

Let me share with you some of my findings about the event you call Life!

Life is one continuous moment and our mind breaks it into a series of linear time – this cause problems

We project everything outside of us to be real and science tells us that its not, everything is happening in the mind and processed in the brain which consists of deletions, distortions, generalizations, creations and projections – not knowing this clearly causes serious problems

We have Tools like Mind, Emotions and Feelings, Thoughts, Beliefs and the continuous Input from other Senses and we mistakenly take our tools as our True Identity or as our Being/Non-Physical Presence – this confusion causes serious problems

Particle Physics tells us that sum of all the matter and energy in the universe is equal to ZERO, which means nothing (No –Thing) and this confirms the observations of Zen Monks and other Masters of Mind and Perception, and religious figures that this Creation including human bodies and the rest are an Illusion, a very realistic looking illusion, like a Holographic Reality – not understanding this deeply causes serious problems

Most importantly! Our life has a design and it will fulfill us if we play along nicely, without creating resistance and STAY VIGILANT about making the right moves when required (Leading and Co-operating) but we get stuck because of Fixations and faulty Beliefs – this causes problems

We are here to learn and develop our Minds and Express our Spirit-Nature according to our own capacities that is why judging others personally causes problems – judging actions for making corrections is more accurate, so attacking behavior instead of a person is useful – we usually don't do that and this causes problems

After reading this if you don't follow through to develop a deeper visceral understanding of the facts mentioned above then you have no right to complain about why things don't go right in your life and why you don't feel happy or good most of the times – conceptualizing this and giving lip service to these basic facts of life so you look smart talking about it with friends will not give you the deep visceral understanding of it and you will remain caught up in the illusion – this will continue and keep causing your problems

You may ask what to do for starter?

And how can you relax and let go?

How can you achieve greater health and happiness?

How may you bring more abundance and prosperity in your life?

How can you have magical relationships and friendships?

Why may you live your life like an adventure?

If you really want all that badly enough, **start educating yourself on how to break the illusion your mind has created by default** and gradually by giving your mind different “Information” you can break the cycle of living an average life. There are no short-cuts, I can guarantee you that and looking for short-cuts cause more problems than it solves.

New and Updated Information is the starting point and when you start **LIVING** that New Information by Design and stop living by default you will achieve a sense of freedom from with-in that will sustain you in almost all conditions of social drama. Make a decision, Happiness is a choice!

Ponder daily upon these 7 Principles of Productive Living:

Be Aware of Your Body

Find True Self Esteem

Detoxify Your Life

Give Up Being Right

Focus On The Present

See The World In Your Self

Live For Enlightenment

Your Friend,

Khalid Rafiq.