

SOCIAL  BUDDHA



Edited by
Maggie Boryczko
PhD in Pshycology

AWAKEN YOUR INNER POWER

Reinvent Yourself
To Create An Extraordinary Life

Felix and Angelo

Content

Foreword 5

Introduction..... 9

Chapter 1: Awaken Your Inner Power 10

 Building Your Reality 11

 The World is what you make of it 12

 The Story of Huh Saeng 14

Chapter 2: The Meaningless Reality 16

 Awaken from the Collective Conditioning..... 18

 Life has the Meaning you have given it! 19

 The Empty Reality of Dating 21

 Peace Flows through a Meaningless World 22

 A World of Endless Possibilities 23

 The Illusion of Self 24

Chapter 3: Creating your Ideal Reality 26

 Having Higher Value 27

 The Most Important Relationship..... 28

 Your Negatives into Positives 30

Chapter 4: The Law of Attraction 32

 Being Successful 33

 Non-Resistance 34

 Affirmations and Visualizations 35

 How to use Affirmations 37

How to use Visualizations	39
Lifestyle	40
Consistently get what you want.....	41
Daily Practice	43
Chapter 5: Detachment	45
The Paradox with the Law of Attraction and Detachment	46
Wanting it or having it.....	47
Feeling is Having.....	49
Indifference.....	50
Indifference and Absolute Power	52
Chapter 6: Happiness	54
The Decision to be Happy Now	54
The Illusion in the Pursuit of Happiness	55
The Origin of Peace and Happiness	56
The Power of Self-Awareness	58
Be Happy with Less.....	59
Gratitude	60
Appreciation: The Antidote to Discontent	62
Chapter 7: Daily Rituals	64
Changing Habits Internally.....	65
How to Establish Habits	66
Chapter 8: Being Carefree	68
Be Tolerant	71
Act without an Agenda.....	72

Story of Master Hakuin: A Lesson in Acceptance	73
Accepting your Emotions	74
Practicing Non-Action.....	75
Chapter 9: Giving is Living	77
Giving and Karma	78
Spread the Good Energy!	79
Chapter 10: Constant Never Ending Improvement .	81
Mastermind Group.....	81
Make every place your home	83
The Bubble	84
Chapter 11: Enlightenment	86
After Enlightenment	87
"Seeing is believing"	88
"What now?"	90

Foreword

First of all, thank you for your interest in our book. My name is Felix and about six years ago, my brother's life and mine were in total chaos. We were caught up in family problems and financial problems. Our personal relationships with everyone were quickly deteriorating. Our family was in a lot financial debt which created further tension in our family's relationships. To add more to our already problematic life, I had just broken up with my girlfriend due to her being unfaithful, which left me brokenhearted. My relationship with my brother was solid, yet I would rarely see him. My only support system were my friends and parents. My self-esteem was deflated and my family's morale hit an all-time low.

During this time, I was living with my sister which was very unpleasant because her husband's family disliked me. This created tension between us which made my living situation uncomfortable. As I was trying to cope with my stressful family situation, the termination of my romantic relationship was beginning to take an emotional toll on me. I remember disclosing to a close friend that this was the loneliest I have ever felt. I knew that if I would to approach a woman and face a rejection, it would tear me down, leading to lasting negative effects. "As feelings of loneliness debilitated my ability to function, I realized that this was an area of my life that I needed to change in order to restore my sanity.

I read many books on the subject of personal development. The books I read, ranged from topics on: "how to read body language" to "how to be charismatic". However, the content of these books primarily focused on techniques that help you become more attractive. To tell you the truth, these books provided some insight but the recommended techniques did not produce long-lasting change.

It was not until, I stumbled upon some of the greatest secrets in life that I was able to permanently change my life. I quickly shared what I had discovered with my older brother and so our journey began.

To my surprise they not only changed my romantic life but created great positive changes in other areas of my life. I went from having nothing, feeling lonely, having a few friends, to a far more abundant life in every sense of the word. I began to attract one great job after another. These were my dreams jobs that provided opportunities to travel and gave me financial stability. The relationship with my family became less strenuous and my social circle expanded tremendously.

Additionally, my interpersonal relationships also changed drastically. I began attracting one great woman after another. This was an area of my life where I felt the most scarcity but had now become one of the best aspects of my life. Essentially, all women who I met were attracted to me, something I would have never conceived possible in the past. Every time I changed schools or jobs, I would

always meet at least one woman who I would eventually date. In retrospect, I had become an object of desire and was pursued by women.

All in all, I had created the lifestyle I had always wanted. Although, this kind of lifestyle has brought me happiness, the principles that I apply to my life allow me to take control of my life. This is truly the reason for my deep sense of fulfillment. My journey of self-awareness enabled me to find inner peace, joy and fulfillment in every area of my life. Now that I have shared my personal story with you, I would like my brother to tell you about himself.

My name is Angelo, I took part of this book with the purpose of sharing what my brother and I have learned. As you already know, life can be challenging at times and you have probably encountered different struggles which may have left you with agonies and frustrations. However, adverse situations can improve, as you apply the principles that are outlined in this book.

In terms of my interpersonal life, I was always successful with women and never struggled with dating. Nonetheless, my relationships at the time, lacked physical intimacy and were limited to kissing and holding hands. As a matter of fact, I was a late bloomer so I started navigating the world of sex at an older age. Coming from a conservative culture, which shaped my view on sexuality, I did not see premarital sex as something normal.

Although, I had opportunities to engage in sexual activity, my negative

attitude towards premarital sex inhibited my ability to fully explore the world of sexuality. As a result, I felt very frustrated. During this time we had different problems in our family so my brother and I began a journey of self-transformation. It was a holistic transformation that created change in every area of our lives, including interpersonal. Just like you, who is reading this book, we were looking for personal growth through self-awareness. You might say that you are looking to improve your interpersonal relationships and desire more positive results. The truth is, that in order to produce change in your external world you must first take control of your internal one.

Personally, I was at the same place as you are now. I do want to mention though, that we still continue to learn, as life always provides us with opportunities for growth. We are not here to tell you what to do, or tell you how to live your life but rather to provide you with our insight and offer suggestions that may enhance your life. We would like to teach you what we have learned through our journey of self-improvement. As you read this book, try to apply the concepts in your life. Seek to enrich your life but most importantly, have fun!

Introduction

The format of this book covers various subjects at both the practical and theoretical levels. Although, the book has many theories and concepts we emphasize application rather than theory. It is crucial for your self-improvement that you experience these teachings rather than just theorize about them. Some of the ideas may seem hard to believe or even startling. It is our most hopeful wish that you practice what you are about to learn and you too can enjoy the freedom that comes from knowing the truth about life and yourself.

The book takes the perspective of dating from a man's point of view, however it can be applied to every area of a person's life, including man or woman. Keep an open mind to all the concepts and teachings in this book to fully benefit from them. Leave your analytical mind behind to gain the most out of this book. We sincerely, wish you all the happiness, love and peace in your life's journey.

Chapter 1 - Awakening Your Inner Power

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you *not* to be? You are a child of God.



Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we

unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

~ Marianne Williamson

Awakening your power within means realizing the control you truly have over your life. It also means building an awareness of your true self and internal reality and the affect this has on the external world. This awareness is the underlying power that will unlock all the happiness and fulfillment you have always dreamed of with out expectations, attachments and/or feeling of lack.

Building your Reality

"We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that everything can be taken from a man but one thing: the last of the human freedoms -- to choose one's attitude in any given set of circumstances, to

choose one's own way."

~ Viktor E. Frankl

A reality is nothing more than a perspective which can always be altered. It only takes a decision and self-awareness.. Although, it is not easy to accept this and much less to change, once you decide to take the first step, your life can potentially take a different turn. We hope a more positive one. Everything in life can be taken away from us in a spur of moment, except freedom to choose how you view things and the meaning you give to each event and situation. It is crucial to pay close attention on how you view things because the way you see the world, is heavily influenced by your interactions with authority figures, prior experiences, and societal standards. By the end of this book, you may realize that life is empty and meaningless. Although this statement may have a negative connotation, there is something liberating about it. It is, as if your life is a white

piece of paper where you can obliterate your life obstacles and remove limiting beliefs. As a result, you can create whatever you wish.! Think of it, as you are getting a fresh start in life! I encourage you to take responsibility for your life and live your dreams!

The World is what you make of it!

"There is little difference in people, but that little difference makes a big difference. The little difference is attitude. The big difference is whether it is positive or negative."

~W. Clement Stone

I truly believe that everything that happens in your life was created by by "you " no matter how far-fetched it may sound. As you take full responsibility, you will gain the power to change everything. You may realize that you have been sleeping on the wheel of your life. The fact is that you have been giving complete control and responsibility for your life to the outside forces. Our

perspective on things and automatic reactions have also been modeled after your parents and influenced by social conditioning. Furthermore, your beliefs influence your automatic reactions and unconscious habit patterns, assuming that you have no control or power. In order to understand how these unconscious processes play a role in your life is by examining our automatic responses to social situations As we go through different life situations, our faulty beliefs evoke different feelings which

prompt us to respond in a certain way. We might find ourselves reacting without adequately assessing the actual circumstances.

A reality is nothing more than a reflection of how you perceive life. More importantly, life is a reflection of the meaning you give to each situation. Take a look around you, and you will see that the same situation you encounter might be interpreted in a different manner by someone else. Thus, this means you can actually change your perception.

A great exercise is to make a list of things you wish to eliminate from your life and your negative thoughts about them. On the other side of the paper, come up with positive ways of looking at your "problems".

If you are having difficulties in putting the problem in a broader perspective, try looking at it from someone else's point of view. Imagine someone who you admire or inspires you in some way would respond to a given problem. If you would like to take it a step further, try to change all of your negative beliefs

into positive by consciously choosing to view each situation in a different light .

For example, your self-justification for failure may be modified in terms of the

reason for potential success. This also applies to your insecurities. You can

actually let go of your insecurities if you chose to think of them as positive qualities

that women find attractive. Let's say, one of your insecurities is that you are too

reserved and quiet. You can say to yourself, "the reason why I attract women is

because I let them talk and can actually listen". The subject of changing your

negative beliefs to positive will be covered more in-depth later in this book.

The Story of Huh Saeng: *Have a Strong Belief in Yourself*

In a poor cottage in the Namsan Valley in Korea lived a poor couple, Mr. and Mrs. Saeng. The husband confined himself for seven years and only read books in his cold room. One day his wife, all in tears, said to him: "Look here, my good man! What is the use of all your book reading? I have spent my youth in washing and sewing for other people and yet I have no spare jacket or skirt to wear and I have had very little food to eat during the past three days. I am hungry and cold. I can't stand it no more!"

Hearing these words, the middle-aged scholar closed his book, rose to his feet, and without saying another word, he went outdoors. Arriving in the heart of the city, he stopped a passing gentleman. "Hello, my friend! Who is the richest man in town?" "Poor countryman! Don't you know Byon-ssi, the millionaire? His glittering tile-roofed house pierced by twelve gates is just over there."

Huh Saeng climbed the steps to the rich man's house. Having entered the

www.social-buddha.com

big gate, he opened the guest-room door and addressed the host: "I need 10,000 yang of capital for my commercial business and I want you to lend me the money."

"Alright, sir. Where shall I send the money?" Said Byon-ssi.

www.social-

buddha.com

"To the Ansong Market in care of a commission merchant."

Very well, sir. I will draw on Kim, who does the biggest commission business in the Ansong Market. You'll get the money there."

"Good-bye, sir."

When Huh Saeng was gone, all the other guests in the room asked Byon-ssi why he gave so much money to a beggar, a stranger whose family name was unknown to him. The rich man replied with a triumphant face: "Even though he was in ragged clothes, he spoke clearly to the point without betraying shame or inferiority, unlike common people who want to borrow money for a bad debt. Such a man as him is either mad or self-confident in doing business. But judging from his dauntless eyes and booming voice, he is an uncommon man with a superhuman brain, worthy of my trust. I know money and I know men. Money

often makes a
man small, but a man like him makes big money. I am only glad to
have helped a
big man do big business."

This story of Huh Saeng depicts how confidence can overcome
a multitude
of obstacles.. You can create abundance if you believe you can. In the
tale of Huh
Saeng, instead of doubting himself for even a second because of his
"limitations"[^]
he is confident of himself and his knowledge and proceeds with
confidence to
attain his goal. A person who believes in himself will in turn be
trusted yet a person
who is full of doubt will not be taken seriously. In the tale of Huh
Saeng, the main
character did not have sufficient resources or income, yet his feelings
of shame or
fear did not hinder his ability to proceed with confidence. A person
who displays

confidence will be able to overcome any obstacle and attain his goal,
whereas
someone who is full of doubt may encounter difficulties in achieving his
dreams.

Chapter 2: The Meaningless Reality

**"There is no meaning to life.
Life is
meaningless which is
wonderful news,
because it's up to me to create
the meaning
in my life and I can't think of anything more
exciting."**

~ Werner Erhard

Plato in his "Allegory of the Cave" portrays people as prisoners
being held



in a dark cave, since childhood. They sit facing a wall and behind them is a raised platform that covers a portion of a fire behind it. Their captors move dolls back and forth through the light of the fire. The dolls cast shadows on the wall in front of the prisoners. Unfortunately, the prisoners' view of the fire is obstructed. , They never look at the dolls or prisoners next to them because their bodies and heads

are chained, preventing movement in any way. They only see the shadows that the dolls cast on the wall in front of them. The people come to believe that these shadows are reality. They name the shadows and start competing for who can name them the fastest and how many they can name, and which one will come next. They hear the voices of the puppeteers and believe that they are the voices of the shadows. This belief causes great suffering for these prisoners. They consider the shadows to be part of reality because they don't have concept of the outside world.

One day, by luck or by accident, one individual is able to release himself from the chains. When he turns his head, he sees the dolls going back and forth in front of the fire. In that moment, he realizes that the images on the wall are only shadows and the prisoners' suffering is caused by ignorance. He watches the shadows for a brief moment. .. Even though, the experience doesn't last, this

extraordinary moment of consciousness is liberating because he realizes that the images were just shadows. . In having seen the truth, he feels compelled to walk out of the cave into the sunlight. He'd like to stay out in the sunlight for the rest of his life but feels an obligation to the people who are continuing to suffer due to their faulty beliefs of the shadows. His biggest challenge is conveying the truth to the remaining prisoners.

If he goes back into the cave and tries to tell the truth, they won't understand him, or believe him. They've never heard the word "sunlight." They will feel that he is insane and a troublemaker. He will either end up imprisoned in the shadow

world or crucified because his words about sunlight are meaningless to the people, who only have seen cave shadows.

The main idea in this story is the comparison between the shadows and one's thinking process. In other words, as the prisoners in the story confuse the shadows for reality, we also mistake our thoughts for reality. We do not realize that our thoughts are actually meaningless and have no relation to the actual reality.

A person's main obstruction to their awakening is their belief that they're already awake. It is not until a person is aware of their thoughts or "shadows" that one can truly begin to perceive reality for what it is. Therefore, self-awareness is the key to awakening to freedom.

Awaken from the Collective Conditioning

"Stop thinking and end your problems. What difference between yes and no?"

What difference between success and failure? Must you value what others value, avoid what others avoid?"

~Lao-Tzu

As you realize that your thoughts are meaningless you also find that everything in life is meaningless. The ultimate truth about life is that everything has no meaning, value or significance. The first time I heard that everything was meaningless, I perceived it as very cynical and pessimistic. Not until later did I

realize, it was one of the greatest things I would ever hear. It liberated me from the profound dream I was in. As I came to find this truth about the world, I understood that I no longer needed to suffer over things that I had given negative meaning to. I could choose what meaning I gave to things and thus choose how I felt about everything. I regained my freedom and power.

If you have watched the movie "The Matrix" the concept of meaningless reality is similar to the fictional universe in which reality is an illusion. We experience reality not for what it is but through the filters of the meaning we ascribe to it. Once you stop giving everything meaning, you literally free your mind from the illusion that most people live in. The most important step in this awakening is the realization that you are caught up in an illusion. Through this realization, you open yourself up to peace, love, and compassion.

Life has the Meaning you have given it

"Nothing I see means anything. I have given everything I see the meaning that it has for me."

~ A course in Miracles

You and others have given a meaning to everything in the world. For example, success with women for you might mean kissing, being in a relationship, having multiple relationships or sexual partners or a great marriage. However, other people might have different definitions for it. The meaning you give to things

is nothing more than a concept you've been taught, which is not real. In fact, the notion of success and failure as well as other concepts do not exist. It is all a definition and a matter of perspective.

As you realize that everything is meaningless, it liberates you from your limitations of a life built on rules, concepts and meanings. It also liberates your mind to feel and wander in any direction. It gives you the power to attribute whatever meaning you wish to anything in life. You can choose to give positive meanings even to negative situations. Plus, the realization that life is meaningless gives way to a carefree life where nothing is taken too seriously. You become more lighthearted. Validation from other people will no longer be a need because the only reason you seek validation is to strengthen your view of reality and your identity, which is essentially meaningless.

The way a concept or idea becomes reality is through the conversations you and others have about it and the general meaning that people assign to

each event.

For example, if a random person would tell you that he owns a building in the city worth a hundred million dollars, you would probably question the validity of his claim. However, if a hundred people were to confirm this statement, then you would accept it as the truth. In actuality, a person doesn't really "own" the building. This is yet another concept invented by humans, but it becomes the "truth" as more people accept it to be part of their reality. Think about it, we cannot take anything after we die, so essentially everything we have is borrowed.

We are all operating under an illusion or a matrix that prevents us from seeing the truth. The truth is that everything we know to be reality is in actuality just a bundle of thought, definitions, and concepts with which we try to give a meaning to a meaningless world.

The Empty Reality of Dating

"I am upset because I see something that is not there."

Everything is meaningless and this applies to everything including dating.

The fact that you give so much importance to having sexual relations with women is something you've learned from others. In fact, success with women is another illusion. It only exists in the conversation you have about it in your head and with other people.

When a person attaches to a thought, it leads to suffering. When you stop giving meanings to events, you are letting things be as they are and in

turn, gaining
spiritual freedom. Regardless of the problem's outcome, you end up
much happier
and successful when you relinquish your attachments.

For instance, let's say you are talking to another person about a
positive
experience you recently had in your dating or professional life, yet this
individual
doesn't show interest in your story or care to acknowledge it. It feels as
they have

diminished your success because they did not validate your experiences. When you stop clinging to attachments, e.g. opinion of other people, you will become less concerned about someone's indifferent attitude. |

When it comes to rejection; you are never really rejected or loose anything when a woman "turns you down". You are truly no more or less because of it, and she isn't either. It simply means nothing. Going deeper into the idea of rejection you could even attribute the meaning that you want, once you realize it has no meaning. The reason why a woman might turn you down varies and it is irrelevant.

One possible explanation could be that she is in a bad mood.

However, this is where you try to make sense out of the situation and ascribe a meaning. You can either interpret it as a form of rejection, and justify to yourself that "I'm not good enough," or rephrase it into a positive statement , such as "she was

intimidated
by my physical appearance". Which statement do you think is more
powerful] and
enhance your self-esteem? The positive one, of course. The
interesting thing about
changing the meaning of situations is that when you change the way
you look at
the world the world changes too(1).

I

Peace Flows through a Meaningless World

"My meaningless thoughts are showing me a meaningless world."

The intent behind accepting reality for what it is,; empty and
meaningless
is not to evoke feelings of sadness or disappointment that your efforts
are

insignificant. In fact, it is the opposite. The purpose is to experience the peace and happiness that comes from this realization. This insight liberates you to appreciate and feel great about the smallest things in life and make them more "meaningful". This truth also liberates you from the suffering from the negative meaning you give to things, specifically the negative meaning you give to many situations in your life.

A World of Endless Possibilities

"An undefined world is open to endless possibilities."

Everyone in life wants to achieve happiness by fulfilling their desires and accomplishing their life goals. However, people don't realize that they already possess the power and freedom to choose what they want. They only need to access it by waking up from the dream of meaning where everything needs to be defined. The fact of the matter is as soon as you define yourself in a certain way, you create limits for yourself. This applies to everything in the world. When you define something and give it a meaning you limit the possibilities of life. However, if you bring no meaning to life then you can choose who you want to be as well as, how to live your life. Life is just a blank piece of paper where you rewrite your life story as many times as you wish. You possess the ability to change your life at any

point you desire but foremost, you must realize that life is meaningless and not meant to be taken seriously.

With everything in life, practice saying the following phrase throughout your day: "*This means nothing*" to help remind yourself of this truth.

The Illusion of Self

"Give up defining yourself - to yourself or to others. You won't die. You will come to life."

~

Eckhart

Tolle

I have already introduced you to the illusion of reality, which is based on the premise that everything has no meaning except the one you assign. However, there is an even bigger illusion at work, which is YOU. Just as you've defined everything in life, you have also given meaning to yourself. You have attributed many traits that describe your identity, providing meaning to your existence. The fact of the matter, is that your very existence has no meaning. In fact, the way you

www.social-buddha.com

traditionally know yourself is an illusion. You are not defined by your past

memories, or by the name you were given at birth. More importantly, you are not the emotions or the thoughts in your head. As the great spiritual teacher, Eckhart Tolle said "you are not the thinker." Realize that you are not your thoughts and you shall know yourself. As soon as you realize what you are not, you have uncovered who you are.

Currently, you are operating through ego awareness in which your thoughts and beliefs define you. The meaning and definition you have given to yourself is no different from that which you've given to everything else.. By giving meaning you solidify and validate your perception of reality as well as strengthen your sense of identity. . Validation and approval helps define who we are but once you let go off the need for validation you get to know yourself.

The best way to free yourself from the ego is to first become aware that you are not your thoughts and you are not your past. Secondly, separate your identity from your thoughts - stop trying to define yourself. Realize that just like reality your thoughts are also meaningless and give you no insight into your true self. Practice being aware of your thoughts and being in the present moment to move beyond your ego self. How? Be aware of when you are thinking of your past or future, which for the majority of people is most of the time.

"The obstacle is the path."

~ Zen Proverb

However, do not get caught up in the process of trying to be your true self. The reality is that you are ALWAYS you. Who else would you be? Realize that the process of awakening is in and of itself a creation of the mind, hence an illusion. Yet, as is the case with all illusions, its only value lies in recognizing that it is an illusion and nothing more.

Chapter 3: Creating your Ideal Reality

"It's not your work to make anything happen. It's your work to dream it and let it happen. Law of Attraction will make it happen."

~ Abraham Hicks

Your current physical reality is a reflection of your inner reality. When you are in a positive mood, people are automatically drawn to you like a magnet. You become so much more attractive and likeable. On the contrary, when you are in a negative state of mind, the energy you give off ends up affecting everyone around you. Instead of attracting people which is really what you want, you end up repelling them. In order to become more attractive you have to first believe you are! A key point to remember here is that others' perception does not define your level of attractiveness.



reality is inner in a become to you become contrary, negative

The belief that attractiveness comes from how you look or how much money you have is erroneous. As a matter of fact, once you begin to see yourself as an attractive man, others around you will begin to see that too. When you start loving yourself, people will become drawn to you . You cannot expect others to be attracted to you or like you if you do not love yourself. When you are

feeling pessimistic or are unsure of yourself others will notice it. You are transmitting energy or projecting body language that communicates non-verbally what you are thinking. I am sure you've had the experience when you've been having a bad day and you're not feeling that great and people react to you negatively.

Women do not need to find you attractive in order for you to be and feel attractive. The moment you realize this notion, you let go of the need for validation. You realize that you are self-validated and no longer have the need for women's approval This is liberating!

Having Higher Value

"You yourself, as much as anybody in the entire universe deserves your love & affection."

~ Buddha

Men tend to base their self-worth on successful relations with women or financial status. However, as opposed to how most men feel, their value is not depended on women Also, your self-worth is not determined by the number of women you are involved with or their level of physical attractiveness. The value you have is the value you give to yourself; it is all about how you treat yourself and no one else. If you persist in seeking approval and relying on others to validate your self-worth, you are indirectly giving control away. In other words, you are putting others on a pedestal and granting them the power to make you feel however

they chose to. Depending on how someone feels in a given situation, they may either enhance your self-worth or do the opposite.

You are completely basing your value on their reaction. However, your self-worth is not determined by the number of women attracted to you or by the quantity of sexual partners. The same idea can be applied to our sense of achievement because our identities and self-worth are tied to job titles. For instance, when you do not get your desired job position, your self-esteem may suffer. You may feel like a failure and want to give up. In spite of these negative feelings, this is not a reason to feel unworthy.

!

The Most Important Relationship

"We have to learn to be our own best friends because we fall too easily into the trap of being our own worst enemies."

~Roderick Thorp

The most important relationship you will ever have, will be with yourself. You alone have the power to bless or curse yourself. As I've mentioned before, your negative thinking can have adverse effects on how others respond to you. At times we are not always aware of our feelings and they can trigger different behaviors in us.

For a long time, I did not like myself and had a negative self-image. I did not realize this because it was all unconscious. I would get negative reactions from people, including women. I attributed it all to factors outside of myself such as my physical appearance, race, , negative people, and many other things. It was not until I began loving myself that ultimately led to a much more positive self-image and changed everything for me.. The truth is that once you fall in love with yourself, the world will fall in love with you and this includes women as well.

Even though this book is about being successful in relationships whether they are professional, personal or intimate, it is of outmost importance to nurture the relationship you have with yourself. Dedicate some time to yourself and enjoy your own company. Stop caring what people think of you and be good to yourself. Sit down and start accepting yourself for who you are with the insecurities and with the hang-ups. If you are willing to accept all of your negative characteristics then everyone else will too. As a matter of fact, a great practice is to affirm that your negative qualities are actually your strengths and the reasons why you will succeed. For example, let's say your excuse for not being successful with women is that you are not rich enough, tall enough etc. then you say to yourself "being poor or being short is the hottest thing in the world". This does not have to make sense in the conventional way of thinking yet you will be astonished by the results.

Concentrating on your positive attributes will make a profound difference in how people perceive you and treat you. I'm sure you've seen unattractive guys end up with great looking women. The reason is because they have gone beyond

the whole "I am unattractive and no one wants to be with me" to "hey I am the prize, I'm fun and most of all I am very attractive."

The other part of having a great relationship with yourself is to treat yourself with respect and kindness. Accept your mistakes and be easy on yourself as you keep learning from them to become a better person. The worst thing you can do when you make a mistake is to beat yourself up for it which is the most common thing people do. Tell yourself "Its ok I'm proud of my-self and I have learned from this experience." This will increase your confidence level and bring happiness to your life. Remember our first and last love is self-love.

You're Negatives into Positives

"A successful man is one who can lay a firm foundation with the bricks others have thrown at him."

~ David Brinkley

One of the greatest ways to build confidence is to become comfortable with your weaknesses or insecurities. Let's say, one of your insecurities is that you are too quiet, skinny or overweight to attract women, then you turn it around and say "Women love me because I have the right type of body". It does not matter if it is "true" or not currently, but you will begin to attract situations that validate your new beliefs. This leads to a cool confidence and comfortable vibe. It is not about being arrogant but comfortable with you.

Reframing negative thoughts into positive does not only apply to your self-image but also to your life in general. The way it works is turning whatever reason or "excuse" you have for why you can't do something into the reason why you can or why things will happen for you. For instance, let's say your excuse or reason why your relationships lack physical intimacy is because you live with your parents. You could say to yourself "You know the reason why women love being intimate with me is because I live with my parents and in the rare case that they don't invite me over, we just do it in the car" Get it? In other words, you need to turn everything around. Even if it seems like an exaggeration, let the things that are stopping you, take you to the next level. As you become aware of your limiting beliefs about yourself and your life you can reframe everything to positively change your life.

Chapter 4: The Law of Attraction

"The person who sends out thoughts activates world around him positively and draws back to positive results."

~ Norman Vincent Peale



**positive
the
himself**

"You become what you think most, and you attract what you think about most." I would like to introduce you to a very important natural law of the universe which can give you anything you desire. If you have not heard of the "law of attraction" then this brief overview will be very helpful.

At one point of your life or another, consciously or unconsciously you have been thinking a lot about something you want. You have set your mind on something and deeply believe in it then suddenly your desires turn into reality, just like in a fairytale.. This is the law of attraction.

Quantum physics has discovered that absolutely everything in the universe is composed of energy. Studies have found that thoughts are actually made out of energy. Although, the external world appears to be in solid form, the interactions between different objects produces energy which vibrates at different frequencies. It has been discovered that you cannot have a universe without mind being part of it. In other words, your thoughts and mind are shaping the world you perceive.

You are always in the creating process whether you are aware of it, or not;

www.social-buddha.com

creation is always happening. Everything you are thinking, writing and speaking

consciously or unconsciously is creating your life. You are always sending signals out into the universe of what you are feeling and thinking. The problem is that most of us are thinking and concentrating on what we don't want so it inevitably shows up in our lives. There are methods with which you can control this creation process and thus direct your life, which we will go over later in this book.

Being Successful

"Try not to become a man of success. Rather become a man of value."

~ Albert Einstein

Here is a thought; people who are successful are not born successful. The question is how do they become successful? It's simple, by being successful. They do not try to be successful but they create self-image of someone who is already successful. Initially, others may not believe in them, yet it is the brave one that steps up to the plate, takes the "risk" and starts to believe in himself. These types of people are the ones that rise above the common crowd. The only difference between successful and unsuccessful people are their beliefs, perspectives, and habits.

In one of my jobs, I worked as teacher, preparing students for citizenship test. I remember a student who was highly anxious about taking her citizenship test due to her lack of fluency in the English language. I suggested for her to

www.social-buddha.com

pretend as if she had mastered the language and was a "fluent English speaker".

Once she she imagined it, she was able to relax during the test and passed it without any trouble. It is unbelievably powerful how much faster you progress when you stop TRYING to become and instead you just ARE.

The image you have of yourself is incredibly important to getting everything you want with women and in life. Find out who you want to be, and then live as if you already are by changing your beliefs and attitude. The exact way to change your beliefs will be explained to you later in this book but for now just reflect on what you are learning.

Non-Resistance

"Peace is non-resistance, complete acceptance, identification with all, everyone, and everything."

~ Lester Levenson

The law of non-resistance, states that when we resist a condition, person, or thing that we don't like or want, we are adding power to it. That is why what you resist, persists. Hence, as you focus on things you wish to avoid you are actually bringing those things more into your everyday experience.

It is the same as when you focus on what you are lacking. You are only attracting more lack. In fact, when you want something, you are actually focusing on the lack of it hence giving it more power. This is why becoming detached is so

powerful and actually attracts more positive things into your life. It draws your focus away from what you lack and allows for abundance to enter. The person who is able to give up everything, will experience all. The impossible becomes possible once you release the desire to have it.

Affirmations and Visualizations

"We become, what we think."

~ Buddha

Affirmations and visualizations are very powerful tools which will activate the law of attraction. Your mind is like a radio where you always have the choice to change the station at any point you want, simply by reframing your thoughts through affirmations and visualizations. The exact way of how to use these tools will be taught to you in a later section in this chapter.

Affirmations are simply positive statements and visualizations are daydreams that you use to envision what you want. As you practice these tools you will realize that the major reward of reaching your goals is the person you become as a result of your journey to achieve them. The true value lies in what you learn as you progress in your journey towards your goals. Life is a school in which you are always learning so pay attention to what you discover through the journey toward each goal and always strive to be a better human being.

Let's get back to the concept of the law of attracting for a minute. Although, I gave a brief explanation on how the law of attraction works, there is absolutely no need for you to fully understand it in order to use it. In fact, the less you understand something the better you can use it. Trying to understand something may lead to over-analytic thinking that prevents you from taking action or applying it in the real world.. The only thing you need to know about the law of attraction is that you have the power to create what you wish. In fact, you are already a master of manifesting your thoughts since the life you are currently living is the result of what you think and say on a daily basis.

You can begin right now to imagine you are successful with women, and feel attractive. You will attract it even if it's not there now. Affirmations and visualizations are the way to help you change your "radio frequency" to one that will attract positive things into your life. However, the fundamental difference between normal positive thinking and what you are about to learn, is that positive thinking is based on having and becoming in the future. On the other hand, affirmations and visualizations' power lies in already having and being who you want to be, rather than trying to get or become in the future.

How to use Affirmations

"It's the repetition of affirmations that leads to belief. And once that belief becomes a deep conviction, things begin to happen."

~ *Claude M. Bristol*

As mentioned before affirmations are positive statements that you say out loud to yourself, which can be used to manifest your needs. For example, an affirmation could be "I am a great leader" or "I experience abundance in my life on a daily basis".

Now let's go over the process of creating positive affirmations. I would recommend taking a day or two and focusing on your thoughts. The point is to become aware of your thoughts as you go throughout your day. Let's say you are at a bar or at work, as you walk through these venues what thoughts come up? It could be about women or life in general. Do you feel fear or negative feelings about anything? If so, look at them from an objective, non-judgmental way. Once you start to notice these thoughts write them down. After you have written them down, write the opposite on another piece of paper. Let's say your limiting belief is that you're afraid to talk to women because you don't know how to approach them or how to spark a conversation. . You change that statement and say "All women like me and are eager to meet me but I have to be the one to end the conversation because they won't stop talking".

As you are creating your affirmations, construct them in the present tense as if you were living them right now. Also make them as specific as possible because whatever you affirm and visualize, will manifest. After reframing the negative beliefs throw the paper with the negative beliefs away. Finally, once you have created your affirmations, say them out loud in front of the mirror at least twice a

day, once in the morning and once at night. It will take practice but the process of creating affirmations will become second nature. You'll start seeing results as soon as you start believing in them and let go off your doubts. The results vary for people but changes can happen in an instant or they may take some time. It depends on how much you believe in them and how committed you are to this process.

Nevertheless, I would suggest keeping your focus away from results. Becoming obsessed with results will actually hinder you as well as affect the outcome. A word of caution is to avoid putting too much emphasis on making your affirmations or visualizations come to reality. In fact, when you visualize or affirm make it a habit to release your thoughts and allow them to take their course. Accept that your affirmations may or may not become reality and do not to focus so much on them. Enjoy life and an opportunity to take action will come which will be effortless and enjoyable.

How to use Visualizations

"Your imagination is your preview of life's coming attractions."

www.social-buddha.com

~ Albert Einstein

Another powerful technique that goes hand in hand with affirmations are visualizations. In visualizations you use your imagination to create a story behind each affirmation. The process of creating visualizations is very similar to the one for affirmations, except that it is more detailed. It also involves creating a whole new story to replace the negative one you have. Hypothetically speaking, one repetitive thought in your mind may be the following: "I never approach women because I do not know how to initiate a conversation and I always get rejected. " You can change this statement to: "All women are attracted to me and when I approach them I am always able to engage them in a conversation. However, I have to be the one to end the conversation so that I can socialize with other women.

The difference between affirmations and visualizations is that visualizations are about creating a clear picture in your mind so that you feel as you already have whatever it is that you desire. In other words, visualizations are simply day-dreams. The reason why visualizations work is because your brain cannot distinguish between something you experience in the physical reality and your imagination. .

Visualizations strengthen your affirmations. Visualizations can consist of a story you build in your mind that portrays your ideal life and ideal self-image.. For instance the story can encompass the type of woman you want, how wealthy you would like to be or include any other goals or desires you want achieve in your life. Remember this is your canvass to paint on, so you have the freedom to create a picture of the reality you wish to manifest.

Also keep in mind that with visualizations you want to put as much detail in them as possible. This means using every sense like hearing, smell, touch etc. to make your visualizations feel more realistic. Try to imagine the way you would feel if you were living your ideal life, where would you be, how would you act and so on.

Lifestyle

"You've got to win in your mind before you win in your life."

~ John Addison

Find out what you want in life and start living it. Sit down and write out who you want to be and be it. In life you can actually choose what kind of lifestyle you **wish to have and can live it. The best part is that you don't need to be rich, good-looking, or have any of the conventional things people think they need to live any lifestyle.**

In order for this to take effect, it is necessary to ingrain in your mind that you "deserve" the kind of lifestyle you dream of. People sometimes get fixated on the idea that they are not worthy of whatever it is they want and allow these kinds of thoughts to sabotage their path in life. Don't exert your energy on trying to rationalize "how" something will happen when you have no means of achieving your goal but rather believe something will change. Once you do that the right opportunity will arise and the action that is required on your part will become effortless.

Life is about attracting the right circumstances with the least amount of effort. We definitely are not the richest people but we have traveled the world and have done amazing things while living in conditions that are unbearable to most people. Life is not about being rich, chasing goals, being successful with women but rather waking up to the freedom that comes from detachments and indifference to outcomes. This is where unconditional love and peace take place. Through this, you open yourself to all the abundance of the world.

Ask yourself the following questions:

What do you want in life? Who do you want to be? How does this person act in every situation? Live your life as if you were this person already and you will be astonished by the results.

Consistently Get what you Want

"Whether you think you can or think you can't - you are right."

~ Henry Ford

As you practice the law of attraction through affirmations and visualizations, you might encounter inconsistent results. Many people achieve success but eventually revert to failure while others seem to continuously attract success. Why is that? ? There are two things that must be mentioned in order to

become consistently successful. As I have mentioned before, success is not real. It's simply an illusion, just as control and perfection. Thus, when you stop wanting to be successful and you detach yourself from this notion, you will attain it. Success is just another mental concept, which may be defined differently from one person to another.

Being consistently successful is a state of mind and simply the belief that you are successful in every area of your life. This is similar to luck in the sense that the more you believe that you are lucky the more you experience it. It is as simple as believing and acting as if you are already successful.

On the other hand, why do you think that sometimes one negative situation follows another? The reason why this occurs is because it is very hard for people to let go of bad emotions and negative experiences. They continuously relive these experiences in their head and so the same situation repeatedly shows up in their lives. People tend to focus on their bad experiences because they leave an imprint on one's mind causing lasting effects. If you continue to overanalyze a situation from the past that went awry, you attract negative energy. You may suddenly find yourself in a similar situation with a completely new person suddenly experiencing a déjà vu feeling. . This is why they say history tends to repeat itself.

This realization opens up many possibilities. For example, if this is true for bad streaks of luck then it should also work for positive ones. A great exercise that I still do is something I discovered by accident a couple years ago. I was doing quite well with women, yet at certain points my consistency would drop. In an

attempt to figure out how to recapture this success, I went back to my past successful experiences with women trying to figure out what I did right. I reflected on my past feelings and actions as well as tried to recall women's reactions to my behavior. To my surprise, I started noticing immediate changes in the effect I had on women. I realized that whenever I focused on my past successes, I would encounter more positive situations which would put me in a better mood. Reflecting on my past positive experiences enabled me to reevaluate my approach and redirect me onto a different path. However, I tried to be conscious when I would spend too much time thinking of my past because I did not want to live in it. Your past is also an illusion therefore, it's necessary to maintain an awareness of the here and now. Try to live in the present so that you don't lose sense of reality and this will enable you to regain control of your life.

This technique in which you reflect on past successes is especially effective when you are feeling down and need a lift in your spirit. Again, even though, I am using women as the example for how to create consistency this concept and others in this book apply to all the areas in your life. You can create a consistently successful and abundant lifestyle.

Daily Practice

"I'm a great believer in luck. I find the harder I work the more I have of it."

~ Thomas Jefferson

Affirmations and Visualizations are a way of keeping you focused on the direction you are going in life. They are tools to help you change the way you see the world and consequently alter your current reality. There will be no need to change your external behavior, or to change your body language or what you say. In fact, once you change your self-image, your negative thoughts and limiting beliefs you will become more aware of yourself which in turn, may influence your behavior. .

However, these techniques will not work unless you consistently apply them to your life. They are not meant to be used once and then forgotten. It is essential to implement them on a daily basis because only then results can be achieved. You may gradually feel as you are regaining control of your life and creating the life you want. Consequently, commitment and perseverance are essential pieces to master your life and the reward is priceless.

Nonetheless, the point intended is not to become attached to the outcome when using affirmations and visualizations. Instead live and act as if you already have what whatever it is you want and let go of hoping or forcing them to happen. Develop a habit of creating the images in your mind and letting them go with the mindset that they will happen.. It takes faith in their effectiveness and don't forget to have fun while practicing this technique.

“Wherever there is attachment,
association with it brings
endless misery”

~

Gampopa



Biologically one of the closest relative to humans are monkeys. They are scientifically similar to humans, and they exhibit negative behaviors that resemble

Chapter 5: Detachment

those of humans, figuratively speaking. For instance, monkeys are known to display selfish and greedy behavior, especially when it comes to food. In countries such as India they use a very interesting technique to catch monkeys. They take an object like a coconut with an opening big enough for the monkey to stick its hand in, but not big enough to withdraw it when it is clenched. Food is placed in the coconut which gets attached to a tree. When the monkey is lured by the food and sticks its hand in, it gets caught. At this point, all the monkey needs to do is let go of the food, and go free but it's rare that it will do that.

Similarly, humans also get stuck in life by our attachments. We rarely choose to let go and break free from the attachments that limit us.

The Paradox with the Law of Attraction and Detachment

"Since everything is a reflection of our minds, everything can be changed by our minds."

~ Buddha

The idea of letting go of attachments and manifesting your desires seem to contradict each other. However, in actuality there is no contradiction between these ideas when they are understood at a deeper level.

First of all, when we speak of detachment we mean detachment from outcomes with the purpose of feeling fulfillment regardless of what happens. It has nothing to do with being lazy or useless. Thus, detachment only empowers the law of attraction.

Practicing the law of attraction actually helps you let go of your attachments if you use it correctly. For example, most people are trying to attain goals by manipulating the outside world to get what they want. Unfortunately, from this state of consciousness this does not work. As you let go of trying to control the outside world and apply the law of attraction your desires will begin to manifest. A higher power will fulfill your goals and you will no longer need to put so much effort into producing results. Things will simply happen without struggle or strain.

As you realize the inner power you have to manifest anything, you also begin taking things far less seriously and personally. For example, a negative feedback from a woman is no longer taken as a personal attack but rather as a sign that you need to change your "energy" or mindset. The negative and positive situations that arise on a daily basis are perceived as very objective queues of your current state of mind. External circumstances no longer affect you on a deep emotional level because you realize that they have no significance. They are simply events that occur in life but you are in charge of how to interpret them. Thus, taking charge of your inner reality enables you to detach emotionally from many things. By emotional detachment I do not mean that you start treating others poorly, be insensitive to others' needs or withdraw from social interactions. When we invest our time, emotions and energy into any kind of relationship it may not always be feasible to detach emotionally and immediately terminate the relationship. Sometimes it's difficult to walk away from something or someone that has brought joy at one point to your life. However, once you stop relying on others to make you happy and take

personal responsibility for your happiness, you indirectly take control of your own feelings.

Wanting it or having it

"Abundance is not something we acquire. It is something we tune into."

~

Wayne

Dyer

As I have mentioned before, wanting equates lack and therefore you manifest lack. In order for you to have what you want you must create a reality in your head, where you have already achieved your desired goal. Moreover, the less you care if you get it, the more it will happen because you will create less of the struggle that comes from the mentality of "trying" to get something.

As we grow up we have learned to always want what we don't have. Thus, the endless cycle of focusing on what we lack, begins. We learn to live in a constant mentality of wanting and suffering because we are never satisfied. As long as we live in this manner by wanting things from situations, events and people we will always live very unhappy. Although, it may be true that some things we want might make life easier, what we don't realize is that the wanting is the problem behind both our suffering and what keeps us from attaining it.

The illusion is that once we attain what we want we will become happy, popular or there will be some other end result. You will realize that once you attain your goals your desire and suffering will not cease. As you get what you want you realize that it was not how you thought it would be. It does not solve all your issues

or allows you to live happily ever after. If you buy into this illusion you will continue to be a slave to your desires and it will never end.

On the other hand if you live a life of wanting nothing from people or situations you will live a happier and more centered life. Especially, when you speak to girls or anyone you will be able to be yourself as opposed to pretending to be someone you are not in order to be liked. The less you expect people the more genuine and attractive you become.

Now you may ask, how do I practice not wanting? And if we stop wanting things, how will they happen?? First to be clear just because you don't have any expectations of women doesn't mean that you are not going to reject them or avoid them. It just means that you are not going to try to get "somewhere" with them or put them on a pedestal before you even meet them. Be open to meeting women without going out of your way to do so.

The act of letting go of "wanting" allows you to live a stress free life and enjoy it more. When you eliminate your desire, there will be far more opportunities and abundance in everything including, women.

Feeling is Having

"Many men go fishing all of their lives without knowing that it is not fish they are after."

~ Henry David Thoreau

Think of your ideal life including the woman of your dreams or even your dream car. As you create a clear picture in your head of what it is that you want, can you imagine how it would feel to have it? This a great exercise to practice visualizations, however I am using it to make an additional point. While you are picturing your ideal life with your ideal romantic partner(s), or whatever it is that you want, notice that you are actually bringing the feelings into your desires. In order for your dreams to manifest it's pivotal to attach your feelings to whatever it is that you want. As I previously mentioned, positive thinking is crucial to this whole process but connecting to your feelings during the process of visualization transforms your desires into reality.

I also want you to critically think about your wish list. Here is my question: do you really want that brand new car, an expensive house, ideal woman? or perhaps the feeling that comes from having everything that you want? The answer is the feelings.

We have learned to attach a feeling to things. However, once you get what you desire you will notice you end up enjoying them only for a short period of time. The new car becomes a used car after a year or even a few months. You won't appreciate it as much as you did at the beginning. As I practiced the law of attraction, I had realized that by the end of the day, I didn't really want the things I thought I wanted but rather the feelings that would come from having them. Thus, if you already are and feel like a confident attractive man, you will no longer

need women to make you feel this way. What's more surprising is that women will treat you like a confident attractive man. Realize that you pursue things in life not because you want the actual thing but rather for the feeling you "think" you will get.

Indifference

"Indifference is the strongest force in the universe. It makes everything it touches meaningless. Love and hate don't stand a chance against it."

~ Joan Vinge

Indifference is a very powerful concept to be applied in every area of your life especially with women. It is an extension of detachment. Indifference does not mean to sit and do nothing and let life pass you by, but rather it means being detached from any outcome or end result. In other words, indifference is doing everything just to do it without caring about an end result.

It is letting go of wanting things from women and people in general as you act for the right reasons. For instance, buying a car in order to get women's attention, or to make you more likable to people would be an ulterior motive. . As mentioned earlier, we tend to do things or want things because we assume they are going to make us happier or evoke us some positive emotions.

Surprisingly, as you practice indifference people will start giving you everything. Women will become incredibly attracted to you and pursue you. Your

www.social-buddha.com

entire life becomes effortless.

Nevertheless, using indifference as a means of attracting women will not work. Women can tell if you really don't care about an end result or if you are only pretending. . It is important for you to genuinely change the reason you are mastering indifference. Do it to free yourself from the suffering that comes from the unpredictable world of dating and also to empower yourself..

Indifference and Absolute Power

"When I let go of what I am, I become what I might be."

~ Lao Tzu

Indifference frees you from the chains that tie you down to the fear of having something to loose. The secret to this freedom is courage. The sooner you overcome the fear of losing women you will realize that you are free to do and be whatever you want. Indifference will allow you to be your true self and help regain personal power. However, most of the time you expect so much from women and feel as you will miss out on opportunities that you become somewhat clingy. You may become too persistent and continue calling the girl you went out with on a

date but who hasn't returned your call for weeks, or make multiple attempts at a girl who clearly looks uninterested.

Perhaps, you feel like you will lose her validation, or miss out on seeing her and dating or engaging in sexual activity. On the other hand there is a place of absolute indifference where none of this matters. Picture a man who is carefree and has no expectations of anyone. It is easy to see that this kind of man is cool, calm and collected.

A word of advice is to not confuse being indifferent with not caring for people. As a matter of fact, the opposite happens when you let go of expectations. You become more caring, loving and giving. Being indifferent allows you to let go of the suffering which enables you to establish loving and compassionate relationships.

Indifference comes when you choose to stop giving so much significance to the outcome. . Realize that being successful with women has no meaning. Understand that all the suffering you've experienced in the past has been caused by you, rather than by other people or external circumstances. Furthermore, some of your life plans may have turned out differently than you expected which led to feelings of disappointment. You may have wallowed in self-pity, feeling like the world is against you because you have no control over your life. The source of your suffering came from the meaning you ascribed to these events which led to attachment and ultimately caused you despair.

Chapter 6: Happiness

The Decision to be Happy Now

www.social-buddha.com

**"If you want to be happy, be."
~ Leo Tolstoy**

As mentioned before we tend to attach feelings to things, situations, and people, making them highly desirable. When you are able to let go of the belief that you need materialistic things to feel a certain way, you may come to the realization that happiness is within your reach and easily attainable. It has to do with the realization that only you control your emotions. . Reflect on some of your negative past experiences, where you able to bring positive feelings into a seemingly negative situation? Were you able to thrive in the face of adversity and maintain a positive outlook? If so then why can't this be your permanent state? It can be but you first have to make a conscious decision and choose to keep a positive attitude in spite of the circumstances.

As of right now, in the present moment you do not have any problems

unless you choose to think of them as "problems."

Similarly, any of your past issues

that got resolved are no longer troubling you at this point or causing you distress.

Here is an example to further

illustrate my point. Someone throws you off a cliff

into a lake, as you are falling down, your ongoing problems, the future or the past

is not existent. Instead, you are present in the moment, experiencing every single



second of it. This moment is an empty piece of paper in which you can write any thought and attach any kind of emotion.

The Illusion in the Pursuit of Happiness

"Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful."

~ Albert Schweitzer

The pursuit of happiness is an illusion. In fact, the more you pursue happiness the more it eludes you. Happiness seems to be so hard to attain and always fleeting. The reason for this is because we either focus on the past with the attempt to fix past issues or rely on some future event to bring you happiness. However, happiness is never attained in the future or found in the past but rather in the present moment. Those who are truly happy do not look for happiness outside of themselves. Personal possessions, relationships, physical enhancement

www.social-buddha.com

and distractions that include overuse of technology or various types of addictions will not fulfill your life in a meaningful way. . They will only cause more dissatisfaction and lead to disastrous outcomes.

As you bring acceptance into this moment and release your desire for change you will open yourself to peace and happiness. Accepting things as they are does not mean you do not take action towards your goals but rather you choose to let go of the desire to change your circumstances. Peace and joy comes when you

begin to fully accept whatever happens in life without forming any preconceptions or putting a meaning to it. In fact, as you begin receiving the things you "thought" you wanted, you realize that the happiness you had been searching for so long had always been inside of YOU. In actuality, happiness is not reliant upon your circumstances and you can choose to be happy in any given moment. It is only through self-exploration that we can discover our own humanity, compassion, love and happiness. These great treasures that have eluded us for so long have kept themselves from us by hiding in the place we have never thought to look which is INSIDE OURSELVES.

The Origin of Peace and Happiness

"Peace comes from within. Do not

seek it without."

~ Buddha

When people think of happiness the "pursuit" of happiness

usually comes
to mind. Everyone assumes happiness can be found in a relationship
or riches. , .
Interestingly, many people have a list of what will make them happy
yet as they
pursue these things they find happiness to be fleeting and illusive.
They are either
unsatisfied because they can't seem to get exactly what they want or
feel unfulfilled
when they suddenly lose interest in something they acquired.
Essentially, the more
you pursue happiness the more it eludes you.

A story that helps support this idea is about a beggar who had been sitting by the side of the road for thirty years. One day a stranger walked by. "Spare some change?" mumbled the beggar. "I have nothing to give you," said the stranger. Then he asked: "What's that you're sitting on?" "Nothing", replied the beggar. "It is just an old box. I've been sitting on it for as long as I can remember." "Ever look inside?" asked the stranger. "No," said the beggar. "What's the point, there's nothing in there."

"Have a look inside," insisted the stranger. The beggar, reluctantly, managed to pry open the lid. With astonishment, disbelief, and elation, he saw that the box was filled with gold.

I am that stranger who has nothing to give you and who is telling you to look inside. Not inside any box, as in the story, but somewhere even closer: inside yourself. We have all been beggars at one time or another looking to find

www.social-buddha.com

happiness, peace and fulfillment through other people, things or situations. The truth is that we are all equipped to feel fulfilled at this moment. All we have to do is make the decision to be happy.

www.social-buddha.com
The Power of Self-Awareness

**"Knowing others is wisdom; knowing yourself is enlightenment;
Mastering others requires force; mastering the self needs strength."**

~ Lao Tzu

As you develop a deep awareness of yourself you'll find that happiness can only be found inside of you. It is as simple as making the decision to be happy by bringing acceptance into this moment and releasing your desire for change.

There is a Hindu legend that gives great insight into one's true nature. This legend narrates a story about how we were all once gods but eventually we abused our powers.

In the story, Brahma, the chief god, decided to punish us by taking away our divinity. Brahma called a meeting of the other gods to figure out where to hide our holiness. One god suggested hiding it deep beneath the earth. "No,"

Brahma said,
"man will just figure out a way to tunnel miles below the surface."
Another god
suggested hiding our holiness at the bottom of the ocean. "No,"
Brahma
responded, "man will just learn how to dive to the seabed." A third
god came up
with the idea of placing our divinity on top of the tallest towering
mountain. "No,"
Brahma said, "man will just climb every tall mountain on the planet
until he finds
it."

Stumped, the other gods told Brahma they gave up - there didn't seem to be any place to hide our holiness and keep it out of our reach. "Wait," Brahma said with a smile. "I've got it. We'll hide man's holiness in a place he'll never think to look - deep within himself." Since then, we've spent ages digging below the earth, diving to the sea floor, and climbing tall mountains, looking for something that's already within us.

Be Happy with Less

"Be content with what you have, rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you."

~ Lao Tzu

Practice bringing peace and happiness into your life by valuing the simple things in life. It's important to set realistic standards and expectations for your happiness. If you set very high standards for yourself then you will

end up feeling miserable and like a failure. On the contrary, setting realistic standards may indicate that they have to be lowered. However lower standards will be easier to meet and more likely evoke positive emotions once they are reached.

The principle of "lowering expectations" can be applied to your need for acknowledgement and validation from others. For example, value a simple smile from a stranger; your family or even better, a smile from YOURSELF. There is no need for any woman to validate you as an attractive, lovable person in order for

you to be happy. Surprisingly, as you lower your standards for what brings you joy, everything you wanted, will appear in your life.

Most of us misconstrue the source of happiness. We believe that we cannot achieve happiness if we don't please our desires. The truth is that once you decide to be happy, you don't need anything else. If you think happiness is dependent on other people, objects or experiences, it will not sustain. Happiness comes solely from within.

Gratitude

"Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation."

~ Brian Tracy

Develop the habit of gratitude. This habit will open you up to all kinds of possibilities and allow you to appreciate what you already have. Similarly to the

law of attraction which is the art of "asking", gratitude is the art of "receiving". As I've mentioned before being attached and obsessed in a negative way to your goals can actually hinder them from happening. The attachment will actually create resistance. On the other hand, gratitude allows for life to give you what you want as you appreciate what you already have. It brings you more to be grateful for.

There is a book by John Gray called "How to Get What You Want and Want What You Have". The idea of this book is to simply start appreciating what you have and be grateful for it. You will eradicate a lot of the neediness for what

you currently want because in a way you will feel as if you already have what you want. In addition, you will also get everything you wanted (although you won't need it anymore to make you happy) as you practice this "art of receiving."

Therefore, acknowledge the abundance that you already have and life will bless you with more things to be grateful for. The law of attraction will correspond to your energy of gratitude and give you more things to appreciate. It is similar to when you want things and acknowledge lack, you get more of it. Remember you get what you think about most so simply practice thinking and feeling abundant. Wake up every morning thanking for what you have and before going to sleep do the same!

www.social-buddha.com
Appreciation: The Antidote to Discontent

"Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful."

~ Buddha

Here is something you've probably never heard before but it goes along with what we talked about in the last section. If you look at the areas where you experience the most lack it is likely that these are the areas for which you are the least grateful for. In my journey of self-development, I wanted to become a more attractive man and have more success with women. As I was too preoccupied with trying to get to the next level with women, I forgot to appreciate the success I was attaining already. I was appreciative for my health and family, but I realized that I was still feeling unsatisfied in my love life. Even though, I learned to navigate the dating world and was no longer struggling with women, I was feeling unsatisfied. . However, it dawned on me one day, that I was never going to be grateful or satisfied unless I chose to be satisfied. It had nothing to do with the women that were present in my life at that time but rather with the mental and emotional choice I made.

www.social-buddha.com

In relation to happiness the reason why you are unhappy is not for the reasons you think but rather for the mental choice you've made. You are unsatisfied or unhappy because you chose to be. In my experience, appreciation made a difference in my life. A person's willingness to put it into words is all that is needed.

www.social-buddha.com

Chapter 7: Daily Rituals

"We are what we repeatedly do. Excellence then, is not an act, but a habit."

~ Aristotle

The only difference that separates a successful person from



an unsuccessful one is the habits one has developed. . Good habits are the key to all successes and bad habits is the path to all failures. It is human nature to be a slave to one's habits and that is just a fact. Thus, it is in every person's best interest to become a slave to positive habits instead of negative ones. The truth is that very successful people rarely became successful by mere luck. These people practiced self-discipline day in and day out to hone in their talents and skills and attain great success. It is very easy to overlook their daily practice when we see their great

www.social-buddha.com

accomplishments.

Changing Habits Internally

**"Watch your thoughts, they become words.
Watch your words, they become actions.
Watch your actions, they become habits.
Watch your habits, they become your character.
Watch your character, it becomes your destiny."**

Habits are automatic behaviors that were formed through repetition. Our actions result from unconscious beliefs and become activated in various situations.

We can change these habits by changing our negative beliefs. Thus by becoming be conscious of our habits we can change them in order to achieve better results.

The definition of insanity is doing something over and over and expecting a different result. Therefore, try something different. Let today be the first day of your new life. For example, a very powerful habit is to increase your knowledge daily., Never let your day end in a failure where you feel like giving up in a particular situation. Give it another ten percent and persist until you succeed. Live

www.social-buddha.com

each day as if it was your last, make each day the best day of your life, and if it is not your last day be grateful for it.

How to Establish Habits

"Habit is habit, and not to be flung out of the window by any man, but coaxed

downstairs a step at a time."

~ Mark Twain

Whether the habit is an internal one like gratitude or an external one such as being friendly to people, make sure the habits you are cultivating are positive ones. Throughout this book some habits have been mentioned that are worth practicing. In fact, the only way you will have long lasting change is if you integrate these habits into your life. Although, motivation is a great way to start any endeavor, habits will maintain your behavior change... This is truly the way to transform your life completely as there is no magic pill to achieve immediate results

Even though, habits are extremely important they are sometimes hard to implement. Studies show that it takes about 30 days for the mind to accept a daily action, as a habit. Given the importance of these first 30 days there are several ways to to take action daily. First, make sure you only implement one habit

at a time. Do not try take on too many habits at once because you will overwhelm yourself. Second, add something small to your routine that takes very little effort. For example, if your new habit is to exercise, get your clothes ready and every step that leads to you exercising. The key here is that you are eliminating obstacles that keep you from getting to the action. Third, you may want to tell a close friend or relative about your new commitment so they keep you accountable.

Another "technique" to build habits is placing a "bet" with a friend that if you miss one day you will do something undesirable, such as paying him or her money or doing something embarrassing. Your friend or relative must really hold you accountable for this to work.

www.social-buddha.com

Chapter 8: Being Carefree

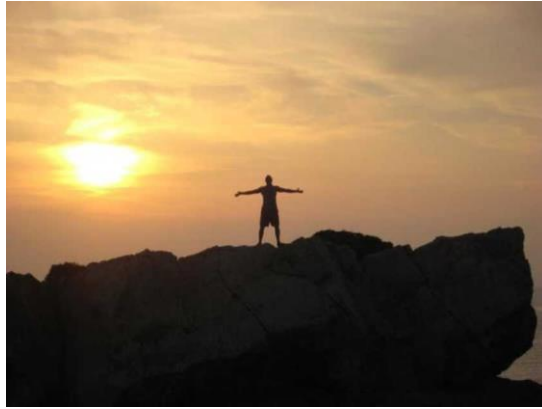
"Each one has to find his peace from within. And peace to be real must be unaffected by outside circumstances."

~ Mahatma Gandhi

The fact is that most of the time we take ourselves and things too seriously. We give so much meaning to things that they hold us back from being as "care free" as we would like to be. In our society being carefree has a negative connotation. The underlying message is that if you are not busy and stressed then you are being counterproductive and there is something wrong with you. I have heard countless stories of people who have recently retired yet are so anxious because they have nothing to do. They feel useless and stressed because they feel they need to be working on something.

Society inculcates us with the belief that everything we do must have a goal

or an end result in mind or else you are "wasting time". Most people believe that when they focus on a specific outcome it will work out the way they want it to.



However, they end up with unnecessary disappointment when things do not go as planned.

Much of our energy is exerted when we attach to an outcome and it adversely affects the quality of our performance. Think about it, when you are

involved in something, doesn't the fear of failure or the desire for success take an enormous amount of your thinking? Notice the last time you screwed up something that was important to you and you'll find that your internal dialogue was saying something like "I hope I don't screw this up" or "I have to succeed or else I'll be disappointed". These attachments and fears actually prevent people from giving it their very best.

To further clarify this; I do not mean to have no motivation to succeed or not to have goals in life. On the contrary, goals make life more interesting and provide a purpose. I often use the phrase "be open to an outcome but yet not attached to it". I heard this phrase from one of my mentors and it always reminds me to focus on the journey rather than destination. Focus on every step of the race and not the finish line. The byproduct of this practice is that everything you do

becomes far more enjoyable and less stressful with the results being much positive than imagined!

However, the question here is; how do you stop being so attached to an outcome? Every time you are trying to get to a goal you must be open to whatever happens. The outcome doesn't have to determine your happiness. Your survival does not depend on the end result, yet you are still committed to doing your very best. Realize that the end result does not have any significance and the meaning attached to it, was ascribed by you.

In my life, I have gotten many things that I wanted. Although, I'm grateful for everything I have received, I'm still the same person with a set of problems that did not dissipate. Emotionally it put me in the same spot I was in the beginning. People sometimes chase the wrong things in life because they assume that is where the source of happiness lies.

As you become more and more successful with women, try to remain detached from all outcomes and always be humble. Create balance and harmony in your life and never boast or show off. Produce success in every part of your life but do not rejoice in it. The fact of the matter is, if you rejoice in success with women, you will also suffer for the failures you experience because success does not exist without failure. Failure is the foundation of success, thus if you give no

meaning to success with women or anything else in life failure will also have no meaning or power over you. This is absolute power to do and be what your heart desires!

Be Tolerant

"When I am able to resist the temptation to judge others, I can see them as teachers of forgiveness in my life, reminding me that I can only have peace of mind when I forgive rather than judge."

~ Gerald Jampolsky

An internal habit that is essential to being effective with women and in life

is to accept people as they are. Accept them with their strengths and weaknesses. We tend to judge people and react either positive or negative to them.

What we don't realize is that we are judging ourselves in the same way as well. If

you pay close attention, every time you judge someone by their actions you will

end up being critical of yourself when you make a mistake The sword you use to

judge others is the same sword that will be used to judge you.

"The test of courage comes when we are in the minority. The test of tolerance comes when we are in the majority."

~ Ralph W. Sockman

No one is perfect and as we go further, we learn that perfection is only an

illusion of the mind,. We need to keep in mind is that individuals' actions are

influenced by their beliefs, values and past experiences and people will act

according to what they perceive to be the truth. Individuals' insecurities or negative beliefs may be driving their behavior. . In other words, they give their own interpretation and meaning to reality. Part of respecting and accepting yourself is also to accept others. It is a powerful skill to be able to put yourself in other people's place and strive to understand their point of view This prevents you from judging them or trying to change them. Our sole purpose is to inspire others as we are being the best, we can be in that moment. Accept things and people the way they are but most importantly, accept their flaws.. This is especially applies to your most intimate relationships, such as with your family or romantic partners.

Act without an Agenda

"No expectations, no disappointments."

When we are kids, our main purpose is to have fun but as we grow up we start expecting things from people and situations. We live most of our life expecting something from people including our loved ones. As we get involved in the dating world, we go out to clubs/bars with the intention to pick up girls. We tend to put so much pressure on that aspect that we somehow forget to enjoy our time with friends. When all these expectations do not meet our standards, we become very disappointed and start living unhappy lives.

Women especially can sense when you want something from them. Thus, go out with the intention to have a good time with your friends and socialize with people around you. Don't focus so much on picking up girls. . As you go with the flow, things will gradually unfold and the right opportunity will arise. The less you

expect from people the more they will give you. When you talk to a woman or any person in general, do it for the purpose of connecting and socializing with others, rather than reaching some kind of a goal.

Story of Master Hakuin: A Lesson in Acceptance

The Zen Master Hakuin (1686-1769) traveled extensively to learn from other masters. When he was 32 years old, he returned to the Shoin-ji, the temple in his home town of Hara, in present-day Shizuoka Prefecture. Here, he devoted himself to teaching a growing number of disciples. Hakuin was praised by his neighbors as a teacher living an exemplary life.

A beautiful Japanese girl whose parents owned a food store lived near him. One day without warning, her parents discovered that she was pregnant. This made her parents angry. The girl would not confess who the man was, but after much harassment, she named Hakuin as the father.

In great anger the parents went to the Zen Master and scolded him in front of all his students. All Hakuin would say was "Is that so?" After the baby boy was born, it was entrusted to Hakuin's care. By this time he had lost his reputation. His

disciples have left him. However Hakuin was not disturbed, and enjoyed taking care of the little boy. He obtained milk and other essentials the boy needed from his neighbors.

A year later, the girl-mother couldn't stand it any longer. She confessed the truth to her parents— that the real father of the boy was not Hakuin but a young man working in the local fish market. The father and mother of the girl went to Hakuin at once. They asked his forgiveness and apologized profusely to get the boy back. Although Hakuin loved the child as his own, he was willing in giving up the boy, all he said was: "Is that so?"

Accepting your Emotions

"The primary cause of unhappiness is never the situation but your thoughts about it."

~ Eckhart Tolle

Accepting circumstances is very important. However, it is imperative to always accept your emotions. When you accept your emotions you allow yourself to let go of your ego. For instance, if you are feeling negative about yourself because your night did not go as planned, simply direct your attention to that emotion and it will dissolve by itself. Avoid feeding your negative emotions with your thoughts. All you have to do is accept an emotion as you would accept a rainy day. As you become completely aware of your emotion and how you are feeling without creating a story about it, you will be on the right track of taking control of your emotions.

Simply, pay attention to the emotion and experience it fully

without
judgment or resistance. This also applies to positive emotions. When
you are
feeling great about yourself for an accomplishment you must also let
that go. Why?
Because if you accept feeling great about something like succeeding
with women
or accomplishing something in your life then you must also accept
the bad
emotions that come when you don't succeed. When something is
going well, pay
attention to your ego and give no importance to your success. Pat
yourself on the
back and tell your self this always happens to you but do not let it
define you or feel

better about yourself. Again this practice is about being at peace not about enlarging your ego.

Practicing Non-Action

"The world can be ruled by letting things run their course; it cannot be ruled by interfering"

~ Lao Tzu

. Non-action means refraining from acting and going with the natural flow of life. It is being open to any kind of outcome yet not attached to it. It is about having fun and forgetting about the end result.

Also, practicing non action is about doing things that are effortless in that they do not create resistance. As you have probably experienced when you are working toward a goal and aiming for a specific result, you experience much resistance. However, when you are going with the flow, resistance is

disappears.

We can also apply this idea to the dating arena. Once we let go of our need to change, control or fix a specific situation, we become free of clinging which can provide a profound sense of well-being.

This in turn, opens the door to many opportunities for establishing relationships with other individuals. Take interest in others and be open to socializing with people you don't know. When you are friendly and feel

comfortable interacting with others, many doors will open up creating an abundance of opportunities not only in your personal life but also professional.

Although, non-action seems like you are going around in circles to attain your goals, it is actually the short and permanent path to getting everything you could ever want. Plus, when you are doing just for the sake of doing without an end result, positive habits can be built much more easily. This practice of being social creates as a byproduct a very successful life without any effort. It allows you to be committed to your goals yet not attached.

The impossible becomes possible when you stop wanting it. Therefore, as you let go of your goals it actually gets you closer to them. Think about it, many people have so many goals yet they never attain them or worst when they attain them but it doesn't satisfy them. Why? Because they are obsessed

with having it,
yet they are so obsessed that it prevents them from enjoying it once
they get it.

Also, this type of obsession can even cause people to avoid taking
action because
of the fear of failure.

Chapter 9: Giving is Living

"Since you get more joy out of giving joy to others, you should put a good deal of thought into the happiness that you are able to give."

~ Eleanor Roosevelt



As explained in the concept of indifference doing things for the right reasons is essential to become incredibly effective and successful in your life. The right reasons are easy to see once you stop wanting things from people. As you let go of your attachments, your vision becomes clear. You begin to do things that are aligned with what you enjoy and become less preoccupied with seeking validation of others or approval from society..

Doing something for the right reasons means giving, without expecting anything in return. It is common to make the mistake of giving in order to obtain something, which in turn leads to disappointment. Learn to give to the world

without expecting anything in return. This is similar to when you buy drinks for your buddies or presents for your family and don't expect anything. If you end up taking a girl out or buying her a gift make sure that the motivation behind your action is not influenced by some ulterior motive such as getting her to like you. Your deeds and actions should be a reflection of your character.

Go out for with the intention to have fun with your friends and be open to meeting new people. .. Be that carefree, social guy and everyone will want to be around you. You will notice that women will approach you because once you stop hitting on them , they will become drawn to you. Yes, women will chase YOU and not only women but everyone will become magnetized to your carefree, happy and confident attitude.

Giving and Karma

"You can be more successful in two months by becoming really interested in other people's success than you can in two years trying to get other people interested in your own success"

~ Dale Carnegie

As I have mentioned before give without any expectations and you will discover that once you adopt that frame of mind life will become

much more abundant. As a matter of fact, the more you give the more you will receive. That's how life works. Never look at who you give to, if you can help someone, do it. Karma allows for whatever you give to come back to you, one way or another. If you are giving bad attitude and refusing to help people out that is what you will also receive.

Spread the Good Energy!

"You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."

~ Dale Carnegie

Learning to talk to anyone is one of the most valuable skills you can possess.

Practice talking to anyone. , Spread positive energy and inspire people to be more social. As you may have noticed most people are very reserved and afraid of meeting new people. Thus, if you are being open and friendly you are indirectly showing others that it's normal to greet and talk to strangers. Essentially, you are dissolving the old programming that got ingrained in you as a child that it is wrong to speak to strangers.

Being friendly with people as mentioned before, motivates others to be social themselves. The idea of influencing others is similar to the one in the movie called "Pay it Forward." The plot of the movie is about an elementary

school
teacher who gives an assignment to develop an idea that will produce
change in
the world. One student comes up with a brilliant idea which is based
on the
premise of doing favors for others. However, the recipient of the
favor is asked to
"pay it forward" which means they are to do a good deed for three
other people.

Being friendly with everyone and spreading positive energy is a
similar
idea. For instance, this phenomenon can be observed when you open
the door for
a stranger and that person opens the door for the next one. It is the
same with being
social; when you are friendly and warm to people you will influence
them to
become open to new experiences. You will be transforming the
world!

Chapter 10: Constant Never Ending Improvement

Mastermind Group

"Connecting is a philosophy of life - its guiding principle is that every person you meet is an opportunity to help and be helped. No one gets ahead in this world without a lot of help"

www.social-buddha.com

~ Keith Ferrazzi



It is incredibly important to surround yourself with people that share a similar mentality and can influence you in a positive way. Thus, having a support group is essential in your development in life.

Having a support group will help your "journey of self-discovery" as encouragement and guidance is crucial in this process. It's better to surround yourself with people who support your reality and who share the same path. For instance, when you have a question or issue with women, work or anything in general, who do you ask for guidance? Do you ask a buddy who has encountered a similar problem? Doesn't it make sense to hang out with either someone who has already done it all and knows what he or she is doing? Or at least with people who want to grow in the same direction as you? Think about the influence your friends; society and even your parents have on you. The influence is

enormous. We are not saying to leave your friends; all we are saying is that in order to progress to the next level you need surround yourself with people who have that next level mentality.

Attitudes are contagious. You must figure out if your friends' attitudes are worth catching. You might need to make some changes and become more selective of people who you call "friends." Similar to emotions being contagious, patterns of thinking are also very infectious. Hence, having the right kind of people in your life will create drastic and lasting change in your life. When you associate yourself with successful and positive people you will naturally and effortlessly adopt those mentalities.

On the other hand, if you are trying to tap into your current support circle for information, it is likely that they will steer you in the wrong direction. Although, this may not be intentional, they may have difficulty seeing things from your perspective. Of course you can ask your parents advice on women but really what are you going to get from that? Don't get us wrong, you can learn a lot from older generations but what they might teach you is an ideology that may or may not apply to your current situation. . Times have changed and so it is necessary to evolve your way of thinking and doing things.

How can you start your "master mind" group right now? As we mentioned before begin by searching for people whose past achievements align with your present dreams. For example, the mastermind group may include our advice, a group of people that are going in the same direction as you. Mentors

and therapists
are always useful but also individuals, who support the state of mind
you want to
be in, can be very helpful. As you find people who will make a
difference in your
life, make an effort to connect with them and be genuine about your
intent to learn
from them. People who are truly wise and have something to offer
are always
looking to teach others.

Making Every Place your Home

*"A warrior is not about perfection or victory or
invulnerability. He's
about absolute vulnerability."*

~ Dan Millman

When a cat finds itself in a new place it doesn't usually jump from one place to another like it does in a familiar environment. Instead, it walks around makes itself familiar with everything and then begins to act as it usually does. Some people tell you to just jump in the cold water and shake it off and although this is the fastest way it does not apply to every single person. That is why we developed this concept of making every place your home. At times it was easy for us to just jump in the cold water but other times we would just freeze. When you go to a place don't be searching for someone to talk to, just relax, enjoy a drink. Look around without fixating on anything specific and make friends with the locals. Say cheers, hi or anything to whoever is there. You will find yourself talking to more people while gradually developing a social life. As you find yourself coming back to this venue, it will become easier to talk to people and it will become your

home.

This concept applies to your emotions and anything unfamiliar you experience in life as well. If you are on the journey of improving yourself, you will probably find yourself uncomfortable most of the time. It is important to build the habit of pushing yourself to be uncomfortable and putting yourself outside of your comfort zone. . It is the only way to grow and evolve. However, take into consideration that it may take time to adapt and feel comfortable in unfamiliar situations. Even having off the charts success can be a source of anxiety since you are not used to it.

The Bubble

"Today, give a stranger one of your smiles. It might be the only sunshine they see all day."

The bubble is a concept of personal space in which you concentrate on a small space at a time rather than attempt to spot every detail in a given environment. We noticed that when we tried to be social and talk to everyone, we would become overwhelmed by looking around the room and seeing so many people. We would worry about everyone in the place especially, women. As we looked around, we would talk to ourselves in our head saying things like, "oh that girl is hot", "I am going to try to get her attention, or hey all of these people are so attractive."

Imagine there is a bubble around you covering your personal space and nothing else exists. As you walk around, everyone that touches or comes into this bubble is your guest. When they enter your reality you also forget

about all the
people outside of it. This concept is very powerful because it puts
you in the frame
of mind that people are coming into your reality instead of you going
into theirs.
Additionally, remaining in your bubble allows you to be present
during
conversations with people and actually listen to what they're saying.
Apply this
concept by being open to whoever comes into your bubble and forget
about
everything else at that moment.

Chapter 11: Enlightenment

"Losing an illusion makes you wiser than finding a truth."

~ Ludwig Borne

The path to enlightenment can be as complicated or as effortless as you wish it to be. This path ends with the recognition that you are awake. It is a state of mind **that recognizes what already is. You have no need to change who you are or to** change your life. You simply need to remember who you have always been. Simply extend what exists within and rediscover yourself.

No matter how enlightened we become, we still learn something new everyday. An old folk tale tells a story about a young man who had spent five arduous years searching for truth. He had heard of wise men that lived in the foothills of a great mountain range near his village. These men had supposedly visited the mountain top and gained enlightenment. One day, as he walked up into this great mountain range, he saw an old man walking down the path carrying a

heavy sack on his back. He sensed that this old man had been to the mountaintop.

The young man felt excited that he had finally found one of the wise-ones who could answer his heart's deepest questions.



"Please, Sir" he asked. "Tell me the meaning of enlightenment."

The old man smiled, and stopped. Then, fixing his gaze on the youth, without uttering a word he slowly swung the heavy burden off his back, laid the sack down and stood up straight. "Ah, I understand," the young man replied. "But, Sir, what comes after enlightenment?" The old man took a deep breath, then swung the heavy sack over his shoulders and continued on his way.

After enlightenment

"Before enlightenment - chop wood, carry water.

**After enlightenment
- chop wood, carry water."**

~ Zen Buddhist Proverb

An excerpt from the story of "Way of the Peaceful Warrior" by Dan Millman, illustrates life after enlightenment; "Socrates (character in the story) once told me, A flash of enlightenment offers a preview of coming attractions, but when it fades, you will see more clearly what separates you from that state-your compulsive habits, outmoded beliefs, false associations and other mental structures." Just when our lives are starting to get better, we may feel like things are getting worse because for the first time we see clearly what needs to be done.

"After illumination," Socrates continued, "difficulties continue to arise; what changes is your relationship to them. You see more and resist less. You gain the capacity to turn your problems into lessons and your lessons into wisdom.

www.social-buddha.com

"Seeing is believing."

The American proverb "seeing is believing" is famous for the implication that a person should not believe until they see with their own eyes. It is

easy to doubt something you have never witnessed, like the kind of incredible results that these teachings and practices produce. Even though, it takes faith to embark in this journey a person can benefit from a glimpse of this reality before actually attaining it themselves.

Countless people have have told us that our perspective has helped them realize or discover something about themselves. In fact, seeing my brother's progress and his ability to accomplish the impossible made a profound impact on my development in this area. It led me to be more committed to this kind of work.

Other friends of mine and clients have also spoken to me about the way my actions influenced them which prompted them to incorporate some concepts into

their lives. They also mentioned that this book enabled them to grasp the more profound concepts at a deeper level. They get to see how inner game looks on the "outside" and translates to a great vibe.

It is our most sincere desire that you attain all the fulfillment, happiness and peace you deserve. Through this book we hope to have opened up your way of thinking to a reality of endless possibilities.

"What now?"

So you've finished reading our book and are wondering where you should start. Simply, take an inventory of your life and find out what areas need improvement the most. Then start applying each of the principles we've shown you, one at a time.

Nevertheless, we have found that ongoing support is very helpful to get you to your goals much faster. Currently we offer other products and services where we personally coach you, step by step in your journey. If you are interested knowing

www.social-buddha.com

more about these services please visit our website at www.social-buddha.com or
contact us at questions@social-buddha.com.

Also, if you wish to send us your success stories do so at
[success @social-buddha.com](mailto:success@social-buddha.com). We hope to keep supporting you on this journey!

Yours friends,

Felix and Angelo

Felix and Angelo

Edited by Maggie Boryczko



www.social-buddha.com

Doctoral (PsyD) Candidate
Illinois School of Professional Psychology at Argosy University
Schaumburg