

SOCIAL BUDDHA PRESENTS

ADVANCED CONCEPTS

ATTACHMENT, RELATIONSHIPS, EMOTIONS AND MORE



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“LIFE BEGINS AT THE END OF YOUR COMFORT ZONE”

– NEALE DONALD WALSCH

DISCLAIMER

The ideas shared here are controversial, uncomfortable, maybe even shocking and you might resist a lot of them. Please keep in mind that this is our current, open-ended take on things, not the objective truth though probably closer than your current programming.

We promise however that if you read, re-read, and embrace the concepts in this document with an open mind your life and perspective & outlook on everything will change dramatically. It is our hope that this will serve as an eye-opener of gargantuan proportions and that you will take away and implement anything that can improve your life. These concepts will also greatly enhance the effect of everything we've told you to do in the previous installments of this training.

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“LEARNING TO LET GO SHOULD BE LEARNED BEFORE LEARNING TO GET. LIFE SHOULD BE TOUCHED, NOT STRANGLER. YOU’VE GOT TO RELAX, LET IT HAPPEN AT TIMES, AND AT OTHERS MOVE FORWARD WITH IT.”

- RAY BRADBURY

LETTING GO OF ATTACHMENTS, BEING CAREFREE AND CONTROLLING EMOTIONS

Everything you feel you've been told and conditioned to feel. All your emotions are derived from thoughts, and these thought patterns are nothing but learned behavior through past experiences with family, friends, other people and society in general. From the day you were born everything has been rigged to mold you into a good consumer that keeps the wheels of our current society running. The catch is, as long as you are inside this system you will NEVER be free. Your behavior and actions are easy to predict. You will be easily manipulated and controlled by media and people in your environment for the rest of your life. The main purpose of tv-shows, news, commercials etc is to provide and make you buy into irrelevant meaningless drama that will keep you busy from stepping back and seeing the whole picture. Then you're just a puppet attached to the emotional rollercoaster that creates imaginary voids and lacks for you to fill by consuming a temporary solution that never solves the real problem.

The reason you're never told this is because most people either have no idea about it or they prefer living in ignorance, and the people that do know usually want to keep you where you're at. This is disturbing as well as liberating, because it means that contrary to what you're told you actually do have CHOICE. You can choose how to react to any situation, you can choose what to feel, what you want and what you enjoy in life. There is no secret, just LET EVERYTHING THAT DO NOT SERVE YOU GO and change your habits. This is where people turn to things like meditation, Emotional Freedom Technique, Release Technique and so on. While they might help, they aren't necessarily the fastest way to get there.

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At the end of the day you are now aware and no longer have any excuse to react in the same old way when something phases you. You are not your thoughts. Don't identify with them, simply let them go and **MOVE ON**. Stop dwelling on a meaningless past, there is only **NOW**.

You give things the meaning they have for you. Since you've most likely been doing it on autopilot up until now you probably want to reexamine a lot of your preferences. Realize that you can change your thought patterns and thereby learn to have full control of your emotions, at any time. This might sound ridiculous but it's the truth. You might have a lot of bad programming from your past, or you might have less. How fast you will get this really only depends on your dedication and how much you want it.

Now that you know, next time you want something make sure it's what **YOU** want, and not what you've been told to want. Accept responsibility for how you feel at all times. Your conditioning will only control you if you let it, choose to move beyond and you'll be free to create something of **YOUR OWN**, not based on what others want for you. As you practice letting go and not being attached to any outcome in particular for things you do you will notice benefits in all areas of your life. You'll be rolling with the punches and eliminate a lot of stress and worry. This is a very liberating and peaceful way to live, and one of the keys to true freedom.

The undeniable fact is that **EVERYTHING** and **EVERYONE** you are and ever will be attached to **WILL** cause you suffering, so choose carefully.

“RELATIONSHIPS BASED ON OBLIGATION LACK DIGNITY”

- WAYNE DYER

RELATIONSHIPS

The only relationship that matters is the one you have with yourself. Period. Focus on developing and growing yourself and everything else will fall into place, you'll attract other people who are on the same page and there will be no drama or negativity. You will both be aware of the pitfalls and how to avoid them. Ignore this and you will attract the wrong people for all the wrong reasons, and developed, high quality individuals will enter your life briefly or not at all.

The whole idea that a relationship with another person is something you have to work on is absurd, unnatural and a result of the above mentioned brainwashing. The key people ignore is to do the work on themselves to attract someone else who is also developed so they can grow together in a healthy way, and let the relationship unfold organically without expectations or forcing anything. The truth is that concepts like compromise, challenges, possessiveness, ups-and-downs, jealousy, attachment, control, difficulties etc aren't real. The only place they exist is in the unspoken agreement between the people buying into the belief that that's how it's supposed to be.

So many people endure the drama and stay in bad, unhealthy relationships because it's easy, familiar and predictable. They are afraid of losing the illusion of control, of not knowing the future. Realize that everything is temporary and ends eventually, whether tomorrow or in 40 years. Embrace the freedom and excitement of the unknown.

Want a great relationship with anyone? Do the work on yourself FIRST, then focus on the other person and what you can contribute to his or her life. Never compromise anything important to you, it will only lead to resentment and a very bad ending. At the same time, don't try to change anyone, it never works. If you can't accept someone for who they are then the two of you are not right for each other. MOVE ON.

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*“LIFE ISN'T ABOUT FINDING YOURSELF, LIFE IS ABOUT
CREATING YOURSELF”*

– GEORGE BERNARD SHAW

MORE FOOD FOR THOUGHT

Accept responsibility for everything in your life. Once you do, and embrace that YOU ALONE are the cause of where you're ending up you are in a very powerful place.

Do what you know you should do even when you don't feel like doing it. Most people won't, this is how you become exceptional. Get off your ass and just DO IT!

Gratitude. Take some time every day to think about everything going great for you. No matter what it is, we all have something, and this feeling is what you build on to create more great things to be grateful for.

Take calculated risks and put yourself in situations that make you uncomfortable all the time. It's one of the most powerful ways to facilitate fast growth. Safe is boring. This doesn't mean being stupid but life is risk so you might as well embrace it and use it to your advantage.

Whenever in doubt, do the opposite of what everyone else would have done. Most people have no clue, are unsuccessful at everything and generally miserable so the odds are on your side.

Nobody cares about or will even notice you or your issues, they are too occupied with their own problems.

Own it and you can get away with almost anything, people take their cues from you including how to treat you. If you convince yourself of something people will follow accordingly.

Stop waiting for permission, just do things then sort out the unlikely problem afterwards.

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Your posture and body language also determine how you feel. Making yourself bigger and taking space increases testosterone which immediately contributes to increased confidence, and moving and talking like a confident person would will actually have the same effect.

What others think of you is none of your business. Focus on what you think of yourself and everything else will take care of itself

There is no competition if you don't compete, don't do what everyone else is doing and stop being distracted by it. Focus on YOURSELF, not other people, and you'll get where you want to be faster.

Live in abundance. There is WAY more than enough of everything to go around. Let go of your attachments to everything.

There are no mistakes, failures or problems, just stepping stones, learning experiences and opportunities. Make a habit of reframing everything to new possibilities and opportunities and your past problems will soon be history.

Everything is a matter of perspective. Something might look impossible, but I guarantee you there are people in this world that can do it. So the right place to come from is that although it might look impossible - if it were possible, how would one do it? You'll be surprised at what creative solutions you can come up with.

When you have to take action and do things like forming new habits - what can you do to make it inevitable? How can you make sure you do the things you have to do, every day, to reach your goals?

Highest first. This is another concept I learned from a mentor. You don't have to reach all the small partial goals on your way to the final one - you can go straight for the big goal and save time and resources. The only things stopping you are usually lack of confidence and bad programming. Let go of those limitations and aim high, often it doesn't take more energy and there is less competition. You can apply this to everything in life including changing your story. Make it into something you'll be really excited about living, you'll have more motivation and the results are almost guaranteed to be better and come faster than if you settle for something mediocre that doesn't inspire you simply because you think you have to reach that level before you can move on to the next one. Let go of your resistance and just go there immediately!

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“ANY MAN CAN MAKE MISTAKES, BUT ONLY AN IDIOT PERSISTS IN HIS ERROR” - MARCUS TULLIUS CICERO

COMMON MISTAKES

- Competing and comparing yourself to others.
- Worrying about failure or what people who are already in your life will think of you if you commit to changing yourself. Do it anyway!
- Buying into what everyone else say, do & live and reverting back to your old conditioning thinking you cannot change or that it is too hard. Keep going and push through any resistance, we promise it IS worth it!
- Doing this work for the wrong reason. This is not about you, stop being selfish, you're thinking too small. What you can create to serve & inspire other people and contribute to a better world is so much more important than any of your personal wants and goals. They are a byproduct that you will care less and less about as they just happen as a consequence of who you're being.
- Using what you learn here as techniques to get what you want instead of a way to transform who you ARE.



*“PROBLEMS CANNOT BE SOLVED BY THE SAME LEVEL OF
AWARENESS THAT CREATED THEM”*

– ALBERT EINSTEIN

THE FIRST THING TO DO

Make a decision, right now. Do you want to go back to your old ways of doing things, where solutions to your problems are just band-aids cause there can be no real fix, or do you want to put in the work and transcend your current constructed identity & meanings to live on a whole new level where you see things for what they are, not what label you've been told to put on them?

If the answer is the latter you have an exciting journey ahead of you. What you want to do now is to start reexamining your current belief system daily and implement as much of the practical advice in this document as possible. Every time an old thought pattern comes up, try to catch it, be aware, don't identify with it and choose a different reaction than what you used to. Will it be difficult in the beginning? It might. Will it becomes easier and eventually automatic? Definitely.

You are not your thoughts, practice catching them and reframing the situation before the emotions attached to those thoughts show up. At the end of the day it's important to not take these things seriously, just have fun, laugh at it and enjoy the process! We wish you all luck in creating a peaceful, effortless, exceptional, AMAZING LIFE!

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