

# **Wake Up While You Can**

**A New, Logical, Non-religious  
Insight Into Life after Death**

**A New section:  
Near Death Experiences**

**Sarfraz Zaidi, MD**

Wake Up While You Can - A New, Logical, Non-religious  
Insight into Life After Death.

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## Note From the Author

What I describe in this book are my original thoughts, based on my own observations. I write them down as new ideas pop into my head. I asked my close friend to proofread the book for any spelling errors. I clearly asked her *not* to make any changes in the sentences or do any editing. So, there you have it, an *uncut* version of my original ideas. You may find some repetitions and some grammar issues. I apologize for that.

I do *not* belong to any religious, social or political organization. *I have no mission*. I am *not* trying to impress you, convince you or entertain you. In no way am I trying to challenge your religious, cultural or political beliefs.

I am *simply* sharing my own observations about life. My tool is simple logic. The book is intended for a reader who uses logic, is open-minded, and is ready for fresh ideas.



***You don't die only if you are not born!***

Sarfraz Zaidi, MD





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# INTRODUCTION

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“Life after death” is something that has intrigued the human mind since ancient times. Why? Because the human mind is so fearful of death. Therefore, it has created the concept of “life after death.” The mastermind behind this concept is religion. Every religion has created their own version of the concept of “life after death. In this way, all religions *try* to control human behavior forever even after death. Unfortunately, religions play this game of “fear and control” in the name of God, another great concept created by the religions.

A logical mind can clearly see the game of “fear and control” and rejects it. Along the way it throws out the concept of God as well and becomes atheist. That is what happened to Dr. Sarfraz Zaidi who was raised as a usual religious person. As a young man, he could see the hidden agenda of religions and became an atheist until his

spontaneous awakening at the age of fifty. Then, everything changed!

Dr. Zaidi had an extraordinary experience while walking in the neighborhood park pondering over “who am I?” And he got the answer with utmost clarity. Later, he experienced God – Creator - Divine while sitting in a restaurant and looking out the window at the majestic trees that were dancing in the wind. Afterwards, he started receiving wisdom, day and night, as if a flood gate had opened.

In “Wake Up While You Can,” Dr. Zaidi shares this divine wisdom.

# Chapter 1

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## HERE IS MY STORY!

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I am Sarfraz Zaidi, a medical doctor specializing in Diabetes and Endocrinology. As an endocrinologist, I became fully aware of the complexities of the human brain and how stress can disrupt the normal function of the entire hormonal system in the body.

But what really is stress? How does it affect your body and is it possible to manage stress without medications? For years, I was intrigued by these questions. Not to mention that I was suffering from the stress of daily living myself. Gradually it got worse to the point that I started to have panic attacks.

## My Quest For Self-Realization

After reading a few books on self-realization, it became clear to me that the root of our stress is *the Self*. "But if I am not my Self, then who am I?" was my question. There was no *satisfactory* answer. Being a medical scientist, I would not accept any answer that did not make sense. Then I decided to use an approach that we physicians use to diagnose tough cases: the process of ruling out. We rule out various causes one by one, until we get to the correct diagnosis. In order to find out who I really am, I decided to see who I am NOT.

## My Awakening

With this mindset, one day, as I was walking in our neighborhood park, I suddenly got the answers. A profound wisdom sank in. Things became crystal clear. You could call it an awakening!

Using logic, I realized that I was still myself before I became an accomplished doctor, bought a home in the suburbs and owned a luxury car. I was still myself before I



became a husband. I was still myself before I went to medical school, college and high school. And I was still myself before I started elementary school. I was still myself before I started talking, walking, standing, crawling and sitting. And I was still myself when I was born... So, I was myself - the REAL me - when I was born and everything else, I *acquired* later in life, which I call the Acquired Self.

With this realization, a shocking sensation went through my body. Then suddenly, there was relief, as if a huge load was lifted off my shoulders. Then, there was a feeling of inner peace, freedom and joy.

I went to sleep with this mindset. The next morning, I wondered how I was when I was born. Of course, I did not know how I was at birth. Fortunately, I had the opportunity to oversee a well-baby nursery in my early career and observed about sixty newborns every day. Later, I had the wonderful experience of having my own baby. I reflected on those experiences. What I realized would change my life forever. Here are my observations:

## The REAL Self

As soon as a baby's basic physical needs are met (i.e. a full stomach, a clean diaper and a warm blanket), they are *joyful* from within! They *smile* and go to sleep. They have no *past* or *future*. They are *not* worried if mom will be around for the next feed. If they did, they wouldn't be able to go to sleep. They have no *concepts*, no *judging*, no *anger*, no *worries*. That's why they have no problem going to sleep. They are so *vulnerable*, but *fear* remains miles away. There is a total *lack of control*, but *no fear* whatsoever.

Once their stomach is full, they *don't* want any more food. If you were to force more food than they need, they would regurgitate. They eat to satisfy their hunger and that's all. *Wanting more* does not exist and that's why they are so *content*. You could feed them breast milk, cow's milk or formula. To them, it doesn't matter as long as it agrees with their stomach and satisfies their hunger.

They don't say "I don't like your milk, Mom. I like formula better." You would not hear, "Mom, you wrapped me in a pink blanket with butterflies on it. I'm a boy."

Therefore, I need a blue blanket with pictures of dinosaurs on it.”

They don't think. Why do I say newborn babies don't think? That is because you always think in terms of a language. Right now, you are thinking in terms of English. If you did not know English, these letters would not make any sense to you. Therefore, it is logical to conclude that you need a language to think. Newborns know *no* language. Hence, we can conclude babies don't think. They also have no concepts. Why? That's because concepts arise out of language. No language - no concepts.

Newborns don't like or dislike someone because of their color, religion, nationality or wealth. That's because they have *not* acquired any *concepts* about religion, nationality, history or money. *Concepts* do not exist at all. *Likes and dislikes* do not exist. There are no *preferences or judgments*. No *embarrassment or shame*.

They are joyful just looking around. They truly *live in the Now*. They do it *spontaneously* without trying to live in the Now. *No anger, no hate, no wanting more, no prejudices, no fear, just pure joy, contentment and peace*. I

like to call it the “REAL Self,” the self that you and I and everyone else on the planet are born with.

## **The Acquired Self**

Gradually, another self develops as you grow up in society. This, I call the Acquired Self, as you acquire it from society. This Acquired Self consists of concepts which are downloaded into you by your parents, your school and then your society in general.

The concepts are virtual, so is the Acquired Self. We can also call it the Virtual or False Self. As you grow, so does the Acquired Self. Gradually, it gets in the driver’s seat, pushing the True, Original self onto the passenger side and later into the back seat and eventually, into the trunk.

As a grown up, all you see is this Acquired Self. You identify with this Acquired Self. That’s who you think you are. Your identity gets hijacked by the Acquired Self. Instead of seeing the hijacker for what it is, you think that’s who you are. Amazing!

This Acquired Self controls your thoughts, emotions, experiences and actions. It is the basis of your busy mind, the “Inner Voice” that never stops. This Acquired Self is the root cause of all your emotional pains and sufferings. Sadly, you don’t even have a clue what’s going on, because you completely identify with the Acquired Self, the mastermind behind all your stress. What an irony! You could call it the “Enemy Within.”

Sadly, you’re completely out of touch with your True Self: the source of true joy, contentment and inner peace.

## **Wisdom Deepens**

Over the next several months, I kept getting more and more wisdom. I would just sit by myself, in the back yard, enjoying Nature. Then some *original* ideas would pop up in my head, I call it wisdom.

## **The Challenge Of A Physical Illness**

Then I developed an illness that would last a couple of years. I saw several brilliant doctors, but the treatment

was not very effective. I am fortunate that the illness happened after I had gotten some wisdom. The previous me would have been miserable, but I walked on this road without any stress. I would simply stay in the NOW and would not experience any psychological stress. Even the physical stress from the illness did not bother me, although my loved ones were getting quite stressed out, because I had lost a significant amount of weight. One day, my wife accurately pointed out, "you look like someone from a concentration camp," as she saw me in the shower.

This illness forced me to cut down my practice hours. I realized even talking would exhaust me. This observation made me realize that the act of talking, in fact, consumes a lot of energy. I would spend more and more time in my bedroom and in the back yard. I would keep myself in the NOW. More and more wisdom kept sinking in. At one point, I became free of the fear of death.

## **GOD Is REAL**

One day, I was having lunch at a restaurant by myself. I was looking at some large, old trees outside. I was completely in the NOW, sitting quietly and still. There were

no thoughts whatsoever. Suddenly, I was in a different dimension: a dimension of profound stillness, silence and space, although words don't quite describe it. I was awake, fully aware of other people in the restaurant, but it was as if they were in the background. In the foreground was this *immense* stillness, silence and spaciousness. And it was so peaceful.

Then the waiter came and asked me something, which got me out of this dimension, but immense peace was still there in my chest. I suddenly realized that I had just experienced REAL GOD.

Please be advised, I am using the word GOD, simply to communicate with you. In fact, REAL GOD is not a concept. Hence, no word can describe REAL GOD, because every word creates a concept, and REAL GOD is REAL, not a concept.

Since that day in the restaurant, I can get into this dimension any time, by sitting quietly, by myself and keeping my attention completely in the NOW, without any thinking. In this state, I also get some original ideas. I call it wisdom, which I am going to share with you in this book.





## Chapter 2

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# CONCEPTUAL LIFE AFTER DEATH

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The human mind has created a *conceptual* world: collectively it is the "human world" and individually, it is the "virtual I" in every human's head. The virtual "I" does *not* want to die. Therefore, the collective human mind has created the concept of "life after death." In this way, it tries to *escape* the fear of death.

Various religions have created various concepts about life after death. In doing so, religions try to control the behavior of individuals through the powerful tools of reward and punishment, during this life and the conceptual life

after death. For example, there are the concepts of Heaven and Hell. Religion then teaches you how to secure a seat in the most desirable land of *Conceptual* Heaven and how to avoid the most painful fires of *Conceptual* Hell. It basically boils down to the interests of the religious organization in terms of power, control and money.

While many followers of a religion can see the *conceptual* nature of Heaven and Hell, the *illogical* nature of many religious stories, the *conceptual* nature of God and the *self-interests* of religious organization, they continue to follow their religion. Why? In most cases, religion is bestowed upon people by their loving parents as a part of their family values. They do not want to *disrespect*, *disobey* or *disappoint* their parents. In addition, most religious activities are in fact social activities. That's why a large number of people continue to participate in these activities. They enjoy the social aspect of these activities. In addition, these activities fulfill their desire to blend in, to belong to some group, to have a purpose in life. Many people are strongly attached to a religion as it fulfills their emotional needs.

Overwhelmed by their emotional attachment to a religion in one way or another, people cannot (or do not)

see the selfish, worldly interests of religions. In time, they become parents and download their beloved family values and belief system onto their children and the cycle continues.

Some individuals clearly see religion as a tool to control its believers' behavior. Then, they develop a *negative* attachment towards all that religion stands for: the concept of God, the concept of life and the concept of life after death. They may call themselves atheists or agnostics.



## Chapter 3

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# IS THERE LIFE AFTER DEATH?

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Is there life after death? To find the *true* answer, you need to leave behind all you have been told. You need to be free of your attachments, *positive* or *negative*, to find answers objectively. Let's embark on this journey together. Personally, I used to be your average religious person. Then I became agnostic. Now I am neither religious nor agnostic.

### What Is Life?

Before we can find out if there is life after death, we need to see for ourselves what life really is. Is life your name, your possessions, your career, your relationships, your health, your family, social and cultural values, etc.? On the surface, that's what life seems to be, right? People

often say, "Life is good. Everything is going for me. I have a great job; my relationships are wonderful, and I have great health." Or someone may say, "Oh, my life sucks. I just lost my house, don't have a job and my wife is in the hospital." Some may say, "Life is too short. Enjoy as much as you can." Here are some other sayings about life: "Life is unfair." "Life is a gift." "Life is sacred." "Fight for your life." "Pro-life." "Life and death situation."

## The Conceptual Life

Use logic and you will realize all these statements refer to what we can call "conceptual life," which is created by the collective human mind. In this conceptual life, there are concepts about success, failure, wealth, poverty, career, accomplishments, fairness and unfairness, love and hate, beauty and ugliness, sacredness of life, life and death, fight for life, etc.

These concepts get downloaded into a child's mind as he grows up in society as a part of psychosocial conditioning. Concepts give rise to thoughts, which trigger emotions. You feel these emotions and start to believe that concepts are something real. In fact, a concept is *never*

REAL. It is always virtual, conceptual. In this way, all these concepts about life create a conceptual life that we mistakenly believe to be life.

## REAL Life

In contrast, there is REAL Life, which flows through every life form. This life is neither short, nor long, neither good nor bad, neither sacred nor sinful. Life simply is! It never ends. A life form comes to an end, but *not* existence itself. The opposite of death is birth, not life. Actually, life has *no* opposite.

REAL Life is not a concept. Hence, it is beyond the comprehension of the conditioned human mind, but the human mind wants to interpret it as it wants to do with everything. Therefore, it has created the concepts of cells, DNA, RNA, molecules, atoms, subatomic particles, photons, Quantum, etc. The list of these concepts about life continues to grow, but here is a simple fact. Life is not a concept. Therefore, any concept, philosophy or knowledge about life keeps you away from the Reality of life. It is such an irony, but the human mind does not understand it.

With all the immense understanding about the ultra-microscopic structure of life forms, the human mind cannot produce a living form from scratch. It can't even produce simple parts of a life form, such as a feather, a leaf, a flower, or even a cell.

REALITY is always what you can sense with your senses. REAL life is flowing through you, and you can sense it, right now. Pause from reading this book. Take your attention into your chest, Pay attention to every breath. After a little while, you will sense a vibrant energy flowing throughout your body. This is REAL life energy. It is always there, in your body, but you don't sense it, because your attention is consumed by your busy mind.



## Chapter 4

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# CONCEPTUAL SOUL VERSUS REAL SOUL

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The human mind has also created a concept of Soul. Various religions and philosophies have created various concepts of Soul, and what happens to it after death.

In contrast to the conceptual Soul, there is a Real entity residing in every living being. It is REAL. Therefore, I like to call it the REAL Self - the self that you and I, and every life form is born with. No word can precisely describe the REAL Self. Why? Because it is REAL, and all words are concepts and concepts can never fully describe the REAL

Self. **(And every word is a concept.)** I am using this term simply to communicate with you.

While we can never conceptualize or interpret what REAL Self is, we can clearly be aware of it. But how? You can be aware of it right now. It is your REAL Self that sees, hears, smells, tastes, and touches. So, it is your REAL Self that is seeing the pages of this book at this moment.

Your REAL Self utilizes eyes and brain to see, ears and brain to hear, nose and brain to smell, tongue and brain to taste, skin and brain to touch, legs and brain to walk, hands and brain to climb, etc.

It is your REAL self that experiences emotions. Sometimes you feel sad, sometimes you feel happy, sometimes you feel bored, sometimes you feel excited, sometimes you feel annoyed, sometimes you feel angry, sometimes you feel hateful, sometimes you feel loving, sometimes you feel guilty, sometimes you feel anxiety, sometimes you feel jealous, etc. Who feels these emotions? Your REAL Self.

The REAL Self is present throughout your body: It lives inside the building of your body. Its main "living room" is inside your chest. That's why you feel emotions in your chest: sometimes a knot, sometimes a raw wound, sometimes elation, etc.

You can see another person's emotions in their eyes. You can see their excitement, sadness, happiness, anger, guilt or worries. Did you ever wonder why you see another person's emotions in their eyes? It is because the Real Self sees through the eyes, and it is the REAL Self that experiences emotions. So, if the REAL Self is sad, you see that in the eyes. If the REAL Self is happy, you see that in the eyes. If the REAL Self is mad, you see that in the eyes. If the REAL Self is loving, you see that in the eyes. If the REAL Self is hateful, you see that in the eyes, etc. A person may fake their emotions, as actors do but still, it is their REAL Self that experiences those emotions.

Besides emotions, the REAL Self also lives in another dimension, but only rarely. You may have experienced a moment or two in your life, when your thoughts and emotions come to a *complete* standstill for a few seconds. You experience something out there as well as something in your chest, which is so peaceful. It is not love, happiness

or excitement, which are all emotions. This dimension, we can call the REAL NOW, the dimension of REAL GOD.

Newborn babies live in this dimension spontaneously. Since my awakening, I can get in this dimension by freeing myself from thoughts and emotions. For the sake of communication, I will try to describe it, although no words can accurately describe it. I feel an immense peace, space, silence and stillness inside my chest and everywhere, as far as I can see. This is REAL God.

You too can experience REAL GOD right now. Please put this book down. Go outside. Sit down and be still. Pay attention to what you see, what you hear, smell, taste and touch. While you see, do not make any interpretations. Just see. Also, be aware of the space in which every object is. It is helpful to look at a tree and be aware of the space all around and inside the tree. Do it for a few minutes. Now, also become aware of the silence, which is everywhere. Sounds come out of it and go back into it. Listen to some sound that has no meaning, such a bird chirping. While listening to sound, also become aware of the silence in the background. Then also become aware of the stillness. All movements take place in the sea of stillness. Move your hand slowly back and forth, while paying attention to the

movement, as well as its background. In this way, you become aware of stillness.

Once you are fully aware of Space, Silence and Stillness, be aware of the *inside* of your chest. Can you sense space, silence, stillness and an immense peace? This is what I feel. Don't get frustrated if you don't sense it initially. Also, be advised that you will also feel an immense *energy* running throughout your body. This is life's energy. In fact, this is quite easy to feel, but to feel space, silence, stillness and peace, you need to be fully free of the grip of the *human* world, which I will elaborate on later in this book.

The REAL Self can be either be lost in emotions and the busy mind *or* it can be in touch with space, silence and stillness inside you and all around you, which is the REAL GOD. In touch with REAL GOD, it experiences immense peace: the peace of GOD, which is not an emotion.

With a few exceptions, the REAL Self of most people stays lost in emotions and the busy mind. In this way, it stays out of touch with the Reality of GOD.

The REAL Self is there even in the absence of eyes, ears, nose, tongue and skin. For example, when you dream, you don't use your eyes, ears, nose, tongue or skin. Who watches the dream? It's your REAL Self. In the same way, your REAL Self is there even after the death of your eyes, ears, nose, tongue, skin and the rest of the body. Therefore, it is logical to conclude there is REAL life after death.

## Chapter 5

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# REAL LIFE AFTER DEATH

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REAL life after death is in the form of your REAL Self, which is devoid of a physical body. Therefore, we need to look at the REAL Self to have a *glimpse* about life after death.

As we just observed, it is your REAL Self that sees, hears, smells, tastes and touches. It is the REAL Self that sees your dreams at night. Now imagine you are having a nightmare. In fact, it is your REAL Self that is *watching* the bad dream and *experiencing* the bad emotion: fear, anger, hate, etc. How does a nightmare come to an end? When you wake up. You or rather your REAL Self realizes that the dream was not real. In other words, your REAL Self must be

able to see through the eyes as well as use *common sense* to be free of the grip of the nightmare.

## REAL Hell and Heaven

Now what happens if you die while watching the nightmare? After death, your REAL Self can neither see through the eyes *nor* can it use common sense. Therefore, your REAL Self would *continue* to experience the bad emotions created by the nightmare. Perhaps, this is what REAL hell is. On the other hand, you may die while you are watching a happy dream. Then your Real Self will *continue* to experience the happy emotions of the dream. Perhaps, this is what REAL heaven is.

Now consider this: You not only experience emotions during dreams, but you almost continuously experience emotions while you are awake. Every emotion leaves an *imprint* on your REAL Self. After death, your REAL Self continues to experience these emotions. It suffers emotional pains due to bad emotions. In this life span, you may use various escapes to cope with your emotional pains, such as drugs, alcohol, entertainment, vacationing, partying, work, etc. In life after death, you cannot run to



these escapes. You suffer from these painful emotions with nowhere to run to. On the other hand, REAL Self also experiences happiness due to good emotions. In other words, the REAL Self lives in REAL hell or REAL heaven, depending upon the type of emotions it experiences.

An individual usually has layers of emotions, some bad emotions and some good emotions, piled on each other. After death, your REAL Self re-experiences all these emotional imprints, layer by layer. Therefore, it is logical to conclude that the REAL Self lives in REAL hell when it is re-experiencing bad emotions, and it lives in REAL heaven as it re-experiences good emotions. REAL hell and REAL heaven are emotional states of the REAL Self and *not* some walled off communities.

## **Eternal Peace / Peace Of REAL GOD**

When a REAL Self is *free* of all emotional burden, it will be neither in REAL hell nor in REAL heaven. You can experience this *state* right now. Shift your attention from your busy mind to the REAL NOW in front of your eyes, which is REAL GOD as I described earlier. What I experience in this state: sheer peace - the peace of REAL GOD.

Therefore, when a REAL Self lives in the NOW - in touch with REAL GOD, free of all thoughts and associated emotions, it experiences an inner peace, which is different from love, hate, happiness, sadness or any other emotions. After death, such a REAL Self continues to experience this inner peace. We can call it Eternal Peace or Peace of REAL GOD.

## Chapter 6

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# HOW EMOTIONS AFFECT OUR BODY

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Emotions are like a storm in your body, which affects your entire physical body (including the brain), life energy and REAL Self. In this way, emotions affect your physical, psychological, and spiritual health.

In scientific terms, emotions affect your nervous system, immune system and endocrine system. These *three* systems control the function of every organ in the body including brain, nerves, heart, blood vessels, stomach, intestines, lungs, skin, muscles, adrenal glands, testis, and ovaries.

Here are a few examples:

By affecting your nervous system, your emotions can cause anxiety, depression, bipolar affective disorder, stress eating, psychosis, stomach hyperacidity, irritable bowel syndrome, tense muscles, headaches, etc.

Emotions can wreak havoc on the immune system, predisposing you to infections, cancer and autoimmune diseases.

By affecting your endocrine system, emotions can lead to lack of menses, adrenal fatigue, lack of puberty, lack of growth, low testosterone, etc. By affecting your nervous and endocrine systems, emotions can set up the stage for high blood pressure, heart attack, stroke and diabetes. For more details on this, please refer to my book, "Stress Cure Now."

In addition, emotions leave deep *imprints* on your REAL Self - the spirit, the soul. That's why you feel emotions in your *chest*, the main housing place of the REAL Self. In

this way, the REAL Self gets *tarnished* with emotional memories: good as well as bad memories. Emotions associated with bad memories are *anger, hate, guilt, jealousy, bitterness* and *fear*. How about good memories? In addition to the so-called good emotions such as *love* and *happiness*, good memories can also create sad emotions in the form of "missing." To learn more about memories, please refer to my book, "Stress Cure Now."

Now, what happens when someone dies? The REAL Self is released back into the vastness of space, stillness and silence. However, it carries emotional imprints with it once it leaves a physical body. What happens next depends upon the type of imprints that the REAL Self is *tarnished* with.



## Chapter 7

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# REBIRTH

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If the REAL Self is *positively* attached to the concept of birth and *negatively* attached to the concept of death, as is the case with most individuals, it tries to be reborn. Therefore, it enters a newly forming physical body and brings all its previous emotional burden with it. Then, during its next lifespan, it adds some more emotional burden. In this way, it continues to re-live through a never-ending series of life spans. With each life span, the emotional burden gets heavier and heavier. In some religions, it is called reincarnation. These days, many people consider it highly desirable, because they think they can *beat* death in this way and live forever. In fact, they continue to add to the pile of emotional burden, with each successive life span.

## What Type of New Life Form?

What type of new life form a *tarnished* REAL Self will take simply follows the rule of Probability. At any given moment, an incredibly huge number of life forms are being born. For example, just consider how many ants, bees and mosquitoes there are. Therefore, the tarnished REAL Self can be *reborn* as any one of the life forms: a bird, an animal, an insect, a fish, a reptile, a human, etc. In this way, you have an incredibly low probability of being reborn as a human.

## Any Advantage of Being Born Human?

Is there any true advantage of being born as a human, as compared to a fish, a reptile, an insect or an animal? In fact, there is. Humans have the most evolved brain. With that, they have developed what we can call simple logic. We don't go to school to learn it.

In my observation, animals don't have this simple logic. For example, a horse does not know how powerful he is. If he knew, he wouldn't continue to suffer the pains of



the metallic piece that humans put in his mouth to keep him under control. If chickens knew there is plenty of food for everyone, they would not be chasing each other for that same piece of bread, etc.

It is this simple logic that can *liberate* you from the heavy burden of emotions, as I will discuss later in the book. Therefore, it is only as a human being that you have the chance to cleanse your *tarnished* REAL Self and *end* the cycle of rebirths. Therefore, wake up while you can.



## Chapter 8

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# EMOTIONAL ENTITIES

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Some *tarnished* REAL Selves may become so attached to their body and/or its role that they *want* to get back into their own dead body. They may want to carry on some *unfinished* business, duty, responsibility or a mission, but obviously, they can't get back into their own dead body. Then, they hang around as an entity without a body, experiencing emotional trauma repeatedly.

Here are some examples:

- A soldier may want to continue to be a soldier and continue to kill his enemy, but now he is dead. So he wants to get back into his dead body and carry on

killing his enemy, but he can't get back in his own dead body. Consequently, he hangs around as an entity, suffering from hateful emotions.

- A person may be strongly attached to their physical appearance, and wants to continue to live in that body, but now the body is dead, and they can't live in it any longer. Consequently, they hang around as an entity, suffering from the sad emotion of *missing* their beautiful body.
- A person may want to take revenge of their unfair death but can't get back in their dead body. Now, they live on as an entity and suffer from *bitterness* and *hate*.
- A person may be strongly attached to their house and want to continue to live there. So, they hang around at that house as an entity, but feel *angry* and *fearful* at the new owners who they think of as intruders.
- A person may be strongly attached to his wife, child, friend or pet. After death, they want to continue to play the same role, but can't. So, they live as an entity suffering from guilt, jealousy and the sad emotion of missing.
- A person may be strongly attached to a political, religious or a social party. As a dead person, they

want to carry on their mission, but can't. Now they hang around as an entity suffering from fear, anger and jealousy.

- A person may be strongly attached to money or other possessions such as a car, jewelry and clothes. However, they can't get back in their dead body to continue to enjoy their possessions. Consequently, they live as an entity and suffer from a never-ending sadness.
- A person may be strongly attached to entertainment in the form of movies, music, video games, etc. After death, they can't access any of these entertainments and may live as an entity - bored, irritated and sad.

## **The Fate of Emotional Entities**

During a lifetime, a person keeps piling on emotional memories, one on top of another, in chronological order, the latest one being on top.

What emotional memory you have at the time of death strongly affects your fate soon after death. Here are few examples:

You have a strong emotional attachment to a house for one reason or another at the time of your death. After death, you end up as an emotional entity because your tarnished REAL Self cannot get back into your own body - something it really wants. Consequently, you hang around your house as an emotional entity, especially if your spouse or children (your other positive attachments) live in it. If your spouse or children move into some other house, your attachment to the house may also wear off, especially if it was due to attachment to your family members. Then, you can be free to move on according to what the next emotional *stain* on your REAL Self is. It may be your attachment to birth. Then you will be reborn.

On the other hand, your attachment to your house may be extremely strong. Then, you will hang around as an emotional entity as long as that house is there. Only after the house is demolished will you be able to move on, according to the next emotional stain on your REAL self.

You may be strongly attached to your spouse at the time of your death. Then, you hang around as an emotional entity, missing her/him a lot. Then, one day your spouse is dead. Then, you can move on, according to what next

emotional stain on your REAL Self is. Perhaps this explains why couples who strongly love each other, die within a short time of each other.

You may be strongly attached to your little children at the time of your death. Then, you will hang around as an emotional entity until your children are grown. Then, you can move on, according to what the next emotional stain on your REAL Self is.

You may be suffering from some chronic illness or disability towards the end of your life span. Consequently, you may develop a negative attachment towards your body. After death, you hang around as an emotional entity for a while. At some point, your REAL Self gets to the next emotional attachment, which may be a strong attachment to political/social/religious systems. Then, your emotional entity will stay in competition or on a mission. Consequently, it will continue to re-experience the emotions you did when you were in competition and on a mission such as frustration, jealousy, and restlessness.

## Suicide

Suicide is an extreme form of "negative attachment" to your own body. Obviously, you have extreme *negative* emotions at the time of your death. Then, you hang around as an emotional entity: strong *negative* emotions constantly *torturing* it. For a while, there is no ending, as it does *not* even want to get back into a new physical body due to its strong negative attachment to its body at the time of death. After some time, it may move on to the next emotional stain, which may be depression. So, it suffers from sadness for a while. The next emotional layer may be guilt. So, it suffers from guilt for a while, etc.

## The Composition Of The Emotional Entity

If you want to find out what kind of emotional entity you might be after-death, simply observe how you are now, in this life span. If you are an angry person now, you will be an angry emotional entity. If you are fearful now, you will be a fearful emotional entity after death. If you are a happy person, you will be a happy emotional entity.



However, most people have many layers of emotions in their lifespan. Therefore, they will probably experience many of these emotions after death as an emotional entity: from jealousy to anger to fear to boredom to sadness to happiness, etc. They also carry these emotions into their next life span when they are reborn.

## **Why Emotional Entities Cannot Find Eternal Peace/ Peace of REAL GOD**

If you stay out of touch with the NOW - REAL GOD, while you are alive, you continue to stay away from REAL GOD after you die. Consequently, you continue to stay in the grip of your emotions in this life and in life after death even though REAL GOD is all around you. Therefore, you do not find eternal peace in this life or in the life after death.

## **Emotional Entities Can Perch On You**

If their desire to live in a body is very strong, sometimes these entities may *perch* on a living person. Then, they may influence the living body and may cause some physical or emotional illness in that person.

These emotional entities try to find a living person with similar emotional characteristics as their own. For example, a *dead* hateful person may perch on the *living* body of another hateful person and make him even more hateful. A *dead* greedy person may perch on the *living* body of another greedy person and make him even greedier. A *dead* loving person may perch on the *living* body of another loving person and make him more loving and sadder due to missing. A *dead* fearful person may perch on the living body of another fearful person and make her more fearful. Perhaps this partially explains why the human world continues to experience more and more emotional drama with the passage of time.

Emotional entities not only affect your psychological and mental health but can also affect your physical health. For example, an angry emotional entity can make you even angrier. A lot of anger raises your blood pressure and blood sugar, and can cause you to have a heart attack, stroke and dementia. A fearful emotional entity can make you more fearful. A lot of fear can cause you to suffer from an autoimmune disorder such as asthma, eczema, colitis, Gluten sensitivity, Irritable Bowel Syndrome, Graves' disease, Hashimoto's thyroiditis, Type 1 diabetes, lupus, etc.

Many spiritual/religious leaders create the concept of "ghosts and evil spirits." They then take advantage of *naive* people and promise to get rid of evil spirits through trickery in exchange for a large sum of money, which obviously does not work. Even if you are rid of one emotional entity, sooner or later, you may end up attracting another emotional entity. It is only when you stop sending emotional signals that you can be free of attacks by emotional entities.

Only when a person truly wakes up during his lifetime, does he not have any emotional attachments: No attachment to money, fame, power, etc. Therefore, any spiritual guru/teacher who seeks fame, power, money, etc. is *not* really free of emotions. How can such a person get rid of your emotional entities? Only a truly awakened person, free of all attachments, can free themselves of emotions from this life and any past lives. "Entities" cannot perch on such a person because they have *nothing* in common. A truly enlightened person sends *no* emotional signals that attract entities who perch.

Therefore, the only way to avoid becoming a landing ground for a floating "emotional entity" is to get rid of your own emotions through awakening as I will discuss later in

the book. Perhaps, now you understand why you need to wake up while you can.

## Chapter 9

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# EFFECT OF EMOTIONAL ENTITIES ON THE NEWBORN

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The REAL Self continues to add more and more emotional burden during each lifespan as a human. Consequently, there are a lot of entities floating around, heavily loaded with emotional burden. When such an emotional entity is reborn as a human, that baby starts to exhibit signs of emotional distress early in life.

Emotions affect every system in the body, such as the respiratory system, gastrointestinal system, immune system, neurological system etc. A heavy emotional entity in a baby may be responsible for symptoms such as colic,

asthma like episodes, emotional fits, etc. In addition, there may be medical reasons for these symptoms. But in the absence of an identifiable cause for these symptoms, a heavily emotion-laden entity is a likely culprit.

## **You Attract Your Baby's Emotional Entity**

What type of emotional entity gets into a newly forming fetus depends upon the emotional make-up of the parents and other people living close to the mother during early pregnancy such as siblings and grandparents. For example, if a parent or any other person in the household is very fearful and anxious, the fetus is likely to get an emotional entity, which is loaded with the emotion of fear. In the same way, an angry self-righteous parent may attract an angry emotional entity for their baby. On the other hand, a happy parent will likely attract a happy emotional entity for their baby.

Sometimes both parents have similar emotional make-up. For example, both parents may be happy. They will likely attract a happy emotional entity for their baby. Or both may be anxious then they will likely attract an anxious emotional entity for their baby.

Often, parents have different personalities. One may be a happy, easy-going person and the other may be anxious or angry. Now, each parent will attract an emotional entity similar to his or her emotional make-up. Which emotional entity gets into the developing fetus is a matter of chance. This phenomenon explains why children in the same family have such a variation in their personalities. Even twins may have very dissimilar personalities, right from a very early age: one may be happy, easy-going while the other may be cautious, and fearful.

Even the same parent may be happy during one pregnancy and unhappy during another pregnancy. The type of emotional entity he/she attracts will depend upon his/her mood during early pregnancy. This phenomenon may explain why babies born out of rape often have such difficult behavior right from early childhood.

In addition, a baby's behavior is shaped according to the type of emotional environment a baby grows up in. Even an angry emotional entity can acquire a lot of love if that love is provided by the parents. In the same way, even a

loving emotional entity can add a lot of hate and anger if she grows up in household full of hate and anger.

**In summary**, a person's personality is a combination of the type of emotional entity that gets in that baby and later, what type of emotional household, she grows up in.



## Chapter 10

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# DREAMS: A WINDOW INTO LIFE AFTER DEATH

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Here are my observations about dreams. There are two types of dreams:

### 1. Memory-Replay Dreams

Common types of dreams are basically a *replay* of your emotional memories in a *random* manner. The underlying thread is an emotion. Then, a number of memories carrying this emotion get pulled together in a random fashion. A random compilation of these memories

constitutes your dream. Your REAL Self experiences this emotion while watching the dream.

Emotional memories are based on your past experiences. In addition, you also have emotional memories in the form of virtual experiences such as being a dedicated fan of a celebrity without ever meeting the celebrity. Or getting emotionally involved in a movie or a TV show, etc. Your REAL Self (soul) also carries emotional memories from its previous lives. In this way, you have a huge pile of emotional memories, which serve as building blocks for your dreams.

Example:

The underlying emotion may be fear. A number of emotional memories, each with fear as a part of it, get scrambled into a dream. You experience fear while watching your dream. This is what we call a nightmare. The next morning, you may realize some of the components of the dream are true, but details are not accurate.

Example:

The underlying emotion may be excitement. A number of emotional memories, each with excitement as a part of it, get randomly organized into a dream. You feel excited while watching the dream. The next morning, you may remember the details of your dream, some of which make sense and others don't.

Example:

The underlying emotion may be anger. A number of emotional memories, each with anger as a part of it, are randomly put together as a dream. You get angry while watching the dream. This is what we call a nightmare. The next morning, you may remember the details of your dream, some of which make sense and others which don't.

## 2. New-Experience Dreams

These types of dreams are rare. In these dreams you have a direct new experience, rather than a replay of emotional memories. Usually, a dead emotional entity shows up in your dream. This emotional entity is *usually*, but not always, your loved one who has recently passed away. You are fully aware that it is a dead person, although it looks just like a living person.

These dreams are different from the usual Memory-Replay dreams in which you may re-experience your memories of that dead person. In Memory-Replay dreams, you are *not* aware that person is dead. For example, you may re-experience emotional memories from your childhood of your deceased father, as if they are happening now.

In a New-Experience dream, the dead emotional entity gets connected to your REAL Self through your brain, which contains the stored images of that person. That's why you see that emotional entity in a form that you are familiar

with. Often, the common *glue* is the strong emotion between you and the deceased person.

Here are few real examples:

**1. My mother and I** were close to each other. She had a stroke in middle age that affected her walking, so that she lived the last several years of her life in a wheelchair. During this time, I brought her to my house and took care of her. That's when we developed a special bond. The stroke did not affect her mental functioning. She stayed mentally sharp until her death. Her biggest wish was to be able to walk again.

Her death was a big shock for all of the family. For several weeks, I missed her tremendously. I would talk to my brother in Canada a lot about our mutual grief. He was also very close to her, as she had lived with him for a while on her way to the U.S. My brother is a non-religious, family-loving person, and an engineer by profession.

A few weeks after her death, my mother appeared in my brother's dream. She was sitting next to her grave and was crying. My brother was fully aware that she was dead.

My emotional pain of missing my mother subsided with the passage of time. Several months later, she suddenly appeared in my dream one night. I was fully aware that she was dead. She appeared how she used to look when she was young. She walked without any problem and appeared very happy. She told me she was living on some other planet with some guy. She talked to me a lot, most of which I do not remember. However, I remember that she proudly showed me their shopping area. Finally, I vividly remember, she told someone, "It's time to take him back to earth, before it gets dark, or some bad spirits may cause trouble with his journey."

This was the first and so far, the only time that I saw her in my dream as a dead person. It has been more than 15 years since she passed away.

**This is what I make of these two dreams:**

*Soon after her death, my mother's emotional entity missed us a lot, while we were also missing her. She*

*experienced a lot of sad emotions of missing us. That's why she appeared sad in my brother's dream.*

*With the passage of time, we stopped missing her. At some point, this led her to stop missing us, too. Then, her emotional entity moved on to be reborn somewhere as a healthy person, who was able to walk without any problems.*

**2. My brother** was in his teens when he dreamt one night that someone died in our next-door neighbor's house. In his dream, he did not see the person, but saw a coffin being carried out of their house. The next morning, we heard that an old man had died that night in that very house. We had recently moved into our own house and had not met our neighbors yet.

### **My Thoughts About This Dream**

*The old man's soul appeared in my brother's dream, soon after it left its own body. As my brother's brain did not have any image of this person, it pulled out a symbol of death in the form of a coffin. Had my brother known this person, then his brain would have kept an image of that person, and that image would have appeared in the dream.*

**3. Meet Pardeep**, my close friend, a non-religious person, an engineer by profession and a devoted family man.

One day, Pardeep's wife died after a long medical illness. They had been married for a long time and had two grown children. His wife was very attached to her children, as well as possessive about her husband. She was a religious person and believed in reincarnation. She was a physician by profession.

Pardeep missed her a lot. Over the next couple of years, he saw her in his dream two times. He was fully aware that she was dead. She was in their bedroom, having their usual household chat. Mostly, she was very concerned about the wellbeing of her children.

With the passage of time, he stopped missing her. At some point, he started dating another woman. Since then, she stopped appearing in his dreams.



## My thoughts about this dream:

*Her emotional entity continued to carry the emotion of love for her husband and children. Once Pardeep stopped missing her and started to date, her emotional entity moved on, perhaps to get reborn.*

**4. Meet Lisa**, a young college graduate, pursuing her career in Hollywood as a visual effect editor. Lisa is non-religious, but a spiritual person.

Lisa saw her paternal grandmother in her dream one night. She was fully aware that her grandmother was dead. Her grandmother told her, "I can visit you in your dreams."

Her grandmother was a loving, caring person and held high morals. She was married to an abusive husband, who once threatened to kill her at gunpoint. At that juncture, she divorced him. Throughout her life, she attended church regularly.

Several years later, Lisa saw her grandmother again. This time, Lisa was not asleep, but in a trance-like state.

The message that Lisa remembered was, "Follow your instincts and you will be safe."

At that time, Lisa had just met a man at a public library in Hollywood. He was nice looking, well dressed and charming. They exchanged phone numbers and made plans to go on a date. When he called her to set up a time for their first date, he seemed to be a different person and made some bizarre sexual comments and eventually offered her a large amount of money just to wear a pair of pantyhose. Lisa was freaked out by the phone call and told him never to call her again. She was bothered the most that he had totally "gone under her radar." She thought she was a good judge of character, but she was completely wrong about him.

A couple of years later, Lisa was shocked to see the same man on the news. He was a serial killer who stalked women in Los Angeles for several years. He would pick up girls, often prostitutes, to torture and kill. Often, he would offer them a large amount of money for some sexually bizarre favors. He called some of his victims from the public library where Lisa met him. Finally, Lisa realized why her grandmother had appeared to her. She came to warn her of a danger that had entered her life.

## My thoughts about this dream:

*Grandmother's emotional entity was still hanging around many years after her death. She was very sensitive to any abusive person. As a loving, caring grandmother, she was very protective of her grandchild. She could sense the bad emotions in the serial killer, who had successfully hidden those emotions from the radar of Lisa's judgment.*

**5. Meet Dorothy**, a non-religious person, a retired English teacher by profession. Here is her experience about an after-death-visitation, in her own words.

*“During my late 20’s into my late 30’s I lived next door to a young gay man that became a very close friend. We could and would talk about any and everything, and over the course of the nine years he was my next-door neighbor, I came to value him as my best friend.*

*When I moved to acreage in the country, about an hour’s drive away, we still remained close. He and other friends spent many a weekend with me helping me get my old*

country home repainted, landscaped, and generally “livable.”

*Being a gay man, he had a great sense of style and was really excited to help me “decorate” my country place. There was one thing in my house his design sensibilities could not accept, however, and he never missed the opportunity to tell me about it every time he came to visit me. It was my “desk,” which was really just an old French Door set up on two old 10-gallon aquarium stands. I had a piece of glass that fit perfectly over the top of it, but it only covered about 2/3 of the door. I had another piece of glass cut for it to cover the remaining 1/3 of the door. In each of the 16 panes of the French Door, I had placed pictures and other small knick-knacks which remained dust free, except for the panes under the seam where the two pieces of cover glass met. It drove him crazy that I did not just buy one single piece of glass to cover the entire door.*

*About a year after I moved to the country, he was diagnosed with AIDS, which at that time (early 80’s) was a death sentence. We remained close and he continued to come to visit me often. Our conversations were often about death, the possibility of life after death, and other heavy, esoteric topics. One day he told me that if I ever saw my*

*rocking chair rocking away with no one in it, that I shouldn't be scared because it would be his spirit coming to visit me after his body died. He moved far away to be cared for by his family in the last year of his life. He died 3 and a half years after his initial diagnosis.*

*I missed him and thought of him often. One night, about 6 years after his death, I woke up from sleep because I clearly heard him call my name. I must have been dreaming, but it was so loud and unmistakably his voice, I sat up in bed and tried to recall what I had been dreaming, to no avail.*

*As I sat there in bed, I heard a low groaning sound. I can't really describe the sound, but it became louder, and I realized (1) I was **not** dreaming and (2) it was coming from the spare bedroom. I swung my legs over the side of my bed, about to get up and go down the 10-foot hallway connecting my bedroom to the spare bedroom. Before I got off the bed, as I stared down the hallway, I saw the book laden shelves located above my "French Door desk" pull away from the wall and come crashing down. I was seated on my bed as I watched every book falling in slow motion onto the glass and shattering it into pieces. I remember*

*thinking my computer and printer would be destroyed as I watched the books and shelves come crashing down.*

*It all probably happened in less than 30 seconds, but time seemed like it had slowed down. I don't know how long I sat in shock on the edge of my bed before getting up and going into the spare bedroom to survey the damage.*

*Amazingly, the computer and printer were not damaged. The only thing destroyed was the glass on top of my "French Door desk" ....the two pieces of glass that so offended my deceased gay friend's design sense!*

*I immediately felt goosebumps and then a warm, happy feeling came over me. I knew my friend's spirit had awakened me so I could see the event that would result in my replacing the two broken pieces of glass with what he always maintained should cover the desk; one piece of glass to cover the entire French Door. I remember laughing through my tears and "talking" to him out loud saying, "OK, Peter, now I'm finally going to have this fixed the way you always said it should be."*

*Did he cause the shelves to come crashing down? Did he know it would happen on this particular night and wait until then to awaken/contact me? I don't know, but what I do know in every fiber of my mortal heart & soul is that he, his soul, his spirit, his "energy" spark of life that lives on beyond mortal death, woke me up so I could witness the event. I have no doubt it was him and now I have no doubt that something lives on after mortal death."*

**It is clear to me that there is life after death. Upon death of the body, the REAL Self (soul) leaves the body and exists out there in the vastness. It can get connected to a living person during sleep. Usually, it visits those living people that it was strongly emotionally attached to. The REAL Self (soul) connects through the brain of the living person, igniting an image of the dead person that is stored in the brain of the living person. That's why the dead person appears in our dreams as we remember them when they were alive.**





## Chapter 11

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# EMOTIONAL ENTITIES CAN GET IN TOUCH WITH YOU WHILE YOU ARE AWAKE

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**Meet Susan**, a compassionate, religious, spiritual person.

When Susan was a child, she woke up one night at 3 am with a sense of "choking." Then, she felt an invisible cloud of energy moving through her house, leaving through a window towards the mountains. The next morning, she learned that during the night, her aunt had committed

suicide by keeping her car running in a closed garage. Her dead body had marks of her hands on her neck.

About a year earlier, Susan and her aunt talked about death and life after death. They promised to each other that whoever died first would come back, if possible, to let the other person know if there was life after death.

Eight months after her aunt's death, Susan saw her aunt sitting in front of her grandmother's house, across from Susan's house. Her aunt wore a black dress. It is interesting to note that Susan's mother had made sure that all of her children wore black dresses in memory of their aunt. Susan was getting sick and tired of wearing black dresses all the time.

Moments later, Susan felt an invisible cloud of energy flowing through her house, then leaving through a window towards the mountains. The next morning, Susan found out that her dad had passed away the night before, around the same time (according to Coroner's report) when she felt the invisible cloud of energy in her house.

**Meet Lisa** again. She was very attached to her maternal grandmother, who was known to be a flamboyant person. "Hurricane" was her nickname.

Several years after her grandmother's death, Lisa was in a massage parlor. As she laid on the massage table with her face looking down, her masseuse left to get something from another room. At that moment, Lisa thought of her grandmother, who had arranged for her first massage when she visited her in Austria as a youth. Suddenly, Lisa felt her grandmother's presence. Then, she felt a heavy blow to her backside that knocked the wind out of her. In a moment, it was all over. During this time the masseuse was not in the room. Lisa was by herself. There is no question in Lisa's mind that it was her grandmother who gave her a blow to her back, laughing and leaving instantaneously, just like a "Hurricane."

Lisa had another incredible experience in her early years. She grew up in Texas in a family of five. Each year, they spent their summer vacation on their family ranch, which had once been a slave plantation. Although the grand plantation home had long ago burned down in a fire, the Overseer's house was still in good condition and was used by the family for their stays. The Overseer's house as

well as the plantation house were built by the slaves. Scattered around the ranch were numerous crumbling brick ruins from slave times, including a sugar mill and blacksmith's shop. Also, at the ranch, in a remote location, there was a cemetery for the slaves.

When she was 14, Lisa had an amazing experience. Lisa and her sister were able to drive their old truck across pastures that were usually inaccessible. The weeds and brambles had recently been shredded and a drought had kept the marshy areas dry. They decided to see if they could find the old cemetery that they had heard about. They did find it, but Lisa soon felt strange. She felt the presence of many spirits. She said it felt like they all knew her and were curious to see her. She didn't feel threatened by them, but they hovered near her and seemed to follow her around until she neared the perimeter of the ranch where they just seemed to evaporate. At the time, she did not tell anyone what she experienced. She felt like she had lost her mind and was very shaken by the whole experience.

Many years later, one of her friends hypnotized her just for fun. Lisa didn't believe she could be hypnotized. However, she was able to "go under." Under hypnosis, Lisa saw herself as a mulatto woman dancing in the living room

of the Overseer's house on the ranch. She saw everything from the point of view of the mulatto woman as she danced around the room with joy and abandonment. Lisa said she knew it was during slave times and she was one of the slaves. As she came out of hypnosis, she felt extreme generalized itching for a while.

Lisa believes that she is the reincarnated spirit of the mulatto woman on the ranch that she saw under hypnosis. That's why those spirits in the cemetery came to greet her, as one of their own.

**In conclusion, emotional entities (souls) can get in touch with you even when you are awake.**



## Section 2

# ***NEAR DEATH EXPERIENCES***





## Chapter 12

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# NEAR-DEATH EXPERIENCES

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Near-Death experiences give us a clue into life-after death.

Examples:

**1. Meet Julie**, a dear colleague of mine. Julie is a respected physician, a wife and a non-religious person.

A few years ago, Julie had a life-threatening medical condition for which she was admitted to the ICU at the hospital. At one point, her condition became so critical that

she became comatose. Slowly, she recovered. Later, she shared this experience with me.

At one point during her coma, she saw herself leaving her body, floating around in space and "it was so peaceful." She also saw one of her patients, floating around and waving at her.

After her recovery, she followed up on this patient. Julie was shocked to discover that this patient had been admitted to the ICU at the same time as she was in the ICU. And this patient had died while Julie was in her coma.

**2. Meet Susan** again. Later in her life, Susan was under a lot of stress due to her relationship with a man who was an emotional wreck. He did not get along with anyone. Finally, the emotional stress got to the point that Susan decided she would not put up with her boyfriend anymore. Soon afterwards, she became mentally confused and was taken to the hospital, where she stayed in a state of amnesia for about nine hours. She was thoroughly evaluated by a neurologist and was given the diagnosis of "Transient Global Amnesia." Her imaging studies of the brain, CT and MRI were unremarkable.

During this state of amnesia, Susan went to a place which she describes as "beautiful and extremely peaceful." She saw other people who were joyful. She was aware of them but could not communicate with them.

During this period of amnesia, Susan did not remember who the president of the United States was, who her children were and who her boyfriend was. She was in a total disconnect from the human world. Then, she felt this deep emotion of caring for her boyfriend, who would be lost without her, as he did not get along with anyone. This deep emotion brought her back, although she was ready to let go of this world and stay at that "peaceful place." Later, she learned that her boyfriend was praying very deeply for her to come back during her state of amnesia.

## **My Thoughts About Near-Death Experiences**

*During normal wakefulness, we stay in the grip of the busy mind most of the time. In other words, our REAL Self (soul) mostly stays in the grip of the thinking mind, which is the activity of the thin, superficial layer of the brain called the cerebral cortex.*

*During a near-death experience, this mental chatter comes to a stop. Then, the REAL Self (soul) gets in touch with the eternal peace of REAL GOD, residing inside us and all around us. The REAL Self has not completely abandoned the body yet. Therefore, the brain continues to provide images embedded in it of persons or some iconic religious figures or places, etc. That's why religious people see images of their religious figures, which obviously vary from religion to religion. For the same reason, Julie saw the figure of her patient exactly as she remembered him when he was alive.*

*The REAL Self (soul) gets tarnished with emotions, as we observed earlier. Then, it re-experiences those emotional memories, good as well as bad ones. In addition, it responds to emotional attachments, such as prayers of loved ones, which send out signals in the form of emotional energy. If emotional energy, in the form of prayer as well as emotional attachment to loved ones, is very strong, then the REAL Self may not completely abandon the body, provided the body still has the energy of life. And Real Self comes back in the physical body.*

## Chapter 13

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# NEAR DEATH EXPERIENCE VIDEOS

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In 2020, my wife and I came across a YouTube video on Near Death Experience. After watching the video, my wife looked at me and said, "This is exactly what you have been saying all these years. And you did not even have an NDE yourself."

Over the next four years I watched many of the NDE videos, as there seems to be an explosion of these videos in the past few years. In addition, I also read several published scholarly articles on this subject.

As of 2024, almost all the NDE stories (that I watched) pertain to people in the US, UK or Australia. Some NDE stories from India have started to surface.

Here are my sincere thoughts about the NDE videos:

### **Commercialism:**

It seems the objective of many of these videos is to create some *sensationalism* to get as many views as possible, so the channel can get some money from advertisements. Some NDE-ers have written books to share their experiences. It is likely to become a best-seller if there is some religious tone to it such as Heaven, Jesus, God, Devil, Hell, atheist saved by Jesus etc.

In addition, some channels have started to promote their organized religious agenda through these videos. For example, often the headline will say something like “He died and came back” or “She died and saw heaven” or “He died and met Jesus or GOD,” or “She was sent back with a

clear message” or “Everyone dies but only special ones are sent back.”

However, the landscape changes when you look at the reported cases of NDE in literature which are in the thousands. Not all NDEs are pleasurable. You read comments like “I expected the Lord to be there, but He wasn’t. I called on God and He wasn’t there. That’s what scared me.”<sup>1</sup>

But you will rarely find these cases on YouTube. In addition, I think some of these YouTube videos are totally fake.

## **Near Death is Not Death**

The headlines and description of these NDE videos equate “Near Death” to Death. I have never seen or heard that someone died and came back to life after their burial or funeral. Have you?

It is a big extrapolation to call Near Death as Death. An analogy would be like this: A person walks to the second

floor of a 50-story building and comes back. Then, he claims he knows all about this building. It is these types of unfounded claims that makes a critical mind cynical of NDEs and all spirituality, sadly.

I think many NDEs are real, at least to the one who experiences it, and there is a lot the experiencer and we can learn from them. Unfortunately, we don't! We learn what we want to learn, and we don't learn what we don't want to learn. It is as simple as that.

## **What is Near Death Experience?**

Near Death Experience is exactly what the phrase implies. Someone is about to die but does *not* die because of modern medical heroic measures such as CPR (Cardio Pulmonary Resuscitation), ventilators and drugs. During this time, that person has an out-of-body, spiritual experience.

Almost always, there is a life-threatening situation such as someone is in a serious car accident, or a drowning



accident, or having a serious medical emergency, or is undergoing surgery under anesthesia, etc.

However, NDEs have also been reported in non-life-threatening situations such as during syncope (sudden loss of consciousness), anxiety, grief and epilepsy.<sup>2</sup>

Often the person sharing their NDE on YouTube videos uses the phrases, “flat line” or “I was in a coma,” implying that he/she had died, which is *not* true, scientifically speaking. Let me explain in the following paragraphs.

## **What is A FLAT LINE?**

A flat line is layman’s terminology, which implies that the ECG (electrocardiogram) recording on the monitor becomes a flat line instead of a complex recording of the electrical activity of the heart. It simply means that the electrical activity in the heart has gone down significantly to the point that the man-made machine cannot record it on the surface of the skin. However, it does not mean that the heart has died, or the person has died. Why? Because such

a heart can be resuscitated with modern medical heroic measures. Therefore, a flat line does *not* mean that a person is dead.

## **What Is a Coma?**

Medically speaking, a coma is a state of prolonged unconsciousness brought on due to an illness or injury. A coma does *not* mean that the brain is dead, or the person is dead. A coma is usually transient, lasting less than three weeks.

During coma, a person is typically on a ventilator in the ICU setting and is on a number of medications that have significant effect on the brain. We simply do not know how much effect these medications have on a person's NDE.

## **Objective Scientific Studies**

In 2023, a remarkable study was published in which researchers looked at the outcome of cardiac arrests at multiple medical centers in the US and UK. Of 567 in-hospital cardiac arrests only 53 (9.3%) survived. Out of

these survivors, 11 reported memories/perceptions suggestive of consciousness during their CPR, 3 had dream-like experiences and 6 had transcendental experience of near death. No one had any visual images.<sup>3</sup>

In the same study, researchers found that normal brain activity (EEG recording of the brain) was present as long as 35-60 minutes into CPR. This finding contradicts the long-held medical myth that the brain can survive only about 3 minutes after a flat-line of the heart.

In a 2014 study, investigators looked at the outcome of cardiac arrests at multiple medical centers in the US and UK over a four-year period.

The results showed there were only 140 survivors out of 2060 cardiac arrests which is only 6.8%. In other words, there were only about 7 successful CPR measures out of 100. Among these 140 survivors, 46% had memories of fearful life events, animals/plants, bright light, violence/persecution, Deja-vu, family members, or recalling events during their cardiac arrests. Only 9% met the definition of NDE and 2% explicitly described 'seeing' and 'hearing' actual events during their resuscitation.<sup>4</sup>

## **What Can We Learn from NDEs?**

To reiterate, I am a medical doctor who has awakened from the deep psychological sleep that afflicts most human beings, including almost all the doctors. I am very spiritual but out of the box of any religion. I use Common Sense – Innate Intelligence – to understand and analyze human experiences instead of looking through the old filters of the establishment of medical sciences or religions.

It seems these NDEs pretty much confirm what I already described 10-years earlier in the first edition of this book.

Here is my analysis of the NDE stories on YouTube and in the medical literature.

### **There Is a Soul**

There is a soul that leaves the physical body when it is becoming un-inhabitable. I call soul our True Self, because we are born with this. In contrast, we have

Acquired Self, the self that we acquire as we grow up in a society. Acquired Self is our False Self.

## **Relief From Physical Pain**

Once a soul leaves the body, it is free of physical pain which is often present, such as chest pain due to a heart attack or crushing pain due to fractures and other bodily injuries in an accident.

## **Soul Is The SEER**

After leaving the body, the soul sees the physical body and all the life-saving activities going on. The soul is not interested in the physical body. Instead, it feels utter freedom as it is free of the constraints of the physical body.

What happens next varies a lot from soul to soul. A lot depends on what sort of information and emotional memories are sitting on the soul as well as in the brain, as the brain is not dead yet.

Remember, the soul carries all the emotional imprints from memories as well as images and information that were accrued from the Acquired Self.

## **Pleasurable Versus Terrifying NDEs**

A soul may have pleasurable or unpleasurable experience. NDEs which are pleasurable get all the attention of the media (and public) because it serves this *collective* desire by everyone to have a pleasant experience after death. Perhaps, that is why most of the NDEs on YouTube are pleasurable stories.

On the other hand, NDEs which are terrifying, fearful, and sometimes utterly hellish are rarely seen on YouTube. It is likely that people who have an unpleasant NDE keep their terrifying experience to themselves. That's why we don't know exactly how many people go through a bad NDE.

## **A Bright Light**

In the pleasant NDEs, many souls (from the USA and UK) go through a tunnel and meet a bright, glowing warm,

loving, light on the other end of the tunnel. Some souls, however, don't go through a tunnel, but simply find themselves surrounded by the warm, loving blanket of white light.

Often, the souls merge with the light and realize they are part of the light. These souls feel immense peace, and unconditional love.

### **Dark Bottomless Pit**

In the unpleasant NDEs, the souls may find themselves in a dark bottomless pit or void which intensifies their fear of death. Some souls find bright light to be too bright and are afraid of it. Some find themselves in silence, and get bored and afraid of loneliness.

### **Various Landscapes**

Different souls have somewhat different landscape details in their NDE.

Nature-loving souls may see a vast landscape of mountains, streams, rivers, meadows, grass, trees, flowers, birds, other animals, including their own pets.

Someone who has loving memories of beautiful buildings, may see ornate buildings, skyscrapers, golden domes, libraries etc.

Someone who has serious *positive* or *negative* attachment to Jesus may see a Jesus like figure. Similarly, someone with a strong *negative* attachment to the Devil may see a devil image.

A soul that has strong imprints of bad images such as war-torn cities with flames and destruction everywhere (as is commonly seen on the News Media and horror movies) may relive those imprints.

I think souls simply relive the images that have been imprinted on them. In addition, the brain is still alive and contributes to the images sitting in it.



## Joy, Peace, Unconditional Love And No Judging

In the pleasant NDEs, souls experience immense peace, joy and unconditional love. A love that no human language can accurately describe.

### Here Is My Interpretation:

Once a soul leaves the body, it is free of the grip of the Acquired Self. Then, it sees its true nature: the True Self that we see in newborn babies. The True Self is joyful, peaceful, and loving without any conditions attached – Unconditional Love. It does not know what judging is. It is free of fear, anger, hate, jealousy, and other emotions including so-called love in the human world, which is typically conditional love.

In the grip of the Acquired Self, the soul was *no* longer aware of the Creator inside the body and everywhere.

However, after the soul is free of the Acquired Self, it sees and feels the unconditional love of the Creator and soon it realizes that it is not separate, but part of the

Creator. It also experiences other souls as part of the Creator as well.

## **Soul Experiences Timelessness**

Many souls also experience timelessness, which is no surprise to me. There are two types of time: Physical time (which is Calendar time), and psychological time such as past, future, birthdays, anniversaries, Independence Day, Christmas Day, Eid, Diwali etc. Both are products of the human mind.

Many scientists can understand that psychological time is created by the human mind, but they think physical time is real. Not true.

Let us examine “time” using our common sense. For time to occur, we must have a reference point. And that is exactly what our conditioned mind does. It takes a snapshot of scene in nature and makes a memory of it. Then, it takes another snapshot of the scene which is now different. It compares this scene to the reference point already sitting in the mind. And conclude some time has lapsed. If there was no reference point, there would be no time.

It is our conditioned mind - the Acquired Self – that keeps us trapped in “time” such as weekdays, weekends, holidays, summer, winter, autumn, spring, etc. Even years, months, hours, minutes, and seconds are a concept created by the human mind.

Everyone is so much in the grip of the Conceptual, Virtual time that we just take it for granted and don’t even question it.

With common sense, you can recognize the virtual nature of Calendar time. Of course, it is a tool to function in society. However, emotional problems arise when we are not aware of the virtual, conceptual nature of it.

### **A Few Examples:**

- You may be seriously attached to the concept of your Birthday. You may be hurt if someone doesn’t call you or give you a present on your Birthday.

- You may be seriously attached to the concept of your wedding anniversary. Obviously, you will be sad if your spouse doesn't remember it.
- You may be seriously attached to the concept of Christmas. Obviously, you will feel sad if you are alone on Christmas day, etc.

Similarly, the Past is virtual. Basically, your Acquired Self creates memories. What is a memory? It is a bundle of an event - the story - and the associated emotion attached to it. This bundle - we call our memory - gets stored in our brain and on our soul.

The Future is also virtual time created by a number of "projected thoughts." It may take the form of "possibilities," "opportunities," "the What If Syndrome," etc.

Once you realize the virtual nature of human time, you can be free of it. Only then, can you observe what is Real. Observe Stillness and you will realize it is Still, Timeless. You don't have to die to experience it. You can experience it right now.

## **Telepathy is the Only Language**

In all the NDEs that I have watched, the dying person realizes that telepathy is the only language on the other side. It is not English, French, Spanish, Arabic etc.

### **My Insight:**

After my spontaneous enlightenment, I realized newborn babies do not have any human-made languages such as English, French, Arabic, Persian, Hindi, etc.

Newborn babies are the creation of the Creator. Therefore, it seems obvious that human-made languages do not exist on the other side.

## **The Soul Gets A Life Review**

In many NDEs, a soul experiences a so-called life review, alone or in the presence of other souls. Basically, the soul relives all the emotional memories that were imprinted on it during the current lifespan as well as from previous lives.

Since the soul is free of the Acquired Self, it is non-judgmental about what it sees in the life review.

*Judging is one of the basic characteristics of the Acquired Self.*

Other souls may be present, and they are also non-judgmental, as they are free of the Acquired Self as well.

During this life review, the soul is truthful about its own feelings. It is not suppressing (or justifying) its feelings when it did something to someone else, good or bad.

In addition, the soul is not living in its own emotional silo anymore. Consequently, it feels connected with others and experiences their feelings as well.

The soul wants to get another chance to live in a way that does not hurt anyone's feelings.

## My Recommendation:

At the end of the day, set aside some time for introspection without any judgement. Review all the events of the day with honesty. Feel the emotions associated with those events.

*(You may even write about them if you desire. But remember to delete your diary entry of the day.)*

See for yourself how you and other people are selfish, judging, dishonest, two-faced, greedy, controlling, manipulative, fearful, angry, jealous ..... And realize how you and almost everyone around you is in the grip of their Acquired Self and that's why there is so much emotional drama in everyone's life.

Simple observation with honesty will free you of your Acquired Self – the mastermind of all thoughts and associated emotional actions.

Use Common Sense and realize that all these actions were the result of the Acquired Self – the False Self – and you are *not* the Acquired Self. With this insight, you can

easily let go of those emotional memories. Right away you will feel a load lifted off your soul. Then, pay attention to the Real Now in front of your eyes and inside you. Be aware of Space – Silence - Stillness inside you and around you. You will be immersed in peace, joy, and unconditional love for yourself and others.

## **True Learning Takes Place**

Because the soul is free of the Acquired Self, it gets in touch with innate universal wisdom. All communication takes place instantaneously through telepathy, the innate universal language.

## **The Soul Wakes Up**

The Soul is no longer in the grip of the Acquired Self. Instead, it is awakened! It realizes the purpose of life. It also realizes it has *not* lived life the way it was meant to be. Why? Because it got lured by the Acquired Self who derailed it from its enlightened plan of peace, connectedness, and unconditional love.



In the grip of the Acquired Self, the soul got lost in the conceptual, virtual human world. It got into competition, comparison, judging, and expectations. Consequently, it suffered from fear, sadness, anger, hate, and jealousy. It also got indoctrinated by collective nationalistic, religious, cultural concepts. Consequently, all-encompassing connectedness got replaced with fragmentation.

Indoctrination with collective concepts (such as nationalistic, religious, cultural etc.) also led to the concept of “Us against Them.” Unconditional love got replaced with “Love” for those who believe in OUR concepts and “Hate” for those who are against US.

It is interesting to note that religions – as a part of the Acquired Self – fragment humans into groups and shred into pieces the universal divine connectedness, and unconditional love present in every newborn, who reflects the “Other Side.” For example, the moment you believe to be a Christian, you are separated from all non-Christians. Similarly, the Muslims are separated from Non-Muslims, the Hindus from non-Hindus, etc. The concept of “Us against Them” is the basis of horrific actions such as violence (verbal and physical) and wars that humans inflict on each other.

## A Real Dilemma for the Soul!

The soul realizes what went wrong. It wants to rectify its mistakes and wants a second chance.

In addition, some souls may not want to leave their loved ones behind, or they may have some other strong attachment in the form of some unfinished business, and they want to come back. But the soul also does not want to leave the place of peace, connectedness, and unconditional love it is in.

## It Is Not Your Time Yet

The Soul is telepathically told, “It is not your time. You must go back.” and soul comes back.

## My Insight:

In the NDE YouTube videos that I watched, the person was living their usual mundane life and then some serious life-threatening situation happened *suddenly*, such as a

traffic accident, drowning, heart attack, or some other medical emergency. In other words, the person was not expecting death. Two possible explanations for why the Soul must come back:

1. At the subconscious level, the person was not expecting that life would end so SUDDENLY. They had plans to have a long life.  
It is possible that the person is hearing their own subconscious voice: “It is not your time,” or “You have full life ahead of you,” or “You have child (or a pet) to take care of,” etc.
2. The other possibility is that the person’s Soul is on the other side. It is at a place that we can call the “Transition Zone.” The body is being kept alive due to heroic medical measures. The Soul’s emotional attachments (to family, pets, some mission, etc.) force her to come back.

### Food For Thought:

Now imagine the soul is in the transition zone and wants to come back (due to their attachments), but the body dies for whatever reason. Obviously, the soul cannot come back now. What happens next? Obviously, no one knows. *The person is not alive to tell their NDE.*

My common sense tells me that such a soul gets trapped in the transition zone and torments themselves for *not* being able to get back to their family, pet or whatever the attachment may be.

## **The Soul Comes Back**

In an NDE, the physical body is *not* dead yet. Therefore, the soul must come back into it. If that physical body was dead, the soul would not come back.

Most souls do not want to come back because they feel so much peace and love. Had it not been due to heroic measures by doctors and nurses, the physical body would have died (as used to happen not too long ago), and the soul would not *have* to come back into that torn-apart physical body.

## **Back In the Earthly Realm**

As soon as the soul comes back into the physical body, it starts to re-experience physical pain. In most cases, there is a long painful recovery. Often there are lingering

physical disabilities, not to speak of financial and social difficulties.

Above all, the soul also experiences emotional pain as no one believes their story of being on the other side, at least until now. Fortunately, more and more people have started to believe in NDE stories, thanks to these videos on the internet.

Sometimes, the NDE itself is quite painful and terrifying. Such a person may continue to live through the “terror of death” for the rest of their life. To make matters worse, usually such a person does not want to share their terrible NDE, and they keep feeling terrible inside. Often, they become depressed or suffer from anxiety and panic attacks. That is the reason you rarely see a YouTube video of The Terrible NDEs.

*(I came to know about the Terrible NDEs mostly by reading scholarly articles written by those who have a library of thousands of cases of NDEs. I also watched two bad NDE stories on YouTube)*

Even after a wonderful NDE, the person usually goes through an emotional rollercoaster ride. My friend who had

a NDE was so mad at her husband for bringing her back through heroic CPR because she felt very peaceful and loved on the other side. After a while her anger changed into sadness, loneliness, and depression. She did not share her NDE with anyone except me and that too was many years later.

Many NDErs are also afraid of not being able to function in the human conceptual world. They may find themselves struggling to find a job, make friends or take care of loved ones.

Some go through profound changes such as getting a divorce, acquiring new skills, making new friends, moving to a new place, etc.

In some cases, the soul also feels sad – and sometimes angry – for being thrown out of the peaceful, joyful, and utterly loving homeland.

Many NDEr become more empathetic, loving and connected with other beings. Often, they do not have any fear of death. Many lose their faith in religion. But few turn

to religion. Some may go on a mission to change the world according to their concepts and beliefs. This is how the soul gets back into the trap of the Acquired Self.

## **Reincarnations are Real**

While on the other side, most souls feel they have come home. They are familiar with this homeland of joy, peace, love, harmony, and interconnectedness.

Some souls also experience their previous lives, full of emotional drama. Through their Life-review they see that they did not accomplish their plan – to cleanse their emotional imprints – during their current lifespan. Why? Because the Soul got in the grip of the Acquired Self and ended up adding more emotional imprints instead of cleansing them. Naturally, the Soul returns again and again to cleanse itself of emotional imprints. Unfortunately, it gets trapped by the Acquired Self over and over again and ends up adding more and more emotional imprints. This is how the vicious cycle of reincarnation continues. Unfortunately, most souls are trapped in it.

## No Religions On the Other Side

Most NDErs say there is no religion on the other side. Instead, there is One Source permeating through all beings. Religious gurus looking through lens of their religious beliefs are having difficulty with this observation by NDErs.

*(Since my awakening in 2005, I have been saying the following. If you want to look at the mind of the Creator, look at its creation: a newborn is neither Jewish, Muslim, Christian, Hindu or any other religion. Hence, it is logical to conclude that none of the religions were created by the Divine. All religions are Man-made.)*

## Spiritual Sexuality

Some NDErs even see their souls belonging to different genders during their previous lives. Sometimes they were male and sometimes female. That's why true spiritual sexuality is a total sum of the soul's experiences in the male and/or female bodies. For example, a soul may have lived in female bodies for several previous lives but is living in a male body in their current life. It is quite likely



that this person may turn out to be bisexual and/or transgender. Whether they can express their true spiritual sexuality is another story. Frequently, souls end up suppressing their true sexuality due to societal constraints.

Spiritual sexuality is a spectrum: truly heterosexual to bisexual to transgender to truly homosexual.

## **Fear Of Death**

Those who have pleasurable NDEs do not fear death anymore. However, those who have terrible NDEs shiver even at the thought of death.

## **The Observer**

The person narrating their NDE says, “I saw my soul hovering near the ceiling,” “I saw my physical body laying down there” or “I saw my soul meeting other souls.” Who is this “I?” This is the Creator living inside you. It is *neither* matter *nor* energy. No human words can ever describe it because it is present in you at birth before you are downloaded with a human language such as English,

Japanese, Hindi, etc. At the most, we can label it as “The Real I”, “The Real Self” to communicate with each other.

### **Who Is Likely To Get an NDE?**

It appears people who get an NDE are usually having turmoil in their life. Often, they are wrapped up in the materialistic world. Many are dissatisfied, irritated, angry, fearful, insecure, or sad and depressed. It seems an NDE is a Wake Up call for them.

### **Why There Is So Much Confusion About NDEs ?**

Medical science is totally bewildered by NDEs. Many doctors simply reject the idea of NDEs, because they don't have the time or interest to investigate it. However, a few open-minded doctors have started to investigate it. Unfortunately, they investigate NDEs through their own filters of medical knowledge (and sometimes religious beliefs as well.) As a result, there is a lot of confusion.

According to traditional medical knowledge, when a heart stops beating, the brain dies in about three minutes. Medical science also does not believe in the Soul. That's why they are so perplexed! *A clinically dead person should not be able to experience what an NDEr is describing.*

New open-minded researchers are finding out that the brain actually continues to be alive for up to 60 minutes during a successful CPR, as I mentioned above. These researchers try to explain NDEs on the basis of the changes that a brain experiences when it is going through the process of dying.

In contrast, religious minds – looking through their filters – explain it entirely on the basis of their own spiritual beliefs, totally ignoring what most NDEr's are telling us that there are no religions on the other side. I think both sides are confused. Here is Why?

Most scientists try to figure things out through already established filters of scientific knowledge. They don't use common sense, our "Innate-Intelligence (I-I)". They easily forget that every scientific breakthrough happens when a person is making independent

observations, free of the conditioned mind of the Acquired Intelligence.

Since my awakening in 2005, I have been making observations using my innate intelligence - Common Sense.

I have observed that the brain is simply another organ in the body. The “Real I” uses the brain to experience, observe, and feel. For example, it is the “REAL I” that sees, using the “seeing apparatus” – eyes, optic nerve, cerebral cortex – located in the brain.

It is the “Real I” that sees dreams using various parts of the brain even when eyes are shut, and wakefulness is gone. (This explains how blind people also have NDE.)

Similarly, in an NDE, it is the “REAL I” that uses the “dying brain” to experience the other side.

To a scientist, mechanisms are extremely important. They often confuse mechanism with the “cause.”

That is exactly what they are doing with NDEs. They look at NDEs as a function of the brain, which is – in fact – the mechanism. On the other hand, religious philosophers look at NDEs through their own filters. That’s why there is so much confusion about understanding NDEs.

## **Consciousness is a Confusing Term**

In recent years, many people have started to use the term “Consciousness” to explain spirituality. In my opinion, it is a confusing term because it means different things to different people.

Consciousness means a state of wakefulness, to a medical doctor, psychologist, and hypnotist. Therefore, when you are under anesthesia, you are unconscious. According to traditional medical wisdom, you should not be able to experience what an NDEr is experiencing. So, the doctors and gurus (who are trying to link science to spirituality) have come up with the notion that consciousness expands in some individuals. That’s why they have NDE... To some, consciousness means the Divine which makes it even more confusing.

## How About This Model Of Spirituality:

Let's keep the term consciousness what it has always meant. "The state of being awake and aware of one's surroundings."

As far as spirituality is concerned, please consider the following model.

### My Spiritual Insight:

Since my awakening, I have gained insight into spirituality as follows:

### Real Creator and Real Creations

There is One Creator (Divine, Source) that is *formless* as well as takes up various *forms* such as human beings, animals, plants, stars, planets, suns, moons, the universe etc.

As human beings, we have the Creator as the formless observer (Real I) inside us. In addition, we have various forms of the Creator as soul, energy body, and physical body. All of this is Real.

## **Conceptual Creator, Conceptual Creations**

The human mind has created a dimension parallel to the Real Creator and Real Creations. It is the world of the Acquired Self which is a product of the human mind. The collective human Acquired Self has created the human world, which is conceptual and virtual. But to the human mind, it is real because it is the human mind who created it. Obviously, it believes in its own creation

The human mind has created concepts about everything it sees, hears, smells, tastes, and touches. In addition, it has created concepts of the Creator (God, Allah, Bhagwan etc.), life-after death, spirituality, devil, hell, heaven, angels etc. It has also created many other concepts such as science, mathematics, law, economics, politics, cultures etc.

## The Ultimate Basis Of Confusion

Then, the human mind tries to confuse its own creations with those of the Real Creator. This is the basis of the ultimate confusion that has plagued the human mind for ages.

### **In Summary:**

Near Death Experience (NDE) gives us a glimpse into the beginning of our journey on the other side, but we can never know what happens after the departing soul reaches the point of no return.

However, it is obvious that we have a soul that carries the imprints of our emotional memories with it as it leaves the dying physical body. We also know that emotions are a result of our thinking mind, which is a product of the Acquired Self. Your Acquired Self snatches your attention from the True Self and creates all sorts of emotions which leave imprints on your soul.



It makes sense to rise above your Acquired Self. Then, you are stress-free in your current life span and *probably* stress-free in life after death.

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## Section 3

# ***HOW TO END THE CYCLE OF REINCARNATIONS***



## Chapter 14

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# REINCARNATIONS DUE TO UNFINISHED BUSINESS

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Reincarnation stories are often blurted out by young children. I remember one child (about 8-9 years old) told us (the parents) one day that she was a police officer and stabbed to death in her previous life.

It seems that one of the reasons for reincarnation is the so-called “unfinished business due to sudden death.”

In the above-mentioned case, child's soul came back due to "unfinished business." Now imagine how many souls die suddenly every day and have unfinished business. Consider all the traffic accident victims, other accident victims, war victims, domestic violence victims, drug overdose, deaths due to medical errors are just some of the examples of sudden deaths.

In addition to accidents, consider how many people die due to anaphylactic allergic reactions, sudden heart attacks, infections, rupture of aneurysms, and many other medical emergencies.

Most people are living their mundane life and suddenly something happens, and they die. Obviously, they have "unfinished business" and probably get reincarnated.

Even when people suffer from chronic diseases such as cancer, diabetes, high blood pressure, multiple sclerosis, emphysema etc., they are *not* ready to die. They hope and believe that medical doctors will somehow continue to prolong their life.

The fact is that most humans have unfinished business when they die. And probably get reincarnated. They live another lifespan and die with some more unfinished business. In this way, the vicious cycle of reincarnation continues.





## Chapter 15

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# FREEDOM FROM REINCARNATIONS

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If you want to be free of the cycle of reincarnation, you need to look deeper and understand the basis of unfinished business and attachments, two main mechanisms for the cycle of reincarnations.

### **What Is The Basis Of Unfinished Basis?**

Your Acquired Self is the basis of your Unfinished Basis. This is how?

Your Acquired Self creates your past. It does not like some events in the past and wants to change them, which obviously creates the mental state of “unfinished business.”

Your Acquired self also creates some more thoughts, it calls “my future.” It has some goals and “to do list” in its future, which obviously creates the mental state of “unfinished business.”

## **Freedom From Unfinished Business**

Once you realize, you are not your Acquired self, you are free of the grip of the so-called past and future automatically. Why? Because it is your Acquired Self that creates these virtual, psychological entities, we call “past and future.” Once you do not cling to the past and future, you are free of them.

## **Freedom From Past**

There is no such thing as the past. It was a real event when it was happening. And that was happening in the NOW at that moment. But now it is sitting in your head (and on your soul) as an emotional memory.

There is no need to change any memories. Simply observe those events of the past as a third party without any judgements. You will realize it was your Acquired Self interacting with someone else's' Acquired Self which may have led to some heated arguments, insulting remarks, irrational emotional actions etc.

Simply observing your Acquired Self in its full colors (without any judgement) is enough to be free of it and its memories.

## **Freedom From Future**

using your common sense, simply observe the so-called future. You will realize it is nothing but a collection of thoughts in your head. But your Acquired is fully vested in it and creates a lot of emotions especially excitements, insecurity, fear, and revenge.

Once you see the true nature of the Future as thoughts (and no more), you are not vested in it. Then, you do not  *dwell*  in it and do not trigger emotional stress for your soul. However, a little planning is okay to be able to function in the human conceptual world.

Stay in the Now. Do whatever you can, and do not dwell on whatever you have not finished. Fully realize it is okay if you die today. The world will continue without you being here.

## Section 4

# ***PASSAGE TO THE OTHER SIDE***



## Chapter 16

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# PLEASANT PASSAGE TO THE OTHER SIDE

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The passage of soul from the dying body to the other side can be a pleasant experience for some individuals. On the other hand, it can be an unpleasant experience for others.

We all would like to know what determines the passage to the other side to be a pleasant or unpleasant experience, isn't it? Well, the most important deciding

factor is your mental - emotional state at the time of the soul-departure.

## **Pleasant Experience Of Soul-Departure**

You are likely to have a pleasant passage to the other side if:

- You are not afraid of death.
- You surrender to the universal intelligence instead of “fighting for your life.”
- You are peaceful at the time of death.
- You are free of all attachments and unfinished businesses.
- You are free of the “past and future.”
- You stay in the NOW and observe/experience everything without any interpretation.
- You are not afraid of the darkness, solitude, stillness, space and silence.
- You have no expectations.
- You are free of the concept of hell and heaven, and other religious concepts about the other side.
- Your soul carries imprints of peace, Joy, and unconditional love.



## Chapter 17

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# UNPLEASANT PASSAGE TO THE OTHER SIDE

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You are likely to have an unpleasant passage to the other side if:

- You are afraid of death.
- You are a fighter all your life and now you are “fighting for your life.”
- You are in the grip of attachments.
- You are worried about your loved ones, and other unfinished businesses.
- You stay lost in the “past” and worry about “future.”

- You are afraid of the darkness, solitude, stillness, space and silence.
- You are an argumentative person.
- You constantly judge and interpret anything you see.
- You are in the grip of the concept of hell and heaven.
- You have a lot of expectations such as going to heaven, meeting angels, Jesus or other religious figures.
- Your soul carries a lot of negative emotional baggage such as anger, hate, fear, guilt, selfishness, ego, revenge etc.

## Chapter 18

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# HOW TO PREPARE FOR A PEACEFUL PASSAGE TO THE OTHER SIDE

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We all like to have a peaceful passage to the other side, isn't it. Well, here are tips what you can do today for a joyful life now and a peaceful passage to the other side.

- Realize that death is simply a passage from one realm to another. Hence, no need to fight against it.
- Always remember you are an extension of the Real Creator, and the busy mind tries to keep you away from the Creator.

- Be free of the busy mind.
- Let go of the past.
- Do not worry about your future.
- Stay in the Now.
- Be free of all attachments and unfinished businesses.
- You may see your loved ones sad and crying for you. Just observe as a neutral person and move on.
- You may see your dead body, and doctors and nurses doing heroic measures. Simply observe and move on.
- Have no expectations.
- Be free of all the concepts including the concept of “I”, sins, virtues, hell, heaven, Devil, Satan, God, Jesus or other religious figures.
- Pay full attention – without interpretation – to whatever there is. It may be a bright light, tunnel, darkness, space, void, silence, stillness, solitude, flashback of your memories, other beings, various landscapes etc.

## In Summary

Realize that it is your Acquired Self that creates stress for you while you are alive. And it continues to create stress for you as you pass to the other side.

Once freed of the Acquired Self, you are peaceful and joyful wherever you are.

## Section 5

# ***WAKE UP WHILE YOU CAN***







## Chapter 19

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# HOW TO BE STRESS-FREE IN THIS LIFE AND LIFE AFTER DEATH

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As I discussed earlier, what type of new life form a tarnished REAL Self will take simply follows the rule of Probability. At any given moment, an incredibly huge number of life forms are being born. For example, just consider how many ants, bees and mosquitoes are out there. Therefore, the tarnished REAL Self can be *reborn* as any one of the life forms: a bird, an insect, a fish, a reptile, a human, etc. In this way, you have an incredibly low probability of being reborn as a human.

Can you truly appreciate how lucky you are to be reborn as a human being? You have the greatest opportunity to *wake up* in this lifespan and get rid of all the emotional burden you have been carrying from lifespan to lifespan.

Why do I say that it is your greatest opportunity to wake up and be free of the piles and piles of emotional burden? That is because human beings have the most evolved brain. Consequently, they have developed what we call Common Sense. It is our Innate Intelligence that we are born with. In my observation, animals don't have this great asset.

It is this Common Sense that can liberate you from the heavy burden of emotions. Therefore, it is only as a human that you have the chance to cleanse your tarnished REAL Self and end the cycle of reincarnations. Then, you are stress-free in this life and in life after death.

Let us use this great tool of Common Sense and find out: What is the root cause of stress in this life and in life after death?

The answer is our emotions. Anger, hate, bitterness, jealousy, guilt and fear are the emotions that cause a huge amount of stress for us during our present lifespan and during our life after death. How about good emotions? Even good emotions such as happiness and love are short lived and easily change into sadness and hate.

Often, emotions lead to emotional actions, which usually cause more stress for everyone involved.

### **What is the Basis of Emotions?**

Use Common Sense, and you will see that an emotion is triggered by a "thought." For example, the emotion of fear is triggered by a "frightening thought." The emotion of fear then influences your thought process, which becomes more frightful. Then, it generates more emotions of fear. Thus, a vicious cycle sets in: thoughts generate fear and fear generates more thoughts.

This vicious cycle can induce certain neurochemical changes in your brain, as well as release the hormones

adrenaline and cortisol from the adrenal glands. All of these chemical changes give rise to manifestations of fear, which range from insomnia, anxiety and phobias to panic attacks, allergies and autoimmune disorders.

## **What Is The Basis Of Thoughts?**

It is pretty clear that thoughts give rise to emotions. Where do thoughts come from? While pondering over this question one day, I made a simple, yet profound observation. We humans always think in terms of a language. For example, if you know English and no other language, you will always think in English, not in Chinese, French or Hindi. Just observe it right now, yourself.

To think, you need to know a language. Therefore, language is the basis of thoughts.

## **What Is The Basis Of Language?**

Obviously, the next question is where does the language come from? You are not born with it, right? You learn it as you grow up in society. You learn it from your

parents, teachers, siblings, friends and various tools such as books, electronic devices and sometimes, certain other techniques.

## What Is A Language?

Let's use Common Sense and explore what is a language. It is a means to communicate with each other. A language is comprised of words, right? And each word has a concept attached to it. In reality, every word is a sound. For example, listen to a language you don't know. All you will hear is sounds, sounds that make no sense. In order to make sense, you need to know the concepts attached to the sounds. In this way, we can say that a word consists of a sound and an attached concept. Even written language has concepts attached to words. Even Sign language has concepts attached to signs.

## What Is The Basis Of Concepts?

Let's use Common Sense and find out where concepts come from. Concepts are the creation of a society, aren't they? When you grow up in a society, your

parents teach you the language of that society. They start out by making a sound and pointing to a person or some object. They keep repeating it until you make a *connection* between that sound and the person or object.

As you grow up in a society, you are *bombarded* with concepts that the society has created, such as the concepts of success, failure, achievement, money, fame, desirable, undesirable, morality, etiquette, responsibility, culture, customs, religion, nationality, past, future, security etc. Based on these concepts, you judge/interpret every person, event and object to be good or bad. Judging triggers the corresponding emotion: good or bad. In this way, concepts create all kinds of emotional stress for you.

## **Who Is Thinking?**

If you pay attention, you realize it is always "I" who judges others, who blames others, who is afraid of this and that, etc. It is the "I" who is thinking. Who is this "I"? We need to figure this out if we truly want to be free of stress.

## The Virtual "I"

Who is this "I" that is constantly thinking and creating stress? You may reply, "Oh! It's me." Really?

Let's look at this "I". Can you show me where is it? It's in your head, isn't it? It's an abstraction, an illusion, and a phantom. It is a *virtual* entity in your head that *steals* your identity. It is not the "true" you at all. Why do I say that? Because you are not born with this. In order to know your "True, REAL Self," observe little babies, just a day or so old, as I mentioned earlier in the book.

**To recap**, little babies are *joyful* from within as soon as their basic physical needs are met (i.e. a full stomach, a clean diaper and a warm blanket). They *smile* and go to sleep. They have no *past* or *future*. They are *not* worried if mom will be around for the next feed. If they did, they wouldn't be able to go to sleep. They don't think. Hence, there are no concepts, no judging, no anger, no *worries*. That's why they have no problem going to sleep. They are

so *vulnerable*, but *fear* remains miles away. There is a total *lack of control*, but *no fear* whatsoever.

Once their stomach is full, they *don't* want any more food. If you were to force more food than they need, they would regurgitate. They eat to satisfy their hunger and that's all. *Wanting more* does not exist and that's why they are so *content*. You could feed them breast milk, cow's milk or formula. To them, it doesn't matter as long as it agrees with their stomach and satisfies their hunger.

Babies don't say, "I don't like your milk, Mom. I like formula better." You would not hear, "Mom, you wrapped me in a pink blanket with butterflies on it. I'm a boy. Therefore, I need a blue blanket with pictures of dinosaurs on it."

Babies are joyful just looking around. They truly *live in the Now spontaneously* without trying to live in the Now. They live in the NOW, because they don't have a busy mind. In fact, newborn babies do not think at all. Why do I say newborn babies don't think? Because you always think in terms of a language. Newborns know *no* language. Hence, we can conclude newborn babies don't think. They also



have no concepts. Why? Because concepts arise out of language. No language - no concepts.

Babies don't like or dislike someone because of their color, religion, nationality or wealth. That's because they have *not* acquired any *concepts* about race, religion, nationality, history or money. *Concepts* do not exist at all. *Likes and dislikes* do not exist. There are no *preferences or judgments*. No *embarrassment or shame*.

*No anger, no hate, no wanting more, no prejudices, no fear...just pure joy, contentment and peace. This is the True Human Nature.* I like to call it the "REAL Self," the self that you and I and everyone else on the planet are born with.

Now let's see what happens to this fearless, joyful and peaceful baby.

## **The Acquired Self**

Gradually, another self develops as you grow up in society. This, we can call the *Acquired Self*. You *acquire* it

as a result of *psychosocial conditioning*, from your parents, your school and then, your society in general. This self is conceptual, virtual, and UNREAL.

As a grown-up, all you see is this Acquired Self. You identify with this Acquired Self. *That's who you think you are. This becomes the virtual "I", sitting in your head.* Your identity gets *hijacked* by the Acquired Self. Instead of seeing the hijacker for what it is, you think that's who you are. How ironic!

*This Acquired Self is the basis for all your stress. It reacts to outside triggers, which it calls stressors and blames them for your stress. In fact, it is the Acquired Self who reacts to triggers and creates stress for you. In this way, the real source of all stress resides inside you. It is good to know this very basic fact. Why? Because if the source of stress is inside you, so is the solution.*

This Acquired Self torments you and creates stress even when there is no stressful situation. It conveniently creates *hypothetical* situations (the What If Syndrome) to make you fearful. I like to call it a *monster*, as it is quite

frightening and appears strong, but in the end, it is only virtual.

Sadly, you don't even have a clue what's going on, because you completely identify with the Acquired Self, the *mastermind* behind all your stress. You could call it the *enemy within*.

In the total grip of the monstrous Acquired Self, you suffer and suffer and create stress not only for yourself, but for others as well.



## Chapter 20

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# THE MAKING OF THE ACQUIRED SELF/ THE VIRTUAL "I"

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Where does the Acquired Self come from? It comes from psychosocial conditioning from your society as you grow up. In this way, your Acquired Self is the *offspring* of your society, which itself is a collective Acquired Self we can call the Society's Collective Acquired Self.

Your Acquired Self starts with the virtual "I", which is a concept that gets downloaded into your head. Your parents carefully select a label for you. They call it your

name, which is basically a sound. Your parents utter this sound as they point towards you. After doing it repeatedly, they finally succeed in drilling into your head that you are indeed Peter, Sarah, Ali or Rekha. At the same time, they also drill in the concepts of Mama and Dada.

As you grow up in a society, you acquire more and more concepts, which circle around the concept of "I," just like the layers of an onion.

### **How Your Acquired Self Creates Stress For You**

Once your Acquired Self *steals* your identity, it *runs* your life. Then, you experience life through the *filters* created by your Acquired Self. These filters come from concepts, knowledge, information and experiences. The experiences can be your own as well as the experiences of others (virtual experiences for you), in the form of stories and opinions you saw in newspapers, books, magazines, TV or the internet or heard from friends and family.

Basically, your Acquired Self wants to live a very secure life. It wants security. Why? This is because it is

*inherently* insecure. It is *not* real. It is virtual, a phantom, an illusion, but it thinks it is real and it wants to live forever. Pretty crazy, isn't it?

To be safe, your Acquired Self *interprets* every experience (real experience or virtual experience. It doesn't matter) based on the information stored in it and *judges* the experience to be good or bad, which triggers an emotion, whether good or bad. Then, it *stores* the entire experience along with the triggered emotion into your *memory* box, where it stays *alive*, even years later. This is how your Acquired Self creates your *memories* or the past. Based on the past, it creates some more thoughts it calls "My Future."

### **Stress Created by the "Past and Future"**

By keeping the old *dead* events alive, your Acquired Self keeps the *fire* of old emotions burning inside you. It calls them "my past" and "my memories". It judges these memories as either good or bad.

By replaying bad memories, your Acquired Self continues to experience the *negative* emotions attached to these memories in the form of *humiliation, anger, hate, bitterness, jealousy and revenge*.

By replaying good memories, your Acquired Self starts to *miss* those wonderful experiences and becomes *sad*.

### **The Acquired Self Wants to Change Its Past**

Here's another interesting phenomenon. The Acquired Self wants to control the virtual world of memories. It is strongly attached to sweet memories, but it wants to run away from bad memories. Therefore, it tries to modify the stories and events.

#### **EXAMPLES:**

*“If my teacher hadn't humiliated me in front of entire class, I'd be a happy person today.”*



*“Why didn’t I see the clues? He’s been cheating on me all along! Why did I marry him?”*

*“Why did I take this job? My boss is so stingy and demanding.”*

*“Why didn’t I sell my stocks six months ago when the financial market was so high?”*

But of course, the Acquired Self can’t change what has already happened. It feels *annoyed, frustrated, angry* and sometimes *guilty* as well. The more it tries to change those painful memories, the stronger they get. What an irony!

## **The Acquired Self wants to Secure a Happy Future**

In addition, the Acquired Self doesn’t want any bad event to happen again, ever! It wants perfect *security*. Your Acquired Self has been conditioned to learn from the past. Therefore, it wants to create a perfect world for itself in which there are only good things, and bad things do not exist. It wants to create a paradise for itself. Therefore, it

continues to generate new thoughts along the lines of how to prevent bad events from happening again.

## The “What If” Syndrome

But then another thought erupts: “*What if I can’t prevent it from happening again?*” That triggers huge *fear and anxiety*.

Caught up in the “What if, What may, What will I do Syndrome,” your Acquired Self creates a virtual movie. In this way, it creates a huge amount of *fear* in you. In the pursuit of security and peace, your Acquired Self *robs* you of any peace of mind you had. How counterproductive!

### EXAMPLES:

*“What if I lose my job again?”*

*“What if my boss insults me again?”*

*“What if I become fat again?”*

*“What if I lose it again?”*

*“What if I get stung by the bee again?”*

*“What if my audience makes fun of me again?”*

*“What if I become poor again?”*

*“What if I lose my friends again?”*

*“What if I get dumped again?”*

*“What if I’m late again?”*

*“What if I miss my flight again?”*

*“What if no one pays attention to me again?”*

*“What if my husband cheats again?”*

*“What if I have an attack of asthma again?”*

Those situations don't exist at all. In other words, your Acquired Self is so *insecure* and *afraid* of its own death, that it creates all *possible*, dreadful case scenarios and tries to *figure out* how it can *escape* its death in every possible way. In doing so, it creates tons of *unnecessary* fear for you.

## **The Acquired Self Creates Attachment And Avoidance**

Experiences that are labeled good, your Acquired Self wants *more* of and the ones labeled bad, it wants to *run* away from. This is the basis of psychological *attachment* and *avoidance*. Attachment is also called *positive* attachment and avoidance is also called *negative* attachment

Your Acquired Self gets very *attached* to good experiences, such as praise and validation, which provides a *temporary* relief from its insecurity. That's why your Acquired Self gets attached to the concepts of *money, power, success and beauty*, all of which bring it praise and validation and provide *temporary relief* from insecurity.

Your Acquired Self also gets *praise* from family, friends and fans regarding its success, fame and accomplishments. It wants more and more of these experiences. It also feels *validated* when it is related, bonded or responsible for someone. For example, if you own a pet, it *validates* the existence of you as an owner and provides your Acquired Self temporary relief from insecurity. That's why it doesn't want to ever *lose* its pets, family, friends and fans. *Even the idea of losing them rips through the paper-thin layer of security and stirs up deep-seated, inherent insecurity, which triggers a huge amount of fear.*

Your Acquired Self also seeks validation through conceptual identities such as a doctor, lawyer, teacher, political, social or religious leader, movie star, employee of a certain company, citizen of a certain country, member of a certain social, political or religious group, etc. That's why even the thought of losing its virtual identity creates a huge

amount of fear. This is why you are so afraid of the possibility of losing your professional license, career, citizenship, elections, etc.

Your Acquired Self does not ever want to *lose* anything or anyone that is “Mine.” That would mean losing a part of “Mine.” How terrible that would be! That’s why it is afraid of losing possessions. The more possessions you have as “My, Mine,” the more you *fear* losing them and the more you try to protect them. You may end up living in a gated community to protect your belongings. Even news of someone getting robbed creates a lot of fear for you.

In addition, your Acquired Self wants to *avoid* unpleasant experiences, such as failure, punishment, loneliness, humiliation, poverty, aging, disease and death at all costs. *Even the thought of such unpleasant experiences triggers intense fear.*

### **Acquired Self Interprets Every Situation/Person**

Your Acquired Self also quickly wants to *interpret* every situation it encounters and every person it meets,

based upon its *stored* information. Why? Because it wants to feel secure. It quickly judges if a person is safe or unsafe, based upon their appearance, without even exchanging a word. Judging triggers emotion. For example, if it judges a person to be unsafe, you will start to experience fear, even though the other person has not done anything to you.

Often, it doesn't want to take any chances, so it won't interact with anyone it doesn't know. You may remember, "don't talk to strangers" from your childhood. You also want to make sure to download this very important message into the growing Acquired Self of your children. Maybe you read a story about some girl who got abducted by a stranger in a far place you know nothing about. It rips through your feeling of security. Ironically, it reinforces your self-fulfilling prophecy of being "fearful of strangers." Obviously, you don't hear or pay attention to the countless safe encounters with strangers.

## **The Acquired Self Creates Expectations**

Your Acquired Self is downloaded with the concept of, "how others should and shouldn't behave towards you and

how you should and shouldn't behave towards them." For example, you expect certain kinds of behavior from your spouse, parents, brothers, sisters, friends and colleagues and *vice versa*. In a way, society dictates how each of us should fulfill our role. We can call it the *book of role descriptions*, written by the Collective Acquired Self of Society. Every person living in a particular society is downloaded with this *book of role descriptions*.

Everyone knows the description of his/her role and knows the description of the role of others. For example, this book tells you *how a wife should behave, how a husband should behave, how a parent should behave, how a friend should behave, how a child should behave, how a teacher should behave, how a doctor should behave, etc.* Automatically it gives rise to certain expectations.

You expect others to play their part right, according to the book. They expect you to play your role right. Now what happens if someone doesn't play his part right? You get frustrated and at times, angry. It's your Acquired Self who feels let down, frustrated and angry, because it is the Acquired Self who builds up expectations. Your Acquired Self believes in all the concepts contained in the book of role descriptions.



The closer the relationship, the higher the expectations... And more emotional pain if someone does not meet your expectations. This emotional pain manifests as annoyances, frustrations and anger.

Examples:

- *A spouse falling off the ladder of expectations is the most frequent cause of divorce. It goes something like this: In a marriage, as soon as the period of intense sexual romance has cooled, the deeper layers of two Acquired Selves show their faces. Now each spouse starts seeing faults in the other person, as the person is not living up to expectations. This initially causes annoyance, which continues to build up in the memory box and eventually leads to pain and anger. Then one day, there is a big blow up and the marriage ends up in a divorce.*
- *Brothers, sisters and close friends get mad and angry if their expectations are not met. Sometimes they end up losing lifelong relationships.*

- *Kids failing to meet the expectations of their parents cause a lot of pain and suffering for their parents as well as themselves. For example, parents expected their son to become a doctor, but the son got poor grades in school. This caused severe headaches and ugly arguments between the son and his parents.*
- *Parents expected their daughter to marry someone they thought suitable for her, but she married someone else. Another cause for anger and pain.*
- *A wife expected a gift on her birthday but didn't get anything. The result? Hurt, pain and anger.*
- *A husband expected his wife to be nice to his rowdy buddies, but she called them immature dirt bags, which caused a huge argument, pain and anger.*
- *An employee expected a raise but didn't get one, which caused pain and resentment.*

- *A person expected wonderful golden years after retirement, but ended up having cancer, which resulted in bitterness and anger, in addition to the pain of the news of cancer.*
- *In addition to their own personal life, people also build expectations around political and religious figures, movie stars, singers, artists, etc. and get very disappointed and angry if their icon doesn't live up to their expectations. Some even get so angry that they end up killing their icon.*
- *People also create expectations around political, economic and religious systems and get very upset once their expectations are not fulfilled.*
- *People even have expectations about, "how long they will live." It is called **life expectancy**. We feel cheated if someone close to us dies before they were supposed to.*

The Collective Acquired Self of Society promises you that you will be rewarded if you follow the rules and

punished if you don't. Now what happens if you follow the rules and don't get rewarded and someone who doesn't follow the rules gets rewarded? You get very upset and angry.

For example, you are an honest person suffering economic hardships while some crooked, dishonest liar is rolling in money. "Life isn't fair" you may find yourself saying. You feel very disappointed and angry at life.

## **The Acquired Self Creates Self-righteousness**

Another common reason for anger and frustration is self-righteousness.

What is self-righteousness? In simple terms it means, "I am right." It also *implies* that "you are wrong." This is the root cause of all disagreements, disputes, arguments, quarrels, fights, lawsuits, battles and wars, all of which obviously create a huge amount of anger.

With a few exceptions, everyone suffers from self-righteousness. Interestingly, people don't like to be called

self-righteous because it's considered a bad quality. They don't think they are self-righteous, but they readily see it in others. They simply judge others to be self-righteous and don't go any deeper. Actually, they believe they are *right* that someone else is self-righteous. Interesting, isn't it?

Self-righteousness is an extremely common affliction and one of the reasons for all human conflicts. If we want to understand human conflicts, it makes sense to look at self-righteousness more deeply.

### What is the Basis of Self-Righteousness?

Why do we believe that we are right, and others are wrong? For example, for the same event, different people will have different opinions. Each one believes that he is right, and others are wrong. The event is the same, but its interpretations are very different. Obviously, the problem lies in the interpretations. Now who is it that is doing the interpretation? It's your Acquired Self, isn't it?

Typically, when a person looks at an event, his Acquired Self *interprets* that event against the background

of the already stored information in his conditioned mind. Obviously, this stored information varies from person to person. Therefore, interpretation of the same event varies from person to person. Most people are in the grip of their Acquired Selves. Therefore, they strongly believe that their interpretation of the event is *right*.

If we look deeper at the composition of a person's Acquired Self, we find that the *book of role descriptions* is an important part of it. This book, as we observed earlier, describes how a person *should* and *should not* behave in a given society. In addition to creating expectations, it also provides a background against which everyone keeps *judging* others' behavior. It tells you and everyone else "what is *right* and what is *wrong*"; "what is *virtue* and what is *evil*." This is the basis of *morality*.

In addition to the *book of role descriptions*, your Society also downloads into your Acquired Self, many other concepts. For example, it gives you the concepts about "your rights," "human rights," "animal rights," "traffic rules," "sports rules," All of these concepts become part of your Acquired Self and give you more ammunition to be *right*. These concepts strengthen your self-righteousness.

When you are in the grip of your Acquired Self, these concepts and rules become your *beliefs*. When others don't follow the rules, you get frustrated and angry. For example, you are on the road, following the traffic rules and some other driver does not. Your Acquired Self judges you to be right and the other person to be wrong. This makes you furious. This is the basis of road rage, which can, sometimes, lead to physical violence.

In addition, your Society downloads into your Acquired Self the knowledge of history, which primarily is an interpretation of certain events by the Acquired Self of the historian-writer. That is the reason why there are so many different interpretations of the same events and of course, every historian believes he is right. The historian's interpretation of events becomes part of your Acquired Self, and you believe them to be absolutely true (although the event may have happened before you and the historian were even born). Different Acquired Selves with different versions of the same historic event or historic figure then get into heated arguments and get angry at each other.

With this background, your Acquired Self also judges current political, social, cultural events. Usually, it is some so-called expert who does it for you, on a TV show, in a

newspaper or in a book. Acquired Selves with different versions of history interpret current events differently and each one believes he is right. With this background, people get into heated arguments and get mad and angry at each other.

It is interesting to note that in each society, there are collective concepts about what is right and what is wrong. This creates a *collective self-righteousness*, which gets reinforced constantly by the news media in that society. *What is right in one society may be wrong in another society.* This creates conflict between various societies. That's why people living in one society get angry at another society. This is the basis of *collective conflict, anger and violence* between various nations.

Then, within a given society, there are various concepts about what is right and what is wrong, depending upon various social, political and religious groups in that society. This creates conflict, anger and violence between various groups within a society.

Then within a group, there are various concepts about what is right and what is wrong. Therefore, within the



same group, people get angry and fight with each other. Even within a family, there are various concepts about what is right and what is wrong. It leads to conflict, anger and violence (usually verbal but sometimes even physical) between various members of the same family. For example, your husband may believe in disciplining the kids and you don't. This could lead to a serious argument and verbal conflict.

Then, within an individual, there are conflicting concepts about what is right and what is wrong. There is one code of ethics for the workplace and another one for home, one code of ethics for friends and another one for enemies, one standard for yourself and another one for everyone else.

It all boils down to “Virtual I”. Based on the concepts attached to virtual “I” – your Acquired Self – you judge everyone else out there as either your friend or enemy. That’s how you perceive other people - as either your friends or your enemies: at home, in your neighborhood, at your workplace, in your social, political or religious group, in your country and in the world. You stay annoyed and angry with your enemies, which often leads to violence, verbal as well as physical.

## The Acquired Self Reacts To Insults

Another reason why people get angry is *insults*. Obviously, you get angry when someone insults you. You *may or may not* express your anger.

Many people fight back by returning insulting remarks or gestures. Also, there are those who *pretend* to be polite and civilized on the surface, while fuming with anger underneath. Later, they often express their anger while talking to their spouse or friends. Some even suppress anger so deeply that on the surface, they *manage* to remain polite and civilized all the time. They may even try to *fake* a smile, but deep inside, they feel irritated and don't even know why they feel that way!

### What is the Basis of Insults?

Is it possible for you to *never* be insulted? I'm not talking about suppressing your anger and pretending that you are not insulted, but in reality - to not actually feel insulted at all when someone insults you.

In order to be truly free of insults, you first need to figure out, “who is it inside you who gets insulted in the first place.”

Use logic and you will find that it’s your Acquired Self who gets insulted. *The True Self never gets insulted.* Why do I say that? This is because a newborn baby never gets insulted. *You can try to insult a baby by saying whatever you want, but the baby will not be insulted.* In the same way, imagine someone trying to insult you in a language or through gestures that you don’t understand. Obviously, you will *not* be insulted. Therefore, we can conclude that for the insult to occur, one has to understand the *concepts* attached to those words and gestures. Otherwise, they have no power.

Where do you learn the words and gestures and all of the concepts attached to them? You are not born with them. You obviously learn them as you grow up in a certain society. That’s why it is logical to conclude it’s your Acquired Self who gets insulted.

With every word, there is a concept attached. For example, the word STUPID has a whole concept of

unintelligence, inadequacy and worthlessness attached to it. When your developing Acquired Self learns this word, it stores all the negative concepts attached to the word. When someone calls you by that word, the negative concept attached to that word is activated and negative thoughts trigger negative emotions. You feel unintelligent, worthless, inadequate, which triggers anger. *You didn't deserve it. How dare someone say that to you?* Your Acquired Self's sense of self-esteem is threatened. Therefore, your Acquired Self fights back verbally or even physically to secure its existence, its self-esteem.

The insulting words are created by the Society Collective Acquired Self for the individual Acquired Selves to fight with each other, aren't they?

Society's Collective Acquired Self downloads the concept of "*insult and respect*" into your Acquired Self. When others respect you, your Acquired Self feels validated and when others insult you, your Acquired Self feels humiliated. In other words, your Acquired Self is constantly *reacting* to how others treat it.

Your Acquired Self wants to be respected and not be insulted. Obviously, it has no control over others' behavior, but it doesn't know this basic fact. It just keeps searching for respect and running away from insults. It is especially true if at an early age you were insulted (teased) a lot. Your Acquired Self felt humiliated, and all of those painful experiences become part of your Acquired Self. Then, your Acquired Self found a way (academics, sports, arts, etc.) for others to start respecting you. Your Acquired Self finally got the praise and validation it was so hungry for. Naturally, your Acquired Self works hard on this track and usually ends up being quite accomplished and successful in that field. With each step of success, it gets more respect, praise and validation and it loves it all. *The more it gets attached to respect, the more it resents the idea of insult.* Then, a trivial teasing remark can upset your Acquired Self for days. You may even burst into anger in a social situation where you didn't get enough respect, which you perceive as an insult.

## **Your Acquired Self Gets In Competition And Comparison**

During psychosocial conditioning, *competition and comparison* are drilled into the developing Acquired Self.

You see it everywhere, at home, at work, at school, at parties, on TV and practically in every walk of life.

## How Competition Creates Stress For You

When you're in a competition, you either win or lose. What happens when you win? You get praise, validation and recognition. For that moment, you're the king of the hill. You have this wonderful feeling – a natural high filled with thrill and excitement. A few moments later, it's gone. You want more of it, but the moment, the occasion has passed. Now you have to work hard to be the “king of the hill” again. It takes a lot of hard work to be the champion, the winner, and the outstanding person again.

The more victories you have, the more *addicted* you become to the momentary thrill and excitement. There is no ending. You simply want more and more and keep working in that pursuit. This is how you become greedy.

A competitive mind never gets enough and therefore, is always dissatisfied. You may be a wealthy, powerful,

accomplished person, but inside you are empty, unhappy and dissatisfied.

Dissatisfaction leads to more greed for momentary pleasures and that means you must earn more money, fame, recognition, etc. It's a *vicious* cycle, which often leads to various addictions, such as addiction to work, power, career, etc. You have *no* time for your family. Consequences: unhappy spouse, unhappy kids and often *divorce* which causes more emotional pain.

## **How Comparison Creates Stress For You**

Comparison lies at the root of ego. "*I am better than the others because of so and so.*" The Society's Collective Acquired Self provides you with plenty of reasons to feel better than others. These ego-maker concepts include wealth, success, fame, knowledge, culture, genealogy, heritage, possessions, looks, appearances, religious, political and social clubs, etc.

Locked in the prison of ego, you feel quite miserable. On the surface, you're accomplished, famous and

successful, but deep inside you feel empty, jealous and irritated. When society makes you feel *special* by acknowledging your success, your heroic actions or your special talents, you get a momentary thrill and excitement, but then it *fades* away... And you want more. You are never satisfied. You can't get enough praise, validation or recognition. You always want more.

Society, of course, can't provide you with praise and recognition all the time. Often, it starts criticizing you as well. *First it builds you up and then it brings you down.* Then you feel miserable. You want others, especially your close friends and family members, to like you for your accomplishments and achievements. Instead, they generally stop liking you because they don't approve of the way you act under the influence of your ego.

An egocentric person is in the total grip of his own Acquired Self. He interacts with the world from the *virtual* castle of his own grandiosity. Why and how is this castle of grandiosity built? The Acquired Self builds this virtual castle in the pursuit of emotional security. It wants to suppress the fire of insecurity and worthlessness. It wants to be someone that everyone praises, validates and acknowledges instead of mocking, humiliating or criticizing.



For example, as a child or as a teenager you were subjected to comparison or criticism by some authority figure, such as your mother or your teacher. You felt the pain of humiliation and worthlessness. You also probably felt that you didn't deserve it. They were simply being *mean* to you. These thoughts of meanness and unfairness provoked intense anger inside you. All of these thoughts and emotions were stored in your memory as a constant nagging voice of criticism.

*You may or may not be aware of these humiliating experiences anymore.* Some of these experiences, especially from early childhood, may have been forgotten. However, in your subconscious mind, these experiences are very much alive.

From these humiliating experiences comes another inner thought, "I'll never be humiliated again" or "I'll prove them wrong!" This inner thought becomes your *drive* to succeed in the world. It makes you work hard. You accomplish a lot, become successful and earn a lot of money and respect.

You get strongly attached to “success,” as it validates you and provides a momentary band-aid on the old, but very much alive, wound of humiliation and anger. Attached to your success, you develop a *big* ego. On the surface you are accomplished and successful, but inside you still feel worthless, humiliated, irritated, angry and dissatisfied.

Then, a little thing triggers your inner anger to the surface. You are easily annoyed and have outbursts of anger over things that wouldn't bother other people - things such as someone *not* agreeing with you or making an innocent, unflattering remark. Why does this trigger your anger? Because you expect them to acknowledge and validate your success. When they don't, you feel like they are *criticizing* you and you overreact with all your piled up anger. This behavior causes you to lose some true friends. You want validation from your friends, but your actions push away your true friends. How ironic!

You keep proving to others and yourself over and over again how great you are, but it's never enough to heal your inner wound of worthlessness, unfairness and anger.

Actually, the more successful you become, the bigger your ego becomes and the more easily you get angry over little things.

Some people may not have gone through (or may not remember) humiliating experiences. However, they (their Acquired Self) learn from the Society's Collective Acquired Self that success, money, power or connections with powerful people are very important to live a “successful life” and they start to believe in this delusion. You (your Acquired Self) get praise and validation through your success, accomplishments, money, power, possessions, looks, etc. Each time it gets validated, its inner insecurity temporarily subsides, so it feels thrilled and excited. Unfortunately, all of this vanishes quickly and then it wants more... And the circus goes on!

*Ego* can take another form that most people are unaware of. Many people get attached to failures, losses and misery, either due to their own experiences (losses in competition and comparison) or collective losses of their collective identity (such as a religious, cultural or political groups). Then they (their Acquired Self) feel *special* in being a failure or miserable... the famous “Martyr Syndrome.”

## The Acquired Self Leaves You With “No Time”

People often complain they have *no* time. They are so busy with their life that they have *no* time to relax, *no* time to go for a walk, *no* time to prepare their meals, etc.

Have you ever looked at where your time goes? Look at your activities during the daytime *objectively* and you will find out where do you end up spending your time.

In the grip of your Acquired Self, most people want to make more and more money. In the pursuit of "making more money" you end up working day and night, which is often full of demands and challenges. A lot of individuals also *commit* to a number of social obligations, which are also demanding and time-consuming. But in the end, there is a reward, recognition, praise, which your Acquired Self is so hungry for. Therefore, you continue to workday and night and carry on your social obligations as well.

Then you suffer from the "No Time Syndrome." You find yourself on the run. You stay rushed, agitated and restless. You don't have any time to prepare your meals.

You grab a quick breakfast, often cereal, as you don't have any time to cook your meal. You may even drive through a restaurant to grab your meal and eat it inside your car while driving. Often, you have to travel a lot. Then you grab your meals at the airports, whatever you can find, which is often unhealthy fast food.

Another reason why people don't have any time is their *addiction* to "entertainment" in one form or another. Even after a long day, people come home, and turn their TV on or go straight to their computers to get entertainment. It is actually a great escape, your Society's Collective Acquired Self teaches you in order to *decompress* from the stress of daily living, which is in fact, created by the Society's Collective Acquired Self. Interesting, isn't it!

At some point during entertainment activities, you may suddenly realize it's time for dinner. Then you think of something you can prepare fast: a frozen dinner, a pizza, hot dogs etc, that you can throw in the microwave, while you go back to your *screen* of entertainment.

Chitchatting is another common black hole of time. Watch yourself how much time you spend chitchatting face-to-face, on the phone, on the Internet, etc.

As a result of "rat-race for money," social obligations, entertainment activities and chitchatting, you are left with *no time* to prepare your meals, eat your food in peace or go for a walk. You are always in a rush. This is one of the main reasons why your blood sugar stays high.

## **The Acquired Self Keeps You Trapped In Partying**

Most people get off their diet and indulge in unhealthy eating behavior during parties. Under social pressure, you *cave in* and end up eating large amounts of food, which is often unhealthy stuff.

Why do you end up *sabotaging* your good eating habits? Pay attention and you will see you lose all control over your eating when you are at a party. It is as if some inner *monster* takes you over and lures you into all sorts of unhealthy foods. This is your Acquired self, isn't it.

Starting from a young age, your Society's Collective Acquired Self downloads into your personal Acquired Self, a long list of *special* days that *must* be celebrated with food, often very unhealthy food: birthdays, religious and national holidays and anniversaries are some examples. In addition, there are many other opportunities for celebrations. In general, the more successful you are, the more parties you go to and the more you end up eating unhealthy food.

All parties are *centered* around unhealthy foods and often a lot of food. Parties are also a lot of fun. In this way, Society's Collective Acquired Self downloads the concept of "food and fun" into your growing Acquired Self, since early childhood. You stay in this *mental* prison for the rest of your life.

After partying, you see your blood sugar as well as your weight going up. You don't like it. You feel like a big failure. You also feel *guilty* of cheating. You promise one more time to yourself to stay *disciplined* with your diet, which you may do until the next round of parties, and you fall off the wagon, again.

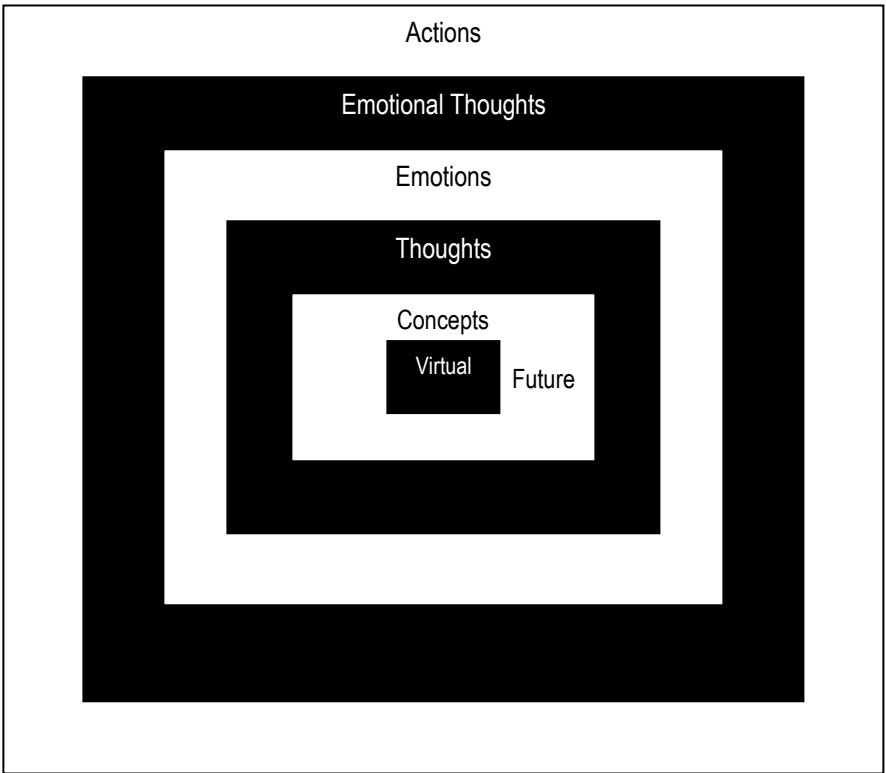
## The Acquired Self Creates All Of Your Stress

It is clear that your Acquired Self creates all of your stress. The Virtual "I", sitting at the core of your Acquired Self, looks at life through the *filters* of concepts, ideas, rules, information, past and future, which triggers a burden of emotional stress. Emotions then taint your thoughts. Emotional thoughts trigger more emotional distress.

A *vicious* cycle of thought-emotion-thought sets in. This is the basis of worrying, anxiety, anger, frustrations, hate, revenge, jealousy, guilt, thrill and excitement, greed, agitation, restlessness, sadness, and depression.

Then, actions arise out of emotional thoughts, which often cause more stress for yourself and others. The actions may be verbal, written or physical.





## The Acquired Self



## Chapter 21

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# HOW TO BE FREE OF YOUR ACQUIRED SELF

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Acquired Self is obviously the root cause of all your emotional stress. The obvious question is: how to be free of your Acquired Self?

A word of caution: Don't try to *control* or *discipline* your Acquired Self. This strategy simply *strengthens* your Acquired Self and creates more stress. Also do not start to dislike/hate your Acquired Self. This creates a *negative* attachment, which would further strengthen the grip of your Acquired Self on you.

See Acquired Self for what it is. In fact, Acquired Self is a *tool* to function in society. It's only when it steals your identity-you mistakenly think that's who you are, that it gets in the driver's seat, takes control of your thoughts, emotions and actions and creates all of the emotional stress for you.

Therefore, you need to rise above your Acquired Self. Then, you can utilize it as a tool to function in society and put it to rest when it is not needed.

First of all, you have to see your Acquired Self as *separate* from you. Only then, can you see it for what it is. However, if you continue to *identify* with your Acquired Self, you can *never* see its true colors. As long as you and your Acquired Self are *stuck* together, obviously you can *never* be free of it.

In order to *free* yourself from your Acquired Self, you have to see it in action. When you're in the grip of your Acquired Self, you *immediately* react to *triggers*. We can call it autopilot mode. These automatic reactions often

cause more stress for you and others. Later, when you come to your senses, you often *regret* what you said or did.

## 1. Pause!

The *first step* to *separate* yourself from your Acquired Self is to *not* let it automatically control your actions. Pause! Stop for a moment, before you *react* to what you heard, read or watched.

## 2. Shift Your Awareness/Attention To The Now

Shift your attention to the *Now*. What is *Now*? *Now* is *not* what is in your head, but what is in front of your eyes. It is your field of awareness.

Pause for a moment right now and pay attention to what you see, what you hear, what you smell, what you taste and what you touch. Don't think, just sense.

In general, when we see, we only pay attention to objects without paying any attention to the space in which

everything is. Without space, there would be no objects. So, when you see objects, also be aware of the space which gives rise to all objects. Also, when you see some movement, be aware of *stillness* in the background. In the same way, when you listen, also pay attention to the *silence*, without which there would be no sound.

Use your eyes and ears and be aware of *space*, *stillness*, *silence*, which gives rise to all objects, events and sounds.

Practice to be aware of the Now. Then, you can easily *shift* your attention to the *Now* as soon as you realize your thoughts and emotions have taken you over.

The moment you switch your attention to the Now, you are free of your thoughts and their associated emotions. In other words, you are free of your Acquired Self. *Instantaneously*, you will feel *relief* from anger, fear or any other stressful emotion. That's how powerful this seemingly simple step is. A moment later, your attention may again be *sucked* up by the thoughts and emotions. It's okay. Simply keep shifting your attention/awareness into the Now.

Your Acquired Self needs your *attention* to thrive. That's why it *sucks* up your attention/awareness most of the time. However, you have the power to *switch* gears and *divert* your attention/awareness to the Now. Without your attention/awareness, your Acquired Self can *no* longer survive. As long as your attention/awareness is in the Now, you are *free* of the Acquired Self.

Remember this phrase: Keep your mind where your body is.

*While fully aware of the Now, feel and watch the drama your Acquired Self creates. Don't run away from it. After a little while, it will settle down.*

Example:

You're stuck in traffic on your way to the airport. You start worrying. "What if I miss my flight? Then you may point finger at your spouse, "Only if you had listened to me to leave on time, we wouldn't be in this mess. You *never* listen to me anyway." Your spouse *fires* back with some *ugly* words that trigger more anger inside you. Engaged in the

verbal fight, you both get upset and angry. Then you may see some driver *not* following the traffic rules. You may yell at him and get into a road rage. You may get so angry from the drama that your Acquired Self creates, that you may end up having chest pain and find yourself heading to a hospital...Or you can choose to shift your attention from thoughts to the Now: Watch the car in front of you, the cars to each side, the median of the freeway, the electric poles seemingly running backwards, the sky, the clouds, etc. Also pay attention to your breathing, which is a *continuous* act in the Now. Chances are pretty good that you will arrive at the airport safely, certainly without any anger or high blood pressure or high blood sugar. You may or may not be late. If you are late, you will deal with it. Therefore, live in the Now, stay in reality, and you won't have any emotional distress.

### Caution:

Be careful *not* to confuse *attention* with *concentration*. Attention is simple awareness, that's all! It is there automatically, without any effort. On the other hand, concentration and discipline require a lot of effort and are quite stressful by themselves.



### 3. Use Common Sense

Now take the next step: use *Common Sense* (Logic), the most wonderful tool we humans have. Why? Because the Acquired Self is always *illogical* and can't stand the blazing *torch* of logic. Therefore, use logic and see the *true colors* of your Acquired Self. See for yourself who is really at the root of all of stress. See how *illogical* your Acquired Self is.

For example, you *fume* over things that happened in the past: Someone *insulted* you, *betrayed* you, *let you down*, etc. Use logic and see for yourself that no matter how much you think about your past, you can *never* change it. "But I must learn from it so it must *never* happen to me again," says an inner voice. With that kind of mindset, what people often end up learning is *mistrust, jealousy, hate and revenge*. They also become *fearful* that it may happen again. In fact, you keep your past *alive* (although it has otherwise *died*) as long as you stay in the mindset to *learn* from it. Only when you completely *let go* of your past, you can be *free* of the emotional trauma it caused you.

Emotional pain from the past also comes in another form: *sweet memories*. Even thinking about all the good times makes you *sad*. In fact, the more you think about "sweet memories," the *sadder* you get. Use logic and realize those "sweet memories" are nothing more than an *illusion*, a *dream*, a *phantom*. Those events were "Real" when they happened, but now they are simply a package of *mental pictures*, *stories* and associated *emotions*. Only when you completely *let go* of your "sweet memories," can you be *free* of sadness, caused by them.

Another example: Your Acquired Self may be worried about its future. Use common sense and you'll see whatever your thoughts imply, may or may not happen... But certainly, it's not happening in the Now, in front of your eyes, right? Therefore, it's a phantom, an illusion. How can you really take care of a problem that doesn't even exist? If and when it happens, at "that time, the present moment," you'll be able to take *real* action, instead of the *virtual* action your Acquired Self keeps thinking about, which serves no purpose, but simply generates fear.

Another example: You are in your sixties and doing fine. Then one day, you read in the newspaper that someone important died of cancer. Your Acquired Self

triggers a thought. What if I have cancer? This creates another thought of possibly losing your health, autonomy and ultimately dying. This creates a huge amount of fear. You start to feel your heart pounding. You feel uneasiness and anxiety. Then, you start wondering who'll take care of your wife if you die, which further worsens your fear and suddenly, you've got a full-fledged panic attack.

Even in the *midst* of this panic attack, pause, take some deep breaths and start counting your breaths. Look around and see what is actually happening in front of you. Be aware of the space, silence and stillness. Fully realize that it is your Acquired Self that is creating fear. Then, use logic. Ask yourself: Do I have cancer at this moment? Am I losing my autonomy at this moment? You realize you really don't have any problems at this moment. Then, you also clearly see that it is actually your Acquired Self playing tricks with you by creating an imaginary future. The moment you clearly see the Acquired Self for what it is, an entity separates from you, it starts to lose its power over you. Using logic, you also tell your mind: "I will deal with any medical condition, if and when it arises." Make a mental note to discuss it with your doctor on your next visit or even write it down on a piece of paper. You will see fear completely evaporate and you can move on with your everyday life.

In addition, *acknowledge* the basic law of nature: if you are born, then one day you die. There are *no* exceptions to this rule. The Acquired Self, however, does not want to die and wishes to live forever. Therefore, it makes death something you must avoid, cheat, conquer, etc. In this way, it creates a lot of *negativity* about death. In the grip of their Acquired Self, many people *worry* about death all their life and then one day they die.

After death, their REAL Self, who has been tarnished with the emotions generated by the Acquired Self, continues to suffer from emotions.

Stop worrying and start living. You can do it once you are free of your Acquired Self.

Instead of worrying, take action in the present moment. For example, eat right, exercise regularly and take vitamin D every day. There's a good chance you won't develop cancer, heart disease or Alzheimer's dementia etc. Even if you do develop any medical condition, you will be able to deal with it at that time.

However, if you just keep worrying and don't take any actions, chances are you may develop these diseases. Take real action in the present moment, instead of worrying about the results.

Next time you find yourself saying, "I don't know where all of my time goes. I feel so *pushed* all the time." Use logic and look at all of your activities, engagements and commitments, from a *neutral* ground. Then, figure out what are important activities for basic living and what are the activities for ego-enhancement, thrill, excitement and entertainment.

Next time you are at a party, realize your body has not changed because you are at a party. Eat to satisfy your hunger, not to *appease* your friends and family members.

Use logic and realize special days are special, because the Society's Collective Acquired Self says so. In Real, they are just another day in Nature.

## Caution:

Please be aware that I am using the word logic as the simple common sense that every human is born with. I am not using it as intellectualization, rationalization or reasoning.

### **4. Be Aware Of The Conceptual World We Live In**

Have you ever pondered about the world we live in? If you take a fresh, logical look at the human world without preconceived notions, you will find that we live in a *conceptual world*, a *virtual world*, not a real world.

Because everyone around us lives in this collective conceptual, virtual world, we think it is real. Actually, we simply accept it as real and don't even bother investigating whether it is real or not.

For example, let's say you watch the Oscar Awards on TV. Through the goggles of the conditioned mind, (your Acquired Self), you see five actresses nominated for best actress. After a few moments of agony, everyone is told

who wins *best actress of the year*. The winner is obviously thrilled and excited, but the other four feel defeated, though they try to force a fake smile. For the winner, the moment has finally arrived, the moment for which she has waited for years. She gets overwhelmed with emotions but manages to deliver a tearful speech. Then, her moment is over. In a few minutes, it is someone else going through similar emotions.

If you are a serious moviegoer, you have your own opinion as to “*who deserves to be the best actress.*” If your choice wins, you are also *thrilled*, but if your choice loses, you will be *disappointed*, sometimes even *angry* and *bitter* about the *unfairness*.

You and the world call it *entertainment*. You want more of it and the world is well equipped to provide you with more! Over the next several days, you enjoy seeing more and more about the whole event on the Internet, TV, newspapers and magazines. You see stories about before and after parties, designer dresses, behind the scenes, etc.

For the next few days, you even talk to your friends about the whole experience and have more fun. Actually,

the more you know, the more you can impress your friends and the more special you feel about yourself.

Now, let's look at the whole event from an unconditioned mind - someone without the Acquired Self, or Your REAL Self that is *not* in the grip of the Acquired Self. Now, what you see is a person coming on stage to receive a shiny piece of metal. Holding that piece of metal in her hands, she gets very emotional, her eyes become tearful and her voice chokes. She says a few words and then everyone starts clapping. Why, you wonder?

On the other hand, in the conceptual world, that piece of metal has a huge *concept* attached to it. The woman appearing on stage is not just a woman, but has a huge *concept* attached to her. The whole drama has a huge *concept* attached to it. *The entire concept reverberates with the concept in your head and in everyone else's head, about Oscars, actresses and actors, movies and the concepts of success, achievement, fame, wealth and glamour.*

In other words, your Acquired Self (the *Baby Monster*) gets fed by the *Papa Monster* of society! That's why you



enjoy it so much. For you and everyone else, it becomes real. You don't even question whether it is real or not. You watch and talk about it as if it was real.

*It is interesting to know that you may be able to see the superficial, virtual nature of the part of the conceptual world that you are not attached to. For example, if you are attached to sports and not to movies, you may not be interested in watching the Oscars and may even realize their superficial nature, but you will not miss the Super Bowl, Wimbledon, the World Cup, the Olympics, etc. Each one of these words has huge concepts attached to them - the concepts of *victory, achievement, fame, wealth and glamour*.*

If you use logic, you will find that most sports are about a ball that is kicked, thrown, carried and/or hit. The world does *not* see it that way. It sees these sports as a matter of *competition, victory, achievement, fame, glamour and wealth*.

By now, you may understand the virtual, conceptual nature of these events. However, you may say these are occasional events in your life. Well, take a close look at the

usual activities of your daily life and you realize that most human activities are in the *domain* of the conceptual, virtual world.

Here are some examples: (*Let me make it very clear that I am making these observations using simple logic. I am not criticizing, putting down or making fun of any of these concepts. Of course, you don't have to agree with me.*)

The Internet, TV, newspapers and magazines obviously take you into the virtual, conceptual world. Many people start their day reading a newspaper or watching a morning show on TV. They glance through magazines or surf the Internet during the day. In the evening, they usually watch TV or surf the Internet. Most are hooked on TV or the Internet for hours every day.

It's interesting to see some older people complain about young people wasting too much time on the Internet, playing video games or texting. Meanwhile, they waste their time reading newspapers, watching TV and talking about politics or religion.

Everything you read in newspapers, magazines and books or watch on TV and the Internet is conceptual and virtual, isn't it?

Everything in movies, stage shows, museums and art galleries is conceptual, isn't it? All pictures, paintings and statues are obviously conceptual.

All knowledge, whether history, mathematics, science, arts, geography or business is virtual and conceptual, isn't it? In this way, all of the educational system is conceptual.

Language itself is conceptual. Observe how every word carries a concept with it, as we observed earlier in the book.

How about political and social systems? All are conceptual.

How about religious establishments? Those are all conceptual as well.

How about cultures, traditions and values? Those are all conceptual.

In reality, you see mountains, land, buildings, roads, trees, animals, sky, clouds and water. However, on a map you see continents, countries, states, provinces and cities - all conceptual.

How about marriage, romance, engagement, divorce? All are concepts, aren't they?

How about time? Seconds, minutes, hours, days, weeks, months and years. All conceptual. Different cultures have created different calendars.

How about national, religious and cultural holidays? All conceptual.

There are concepts attached to gold, platinum, jewels and diamonds. In fact, these are simply metals and rocks, but there are huge concepts attached to them.

How about money? This concept is so overwhelming that no one ever thinks of it as conceptual.

## The Concept Of Money

Almost everyone is in the grip of the concept of money and the economy. For most people, it also creates a lot of worries.

What is the economy? It's a concept, isn't it? You cannot see the economy. You see currency, which itself is a concept. One Dollar, ten Euros, five Yen, a hundred Pesos, fifty Rupees, etc.

If you give a hundred-dollar bill to a one-year-old, she will probably put it in her mouth, chew on it or rip it apart. Why? Because she still has *not* acquired the concept of money. However, give the same hundred-dollar bill to her when she is a teenager, and she will be thrilled to have it. Why? Because, by now she has acquired the concept of money. In reality, it is a piece of paper, but of course, there is a concept attached to it.

Everyone wants to make money. Money itself is a concept, but people don't think of it that way. To them, money is real. *"You can't do anything without money,"* you may argue, but that still does not make it real. *It may be necessary to some extent, but it is not real. To live in the conceptual world, you need money, but it still does not make it real.*

If you look deeper, you'll find that money is a way for humans to *trade* with each other. Not too long ago, people also used chickens, eggs, rice, etc. to purchase services from each other.

Animals don't do any trading. Obviously, humans developed the *concept of trading*. The concept of trading came into being when humans started living in communities. For example, "I can exchange my eggs for your wheat." Initially, it served a purpose, but then it took over the human race. The concept of precious metals and money came into being. The more money (or precious metals) they had, the more they could buy. Initially, they bought things of necessity: food items, clothes, houses... But this was not enough. They wanted to acquire more and more. Why? Because society also created other concepts: The concepts of prestige, fame, glamour, enjoyment, entertainment, vacations and power. The more money you

have, the more powerful, the more famous and the more prestigious you are. You can also have a high-profile lifestyle.

With money, you can purchase various conceptual objects: the car of your dreams, your dream home, your dream vacation, etc. Money is *no* longer just a means to buy the things of basic necessities. It is often used to *enhance* your ego, which is part of the Acquired Self.

These days, “wanting more” is the driving force behind the concept of money. There is never enough of it when you are in the grip of “wanting more.” Even a *billionaire* wants to get more!

### What’s Wrong With Concepts?

There is nothing *inherently* wrong with the concepts. It is only when they are not treated as concepts, but as reality, that they become *problematic* and create stress for you and others.

Use logic and you'll realize that *concepts are not reality and reality is not conceptual...* But all humanity is lost in concepts and believes in them as if they were absolute truth. People get attached to concepts. They either love them (positive attachment) or hate them (negative attachment). Then, actions arise out of these attachments. Actions arising out of concepts create a huge amount of stress for you as well as everyone else.

Concepts also divide humans into groups. Each group believes their own concepts to be true. This obviously creates *conflict*. One group sees the other group as a *threat* to their collective belief system, which creates collective fear. This often leads to violence verbal as well as physical and can even lead to battles and wars.

## **5. Utilize Your Acquired Self To Function In The World**

The collective *conceptual* world, which we call the world, downloads a *conceptual* world into everyone's head, which is their Acquired Self. The two worlds are *extensions* of each other and *feed* each other. Basically, it is one big *conceptual* world.



Do not start to hate your Acquired Self. In fact, your Acquired Self has its relative significance. It is your tool to function in the conceptual world, but obviously it is *not* you. The problem arises when you mistakenly believe your Acquired Self *is* you and you lose your true identity. Then, you are enslaved by your Acquired Self, which creates tons of stress for you and others. On the other hand, you need to *rise* above it and be its master, not its slave.

While interacting in the conceptual world, utilize your Acquired Self, but don't get overtaken by it. As soon as you don't need the assistance of your Acquired Self, switch gears and shift your attention to the Now.

## 6. Stress Free Living

With a few exceptions, everyone is consumed by the *conceptual* world in their head, their Acquired Self and the collective, *conceptual* world, which we call the world.

As we observed, the conceptual world is full of stress. That's why people are so stressed out. They don't see any way out. They often *rationalize* their stressful living with

statements such as "Oh, stress is part of life. There's nothing you can do about it." Then, they seek refuge in *escapes*, such as drugs, alcohol, partying, vacationing, gambling, etc., which provide only temporary relief and actually add more stress in the long run.

Once you *clearly* realize the *conceptual* nature of the "I" and the *conceptual* nature of the world, you are *free* of them. With this *mental* shift, a profound wisdom sinks in, and your life becomes *stress free* automatically.

For example, you realize money is a concept. It helps you earn a living in the conceptual world, that's all! You earn money to meet the basic *necessities* of life such as food, shelter, clothing, transportation, etc. However, you clearly see the difference between "necessities" and "wanting." You realize it is the Acquired Self that has a never-ending list of "wanting," which is the basis of greed and lack of contentment.

You also clearly see how the Acquired Self *boosts* up its ego by pursuing certain respectable professions, by seeking fame, by living in a mansion, by acquiring certain possessions or by living a certain lifestyle. You also see the

rat race everyone is in to make more and more money and how it creates a huge amount of stress in their life.

Once you are free of wanting, greed and ego, you are *content* with whatever job or business you are in, as long as it provides you with the income to make a basic living.

Once you are *not* in the rat race any longer, you have plenty of time to prepare your meals. You can actually sit down and enjoy your meal.

When you are not attached to your house, possessions or lifestyle, you are not worried about losing them.

Once you are free of your ego, the need for praise and validation evaporates. The emotional drama of respect and insults comes to an end.

In the grip of the conceptual world, a lot of people end up doing shady stuff to make more money. Then, they are *afraid* of being caught. Once you are free of greed, you obviously don't get into illegal practices to make more

money. Then, you're *not* afraid of being caught, because you're not doing any shady stuff.

In addition, you don't seek your *identity* through your profession, certain title or position. Then, you *don't* have thoughts about losing them and worries remain miles away.

As a student or parent of a student, you are no longer in a race to go to a prestigious university. As a student, you figure out what you're good at and pursue that particular field. It may or may not bring you a lot of money, but you are fine with this, because you are free of your Acquired Self and therefore, free of wanting, greed and ego. In this way, you don't have to go through tremendous worries such as "What if I don't get accepted at a prestigious university?"

You realize rules are concepts, but you also acknowledge their functional value. Therefore, you *follow* traffic rules, you *follow* campus rules, you *pay* your income tax, and you *follow* the rules of your profession or business. In this way, you become a perfect law-abiding citizen. You have *nothing* to hide. Then, you have *no* fear of being caught.

Once you realize all rules are concepts, you follow them yourself, but don't judge others if they don't. In this way, you don't fume over "those bad people", who don't follow the rules on the freeways, in the offices, in the political, religious and cultural parties etc.

Once you realize *expectations* and *morality* arise out of the "book of role descriptions," written by your society: "how everyone should and shouldn't behave," you automatically stop having expectations. Consequently, you have no disappointments, annoyances or anger.

In addition, you automatically stop judging all of "those immoral, bad people." You do your role by the book, but don't judge others. In this way, you stay free of a lot of frustrations and anger.

You realize political systems and parties are conceptual. Then you don't get into heated arguments with others, over political issues. You don't get angry by watching TV shows or reading newspapers. You realize you can *impact* your virtual political system by casting your vote every few years and that's all. You don't keep fuming over the results of elections, in case your party did not win.

You realize marriage is a concept, but you also realize its functional value and *follow* it as a part of living in a society. Free of your Acquired Self, you don't get into the mess of extra-marital affairs, which is the activity of the Acquired Self to enhance its ego or to escape from emotional pains. Obviously, if you don't have any affairs, you don't worry about being caught.

You realize beauty is a concept. Consequently, you *don't* worry if you lose a few hairs, if your hair starts turning grey or if a wrinkle or a pimple appears on your face. You don't dye your hair, apply wrinkle cream or see a plastic surgeon. All the *worries* about side effects of these dyes and creams, the high cost of plastic surgery and its possible side effects automatically do not arise.

You recognize the conceptual nature of all sports, television shows and stocks. Then, you *don't* worry about the loss of your team, the fate of your favorite TV show or the performance of your stocks.

You realize that the Internet, TV, newspapers and magazines keep you *trapped* in the conceptual world.

Automatically, you don't spend much time on these activities. Then, you don't hear sensational, horrifying and dreadful news and stay free of unnecessary fear.

You realize "special days" do not exist in the Real, but only in the conceptual world. Then you don't have *expectations* from others to do certain things on certain special days, such as birthdays, anniversaries, religious and national holidays. No expectations mean no disappointments, if someone does not live up to your expectations. You also become free of self-criticism and guilt.

You realize your present lifespan is a line between birth and death. It is your society's Collective Acquired Self that *artificially* divides this line into *segments* such as childhood, youth, middle age and old age. Then you are free of the *anguish* once you turn 40.

Once you clearly see the virtual nature of the past and the future, you don't *fume* over the painful memories or *miss* the good old times or *worry* about the future. You also become free of the collective emotional pains of your group, race or nation, due to history being kept alive. At the

same time, you don't worry about the collective future of your group, race, nation or the entire human race. Instead, you keep your attention in the Now: what is in front of you, what you sense with your *five* senses.

Once you realize that concepts divide humans into political, social, cultural and religious groups and create conflict, you automatically are not *emotionally* attached to them. In this way, you become free of the collective "hate and revenge" that has *plagued* most of the human world.

In short, you *minimize* your interactions in the conceptual world to bare necessities. In this way, you *free* up a lot of time to spend in the Real world, the Now, where there are no worries, frustrations, anger, regrets, hate, jealousy, sadness or worthlessness. And it is *not* a boring life. Quite the opposite! Once you are in touch with the Now, you tap into an *immense* source of joy and inner peace. Then, you have no need to seek thrill, excitement and entertainment. That's how you live a life that is *joyful*, *peaceful* and completely *free* of emotional stress.

***To learn more about stress management, please refer to my book, "Stress Cure Now."***



## Chapter 22

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# MEDITATION

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Meditation is a great way to shift your attention from the Acquired Self into the NOW.

Every day, spare at least 15 minutes in the morning and 15 minutes in the evening to do some meditation. Morning meditation prepares you to start your day with a relaxed mind. Evening meditation helps you to wash away all the emotional burdens you may have collected during the day. It also prepares you for a restful sleep.

## **The Art of Meditation**

You can do meditation in a sitting position or a lying down position: whatever is comfortable for you. For most people, sitting in a chair works well. If you are more flexible, then you can sit on a mat in a more traditional lotus or half lotus position with your legs crisscrossed.

There are several types of meditation. You can do them together in sequence or separately.

Be in a quiet area away from phones and other noises. No music either. Sit or lay comfortably. Close your eyes.

### **Body Meditation**

Pay attention to your body parts, starting with your feet. Feel the weight, pressure and sensation in your feet. Now move your attention to your legs, knees, thighs and pelvic area. Mentally feel each area for a minute or two. Then move onto the lower back, middle back, and upper back. Stretch your entire back with your imagination. Then

focus on your neck and skull. Then bring your attention to your face. Soften the muscles and come down to the neck, arms, chest and abdomen, spending few minutes at each area, mentally feeling and softening each area.

## **Breathing Meditation**

Bring your attention to your breathing. Observe how your chest expands with each inhalation and retracts with each exhalation. Just feel the movement of your chest.

No thinking, but just pay attention to your breath and the energy flowing inside your body. If your mind runs away with some thought, do not get upset. As soon as you realize that your attention was distracted, bring it back to the movement of your chest with each breath. Your chest movement becomes the anchor of your attention.

Initially, you will find that your mind is as busy as a bee, but gradually, it starts to calm down. You gradually start to feel a pleasant *spacious* feeling in your chest. You may also see some shapes, usually purple colored, in front of your closed eyes. Don't get involved. Keep your attention

on your chest movements and *spacious* feeling in your chest. Every now and then you feel intense vibrant sensations running throughout your body. This is life-energy.

Continue to be the observer, paying attention to all that's happening in your body. You may be amazed to discover the *energy, joy* and *peace* that you never experienced before.

## **Walking Meditation**

As you get tired of sitting, get up and start walking. Pay attention to each step. Realize how the right arm and left leg move forward and backward together (and the left arm and right leg move forward and backward together).

To keep it simple, just pay attention to one set of arm and leg. I use my right arm and left leg. Also, pay attention to your breathing, the space in which your body is moving forward. You can sense the walls of the corridor moving backward, if you are walking in a corridor, of course.

## Meditation All the Time

Keep your mind where your body is. Then you meditate while carrying on your daily activities. While driving, pay attention to space and everything in it: electricity poles, traffic, trees, birds, sky, clouds, etc. In the parking lot, pay attention to space and everything in it: other cars, curbs, concrete, signs, etc. In your office, be aware of space and everything in it: desk, computer, chair, walls, people, etc. In the grocery store, be aware of space and everything in it: the aisles, items on the shelf, people, carts, lines, clerks, machines, etc. In a restaurant, pay attention to space and everything in it: chairs, tables, items on the table including your food, walls, people, etc.

Every now and then, also pay attention to your breath. Feel how with each inhalation, energy rises from the base of your spine to the top of your spine and then into your head. With each exhalation, energy flows down from your head into your chest and abdomen. You may be sitting alone in a restaurant or driving your car and feeling peaceful and joyful with this energy flowing up and down your body. It is such a great feeling. Words cannot describe it. You have to experience it yourself.

Imagine, next time you are in a traffic jam or in a line at the airport or grocery store, you will be joyful and peaceful in your meditative state, instead of being stressed out. This is the key to stress-free living.

### Meditation in a Social Setting:

It is relatively easy to stay in the meditative state while you are alone, even if you are in a social setting, such as eating alone at a restaurant or waiting in a line. But it is quite challenging when you are in the company, and you have to participate in a conversation. As soon as you engage in conversation, you easily get taken over by your Acquired Self. Then, you are not in the Now.

However, you can master the art of paying attention to your surroundings, the space around you, and carry on a conversation. It is useful to remember to come to a *full stop* after expressing your opinion and to know that it is your opinion, not the ultimate truth. You don't need to defend it. Every now and then, you will be taken over by your Acquired Self, but soon you will realize it and get out of its grip.

## Meditation Can Enlighten You

After a few sessions of meditation, you may start to re-experience your past experiences. This time, see them as an observer. See how your Acquired Self and Acquired Selves of others were at each other's throats in those experiences. Do not judge. Just observe.

Then, you may have a new realization about your past experiences. For example, in the past, you got upset with your brother, a friend or a parent who let you down. They did not behave in the manner that your Acquired Self wanted. You carry all that psychological pain with you all the time. Imagine over your lifetime, how many times others, especially the one you had expectations from, let you down and caused emotional pains. Imagine the amount of pain your soul is carrying.

Can you fully realize that your relatives or friends did not meet the expectations of your Acquired Self? It's your Acquired Self that created the emotional drama. Only once you fully realize it, can you let go of it. You will truly be amazed how transforming this experience can be. You feel

a huge weight lift off your chest. This is true forgiveness with tremendous healing power.

## **Meditation May Expand Your Perceptions**

An experienced meditator may be able to get rid of most (if not all) of the layers of his Acquired Self. Once freed of mental distractions, she stays in joy and peace of the NOW effortlessly just like a newborn baby.

*The more you pay attention to anything, the more you become aware of its details.* This is a law of Nature. In this way, a dedicated meditator may experience the dimensions in the NOW that a busy mind is totally unaware of.

For example, I had been meditating and paying attention to the Now for a few years before I experienced the Divine one day. I was sitting in a restaurant and looking out the windows at the big trees that were swinging back and forth in the *stillness* of the Now. Suddenly I could experience profound, peaceful, and commanding stillness, and it was mesmerizing, to say the least. No words can really describe it.



## Chapter 23

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# THE CHOICE IS YOURS

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Now you understand that you have the great opportunity in this lifespan to wake up. Free yourself from the virtual world in your head as your Acquired Self, as well as the collective virtual human world. Only then you can be truly stress-free in this life, and the life after death.

The choice is yours! This is the most important choice in your life. Unfortunately, most people are not even aware of this choice. Stuck in the grip of their Acquired Self, they are unaware of this choice.

After reading this book, you clearly understand that you are the one who is ultimately in the driver's seat. This is true empowerment and does not arise out of insecurity. You can choose *not to be* in the virtual world of your Acquired Self. Instead, you choose to live in the Real Now: REAL GOD.

Therefore, at any given moment, ask yourself, "Am I in the grip of the Acquired Self? Am I lost in my *thoughts, concepts, emotions, beliefs, past and future*?" The moment you realize that you have been hijacked by the Acquired Self, you actually are no longer in its total grip. It is only when you are *not* even aware that you are lost in the Acquired Self that you continue to experience emotional stress.

*Awareness is the key.* To be aware that you are taken over by the Acquired Self will release you from its prison immediately.

Freed from the Acquired Self, you park your attention into the Now by using your *five senses*. Then, you become aware of the *space, silence and stillness* in which everything is. In the *bliss of Now*, you choose to live. You

choose to be in touch with your *inner peace and joy*. You choose to be in touch with REAL GOD. This is the ultimate choice! Don't ever forget it.

Wake up and start to implement this very important choice in your life right now, while you can, as death can happen at any moment.



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## DR. ZAIDI'S QUOTES

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- Keep your mind where your body is.
- Your conditioned, busy mind is the root cause of your stress. You are not born with this. You acquire it from your society as you grow up.
- The past and future are mental abstractions, virtual and unreal. The present moment is the only *real* thing. Live in it if you want to live a *real* life.
- Many people live a conditional life. In their minds, certain conditions must be met before they will start living their life. That day never arrives, because they keep adding more and more conditions and goals.

- Excessive thinking about the future is the major reason for fear, anxiety and panic attacks.
- You can only solve a problem if it exists, but your busy mind creates a virtual problem and then it tries to take care of this phantom. How absurd!
- Frustrations arise from expectations, which originate from your conditioned mind.
- Most human interactions are actually based upon "conditioned minds interacting." That's why there is so much stress in our lives.
- You can be free of your conditioned mind simply by observing it in action. Don't hate it or you will make it stronger. Simply observing it is enough.
- Human problems can only be solved by humans, not politicians, religious leaders, financial institutions, or science.

- Live in your field of awareness, created by your five senses: what you see, hear, taste, smell and touch. If it is not in your field of awareness, it is unreal for you at that moment.
- Keep asking yourself two questions: "Is it happening right now, at this very moment, in my field of awareness?" and "What is really happening right now in my field of awareness?"
- Concepts divide human beings and that is the basis of conflict and violence. True freedom from violence lies in freedom from concepts.
- Concept is not reality and reality is not conceptual.
- We all live in a conceptual world and mistakenly take it for real.
- REAL GOD is all around you and inside you. It cannot be described because language itself is conceptual.
- Age is a concept.

- The source of stress as well as joy lies inside you.
- Make the ultimate choice to be stress-free without any outside help.
- Logic is the ultimate asset we humans have.
- Get rid of the filters created by your conditioned mind. Then, take a fresh look at your life with the lightning rod of *logic*.
- Free yourself from the Virtual Self in order to be stress-free in this life and the life after death.



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First, I deeply acknowledge Lisa, Dorothy, Susan, Julie, Pardeep and my brother for sharing their extraordinary experiences with me and the readers of this book.

I am sincerely grateful to Dolly Najla Zaidi and Georgie Huntington for doing an excellent job proofreading this book.

I also want to express my gratitude to my wife, Georgie, for being my partner in this virtual world, and our daughter, Zareena, for being a wise person at her young age.

## Meet Dr. Sarfraz Zaidi, MD

Dr. Sarfraz Zaidi, MD, is a top "holistic" Endocrinologist in the USA. He is a medical expert on [thyroid](#), [diabetes](#), [vitamin D](#), and [stress management](#). In addition, he is a former assistant Clinical Professor of Medicine at UCLA.

### Academic Career

- King Edward Medical College, Pakistan
- House Officer: Mayo Hospital, Pakistan
- House Officer, University of Zimbabwe Hospitals, Zimbabwe.
- Residency in Internal Medicine at Wayne State University, Detroit, Michigan
- Fellowship in Endocrinology, Diabetes and Metabolism at UCLA, Los Angeles, California
- Former Assistant Clinical Professor of Medicine, UCLA, Los Angeles, California

## Professional Memberships:

In 1997, Dr. Zaidi was inducted as a Fellow to the American College of Physicians (FACP). In 1999, he was honored to be a Fellow of the American College of Endocrinology (FACE).

## Books and Articles:

Dr. Zaidi loves to spread his clinical wisdom through his writings. He is a prolific writer and has authored these books: "[Reverse Your Type 2 Diabetes Scientifically](#)", "[Power of Vitamin D](#)", "[Stress Cure Now](#)", "[Graves' Disease And Hyperthyroidism](#)", "[Hypothyroidism And Hashimoto's Thyroiditis](#)", "[Stress Management for Teenagers, Parents and Teenagers](#)", "[Wake Up While You Can](#)", "[You Are Not Who You Think you are](#)" and "[Reduce Your Risk Of Dying From COVID.](#)"

In addition, he has authored numerous articles in prestigious medical journals.

All his books are available at Amazon.com, Kindle.com and Audible.com

## **A Public Speaker:**

Dr. Zaidi has been a guest speaker at medical conferences and also frequently lectures the public. He has been interviewed on TV, in newspapers and national magazines.

## **An Enlightened Human Being:**

When you meet Dr. Zaidi, he comes across as a wise, calm, and joyful person. At the age of 50, he was struck by the "Lightening of Truth" while walking in his neighborhood park, pondering over the root cause of the "Stress of Daily Living." Since that day, he continues to receive extraordinary wisdom and clarity about life, which he expresses in various forms - blogs, books, videos.

## **A Family Man, Cook, Artist and Gardener:**

Dr. Zaidi is happily married man and lives with his family in southern California. He enjoys gardening, cooking and

painting. In addition, he enjoys playing Native American Flute.

You can watch his simple unique style of stress free, joyful living on [YouTube videos](#).

### **Dr. Zaidi, a Simple Man:**

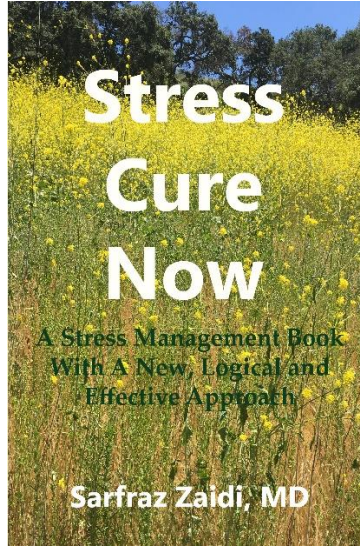
When people meet Dr. Zaidi, they are amazed how simple he is. They experience the calm, peace and joy that shines through him.

Dr. Zaidi's website:

[www.DoctorZaidi.com](http://www.DoctorZaidi.com) also known as [Ziohh.com](http://Ziohh.com)

## **Other Books by Dr. Sarfraz Zaidi, MD**

## Stress Cure Now



In his groundbreaking book, Dr. Zaidi describes a truly *New* approach to deal with stress.

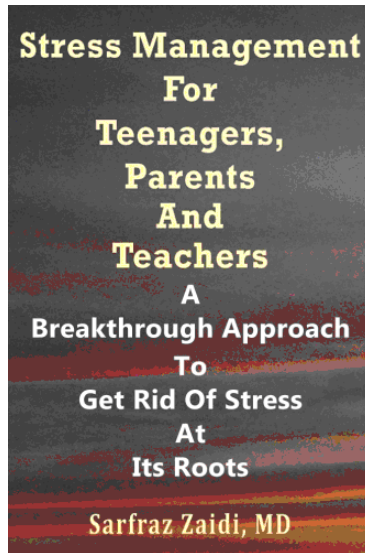
Dr. Zaidi's strategy to cure stress is based on his personal awakening, in-depth medical knowledge and vast clinical experience. It is simple, direct, original and therefore, profound. He uses logic - the common sense that every human is born with.

Using the torch of logic, Dr. Zaidi shows you that the true root cause of stress actually resides inside you, not out there. Therefore, the solution must also reside inside you.

In "**Stress Cure Now**," Dr. Zaidi guides you to see the true root cause of your stress, in its deepest layers. Only then you can get rid of it from its roots, once and for all.



## **Stress Management For Teenagers, Parents And Teachers**



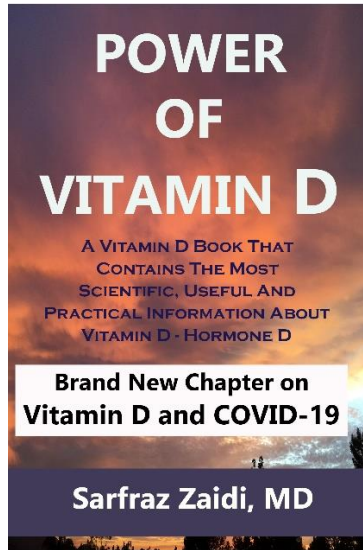
Using the blazing torch of logic, Dr. Zaidi cuts through the stress triangle of teenagers, parents and teachers.

This original, profound and breakthrough approach is completely different from the usual, customary approaches to managing stress, which simply work as a band-aid, while the volcano underneath continues to

smolder. Sooner or later, it erupts through the paper- thin layers of these superficial strategies.

Dr. Zaidi guides you step by step on how you can be free of various forms of stress. From peer pressure to stress from education to conflict between teenagers, parents and teachers, to anxiety, addictions and ADD, Dr. Zaidi covers every aspect of stress teenagers, parents and teachers experience in their day-to-day life. Dr. Zaidi's new approach ushers in a new era in psychology, yet this book is such an easy read. It's like talking to a close friend for practical, useful yet honest advice that works.

## Power of Vitamin D



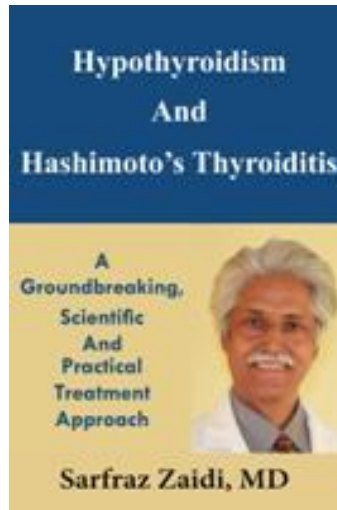
"Power of Vitamin D," has become a popular and a reference book on the topic of vitamin D. This book contains all the important information you need to know about Vitamin D including the wonderful health benefits of Vitamin D.

In this book, Dr. Zaidi dispels common myths about Vitamin D, such as "being outdoor in the sun for 15 minutes a day is enough to take care of your Vitamin D needs." Wrong!

Most people are low in Vitamin D, and they don't even know it! Sadly, most physicians are not up to date on Vitamin D. They often order the wrong test for Vitamin D level, which can be normal even if you have a severe deficiency of Vitamin D!

Many physicians interpret test results of Vitamin D with the myopic eye of the reference range provided by the laboratory. These reference ranges are often wrong when it comes to Vitamin D. Dr. Zaidi explains how you can achieve the optimal level of Vitamin in order to take advantage of the miraculous health benefits of Vitamin D, without risking its toxicity.

## Hypothyroidism And Hashimoto's Thyroiditis



The current treatment of Hypothyroidism is superficial and unsatisfactory. Patients continue to suffer from the symptoms of Hypothyroidism, despite taking thyroid pills. Even worse, there is no treatment for Hashimoto's Thyroiditis, the root cause of hypothyroidism in a large number of patients.

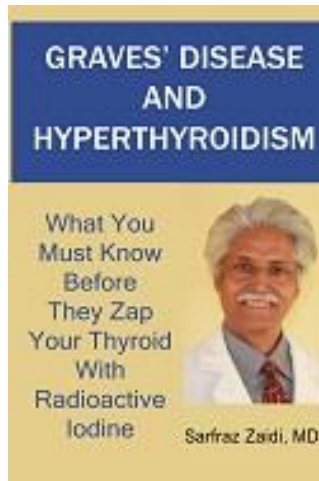
Dr. Sarfraz Zaidi, MD, has made a breakthrough discovery about the real cause of Hashimoto's Thyroiditis, and how to effectively treat it. He has also made new insights into the causes of Hypothyroidism. Based on these groundbreaking discoveries, he has developed a

revolutionary approach to treat Hypothyroidism and cure Hashimoto's Thyroiditis.

In "Hypothyroidism And Hashimoto's Thyroiditis, A Breakthrough Approach to Effective Treatment," you will find out.

- Why you continue to suffer from symptoms of Hypothyroidism, despite taking thyroid pills?
- What really is Hypothyroidism?
- What are the symptoms of Hypothyroidism?
- Why the diagnosis of Hypothyroidism is often missed?
- Why the current treatment approach of hypothyroidism is unscientific?
- Why the usual tests for thyroid function are inaccurate and misleading?
- What actually causes Hypothyroidism?
- What is the root cause of Hashimoto's Thyroiditis, besides genetics?
- What other conditions are commonly associated with Hashimoto's Thyroiditis?
- How to effectively treat Hypothyroidism?
- How to cure Hashimoto's Thyroiditis?
- And a detailed thyroid diet that works.

## Graves' Disease And Hyperthyroidism



Graves' disease is one of the causes of hyperthyroidism. In "Graves' Disease And Hyperthyroidism", Dr. Zaidi describes how to accurately diagnose and treat Graves' disease as well as other causes of hyperthyroidism.

The medical treatment of Graves' disease has not changed in over 50 years. Sad, but true! The standard, usual treatment with radioactive iodine is a superficial, myopic approach. It almost always makes you hypothyroid (underactive thyroid state). Then, you need to be on thyroid pills for the rest of your life. In addition, radioactive iodine does not treat the underlying root

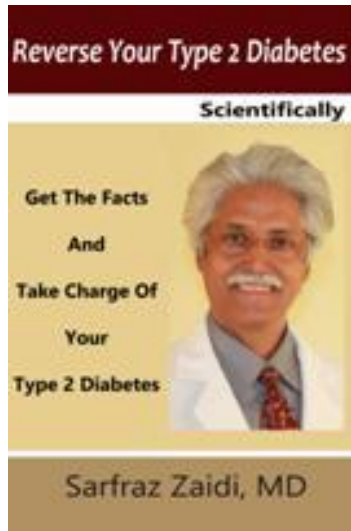
cause of Graves' disease - autoimmune dysfunction, which continues to smolder and easily erupts into another autoimmune disease. Anti-thyroid drugs do not treat autoimmune dysfunction either. They provide only temporary relief. Often, symptoms return once you stop these drugs. Surgery also does not treat autoimmune dysfunction. It often leads to hypothyroidism as well as many other complications.

Over the last ten years, Dr. Zaidi developed a truly breakthrough approach to get rid of Graves' disease at its roots - autoimmune dysfunction. His patients have benefited tremendously from this approach. Now is the time for you to learn about this groundbreaking discovery.

Dr. Zaidi reveals what really causes autoimmune dysfunction that ultimately leads to Graves' disease. His revolutionary treatment strategy consists of five components: His unique Diet for Graves' disease (including original recipes), the link between Vitamin D deficiency and Graves' disease, the connection between Graves' disease and Vitamin B12 deficiency, how Stress causes Graves' disease (and Dr. Zaidi's unique strategy to manage stress) and the Judicious use of Anti-Thyroid drugs.



## Reverse Your Type 2 Diabetes Scientifically



There is a common misconception among patients as well physicians that treating Type 2 diabetes means controlling your blood sugar by any means. This approach is dangerously flawed. The fact is that Type 2 diabetes is a complex disease process. If not managed properly, it often leads to a number of horrendous complications. Sometimes, medications can cause more harm than good.

In "Reverse Your Type 2 Diabetes Scientifically," Dr. Sarfraz Zaidi, MD explains what the root cause of Type 2 diabetes is. Then he showcases his unique 5-step approach to manage this disease at its roots. Over the last fifteen years, he has employed this groundbreaking approach to help thousands of Type 2 diabetic patients. He has included actual case studies from his clinical practice to illustrate how his 5-step approach can reverse Type 2 diabetes as well as its complications.

Dr. Zaidi's unique 5-step approach consists of:

1. A simple, yet profound approach to Stress Management, based on his personal awakening.
2. A revolutionary, scientific approach to diet. You may be surprised to learn how Calorie-based dietary recommendations are actually *not* very scientific. His diet is based on actual food items you buy in your grocery store or farmers' market. He has included 75 of his own recipes. He also gives you a practical guide to eat at home or eat-out at various ethnic restaurants.

3. A new, scientific approach to exercise. You may be surprised to learn how too much exercise can actually be quite harmful.
4. An in-depth, scientific description of vitamins, minerals and herbs that are valuable in managing Type 2 diabetes.
5. Prescription medications, when necessary. A comprehensive description about: How various medications work, what are the advantages, disadvantages and side-effects of each drug.

**All books are available  
at Amazon.com  
and other major online retailers.**

Please visit  
DoctorZaidi.com  
also known as ZIOHH.com