, beliefs, and practical exercises addressing and exploring all human dimensions, The Cube System. At its core, the system is an inside-out journey leading you to a whole new sense of self, level of personal standards, and a baseline of holistic wellbeing. While simultaneously propelling you to a lifelong quest for self-discovery and actualization. For the greater benefit of all through the mastering and sharing of your innate talents and gifts. And like an actual cube, the system has six facets or key components. Listed in their relative order of importance from highest to lowest, they are spirit, intuition, energy, mind, emotions, and body. This is their order of importance only in the context of unleashing a person's potential and empowering them to thrive. And does not mean that

each one is not important in its own right.

The Cube System is like any solid structure, such as a building or a house. With few rare exceptions, such as pyramids, all the rest have six sides. The foundation, the facade, the rear, the left side, the right side, and the roof. And each one is an integral part of the structure keeping it stable and erect. If one of the sides crumbles, it will compromise the structural integrity, and the building will collapse. The same is true for us humans, especially those consciously living dedicated to our growth. This is why we took the time in the previous chapter to dive deep and prepare the plot of land we are to build upon from here on. Building any structure over unstable ground is a guaranteed recipe for disaster. And it is just a matter of time until it falls apart.

You might wonder why there are only six elements. Or can you get by with less? My research and experience have undoubtedly demonstrated that these six aspects incorporate the complete spectrum of the human condition and experience. And simultaneously offer sufficient distinction between each element, allowing us to systematically focus on, stretch, and exercise them as if they were different muscle groups. The Cube System is a methodology for working out from the inside out. Each of its components, spirit, intuition, energy, mind, emotions, and body, can be isolated and exercised like physical muscle groups. To build a well-toned and proportioned structure instead of ending up like someone who only trains their chest and biceps. But never their lower body and lacks the grounding support of a robust core and root system for rapid growth and expansion.

I invite you to view and consider every aspect of your being as a muscle you can stretch and exercise to ever-greater levels. However, the opposite is also true. If you do not use them, you will lose them because they will atrophy. A fact well described in

medical journals and studies. A well-fit person who suddenly changes their lifestyle and becomes sedentary, lethargic, and self-indulgent will begin to lose their physical shape and wellness. And this is also true for the muscles you are going to build by using The Cube System. Once developed, you will have to maintain them with a specific minimum dose of effective exercise to sustain their fitness and agility.

Most personal development systems focus solely on the aspects of spirit, mind, emotions, and body. And they are a solid foundation like the four legs on a chair. But by adding the elements of intuition and energy, The Cube System becomes a total game-changer. It raises the bar to a whole new level. These two factors have an exponential impact on the other four and supercharge their effectiveness. It is like adding rocket fuel to a fire. The Cube System is the result of over ten years of thorough research and efforts to optimize and transform myself holistically. By experimenting with a vast amount of advanced techniques and modalities. It is a collection of the most potent and effective tools and strategies I have regularly used and mastered to a certain degree. However, as soon as you approach the horizon you have been striving towards, it quickly moves further away. And once you truly embrace growth as a way of life, your goalpost will become a moving target constantly sliding further away.

I still practice many of the techniques and exercises contained here because they offer the greatest results for the least amount of time and effort. Look out for each chapter's primary technique, and if you can only do one exercise from each category, practice at least this one. It will give you the greatest return on investment in the shortest amount of time. True masters are those who master the basics and perform them on autopilot. The key to your success lies in understanding how habit formation works and mastering this

ability first. And after this, upgrading your habits becomes a simple task.

By establishing at least one base routine for each of The Cube System's six elements, you will be installing habit anchors on top of you can build routine stacks. Or use as mental and energetic slots dedicated to exercising this specific muscle while using whichever technique you prefer. At first, this will be a challenging task for those who have not yet consciously created daily routines. Or rituals to focus their energy and intention on training a specific aspect of themselves. But at the same time, if you did not feel challenged and needed to stretch your comfort zone, this will not be real growth. And you will be selling yourself short. I aim to install up to three new powerful habits every month. Some of them create new original anchors, while others upgrade previous habits with more effective ones.

Visit [www.IneffabilityFormula.com/Calendar](http://www.IneffabilityFormula.com/Calendar), for a free download of my advanced monthly planner system. It combines everything important you need to track and plan. Download it now and add the three new habits you want to install this month. Establishing empowering new rituals is the first major step forward in the right direction towards realizing your greatness. And after doing all of the preliminary work to accept yourself, develop self-love, and forgive yourself and others. There could be no other choice left in your mind but to start adding new beneficial habits. People who love themselves want only the best for themselves. And they are willing to do whatever it takes to honor themselves by adopting the powerful routines guaranteed to bring them results.

At first positive habit formation is challenging because, unlike negative ones, positive habits do not offer immediate benefits. And take two to three weeks of regular practice to deliver measurable results. The key is to sustain them until you have reached escape

velocity. Typically six weeks of daily practice. At this point, your subconscious mind will accept and turn them into automatic loops you can replay effortlessly. Just like the record player's needle gently follows the grooves on the vinyl, the same happens within the human brain's neural networks. Gradually, through the repetitive practice of any activity. We build networks of neurons that, once established, default to following the path of least resistance and lead to repeating the action with minimum effort.

There are two ways to accelerate this process and help your subconscious mind build the supporting networks of neurons for your new habits. Even though simple, the first one is extremely powerful and can either work for you or against you. It is your inner self-talk. Throughout human evolution, the brain's primary purpose has always been to protect us from the environment and ensure our survival. Therefore the mind always does what it thinks is good for you. Your inner self-talk has a substantial influence on your mind's opinion about what is good or bad for you.

To gain your mind's support whenever you want to turn a new behavior into a habit. Have a sincere, internal conversation with yourself. Say to yourself. I love doing this. It is excellent for me. I am enjoying myself. It is so effortless. This is the best thing for me. And so on, you get the idea. Give your mind sufficient evidence that this behavior is good for you. And reinforce it each time you practice the activity. Eventually, you will begin to notice less resistance from your ego around finding time for this practice and a lot more enthusiasm. Be mindful because this process can also work against you if you speak with negative connotations about something. Your mind will do anything in its power to prevent you from doing it.

The second way is to make the new activity an action that is a natural extension of your sense of personal identity. As you learned

earlier, the highest and most significant level of transformation is on the level of your identity. Psychologically we are wired to behave in alignment with our sense of identity. Therefore, when I want to install a completely new habit and I do not have a previous one in this category to anchor it. The most useful thing I can do is intentionally design a complimentary identity supporting this aspect of my development. And the new habit will become a natural extension of it. For example, suppose I wanted to develop a solid exercise routine as a daily habit. I will take on the identity of an athlete and integrate it within my being on a cellular level. Or suppose I wanted to develop a daily meditation routine. Then, I will adopt the identity of a spiritual seeker, and meditation will be a natural behavior.

The first step you need to take is to lay down the anchors and foundations for your remarkable life. By investing the time and effort to reflect and craft empowered identities for each of the six categories. Spirit, intuition, energy, mind, emotions, and body. And once you internalize them, you will have six solid anchors to attach any new habit and effortlessly create stacked daily rituals and routines. Visit [www.IneffabilityFormula.com/ID](http://www.IneffabilityFormula.com/ID) to download the detailed worksheet and follow it to craft your empowered set of identities to propel yourself swiftly forward to your greatness.

All of this might seem like a lot of work at first. But trust me, once you realize how effective this process is, you will wish you discovered it when you are a child. Your outer world follows your inner world. The seeds and the roots create the fruits. The universe gives you this which you are, not what you desire or think about. You need to become an inner winner. In other words, success in every aspect of life is 80% inner game and 20% external effort. Your life is a direct reflection of your inner world. The sooner you grasp this foundational principle permeating the universe. The



quicker you can begin to focus your energy on your inner game, the one thing that actually matters. Recall how earlier in the previous chapter, we focused a lot of time and effort on improving your construction lot. You can think of this process as using compost to enrich your soil's nutrient density and richness, irrigating it, and infusing it with oxygen. We converted your inner world into fertile soil where any seed can grow and blossom. And If you have not yet, go back and make sure you do because it is essential for unfolding into your highest potential.

Begin by planting the seeds you want to manifest deep within your consciousness and keep nurturing them. Do not look for evidence outside because the larger or more complex your desired manifestation. The longer it takes for the cosmic courier service to deliver it to your doorstep. All you have to do is trust it is on its way and take inspired action daily. It is just like online shopping. You choose what you want. You place your order. And then you wait for it to be delivered. The smaller the object, the easier it is. Trust and hang on tight because it is on the way. And take a moment to pre-celebrate the manifestation as if it has already happened. Remember, signs follow. They do not precede.

At this point, you are probably thinking to yourself, ok, I get it. So what do I do about it? How can I internalize and integrate my new identity as profoundly as possible? The very same way you would create any new habit, through repetition. This might seem very simple, but the truth is everything in the universe revolves around patterns. Just like the planets in our solar system revolve around the sun. When we talk about patterns in humans, we call them habits. Everything about us is habitual, whether you realize it or not. We are nothing more than a compilation of habits. These include our behaviors, thinking, emotions, personality, and so on. And all habits are formed through repetition. As the popular

expression states, repetition is the mother of all skill and knowledge. What you have to do is to reprogram yourself, and this might take a while. There is varying evidence from research on how long it takes to form a new habit. But the most consistent period is 90 days to install a solid habit that the subconscious mind effortlessly plays on autopilot.

You might be thinking, wow, 90 days, this is a very long time. But if you plan to live at least up to eighty, 90 days is only 0.3% of your lifetime. A tiny upfront investment to guarantee your long-term success. And I would personally make it any day. In essence, you will be preloading and installing in your mind the software that makes everything runs smoothly. It is like reaching the base camp beneath Everest. It is the milestone enabling you to get to the highest peak. And even if you failed, you will still be at a place where only a few have ever been and breathing rare air. You cannot expect to build wealth without investing in anything. And you cannot expect to become the best version of yourself without investing in yourself.

Reading and learning are great exercises to keep your brain young and sharp. But the application and implementation of your new knowledge is the only thing that matters, causing things to change. By right action alone, you can achieve a lot whether you understand its underlying science. However, knowing something and not doing it is a guarantee for lack of results. Fundamentally, it comes down to our being first and foremost. This is why we are human beings and not human doings. Most of all, avoid falling into the trap of the If-Then mental model. For example, if I make or when I make a lot of money, I will be happy. Forget this dysfunctional model. It is completely flawed and never works because you cannot be something you are not already. You do not become a climber once you have climbed a mountain. You become a climber with your very first step. The words of the great Hindu

sage Ramana Maharshi say it all. “You are already that which you seek.” By being first, thinking, feeling, and doing naturally follow.

Once you have created your set of six identities by completing the worksheet, you will be ready to integrate them. If you feel unsure about how strong your identities statements are, remember, they are an ever-evolving work in progress. As you advance further into your journey, you will receive bursts of intuitive inspiration each time you are ready to expand. And with them, the identity of the next best version of yourself. At this moment, you need to lay down the foundational anchors. Any identity that feels expansive and even a bit challenging is what you are aiming at. After all, you are undertaking this process to fuel and propel your growth and transformation. Not to keep the status quo and stay the same. Imagine who you want to be three years from today in each of the six categories. Who is the next best version of yourself three years from today? How are you being? How do you show up? This process is all about who and how you want to be. And make sure never to sell yourself short because you are born to be remarkable.

Be bold with your statements. They need to inspire you and fill you up with the burning desire to be this person. “Shoot for the moon. Even if you miss, you will land among the stars.” Norman Vincent Peale. Forget about setting realistic goals. The only realistic thing about them is how mediocre they are and their average results. I have never heard or read about a single person who has ever become masterful at anything by setting realistic goals. The key here is to set them as stretch goals and let go of your need for any specific outcome. Instead, focus on the process itself because this is the only thing affecting who you become. The purpose of a goal is not to achieve it. But to become the person who can and outgrow your need for it. Focus your energy where it will serve you the most, on the process itself, and enjoy it.

Recall how you never played your favorite games to reach the result when you were a child. You did it because you enjoyed the act of playing. How many times during play did you end up hurting yourself and had to take time out to heal? And what happened as soon as you could play again? Exactly, you were back at play. Deep down within, each one of us is still that wonderful kid filled with an insatiable desire to play, create, laugh, love, jump, dance, and enjoy every moment to the maximum. The fact that our bodies age and mature does not mean that our essence does. If anything, it gets better at playing the game of life full out. Reconnect to the inner child within you and ask yourself just like grown-ups used to ask you. Who do you want to be when you grow up? Who and how do you want to be three years from today? To effortlessly play the game of life full out and savor each moment. Who is the person you are morphing into who already has the traits, habits, mindsets, beliefs, faith, skills, and wisdom necessary to manifest your greatest desires? Keep this thought in mind. God made us in his image. We cannot have any limitations. Dream big and design the most empowering and remarkable set of identities you can envision.

Once you craft your statements, take a piece of paper and prepare a written pledge to yourself. Promise you will practice your identity statements religiously twice per day for the next 90 days. And if you fail to do so, you are the most appalling failure, scumbag, and disgrace ever to walk on earth. Or any other self-deprecating statement you would do anything to avoid being called because it hurts. Avoiding pain is up to ten times more powerful driver of human behavior than seeking pleasure. Use it in your favor. Sign and date your pledge and add the exact ending date of your 90 days commitment. Written statements have been proven to influence human behavior because our natural predisposition is to behave consistently with our commitments.

You are now ready to begin the deep integration of your new identities. And as a bonus, add this one to make them a magnificent seven. I am enough, I am always enough, I have always been enough, and I will always be enough. Begin with it to set the tone no matter how grandiose your identity statements are. You are worthy and deserving of them now and forever. Practice the identity reprogramming exercise every morning just after waking up and right before going to bed. Stand up tall and proud in front of your mirror. Put your hands up in the air. Hold them wide apart in a winner's pose. Visualize the most joyful, exciting, and memorable moment from your past. And recall all of the wonderful emotions you experienced. Allow yourself to feel all of these emotions and get energized. As soon as you reach the emotional peak, begin to repeat each of your identity statements aloud. Look at yourself and infuse each word you utter with the utmost belief and sincerity. As if you are an actor on a movie set. And giving your best performance inspired by your burning desire to win your first Oscar. Give it all you got as if your life depends on this performance. The key is to convince every cell in your body through your efforts that you already are this person.

Practice this exercise daily every morning, right after waking up and every night right before going to sleep for the next 90 days. It takes 5 minutes to complete and a total of 10 per day. Or precisely 15 hours of total time over the next 90 days. And if you cannot invest 15 hours of your time in setting yourself up for lifelong success. Then I am not sure what else you can do in 15 hours or less that will have such a significant impact on the rest of your life. And put you on a trajectory to greatness and fulfillment. I am sure you have wasted away many of your days playing video games, binge-watching Netflix, scrolling through social media, or watching TV. We are all guilty of any one of these in one way or another. The fact

is that we program ourselves daily with the content we choose to consume. The thoughts we choose to entertain. The company we choose to keep. And the actions we choose to take. Whether you like this fact or not is of no significance. The subconscious mind works a lot like a computer and executes every line of code you enter. Regardless if it is beneficial for you or not. And everything we do, hear, see and say repetitively becomes a line of code for our subconscious minds.

Unlike the conscious mind with its rationality and logic. The subconscious mind does not evaluate any of the incoming information. It operates under the assumption that it must be good for you if you keep doing it. We do not get to choose whether or not we are being conditioned and programmed in some way every single day. We can only choose how we are being programmed. Is it something empowering you, or is it the opposite? In a lot of regards, it is like becoming financially wealthy. You have to manage your money well and invest it wisely to grow your wealth. In this case, we manage our time and energy and channel it towards our personal growth by making an upfront investment that will inevitably lead to an exponential return. What we focus on expands. What we appreciate appreciates. And what we think about we bring about. Energy follows focus.

Everything in the manifest world first began in consciousness. This is the only cause leading to the manifestation of anything in the physical universe. And by going through the identity exercise and completing it. You will establish your personal growth savings account and make the opening deposit. From here on, it will begin to accumulate interest and work for you in the background. And each time, you make an effort to further your growth. You will also place another deposit in your growth account. Drop by drop the balance will increase. And eventually, you will

begin to enjoy the benefit of compound interest propelling you effortlessly forward. You reap what you sow. Or in other words, you get out of it what you put in. And how you do anything is how you do everything. You might as well fully commit to your transformation and play full out. Fortune favors the bold, and I know you are, or you would not be reading this book.

Deliberately reflect and determine if investing in yourself and your greatness for the rest of your life is something you are willing to do? And even if you refuse to choose, you have already made a choice. Wherever there is a willingness, there is always a way. Within you lie greatness and infinite potential waiting to be awakened and used for the greater good. The only question is, do you choose to be remarkable and do whatever it takes? Or do you give up to play small, knowing you have sold yourself short and intentionally destined yourself for a life of mediocrity? This is a choice only you can make. But remember, your gifts and greatness are not bestowed upon you for your private enjoyment. The infinite intelligence selected you and gave you the divine mission to develop your talents and yourself to your highest capacity. And along the way, discover how you can use them to be of service to others and contribute for the greater good.

Only two factors lead to a fulfilling life. They are growth and contribution. And they change the question to: Would you rather live a fulfilling life or a life filled with regrets? Bronnie Ware is a palliative care nurse who spent many years caring for elderly patients in their last weeks of life. In her book *The Top Five Regrets of the Dying*, she shared the most common regret of all her patients. “I wish I had the courage to live a life true to myself, not the life others expected of me.” Do you have the courage to step up your game and discover your true self and potential? And to enjoy the extraordinary life you are meant to have?

If you are still reading, congratulations! You just became a part of a very exclusive club of people committed to realizing their greatest potential and making a real difference in the world. You and your life can either be an inspiring example for others to follow or a loud warning. You have chosen to honor yourself and follow the fulfilling path of growth and contribution. And I am pleased to welcome you aboard. Just remember that your conviction and convenience will never live on the same block. And you can be sure that life will test your resolve. If you only do what is easy, your life will be hard. But your life will become easy and rewarding if you do what is challenging first.

In the words of King Solomon from the Bible, “Without vision, people perish.” I encourage you to invest the time and efforts necessary to reflect deeply and create a compelling vision for your glorious future. After all, you are not investing your energy to polish yourself into a brilliant gem so you can live an average Joe’s life. You deserve a remarkable life you have intentionally designed and manifested into reality because this is your birthright.

We manifest things every day, whether we realize it or not. The conditions of your life at this moment are a result of your ability to manifest. You are the only person credited and responsible for your current circumstances. It is critical to be aware that you have the power to create your life intentionally, instead of haphazardly. And to envision a blueprint for an extraordinary life that inspires you and even scares you a little. Because if you know every linear step from here to the very moment when your ideal life has materialized. You are dreaming too small and playing not to lose instead of going for the win. As we discussed earlier, the universe is benevolent, just, and abundant. And there is enough to go around for everyone. Like many others who have created extraordinary lives of exceptional growth and contribution, so can you. And many



more who will be following into their steps in the future. If anyone has done it before, you can do it too. And if no one has, well, you get to be the first.

As you already learned, everything is possible, and there are infinite possibilities available to you at all times. All it takes is trust and faith in the divine plan of the infinite intelligence responsible for dreaming up our universe and bringing all of this into existence. The Bible and other religious scripts talk about the fact that man was created in God's image. But this symbolic message is understood by very few. The actual meaning is man has the same capacity as God to dream up and create by using his thoughts and unlimited imagination.

Every invention and human creation we enjoy and take for granted today began its existence as an idea in someone's mind. They saw it first in their mind's eye. Then the inspiration and intuitive guidance followed and led to its manifestation. We all come with an identical set of build-in tools and abilities. And unique predispositions and innate talents empowering us to excel in specific areas. But only when we practice and use them often. Every master initially was a disaster. Unfortunately, this is where most people will stay for the rest of their lives when using their imagination. Ask anyone what could possibly go wrong in any situation? And they will give you a full list of things, all of which, in their opinion, are almost already true. Then ask them what they would like to take place instead? What is the best-case scenario they can envision? And then notice how limited and realistic is the scope of their answers. In both cases, they are using their imagination. But in the first instance, they are so used to thinking about what can go wrong that it has become one of their unconscious habits. While using their imagination to picture the best-case scenario has become completely unfamiliar and almost impossible.

You can use your imagination either constructively to create inspiring ideas and visions, filling you up with optimism and confidence. Or you can use it to paralyze yourself with fear and pessimism. The choice is always yours, but most importantly, now you know you have a choice. Having a compelling vision for your future is critical because without a polestar to navigate towards. It is easy to get swept away and lost in the vast ocean of our busy modern world overloaded with distractions. Marketing messages on every corner and our connected devices tell us constantly that we are not good enough. And what we need to achieve or acquire to feel better about ourselves.

Energy follows focus, and knowing exactly what you want is the first step towards having it. The more focused your energy becomes on the object of your desire, the more it is energized into physical manifestation. You can think of your focus as sunlight. When it is in its natural defused state, it is weak and lacks concentration. But once focused through a magnifying glass at a single point. It will ignite almost anything. The other limited resource we have is time, and no matter what you do, you can never repurchase it once wasted away. By having an inspired vision for the future, you will want to jump out of bed every morning. It is the only thing allowing you to focus both your time and energy on one specific point. And will keep you going even in the most challenging times you inevitably will have to face. Your compelling vision is what allows you to stay on track and persevere through the journey's valleys and low points. There will always be unexpected setbacks and many other surprises to test your determination, willpower, and resolve. And without a lofty vision, you will lack the reason to continue to stride forward once your motivation and willpower are exhausted.

Your vision is what keeps you balanced and poised even

amidst the most uncertain times. It is the point on the horizon where you hold your gaze while walking on the shaky slackline of life. As every slackliner will attest, unless you keep your eyes at a point on the horizon, you always lose balance and fall off. Your vision has to be grand. It has to scare you. It must require you to grow and stretch yourself in all dimensions far beyond your comfort zone. But most of all, it has to be world-centric and focused on making the most significant contribution you can with the gifts you got. It cannot be egocentric and selfish because the only two things leading to a fulfilling life are growth and contribution. People living unfulfilling lives have not reached their greatness because power moves to those in direct proportion to their willingness to serve. My intention is not to inspire you to be the wealthiest person in the graveyard nor the one with the most prestige and fame. These metrics do not translate or equal to a better quality of life and overall satisfaction. They are outdated social norms and values rooted in fear and scarcity. Both of which, as you already know, are characteristic of our lower animalistic nature. My goal is to give you the means empowering you to soar high above the clouds. Not chains tying you up to the baggage of society or sandbags to pull you down.

The time has finally come for all of humanity to begin to break away from major limiting beliefs. Such as the paradigm of struggling for our survival while living in fear and scarcity. And one size fits all and satisfies all needs for self-expression, discovery, and unfoldment. We are not here to chase after vanity metrics or to work like mindless robots. We are co-creators of each other's communal playground. And the more each one of us enriches this playground with our unique talents and innate gifts. The more exceptional and abundant our playground becomes. Everyone brings something unique and priceless to this world. My wish is for every person to

discover their gifts and share them generously.

Let us use the metaphor of a Halloween block party as an example. The more diverse and intricate each person's disguise. The more fun and exciting the party becomes. Now, imagine attending another party where everyone is wearing the same costume. How boring and annoying would it be if you put a lot of time and effort into looking your best just to end up dressed like everyone else. In many ways, our modern culture and society have become a dogmatic one-size-fits-all cult lacking any appreciation for our uniqueness and diversity. It promotes the exact opposite, resentment, and non-acceptance of different opinions, lifestyles, and life paths. The key to crafting your vision is to make sure it comes from within. It is your soul's desire coming directly from your higher self. It enables you to use and develop your innate gifts and talents to their utmost potential and serves your growth because first, you have to become the person who can manifest it. Your vision must be so compelling that it drives you to excel each time you connect with it. Ultimately, it is not about the vision but who you have to become to achieve it.

We exist in an abundant universe. And if your vision is not unfolding in the way you planned or wished for. Trust it will be either this or something even better. Everything is great and going according to plan. Stay focused on nurturing the seed of your vision within your inner world. And surrender your ego's desire to control how it shows up in your life. The how is none of your business. Your task is to know precisely what you want and why. And as long as your reason is genuine, it serves your growth and allows you to use your innate talents to benefit others. You can be sure it has all of the elements necessary to keep you inspired along this quest. And when you move through the world and operate with inspired energy and attitude, the right next step always presents itself. You have

energy in ample supply, and synchronicities offering you great opportunities to achieve your goals start to appear. Your intuition is activated and begins to guide you along the way.

While creating your vision, allow yourself to dream big. If it does not scare you, at least a little, and you know each necessary step to take. You are playing safe and small and selling yourself short. Aim at the moon to end up amongst the stars. The only impossible things are those you believe to be impossible. But they are only impossible for you. All limitations are psychological and learned during childhood. The most effective thing you can do in this process is to believe what you want is absolutely possible. And you have what it takes to achieve it. Because if you do not, you will find numerous unconscious ways to sabotage yourself and give up as soon as the going gets tough. And you can be sure it will. No one's path, especially while pursuing a remarkable existence, is ever smooth and easy. Without surprises and challenges, life becomes dull and predictable.

It is only when you are served with an unexpected, challenging situation when your true character shows up. Random field tests are necessary to measure our level of consciousness, personal growth, and evolution along life's twisty path. They serve us each time and offer priceless feedback about what works and what we need to work on. And you can be sure the same unexpected lessons will persist to occur in various aspects of your life. Until you finally get it, and you are ready to move to your next level of conscious evolution. It is only in emotionally intense situations that push us against the wall when we truly get to see how we show up in the world. Have we become a better version of ourselves? One capable of responding skillfully and remaining under control when pushed outside its comfort zone. Or are we hiding behind the mask of intellectual understanding while being as reactive as before?

Your behavior in highly stressful and challenging circumstances can give you a significant insight into your reactive patterns. It is only in these conditions when people show their real character, quality, and flaws. Being cool and pretending to be in control while things are going well is one thing. But being calm, grounded, and focused when facing the storm is a skill you can only gain through experience and dedicated effort to master yourself.

Under pressure, most people revert to their build-in primitive coping mechanisms and become highly reactive. Masters, on the other hand, can notice the subtle changes in their physiological, psychological, and emotional states. And regulate them by transmuting the rising energy. The key is to develop a heightened awareness of one's inner state of being at all times. Self-awareness offers you the ability to respond to whatever shows up in the most empowered and resourceful way. And this is what the rest of this book is all about. The tools and strategies contained here are not designed to keep you motivated or on track, especially if you lack the vision to propel you forward and guide you like a North star. This book empowers you to reach your destination skillfully and become the remarkable person you are born to be along the way.

As you go through the rest of the material, focus on reading for insight rather than validating your own ideas. Even the tiniest distinctions and nuances can significantly affect your results and life trajectory. Stay vigilant because the war cry of failure is I already know this. There are three distinct stages to absorbing any new learning. The first one is intellectual. And this is where things only begin. As I am sure, you have met well-read people with degrees and titles whose personal lives do not demonstrate this. It is never about what you have memorized but how do you apply it that truly matters. The rest is the ego's need to be better than others by knowing more and therefore feeling more significant.

As defined in the modern world, intelligence is nothing more but the accumulation of information and impressions. It lacks any wisdom derived from real-world experience and insight. This hoarding of information is an act of mental masturbation, a form of intellectual obesity, and a burden for one's memory and mind. Through our smartphones and search engines, we can instantly access all of the information in the world. And even though we refer to these devices as smart. They are not smarter than any rock because they have access to the entire database of human knowledge. But they cannot do anything with this information on their own. Not only do we have access to all of the information in the world instantly from almost anywhere. But how many people are actually using their devices to access it? Rather than playing with one of the many highly addictive and distracting apps, converting an ever-growing number of people into zombified mobile devotees. Who walk around like headless chickens while staring into their savior, the holy screen.

The second stage of understanding is on the emotional level. It connects the intellect with the heart. To create a coherent state between the heart and mind and put into practice the new knowledge. The final third phase is on the level of identity. The learning and the corresponding behavior have become an integral part of your being. It is no longer something you know or do. It has become a part of who you are. The key is to put any new sound idea or piece of information quickly into practice before you forget or become distracted with something else. If information hoarding itself were the key, the most successful people on our planet would be scholars with PhDs.

Trust me. I hold nothing against them. And if academic studies rev your heart, by all means, go ahead and indulge yourself. However, those who have achieved notable success are usually self-

thought and rarely have any degrees. There is a significant difference between memorizing information and education. The word education comes from the Latin word *educio*, which means to draw out from within oneself. And as defined in the western world, education centered on collecting data is not the leading indicator for a successful nor fulfilling life. It is quite the opposite. Relying on one's intellect as the primary tool to navigate through life is a recipe for disaster, leading mainly to ever-increasing levels of stress, anxiety, and suffering. Rest assured, we will cover this topic in detail in an upcoming chapter.

Do you know someone who has been to many personal development seminars? Someone who has also read many books. And continues to do so but has nothing to show for all of their knowledge. These are people who are satisfied with just knowing about things, and this is all. They never take what they know and put it into actual practice. Nor do they live and breathe it. It is a type of intellectual entertainment without an outlet or application. To change what you know is easy. All you have to do is read, listen or watch something educational, and the task is complete. However, changing who you are, how you are, and your life's quality is an entirely different story. It requires commitment, taking action, and the determination to push through the resistance to change and see yourself on the other side.

My greatest desire is to see you succeed on your journey to claiming your innate greatness and actualizing your potential. To enjoy the fulfilling life of growth and contribution you deserve. And to become another shining example and wellspring of inspiration for others who are willing to step up and play full out. There is a reason why I first took you through the exercises focused on your inner game. To empower you to reconnect with your higher self and show up authentically and honestly. Because unless we are willing



to acknowledge our shortcomings and limitations. We would never know that there is plenty of room for growth. Or what aspects of ourselves we can focus on to make the most significant difference at this moment. And to take you even further down the rabbit hole. I will lead you through another powerful exercise to discover the real reason why you are willing to do whatever it takes to see your vision through. And unfold into your most magnificent self.

To have a genuine, heartfelt reason why is a non-negotiable piece of the puzzle. The vision is your North star, while your why is the rocket fuel that will get you there. Visit [www.IneffabilityFormula.com/Why](http://www.IneffabilityFormula.com/Why) to download and complete this crucial exercise. Begin by asking yourself: Why is it important for me to unleash my full potential and share my gifts with the world? Once you have the answer, ask yourself a second time. Why is it important for me to (enter the answer to the previous question here)? Once you have your second answer, ask yourself the same question for the third time. Why is it important for me to (enter the answer to the second question here)? Once you have the third answer, ask yourself again for the fourth time by following the same framework until you have asked yourself seven times in total. By the time you reach the seventh answer. You will have a profound understanding of yourself. And what drives you to excel and pursue excellence in your life. With this level of clarity and leverage over your ego. You have stacked the odds in your favor because the only obstacles in the way are your ego and psychology.

Empowered by this self-knowledge, you are in control of your destiny no matter what shows up at your doorstep. Because you understand that you will never reach the next level of your unfoldment in the game of life unless you continue to face ever-increasing challenges. And you embrace all circumstances in your life, especially those demanding your best while testing your

determination and resolve.

Learn to celebrate authentically every outcome in your life regardless of what you might want to label it as. In the game of life, there is no such thing as failure. There is only feedback. And a great example of this is Thomas Edison, who failed over 20,000 times until finally creating a working incandescent light bulb with commercial viability. Each time he did, he died forward by learning another way how not to make a light bulb. And after discovering over 20,000 different ways how not to do it. He found the golden nugget, a method that actually worked. All because he was convinced it is possible. With every failed attempt, he eliminated another possibility from his list. And through perseverance distilled the technology to its essence.

The very same process has been used in alcohol production since the dawn of civilization. Spirits are distilled multiple times until most impurities are gone, and only the pure alcohol remains. In many ways, we can view life as a distillation process. It begins by becoming aware of our limitations and acknowledging them. And by deciding to remove them through a gradual process of refinement and optimization. There are always higher degrees of mastery available to those willing to do the work. And you probably would not be this far into the book if you were looking for the magic pill. Or the one tip to change your life overnight.

In his book *Tao Te Ching*, the ancient Chinese philosopher, Lao Tzu, makes this clear. “He who conquers others is strong; he who conquers himself is mighty.” It takes a certain degree of self-acceptance, love, and honesty to be committed to holding yourself accountable and following through to reach self-mastery. And as you go further into this journey, and begin to reap the benefits of your hard work. You will realize this is the best thing you can ever do for yourself and the world. And you will experience higher

degrees of satisfaction because you are flowing with the current of life. You are not trying to force and control its flow or every outcome. You no longer feel anxious or stressed out because you do not take things personally. Instead, you are focused on playing the game of life to the best of your ability. And understand that whatever the outcome is, it is precisely what you need and for your benefit. You are no longer obsessed with the details and complexities. You can zoom out and look at the big picture to appreciate how blessed and fortunate you are. To be a part of this game and have everything necessary to improve your gaming skills.

When we get caught up in our little bubble, we forget to look at the big picture and create disempowering stories about our lives. But by zooming out and stepping outside of the tiny box, we can gain a more enlightened perspective. The universe is vast and an ever-expanding field of billions, if not trillions of galaxies such as ours, the Milky Way. Each one of them contains billions of stars, planets, and solar systems. And within this vast, incomprehensible universe, our planet is just a tiny spec of dust flying through space. Grasping this big picture reveals how futile and unreasonable it is to believe the universe revolves around us. Or to make a big deal out of our daily challenges. If you feel like you have big problems, then you are simply a tiny person, that is all. Recognize each time you sell yourself short to play small. There are no such things as problems. There are only projects you can take on. And complexity is life's constipation, so avoid getting caught up in it. Instead, focus on creating a remarkable yet simple life on the furthest side of complexity.

Each moment and effort you invest to master yourself will lead you in this direction. Our outer world is a direct reflection of our inner world. People with disorganized and messy homes or personal space at work are a great example of this. The mess around

them is simply a reflection of what is happening in their heads. And if you happen to be one of them, there is no need for worry. All masters started as disasters. Begin by organizing your most private space, your bedroom. And once you do, make sure you keep it clean and organized from here on. Then notice how do you feel within yourself. Are you calmer? Do you have more clarity? Are you able to find things easier? As you begin to enjoy the benefits of organizing your bedroom environment. Continue and expand it into the rest of your home and office space. Clutter in your living environment creates a constant disturbance in your mental space. Keep this in mind and regain your freedom by letting go of all the baggage unless you want to be the bellboy.

In the following chapters, we will break down each of the Cube System's six components by examining their importance, unique features, benefits, and challenges. Then you will learn how to practice a set of powerful techniques to train their corresponding metaphysical muscles. Finally, you will build a stack of daily rituals to continuously stretch them to their next level and keep them at a peak state, ready to pounce whenever required. The Ineffability Formula is your ultimate guide to a remarkable life through self-mastery. And The Cube System is your daily ritual for working out from the inside out. By committing to your transformation through the path of self-mastery, you have officially become an inner warrior. Congratulations, the only battle left is the ever-lasting goal to be a better version of yourself tomorrow than you were today.