

# Beginning

Greetings, Dear Reader

First of all, I'd like to thank all the people out there who made the decision of purchasing my work.

The purpose of this guide to make you better, unlike any guides or books before did or tried to do. By not following any usual recipes, in the next 10 months we will proceed monthly with a new area to discuss. We will start with the most common things, then we will submerge to the finer details. I can promise that I'll do my very best to pass you all the knowledge what I've learned so far. Therefore, the language of this guide is direct and challenging. However, I'm not willing to provide an explanation every time to let you know how's or why's. There are several reasons for this.

First, it would take a really lot of time. Hundreds of pages could be written from each question we discuss – which was most likely already done by some of our greater minds. So, if something specifically bothers you, a related book or article or experience should be at hand.

Second, it would detour and scatter the attention – which is quite the opposite we want. You want to remain focused. We have to do this step by step to avoid confusion.

Third, telling too many stories would slow the momentum down. I'll do in some special occasions, though. Because they may be helpful.

Fourth, getting better in life is a very subjective thing to do; my own experience alone is probably a formula that can be expanded in a lot of ways. I'm going to let you know certain principles, and later you can implement them to your lifestyle and thinking as you see fit.

You will notice as you progress further that your own ideas will taking place, too. That's ok. It's about the endless combinations we carry out for a single task. They used to say that basics are most of importance, that will prove to be very true. But we require a good base to build on.

A question will come up often. What do you want from your life? Without pushy marketing stuff I'm asking now. Most of the people nowadays don't have the slightest idea what will happen tomorrow. We seemingly have ideas, we are pushing our goals, we are busy. But after a closer look the opposite turns out. We love to repeat seemingly great thoughts in the belief that'll change something. Most of us are living to work for a goal somewhere far-far away in the distant future, or to buy the latest goods and consume the most from whatever is within reach. We call this freedom, but do you really know what is freedom? What does it take to get there? I am saying getting there for a reason.

What we do today is playing out the game for those who invented a rat race for us. The intention behind that was probably not evil, yet here we are. There are many games, just waiting for us to step in. To abandon our true nature and callings. And the more we do this, the more it will become the part of our life. A dangerous habit, that is narrowing our options until but one path remains. Don't get me wrong, there are many paths, but there are only a few what really helps us fulfilling our purpose in life.

By spending all the money and all the time we have, to things we don't need, we let life slip away, like sand between fingers. I don't think that should happen to any of us. If I can bring you closer to define what is you're after in life, you already won a battle. But that's only the start. I can't agree with the philosophy of living for the moment but abandon our future. I would like to encourage everybody to consider more than one path before making a decision to take one. Later on you will see that once a right path is found, you'll be happy with just that. But this choice should be a mature choice. There's a long way until then though. We need to cross the ocean of the ego to understand our purpose here. We need to clear a lot of misunderstandings; we need to see clear.

Since You are reading this I must assume that you're having ideas, a plan maybe. Good.

It's no secret that the ultimate goal of the whole procedure is to make you better. As a human being. And I'm not just talking about the writing you read now, but life itself. Yes, life is our great adventure. Life is about change, learn, adapt, become more that you were yesterday. That is not greediness, it's just human nature. Standing on the shoulders of Giants – as they say. And when that's played out wisely, we literally can do miracles.

I know we have a need for this. All the web chats, personal discussions of mine and the trends I have observed nowadays are suggesting that we have lost something, and we are heading down a false road. The majority would like to have a better life, which is really good. That is why I dare to offer help.

Some things may won't be easy to agree with; some may even seem impossible or ridiculous at first. I can't ask anybody to believe me just because I said so, and I never will force that. It's a big enough problem that we continuously trying to convince each other from our point of views. You are not going to receive that here. What I'm sharing with you are principles, which I know can work for anybody. Additionally, I'm sharing my experiences as well. You can compare with yours; keep the ones you like and implement to your thinking. The decision, as always, is yours to try them out or not. Everybody has the right to think or say as they like. Even if it's ultimately leading to their failure.

But, you have to know this: nothing lasts forever. Just as the world outside; we also are in a constant change, we learn, we evolve.

You probably aware that there are a lot of educational materials in the world today, which are trying to get you better. It's kind of a trend, actually. Most of them are really good. They've helped me a lot too, in the beginning. Without referencing all of them now, I'd like to express my greatest admire. If I make a reference in an example, I'll credit the author of course. I have noticed that the techniques they're using are focusing to one single task. Unfortunately, the law of attraction is not enough for the success. Neither the positive affirmations / indoctrinating. Nor the positive thinking to aid our confidence, but sounds more like self-deception. Whatever your opinion is about these, you can consider them as shards of the whole picture. The problem is that so far no one really wanted / was able to put them together. I will do this for you – at least as far

as I'm able to see, plus am going to show the next step forward. You need to see first where you are, so you will be able to understand and do what has to be done.

A greater problem that it looks like nobody is taking seriously the teachings of any education. If they were, life in general would be much better by now. Think about that, when you read a book. How many things will you implement to your daily practice? Not much, probably. From the reader's point of view, it looks like: ok, ok, I know this and that. This is cool, will do that, because I liked the way it was written. But in the end it comes out small to nothing actually happens from these plans. The plans were detoured at some point. Time flew, without any major changes made. You payed the money, had a brief moment of happiness, but nothing actually changed. No problem, buy the next bestseller and your problems will be solved – failsafe, guaranteed. Than the next, and the next, next, next. This reminds me of drugs, actually. But this is that what business about, isn't it? Because to sell something once will get you bankrupted in the long term; a continuous demand and supply has to be maintained to keep it running. Show better, promise bigger. We want everything and we want it now. But even the best could be better. But my question is: can you handle it? Can you handle freedom? What it takes? In my opinion to truly understand something, to grow up, to change; those require time. I can't tell you what to do. Nobody can and nobody will, actually. But you can emerge up to a state, where you will know. In that I'd like to help.

I would like to calm you: I'm not willing to write another guide after this. Because this one is enough. If it wasn't, that would show me as a person who should not be considered seriously and failed on his mission – and is just after the money and fame. Betraying everybody's trust who has ever encountered with this guide. That's not going to happen, my responsibility is stronger than that. Maybe I will write something about puppies, or birds, or what happened to me after the Revolution. Why not.

There is an option on the website to stay in touch with me of course, I would not recommend it however in the beginning. I know that we are impatient, even I have this issue sometimes. We would like to solve our problems at once, but the thing is that beyond patience that needs time. Time is necessary to obtain the essential experience and understanding them as well; it's not going to happen in a day. Yet, if you practice every day; you really can progress fast. It took me several years to get here, but you can make it in one. Only one! I believe in you, but you must understand too what's at stake here, and remain patient. If you still feel that an advice is necessary, feel free to contact.

I must confess that the idea of releasing a single chapter every month is a little bit risky – if I'm about to deliver this message to as many people as possible. The risk of losing attention is real, since the race for our attention is the sharpest amongst all today. Marketing aims our attention and is repeated until and after the desired effect is achieved. The goal is to lead you memorizing things like: computers=Macbook, fast food=McDonald's, soft drink= Coca Cola, cell phones= iPhone, and so on. The subconscious goal is to not even think about anything else when your need arises – do it as natural, with emotional bonding; and buy whenever you can. For that end a continuous push has to be maintained; that will keep your attention pinned as well. Where your attention is means your time, your money and your life. Never forget this.

But, if you want to change you have to invest a little. This might sound a little mainstream, but it's a fact. And it's not just about money we're talking about here. Change requires some things to let away, to provide space for the new ones. And I must warn you before we start: change is almost never peaceful. That is because the more time we do something, the more we get used to it. Sooner or later we might even accept it as a final path. Even fight for it to persist. You need to be strong and have the will to adopt the new in order to make it happen. Think about your mind as a glass of water. When the glass is full, there's no more room for new ideas. I'm not experimenting here on anybody. I exactly know that change requires time, will and actions to make it happen. I'm also exactly aware that even the best possible methods can be made better by a single individual. That is going to happen, when you become your own master. And so you will. Is this a prize great enough for you? I hope it is.

By releasing chapters in a monthly recurrence is allowing you to work on a single field once at a time. That provides to keep the focus at one place, until a result is achieved. If I was writing this guide as a single book with some fancy title, the aforementioned things were most likely would've happened with everybody. Again. You read it, ok cool, place it on the shelve to hold dust, nothing happens. I don't want that. Nobody wants that. We all want results and the time is now; so let's make this happen.

With this guide you will be able to see the whole picture from an all-round point of view; and for what's worth – take the next steps in your evolution. By going month by month with each chapter, you'll have time to think about every single situation and implement to your practice. If you would forget, don't worry, I'll remind you from time to time in the chapters, until it gets a habit. Life is full of habits, really. The more we have from constructive ones, the better results we can reach. I'll also keep the language plain English, to make sure there won't be any barriers.

I encourage you to test what you can. Do not fear to make mistakes on the road. Mistakes are inevitable but most in the cases can be fixed. But, only if you take steps in the first place. If you just talk but never act, you'll never get anywhere. Surely we cannot protect each other from every possible harm. Just as parents can't protect their children. Others can give you faith with their thinking and way of life, but real knowledge comes from your experiences alone. Sometimes we have to do mistakes to learn the right way. Actually, mistakes are making us better. Being successful every time makes us only arrogant, lazy, envy to others' results, bored of life. Building up more or less in this order.

The fear to make mistakes will only haste the inevitable defeats. Fear has a paralyzing effect on all of us anyway. But we can handle it. If you approach to things with patience and accepting that you can always learn a little more and become better – you practically shoot out arrogance and the rest. Stay humble and try to be just a little bit better every time you come across a situation. Since I'm going to endeavor you from time to time to do this, this should be all right. Successful people are very aware the importance of getting better; it's called the expanding of your comfort zone. So don't fear, push those limits. Step by step, but beyond all you dare to dream of.

You might ask now, ok, but what happens after this? What if I still got bored eventually? What is my ultimate prize?

My answer for this is: Once a cycle ends, you are free to start a new.

Accept and learn from your past, live and act in the present, embrace your future. Before you catch yourself standing still for years (or even decades).

Life is happening and it's your responsibility to make the most out of yours. There is really no point to wait others to write your scenario. If we're talking about money, as a start it's very likely you will work for others. That's fine, but you don't have to stuck there, unless you found happiness. Maybe you are extremely lucky and born to a family with good financial background, your parents are also aware how and what to teach you. Yes, in this case your task can be significantly easier. Everybody has their lessons to learn though, rich and poor alike, there's no point to be envy of anyone. I need you to understand this: until you haven't developed anything, that is not your doing. You can be sure that your parents did their best. Just as you will sometime later for your own family. You will also pass every knowledge of yours sometime. So be grateful to them, be proud to them, love them, learn from them all you can – with patience. Maybe there are faulty patterns in their thinking, but nothing we do can be ever perfect. There will be a time when you get above them. There is nothing bad in that, it's natural; the point is: do it with respect. Even if you're doing with anyone else. You learn from that too. There are so many things you can do and learn from, even if you will live for a hundred years you won't run out of options. So, don't worry about some missed opportunities. When you are ready, you will make your own opportunities and shape your reality consciously.

But, if you (would) like to worry, worry about missing the precious and invaluable things from life. Like love, health, family, new experiences. Live a life that is worthy to be lived, live your life to be an example for your loved ones. Stop being careless. You don't have to do everything in one day, but do your thing every day to ensure progression. Our story here will end sometime, no matter what. Nobody lives forever, maybe your heritage won't matter at all. What matters though, is what you do until that moment. Will you delay? Will you make compromises? Will you live a life with barriers you accept, or you would like to live it fully? Will you push others while you are just as scared as they are? Or, will you accept the responsibility for your doings, open your eyes and do what you have to do?

This is what these writings are about. Revealing connections and providing a starting attitude that gives the power to make the most out of life. Your life. Because on the individual level, everything starts and ends with you. When we will get there, we can talk about a responsible, self-aware, self-starting person with a continuous improving. This can be considered a prize you'll get anyway. That's the start. The start of your own way, your own cycle, where you are the master. There's more of course, but I'd not like to spoil that just yet.

We are going to proceed month by month with different questions. As I told before we will follow the monthly releases, because releasing in a single book would be just another book. Your attention would break at some point, traveling back to square one again. We don't want that. I firmly believe when we give money for something, that

has to present a real value instead of momentary happiness. We waste a lot of money and time for unnecessary stuff anyway, let's make this one count.

I would like to highlight one, very important thing before we begin. We'll return from time to time to certain issues to revise them. Seeing them from a little bit different angle, but with a deeper understanding. The reason we are doing this way is to allow you to learn. Just like life is learning us with recurrences, we will also follow the same way. If I was writing down everything in the deepest level of understanding currently I have, you might have not understood as the way it should be understood. You may find the tone getting softer in time, and it certainly will become finer. Many times we just look – but we can't see far enough to spot the details. Sometimes, even if we see we can't understand what we see. For this end, I'll just sketch up the whole thing first, and we will shoot out the blindfolds step by step. We will remove those filters one by one.

I think we would be all happy if we would see the changes in the world at once. For ourselves, and globally, too. A lot of people are trying to make that happen, to start something good with their best of knowledge. Starting changes in thinking. An effort that leaves a mark in the world, making everyone's life better. So with this aim I'm not the first, but I hope that I'll be the last. I invite you on this journey in the strong belief, that it's going to make a permanent and positive change in your life.

Let's get started!