

Learn to Analyze YOURSELF



# Keep reading



By KeepGoing.AI Emotional Intelligence Academy

Selective "easy read" books for big babies who rediscover life and start from scratch.

What is the motto of this book?



**“Yesterday I was clever,  
So I wanted to change the World!  
Today I am wise,  
So I am changing myself!!!”**

**RUMI**



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# Preface



***Welcome to a book like no other!  
This is a book without page numbers.***

***Instead, every page has been numbered as 1,  
creating a seamless and uninterrupted reading experience.***

***Co-authored by Dr. Keskin, the renowned expert in  
emotional intelligence and head of Keepgoing.AI Emotional  
Intelligence Academy, and co-authored and designed by an  
AI Think Bot that designed by Keepgoing AI bootcamp  
engineers.***

***This book is specifically designed to help you understand  
and apply its insights to your daily life with ease.***

***This handbook will be your constant companion,  
empowering you to face life's challenges with positivity and  
thrive in all aspects of your life. So, keep reading and unlock  
the power of your positive mindset!***

***Here is the Index, Enjoy every moment during your reading!  
Thank You!***

***Keepgoing.AI Emotional Intelligence Academy Team***



**What makes you perfect are your flaws from the past!**



**"In the ancient Japanese art of Kintsugi,  
The broken pieces of a pottery are put together,  
With gold dust and lacquer to fix and reuse them better.  
The visible cracks were not hidden, but adorned,  
Flaws were celebrated when uniqueness was born.  
Yes! Imperfection brings strength and charm.  
It's not the perfection, but flaws that add value,  
Just like the bowl that is fixed with gold,  
It is the flaws that make it a treasure to behold.  
The bowl is like a human being,  
With a heart that is broken by life's unexpected things,  
Failures and painful experiences  
Are worth as gold,  
Embracing them will turn life's cracks into gold.  
It adds value to your worth,  
Making you unique and one of a kind.  
Your flaws enhance your experiences and value,  
Making you stand out and remarkable too.  
Embrace the meaning in your eyes,  
The imperfections in your life that you disguise,  
Success will come from these very marks,  
Making you one of a kind, standing out in the dark."**

**Dr.Keskin**





Listen up, let me tell you a tale  
About the hidden messages that your body exhales.  
Physical pain and emotional strife,  
All linked to brain frequencies that control your life.  
Brainwave frequencies, they play a role  
In how you feel, body and soul.  
Imbalances can lead to "dis-ease" you know.

But there is hope, if you are willing to seize  
From physical symptoms to emotional pain,  
Your body is messages are not in vain.  
By understanding what they mean  
You can create a life that as more serene.

Learn to listen to your body  
And hear what it is trying to say.  
With the right tools and techniques  
You can live in a better way.  
So let this be your call to action  
To tune in tand take some action  
With this book as your guide  
You can find balance and thrive  
In life!

## The Structure of the Human Body



The raw materials of the human body are soil and water.

These materials are made up of elements.

If these elements are not present in sufficient amounts,

In our bodies problems start to arise.

For example, a decrease in the "Iron" element,

Can lead to an increase in anemia and a decrease in immunity.

The element that strengthens the immune system is "zinc".

Zinc also helps cells to multiply.

In a person weighing 70 kg, there are; 45.5 kg Oxygen,

12.6 kg Carbon, 7 kg Hydrogen,

1.8 kg Nitrogen, 1 kg Calcium, 70 g Phosphorus,

400 g of sulfur, sodium, copper, selenium,

Molybdenum, Chlorine, Iodine, Manganese, Potassium,  
Magnesium, Cobalt, Lithium, Iron, Strontium, Aluminum, Silicon,

Lead, Vanadium, Arsenic, Bromine,

And other elements all present in the body.

All of these elements are also found in the soil

In the same proportion.

That is why it is crucial to nourish ourselves with soil-grown foods.

These elements are the building blocks of our DNA spiral.

# Human is vibration



DNA is a group of phosphates.  
Our DNA is constantly vibrating.  
How?

A nucleotide combines with a deoxyribose,  
And with the help of the bonds between the phosphates,  
It creates chains in a zigzag pattern.  
Energy transitions occur from these bonds,  
And each energy creates a vibration.

Science has used this to invent MRI machines,  
Which work on the principle of magnetic resonance.

What does an MRI machine do?

It detects non-vibrating dead cells.

Resonance, or frequency, is the essence of every cell.

Non-vibrating cells are dead and can make you sick,  
Even kill you.

Humans, plants, and animals are all vibrating energies.  
For example, we can chat while drinking a cup of coffee.

While chatting, our hand goes to the cup.

It may seem simple right,  
But it is incredible that our brains produce  
Billions of electrical currents and frequencies  
To bring that cup to our mouth.  
Our brains perform trillions of operations.

## Human is vibration



For a sip of coffee, our brain produces trillions of electrical currents,  
And coordinates the body through frequency connections.  
Vision, smell, taste, the muscular system, perception,  
Understanding, and memory all come into play.  
For a two-second process, trillions of algorithms,  
And frequencies come into play.

We see the cup and mathematically determine its exact location.  
We smell it, scan our memory for all coffee flavors we've ever tasted.  
The brain detects the taste from its aroma.  
Then, the frontal cortex comes into play,  
Sending signals to our motor cortex.  
The muscular system in our hands comes into play to hold the cup.  
We touch the cup, registering its weight,  
And temperature of the cup in signal form.  
We recall tons of coffee memories and pay attention its taste.  
This information is transmitted from the spinal cord to the brain.  
All processes are completed at higher than speed of light.

The brain, cerebellum, cortices,  
And nerves vibrate, communicate,  
And perform intensive calculations.  
All these complex processes are carried out  
So that we can drink our coffee  
Without spilling it or burning our mouth.  
Designing a robot to perform these tasks  
Would be extremely difficult,  
Even using the most powerful computers in the world today.  
This is the brain.



**"The human brain, the human body, and the earth spinning function at the same frequency. If we can manage to control this resonance system electronically, we can directly control the entire mental system of humans with this approach. If you only knew the magnificence of the 3, 6 and 9, then you would have the key to the universe"**

**Nikola Tesla**



Let's dive into the science of the brain,  
And learn about its frequencies,  
So you can gain an understanding of how they function  
To create our physical and mental junctions.  
Brainwaves have different frequencies  
Each one serves its unique necessities.

**Alpha for relaxation, beta for focus**

**Theta for creativity, delta for sleep, it is locus.**

Brainwaves can impact our emotions and thoughts  
Affecting how we feel, our senses and what we have got.

From anxiety to happiness, focus to distraction

They can impact our physical reactions.

When imbalanced, brainwaves can cause issues

Creating pain, distress and emotional misuse.

Learning to recognize these signals

Can help us address the root cause with visuals.

Understanding brain frequencies

Is key to living with "ease" and survive in life in an easy way.

They influence our emotional and physical states

And can help us navigate our fates.

So let's learn about brain frequencies, to thrive

And lead a life that is more alive and positive

With this knowledge, we can enhance

Our emotional and physical balance.

You can find balance and thrive.



The first brain waves were recorded in 1924 by Hans Berger.

After extensive research, in 1930,

The electroencephalogram "EEG" was developed

To determine brain waves.

The electrical currents and functions

Resulting from the vibrations of all cells

In the brain have been identified.

**Delta waves are in the range of 1-3 Hz.**

At this range, the brain enters a deep sleep state.

**Theta waves are in the range of 5-8 Hz.**

Dreams occur at this frequency, imagination is also prevalent.

Deep emotions are felt at this frequency.

If we feel super relaxed, it means we are at this frequency.

**Alpha waves are in the range of 8-13 Hz.**

It is the frequency of calmness before falling asleep.

Effective meditation is done at this frequency.

This wavelength covers all of nature when the sun rises.

Those who meditate, pray, or perform

The morning prayers at sunrise create miracles

With the vibrations of this magnificent frequency in nature.

The atmosphere is not dark. It is slightly bright.

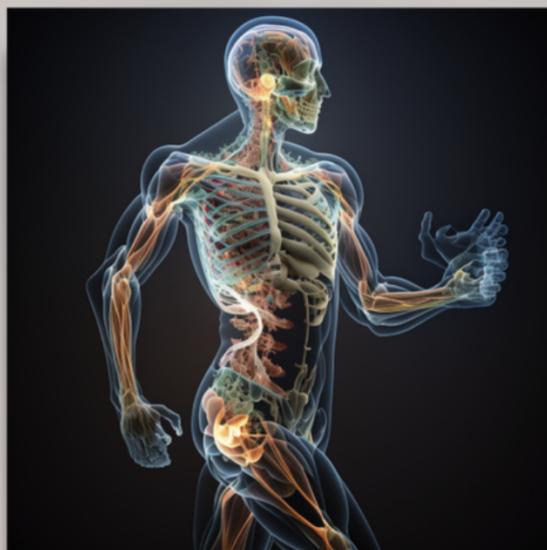
**Beta waves are in the range of 12-33 Hz.**

It is the frequency at which neurons are excessively activated.

The brain works very fast, and focus is at its highest level.

It is the ideal frequency range for solving problems.

## Physical Symptoms and Their Hidden Messages



Let's talk about physical symptoms  
And the hidden messages they convey.  
From headaches to back pain and everything between  
They can be more than what they seem.  
Common symptoms like fatigue or soreness  
Can be more than just physical duress.  
They may point to emotional needs  
Or habits that our body pleads.  
Understanding the messages behind physical signs  
Can help us address the root cause and declines.  
Physical symptoms are messages from our body  
To help us heal, grow and embody  
A life that's full of health and ease.  
So let's listen, and take heed, please.

**If you have back pain,** it means your guilt level is rising. Find the source of your guilt and let go of it immediately! Don't judge yourself or others; make peace with yourself first, then forgive the person(s) who stabbed you in the back. Focus on the positive qualities of everyone who has disappointed you and accept them as they are, even if they are bad, and LOVE them!

**If you are experiencing sexual impotence,** it may be because you were not loved with touch by your parents, and instead, you were given candy and chocolate. Stop consuming sugary, fizzy, and/or alcoholic drinks and replace them with ONLY STILL pure water. Learn to love through touch and develop a sense of touch. Learn to love unconditionally and without expecting anything in return. Without learning to love, you cannot heal. Finally, surround yourself with people who love you for who you are.



**If you have severe menstrual pain,** you must learn to accept your femininity and its advantages with love. Stop judging yourself and don't allow anyone to judge you for being a woman. Immediately distance yourself from toxic friends and family members who judge you and communicate with them only minimally or not at all, only when necessary.

**If you have discharge problems in your genital organs and urinary incontinence,** unfortunately your pelvic muscles have become loose from stress and anger, and you need to eat plenty of dates now. Why? Because dates contain oxytocin, which has been shown to induce erections. In various animal species, including human males, an oxytocin burst is released during ejaculation, with the suggested function of stimulating contractions of the reproductive system and helping to release sperm. A study measuring oxytocin serum levels in women before and after sexual stimulation also suggests that this hormone plays an important role in sexual arousal. It was found that genital system stimulation causes an increase in oxytocin immediately after orgasm. Another study reported that oxytocin increases during sexual arousal could be in response to nipple/areola, sexual, and/or genital system stimulation, as confirmed in other mammals.

**If your heart is troubled,** it's because you have routine memories full of hate, resentment, and disappointment in your life. Remove them from your heart. Only love unconditionally; otherwise, your soul won't want to live, and your heart will do everything possible to stop. Remember, you'll have a heart attack every time; it'll be your routine!

**If you have intestinal problems,** you need to review everything in your life that you don't need (people, things, activities, routines) and remove them from your life.



**If you have neck pain,** stop looking at things from a negative perspective and focus on the positive. Don't say the glass is half empty, say it is half full. Speak only positive words. Remember, every negative event will eventually have a positive outcome. The more easily you focus on the positive, the faster you can turn everything negative into positive.

**If you grind your teeth in your sleep,** it's time to release the accumulated anger. Learn to forgive yourself first and then forgive everyone and everything that made you angry.

**If your eyes have a problem,** or if they burn, it means you don't want to see the truths you need to see. Stop running from the facts; they will follow you until you see them. Learn to accept and surrender to them with love. Your soul will follow the destiny it made in the soul agreement, not your dreams. Never forget this!

**If your shoulders hurt,** it's time to analyze the unnecessary burdens that have been placed on you in life. Stop carrying other people's responsibilities immediately and urgently get rid of any work you deem unnecessary.

**If your throat hurts, swells, or if you have a goiter,** it's time to express yourself with love. Stop judging people and being arrogant. Remember, you're not God, even if you think negatively, say it in the most beautiful words and without hurting the other person, and start expressing your love without hesitation.

**If your feet and legs hurt,** it's time to get rid of your fears. If the pain is on the right side, you need to overcome your fear of the future and leave the judgement of past. Yes, you are experiencing pain in your feet or legs, it may be time to let go of your fears. If the pain is on your right side, you need to urgently overcome your fear of the future, surrender to the main stream of life for your own future, and avoid anything that holds you back. If the pain is on your left side, you need to cut ties with the past and live in the present moment.



**If you are experiencing stomach pain,** you need to stop worrying about everything. Your negative experiences can be a blessing in disguise, so be patient and serve others with love and compassion. Stay away from things that upset you because nature and the natural world need you.

**If you are experiencing back belly part pain,** you need to change your attitude towards money. Having just enough money is sufficient for your needs; excess money will weigh you down. Money cannot buy happiness, and you need to focus on what makes you happy, not how much money you have. Avoid unnecessary expenses and try to spend your money on people who really need it. Accumulating wealth will weigh you down like a heavy burden, leading you towards paralysis.

**If you are experiencing headaches,** it is time to let go of your feelings of worthlessness. Remember that your soul is the most valuable thing in your life, and it needs to be nurtured. Focus on the needs of your soul, not just your body.

**If you have problems with your hearing or earaches,** you need to listen to your heart and make decisions based on your emotions, not your thoughts or judgments. Learn to listen to your heart's messages; otherwise, no medicine or surgery will help.

**If you have allergies,** you need to stop rejecting your own strength. Identify who or what makes you feel powerless and let go of them. Trust your own feelings and don't believe in anyone else's ideas.

**If you have toothaches or gum problems,** it's time to stop accumulating indecision and anger. Otherwise, your teeth will fall out, and your tongue will be uncontrollable.

## Emotional Symptoms and Their Hidden Messages



Now let's discuss emotional symptoms  
And how they impact our daily rhythms.  
From anxiety to depression and beyond  
They can be messages we need to respond.  
Emotional symptoms are the body's way  
To tell us to find a better way  
To be able to manage stress and find peace.  
So let's listen our body, and find some release!  
Common symptoms like irritability or sadness  
Can be more than temporary madness.  
They may indicate a need for self-care  
Or a change in the air we breathe in there. Run away from there!  
Understanding the hidden messages behind emotions  
Can help us move forward with more devotion  
For instance, feeling overwhelmed or burnt out  
May mean we need to rest, without a doubt live the moment.  
Techniques like therapy or journaling  
Can help us process and find understanding  
Of our emotional needs and how to cope  
To lead a life that is full of hope.

So next time you feel an emotional wave  
Don't ignore it, but be brave!!!  
Listen to the message and take heed  
To lead a life that is full of peace and freed.



Now let's explore techniques to balance brain waves  
And lead a life that is more peaceful and brave.  
From mindfulness to sound healing and more  
All these practices can help you find the core.  
Balancing brain frequencies can be done  
With practices that can be fun!  
From breathwork to energy healing too  
Find the best one that works for you...

**Mindfulness, or reading practices** can help you stay present  
And calm your mind from being too incessant.

**Breathwork techniques or running or brisk walking** can regulate  
your breath and help you find a sense of rest.

**Meditation practices or praying time such as namaz** can help you  
find peace and get confidence and help from the creator that is  
unseen but believed, and reduce the chatter that won't cease.

**Movement practices** like dancing, jumping, or yoga or tai chi  
Can help you release tension and anxiety.

**Sound healing techniques** like singing bowls or gongs  
Can help you find balance with their soothing songs.

**Energy healing practices** like Reiki or acupuncture or even a taking  
cold shower or swimming in any water  
Can help you find balance and feel more pure.

Balancing brain frequencies can be done  
With practices that can be fun and free to join any time.

So try out some of these practices starting from today  
And see how they can help you in every way.

Balancing brain frequencies is possible for you  
And can lead to a life that owned by renewed you.



Take a deep breath, let it out slow, that's the first step, you must know!  
In mindfulness, we pay attention to each moment,  
To each breath without apprehension!

Next technique, **focus on senses**, tune in to what your body mentions  
**Sight, sound, touch, taste, and smell, .....**  
Observe them all, you'll get used soon and will do well!

**Don't judge, don't react Just observe**, that is a peaceful life fact  
Let your thoughts come and go  
And not to get caught up in the show!

**Acceptance** is the next key,  
Embrace what is, and you will see  
It's not about changing what's outside but inside,  
Where true peace resides!

**Be Present, be Aware**, with mindfulness, you can go there,  
To a place of peace and calm,  
Where you are in control, not harm  
Practice every day, just a few minutes, that is all!

Soon you will feel the benefits  
Of mindfulness, a gift to yourself  
For your mind, body, and mental health!



Take a deep breath, fill up your lungs,  
Exhale slow, relax your tongue  
Breathwork is the key, to find your calm.  
Let's explore some techniques, a healing balm!  
Inhale, exhale, deep and slow  
Breathwork helps your body glow  
With each breath, you will find your peace,  
Just practice that will never cease.

**Box breathing** is technique number one

Inhale, hold, exhale, hold, it's fun.  
Four counts each, like a box you see  
Calms your nerves, sets you free.

**Alternate nostril breathing** is next

Left, right, left, right, it is complex  
But it balances your mind and soul  
A practice that makes you whole

**Deep belly breathing** is another way

Inhale through nose, let belly sway  
Exhale through mouth, let tension go  
A technique that's easy to know!  
Inhale, exhale, deep and slow ...

With each breath, you will find your peace  
Just a practice that will never cease  
Breathwork is a gift you can give yourself  
Practice daily, for mental health, each breath be a healing tool  
For a calm mind, and a body so cool!



Close your eyes, sit up straight  
Take a deep breath, let go of weight  
Meditation is a practice, to calm your mind  
Let's explore some techniques, you will surely find.  
With each breath, you'll find your peace, a practice that'll never cease!

Focused meditation is technique number one:

**Concentrate on an object**, until it's done

A candle flame, or a sound you hear

Focus your mind, and forget, dismiss all your fear!

Mindfulness meditation is another way

**Observe your thoughts**, and let them stray

Just be present in the moment now

A practice that will help you, and how to manage your emotions!

Guided meditation's technique number three:

**A voice leads you** in imagery

Visualize a place, that is safe and calm

A practice that is like a healing massage with a body balm

Meditation, a journey within

A practice to find your kin

With each breath, you'll find your peace

A practice that'll never cease

Meditation is a gift, you can give yourself

Practice daily, for mental health

Let each moment be a healing tool

For a calm mind, and a body so cool!



Stand up tall, move your body,  
Stretch your limbs, feel the energy.

Movement is a practice, to heal your soul.

Let's explore some techniques, that make you whole!

With each stretch, you'll find your peace, a practice that'll never cease!

**Yoga's technique** number one

Stretch and pose, feel the sun!

Breathe deep, let go of stress

A practice that will leave you feeling blessed.

**Tai Chi's** another way to move

Slow and gentle, in a groove.

Flow like water, and find your chi

A practice that sets you free.

**Dance's technique** number three

Move your body, feel the beat.

Express yourself, in every way

A practice that is like enjoying a warm and sunny day!

With each stretch, you will find your peace

A practice that will never cease!

Movement is a gift, you can give yourself

Practice daily, for mental health

Let each step be a healing tool

For a calm mind, and a body so cool!



Close your eyes, listen well!

To the sound, of a healing bell!

Sound healing is a practice, to soothe your soul

Let's explore some techniques, that make you whole

Sound healing, a journey within, a practice to find your kin

With each sound, you'll find your peace, a practice that'll never cease!

**Crystal singing bowls** are technique number one

Listen to the notes from a piano or a violin, and let them run.

Over your body, and through your mind

A practice that leaves you feeling aligned!

**Tuning forks** are another way

Vibrations that help you play.

In tune with your body's needs

A practice that helps you succeed!

**Chanting's technique** number three

A mantra that sets you free.

Om, Shanti, or any sound

A practice that's like a healing round!

With each sound, you'll find your peace, a practice that'll never cease!

Sound healing is a gift, you can give yourself, sing for yourself.

Practice daily, for mental health

Let each note be a healing tool

For a calm mind, and a body so cool!



Close your eyes, breathe deep and slow  
Feel the energy, let it flow.

Energy healing is a practice, to balance your soul  
Let's explore some techniques, to make you whole!

Energy healing, a journey within a practice to find your kin

With each breath, you'll find your peace, a practice that'll never cease!

**Reiki's technique** number one

Hands on, or from a distance, it is fun.

Channel the energy, to where it's needed

A practice that leaves you feeling completed!

**Acupuncture's** another way

Tiny needles, that help you play

In tune with your body's needs,

A practice that helps you succeed!

**Chakra balancing's technique** number three

Seven points, from root to crown, you will see

Align the energy, in each one,

A practice that leaves you feeling like you've won!

Energy healing is a gift, you can give yourself

Practice daily, for mental health

Let each moment be a healing tool

For a calm mind, and a body so cool!



Your body is your temple, it needs nourishment  
To be strong, and maintain your commitment  
Let's explore some techniques!

**Nourishing your body**, a journey within, a lifestyle to find your kin  
With each bite, you'll find your peace, a practice that'll never cease!

Fruits, veggies, and whole grains, are fun!  
Nuts, seeds, and legumes that meets your body's cue.

**Hydration** is key, do not forget!

Pure water, "fresh" herbal tea, and home-made juices, are the best!

Limit sugary drinks, and caffeine too.

A practice that helps your body renew!

**Protein is** another way to nourish

Meat, fish, eggs, or lentils, don't miss.

Choose lean options, and vary your sources

A practice that helps your body's courses.

**Healthy fats** are essential, it is true!

Avocado, nuts, and oily fish, are very good for you!

Limit saturated and trans fats, instead

A practice that helps your body's light is spread.

Nourishing your body is a gift you can give

To yourself, for a life that you will live

Let each meal be a nourishing tool

For a healthy body, and a mind that's cool!



Your relationships are important, they need care  
To be strong, and meaningful, and to share.

Let's explore some techniques, to make them right, to guide your sight

**Communication** is technique number one, do not judge anyone!

Listen, speak kindly, and have a smile and fun,

Express your feelings with respect,

Listen more and speak less!

It is a practice that helps your relationships connect.

Building healthy relationships is a journey...

Do not care about the quantity but the quality!

Find your kin with each bond with no rush but by being gently!

**Boundaries** are key, don't forget

Respect each other, and don't regret!

Speak your truth, do not let them in and honor your space!

It is a practice that helps your relationships grace!

Quality time is another way to build

And share experiences, and be fulfilled!

Laugh, learn, and grow together whenever needed,

That is the best practice that makes your relationships better!

**Forgiveness** is essential, it is true, you cannot judge but accept

Them as they are and they do!

Let go of grudges, and start anew.

**Apologize** when needed, and mean it to help your relationships fit.

Building healthy relationships is a gift you can give

To yourself, for a life that you will live in peace.

Let each bond be a practice tool!

So for a happy heart, and a mind that is cool!



Every day when you wake up, Take a moment to stretch it up.

Stand tall, reach for the sky, Feel your body come alive.

Self-care, every day, helps you keep the stress away.

Take some time for a cold shower just for 5 seconds, 5 seconds is okay,

To love yourself in every way.

Drink cold water to start your day, thank the clouds for its rain,

Hydrate your body to keep the fatigue at bay.

Have a healthy breakfast too, fuel your body to get you through.

Thank the cow for its milk and love yourself in every way.

Move your body, get some sweat,

Exercise helps you, not forget, walk or run or dance or play every day,

Find what works to enjoy you more, keep it that way everyday more.

Take a break, sit and breathe,

Meditation or praying helps you relieve.

Spend sometime with your creator, clear your mind, find some peace,

Thank your creator for the every moment,

Let your worries take a release.

Before you sleep, wind it down,

Make a ritual or pray your creator, make it sound.

Do not look any screen, just read a hardcopy book, listen to tunes,

To prepare your mind for sweetest snooze.

Do not forget to thank your creator for that great day,

Helps you keep the stress away, accept the negatives as the lessons.

Take some time to think positive part then forget,

Promise yourself not to repeat!

Remind yourself, your life is your journey so love yourself in every way.

Self-care is not a chore, it is a gift to you, and more.

Take some time, make thanks to your creator for the life in every way,

Self-care is also a way of trust for your perfect next day.



Positive habits, positive mind, leads to a life that is one of a kind.  
Start with gratitude, begin your day, thankfulness helps in every way.  
Cultivate positivity, one step at a time, gradually.

Choose your thoughts, choose them wisely,  
A happier life, that is what you will see.  
Set your daily goals, make them clear,  
Visualization helps them sooner appear.

Break them down, make a plan, then dream all your dreams once more,  
Take small steps forward first in your imaginations, you'll understand.

Choose your thoughts, choose them wisely to create your reality  
Start to create a happier life, that's what you will see tomorrow.  
Be kind to first to yourself, don't be too hard, the life is just exam.  
Compassion goes a long yard, still so much to learn do not forget.  
Take breaks, give yourself rest, thank your creator for lesson.  
Rejuvenation, you'll feel your best.

Surround yourself with unique, good company,  
Positive small number of people, but supportive, tomorrow you will see.

Learn from them, share your own, food, home, time, experience,...

Only real friends help unconditionally,  
Because they are real believers who help us grow and grow gradually.

Choose your thoughts, choose them wisely,  
Create a happier life in imaginations, tomorrow that is what you will see.  
Focus on what you can control, let go of what weighs you down, let it roll.

Take a breath, take a pause,  
Learn your lesson, choose your response, not the cause.

Thank your creator every moment that you have,  
Cultivate positivity, one step at a time, gradually.

Cultivate positive habits and thoughts,  
A life that is better, that is what it is brought.

One step at a time, that's the key for happier life, that is what you will see.



Since we are alive and since this is the body we have, it can be really challenging. Pains can sometimes truly be unbearable.

The situation you are in can really suffocate you.

You may feel exhausted, weak, powerless, tired, drained, and depleted.

It's up to you whether to get out of this swamp or stay there.

No one's life is perfect.

You need to know, remember, and realize that everytime.

Everyone faces their own challenges in life,

And you need to know that everyone suffers losses constantly,

Never forget that.

Because life always puts everyone through

Different challenges at different times.

And no one has flown from here to the top

Just because they climbed to the summit.

There is disappointment, too much sacrifice,

Too much perseverance, too much work,

And there are different challenges at every age.

You also need to confront your own truths,

Be strong for your own challenges,

Do not ever forget that.

Just be patient and

Keep loving yourself as you are.



We must look inward and learn to blaze  
Our own trail in life, without any doubts.  
And shatter the walls that keep us without  
The thoughts that we hold, they shape who we are  
And limit our progress, near and far.  
To break free from their grip, we must first write  
Our goals and desires, both day and night.

Ask yourself,

"Do I truly believe That I can achieve what I want to receive?"

Sometimes our minds play tricks on our heart  
And we don't want things that we say at the start.  
The fear of success can weigh us down  
And keep us from reaching our goals and crown.  
These limiting beliefs can block our way  
And hold us back from a brighter day .  
But don't despair, for there's hope in sight  
Focus on your hearth and make things right.  
Only hearths give the signals of the right  
Redefine your boundaries and break the chains.  
Start now and watch how your life gains!  
This is what you will see!



Your brain finds and brings you whatever you seek  
Within your thoughts.

It diligently searches for all past experiences  
And past knowledge that support your idea,  
And it will always find and deliver them to you for you to experience.

The moment you say, "What if I fail?"

Take a step back and look at the bigger picture.  
Do not let your emotions, thoughts, and actions fall.

The moment you ask yourself,  
"How can I succeed?"

"What would make me successful?"

"How can I find the thing that would make me successful?"

"What if my desired success could become a reality?"

The moment you ask yourself

"How you can find the thing that would make you successful?",  
You will start to experience something entirely different.

The moment you think,  
"Is my life always going to be this terrible?"

**Delete it!**

And ask yourself,

"What is something wonderful about my life?"

Your brain will start refinding amazing moments for you  
and creating amazing plans for your life.

Let the life work for you!

Keep going with the positive questions for yourself only!  
Let your brain to find them and make you experience these!  
Then you can keepgoing into achivement!



Wanting something and the likelihood of it happening  
Are two different things.

Your belief in the possibility of something  
Is another matter altogether.

What we feel in our hearts  
And what we think in our minds  
Must always make same level logical sense.

When your heart, mind, and words  
Are all saying the same thing at the same time,  
Then

You'll know where to start,  
Who to start with,  
How to begin,

And what's required to make it happen.  
That's when your thoughts have meaning,  
And your desires become reality,  
Because those thoughts excite your heart,  
And the possibility of them coming true  
Becomes meaningful to you.

At that moment, you become unstoppable,  
No one can stop you,  
No one can make you fail.

## The Beauty of Imperfection



Life journey is like anything else. It won't be easy with ups and downs.

Olive trees take 10 years to grow,  
Onions grow and mature in 9 weeks.  
Every life needs time to be matured!

Don't give up, don't quit,  
Don't rush to mature!

You have to keep going on your way,  
Continue your path with all the moments, memories,  
And knowledge you've accumulated.

Trust the breath that's blown to you,  
Trust yourself, even if you don't know the reason yet  
Why you came into this world,

Trust the reason for your existence!  
Honor your life, your being in this world,

Honor yourself, your soul,  
Honor your heart,

Honor your emotions,

Honor the rhythm of your life that beats in your heart every moment,  
Honor the DNA secret you carry in your blood and cells.

Without the mirror, you wouldn't see that secret,  
Your dark side, failures,

And mistakes are there in the dark side,  
So you'll see your true self with the help of the dark side,  
Honor your successes with your darks, your mistakes.

Remember, your successes  
You can't mature without your mistakes!

Love them so much!  
Thank them so much!



The sought-after skills of this century,  
Include resilience and the ability,  
To cope with change and keep your course,  
These are talents you should grow,  
They don't come from a divine.

Through trial and error,  
You'll learn to thrive,  
And in any thing, you'll become a master,  
Alive for sure!

Staying positive is the key to success,  
And it will help you to pass any test.  
When negativity surrounds your things  
Your days,  
And bad publicity comes in waves,  
Resilience will be your shield,  
And the most important life skill, revealed.  
It means to recover from damage and strife,  
And it's part of emotional intelligence in life,  
To identify, manage, and understand,  
Your emotions, and the challenges at hand.

**JUST BE PATIENT!**

Maybe happiness is in the new



Fill your life with joy and breath,  
But first make some room,  
Change something in your home, workplace, and surroundings,  
Get rid of everything, everyone that is useless,  
Start by letting go of everything  
You have not used in the past months,  
Let go of unwanted people or thoughts from the past too,  
For Example, that book you have not touched in six months,  
Might be a light for someone else to grow.  
Give it away  
It will take you in a new way.

Make space for new ideas,  
For new books, for new people.  
Do not limit yourself to just one choice,  
Try and experiment to progress and grow,  
This may not be suitable,  
This may not be right,  
You can say this is not for me,  
But it might be.

Variety adds happiness to life,  
Focus on the new rather than the old,  
Maybe happiness is in the new,  
Every possibility will give you something new!  
Now it is time to replace the old with the new!



This week, set aside half an hour for yourself during the day,  
Have a nice cup of coffee,  
Talk to yourself,  
Next week, set aside an hour for yourself,  
Have two cups of coffee,  
Find two friends to join you,  
One person is okay, but two is better,  
It is diversity,  
Have two different perspectives,  
With the collective wisdom of those around you,  
You can do so much more, so many good things,  
Chat with them,  
Laugh with them,  
Read, observe,  
Don't talk about other people's lives,  
Do not care about others' lives.  
Focus on the dreams  
In any writers' minds!  
Talk about the books you've read.  
Coffee, book-lover friends, and books,  
Ask the book-loving friends to join you always,  
That will do you good,  
Trust books!



Look at the compass inside you,  
Life is where your heart beats through.

Find the compass inside you,  
See what you are good at, it is yours, it is true.

When you do the right thing,  
The world sees your value.

People enter your life to take  
What you do so well, they cannot make.

What is it that you love to do?  
That little sprout that grows in you?  
Find it now, it's your treasure trove,  
The thing that gives your heart hope.

Find your treasure, hold it tight,  
Day and night, search with all your might.

Walk on the path that leads you there,  
In your heart, your treasure is rare.

Find your treasure, hold it close,  
Where it is, only you know.

Your treasure is within you,  
In your heart, it shines true.

Search for it day and night,  
In your dreams and in your sight.

When you walk, when you think,  
When you eat, when you drink.

Look for it inside and out,  
Above and below, without a doubt.

Your treasure is yours alone,  
In your heart, it is a seed that is sown.

It is the thing that makes you shine,  
The thing that is uniquely thine.

## The Power of Trying



You don't have to achieve everything,  
But you have to try to succeed.  
Once you try, you will realize that  
You are moving forward with every step.  
Self-actualization is very easy in this way.  
And one day, you can truly inspire others.  
Trying and acting without prejudice,  
Giving yourself a chance,  
Learning from your mistakes,  
Building on what you've learned,  
Believe me, this is enough for you!  
Now read this handbook once more!  
Take your own notes!  
And start now!

## The Present is the Finish of the Past



Evolution begin at every moment in life.

This is why the present is the finish of the past. With spiritual realization which you come by through contemplation.

It is really a contemplative matter as you think about and, you keep saying to yourself

*"Who am I to myself?",*

*"Who am I to the world",*

*"What am I to life",*

*"What is my relationship to life?"*.

When you find references to all that is beautiful and it is divine by virtue of its existence. Then you start to think in a different state, out of that state arises a conviction of safety. The minds start up periodically when it needs to tell you something. Not because it is coming from the mind but because it comes from the spirit. If you need to know something about your body, about anything coming across to your life, the spirit will see it before your eyes see it that you remember to take your precautions, such as your vitamins. The ego does not let you do this, sometimes it stops the spirit to make you not think or/and not remember this precaution. Ego takes credit from you to do so, because you create your ego. But it is really the spirit activate the precautional thoughts to protect you from sadness, it uses anything to give you the message, sometimes your wife or husband, yes it uses them as your reminder. All these reminders are all handled by the nature of life. Everybody needs to feel profoundly safe. Spirits are the great helpers and they inspire us by giving some feelings by using our hearts, spirit downloads feelings to our hearts.

What is the difference between empathy and ego?



### **Let's start with a question.**

You went to a nice place to have dinner with your friends, and it was a great evening. Then one of your friends wants to take a group selfie to remember that night. They then share this photo on social media. The question is, who do you look at first in the photo?

Of course, you will look at yourself first. This is your ego. Don't worry, 99% of people do this when they look at group photos. It means you are human.

### **Let's continue with another question.**

Imagine that you are a scientist who has been working hard for decades, and in the end, you achieve something great: you find the best corona vaccine. Millions of people will not suffer from the illness or stupid restrictions anymore. They name the vaccine after you, and you become worldwide famous, earning billions of euros. Do you really want to be this scientist? I am sure anyone would reply "yes" to this question.

**But let's add a small detail to this question.** Yes, the first part of the question is the same, but the detailed part is: "you found the vaccine, but soon after, you died in a traffic accident. The popularity and wealth will come after you die." Did you hesitate to reply "yes" when I added this detail? This is also your ego, because you are thinking of yourself, not mankind. You might say to yourself, "I don't care if I die," but you are not thinking about how many people will survive after you die.

**The ego is inevitable, so we all have it.** Our ego is our impulse to hold onto life, to survive. Thanks to our ego, we think about ourselves, eat, avoid danger, protect ourselves, shelter ourselves, fight, show our existence, show ourselves, be respected, and be loved. This is all very normal.

## How much ego should we have?



It should be compared to body temperature.

When the ego becomes inflated, it's like having a fever, which we call "bulging ego syndrome."

This is a disease characterized by a constant focus on oneself, putting oneself above all others, being arrogant, narcissistic, always justifying one's actions, trying to win at all costs, not recognizing the law or rights, getting angry when corrected, being closed to criticism, and even being aggressive.

This not only makes people sick, but it also destroys humanity.

On the other hand, having too little ego is also unhealthy.

It's like our body temperature dropping to dangerous levels, leading to death. When the ego is small, it's always a "you, you, you" situation. Ignoring oneself, undervaluing oneself, lacking self-confidence, lacking intrinsic motivation, feeling worthless and hopeless, being inert, pessimistic, cowardly, weak, and having no sense of identity. This is also extremely unhealthy.

## How much ego should we have?



So what should we do? We must have an ego, but we need to balance it. We need to keep our ego at the level of our body temperature. The easiest way to achieve this balance is through empathy.

By empathizing with others, we can achieve true peace, true leadership, true justice, and real success. There is a Turkish saying that goes "Poison is born from quantity!" In the past, the Chinese used to kill their captives by forcing them to drink too much water, causing their spleens to burst and killing them painfully. Water gives life to people, but if the amount is too much, it can kill people. Similarly, while empathy is important, it is also necessary to balance it. Unlimited empathy can be detrimental to ourselves. I read a piece of news that I couldn't believe: a famous lawyer in America burned himself in the middle of a park to protest global warming and draw attention to the use of fossil fuels. Such extreme empathy is a bit too much for me. However, in general, whatever suffering humanity has endured, it has been due to the bulging ego. The bulging ego is the enemy of empathy. When we talk about the bulging ego, Hitler comes to mind first, doesn't he? Here is a very obvious example: the Second World War could have ended much, much earlier if Germany had surrendered earlier. The German armies were constantly retreating and civilians were dying, but when a Nazi commander suggested surrender to Hitler, he replied: "If they voted for us, they supported us, they chose us, then, of course, they will die." Hitler's level of empathy was zero.

## What is empathy then?



Everyone has their own facts. Your facts are the values that make you who you are - being a man or a woman, being married or single, being Turkish or British, being a doctor or an athlete. These are your realities, and you don't need to change them. But we look at the world through a window made up of our own characteristics. And when we look out of that window, we see our own facts. Empathy is seeing other facts, even very different facts, when we look through that window. The literal meaning of empathy is "putting yourself in someone else's shoes". It is easy to say but difficult to apply. Because this is the second step - the hard one. The first step is knowing yourself and being able to question yourself. When we really do both, we can put ourselves in someone else's shoes. By learning to look at ourselves from the outside like someone else, we start to develop empathy.

Are we at the center of the world? Do we know everything? Are we good while they are bad? The age of the world is about 5 billion years old. Who knows what happened in the world during these 5 billion years? How many civilizations, how many kings, how many empires, how many wars, how many massacres, how many deaths, how many successes? Let's look at the world from the perspective of the universe. In reality, we are not even a speck of dust. Of course, we are alive, but when our ego is swollen, we need to look at ourselves from the perspective of the universe.

Unfortunately, in many countries today, men are considered superior to women. In fact, in large companies in most European countries, CEOs are usually men. However, we need to face the reality that men and women are not different in terms of intelligence. One sex cannot be superior to the other. We say that men and women are equal. In fact, we can even say that women are superior because they are fertile. If we compare ourselves with animals, we humans are not superior as a species.

## What is empathy then?



Imagine, a cheetah can run faster than you, a turtle lives longer than you, a dog smells better than you, a bat sees better than you, and birds find a better way than you. Sometimes, you can't even find your way with Google Maps. You see, we are not even superior to animals.

When you look at the world map, which country do you look for first? Not your own country? Everyone is proud of their country, flag, and nation. But there are also 194 other countries in the world recognized by the United Nations apart from ours. When people in those countries look at the world from their own perspective, they are proud of their flags, states, and nations. There are more than 100 races, more than 100,000 beliefs, more than 5000 cultures, and more than 7000 languages in the world today.

The question we should ask ourselves is:

**1- Do you see them as a threat, risk, enemy, primitive, second-rate, and danger?**

**2 - Do you see all these differences as the flow of life, natural, authentic, diversity, synergy, and wealth?**

If differences are a threat to you, you try to eradicate them. If differences are a richness to you, you will make an effort to keep them alive. A few hundred years ago, a group of white-skinned people enslaved another group of people with black skin of African descent. They considered it normal. They even saw it as right in themselves. But history has shown that being white doesn't make you any higher than being black. When everyone has equal conditions, people with black skin can become the President of America.



**1.NEGATIVE EMOTION (-20) :** "Shame" has the lowest energy level of 20 and is the emotion closest to the experience of death. People at this level feel very inferior, worthless, and unhappy when they are beaten, scolded, cheated on, made fun of, or humiliated. At this point, they no longer even want to live, and this is called passive suicide disorder.

Some people lose this battle by closing themselves in more with shame, and some even take their own lives. In this age of the internet, cyberbullying has brought many tragedies. Some people make ruthless criticism without knowing how destructive it is on emotional and psychological health, and even tag those individuals, expose them, tell long stories, and embarrass them in front of the community - this can harm the other person's low self-esteem, and even deal a fatal blow. Yes, seemingly innocent gossip can destroy that person's life. Unfortunately, gossip will lower the energy level of the person you are gossiping about and slowly lead to their demise.

Ask yourself now; *"Have you experienced being humiliated in front of your society, family, or friends?"*

**2.NEGATIVE EMOTION (-30) :** The next emotion is "guilt" with an energy level of 30. People at this level feel a deep sense of guilt or know that they have done wrong; for example, those who commit fraud, intentionally accuse an innocent person, commit illegal activities, steal, and gangsters, among others. At this level, their psychological response is intentional and negative.

These two levels of consciousness, "shame" and "guilt," can be understood to some extent as both a victim and an abuser. However, regardless of the type, the energy level of consciousness is the lowest because the victim can become a harasser for revenge due to shame. Have you ever felt guilty in your life?

Ask Yourself now; *"Have you ever accused an innocent person?"*



**3.NEGATIVE EMOTION (-50):** Following this, at an energy level of 50, comes the feeling of "indifference" and "selfishness". People at this level don't care about others, only themselves. They are fatalistic and constantly rebel against their fate. They view their own lives, the rest of the world, and other people as helpless and useless. Some have a tendency towards addiction. They are deeply addicted to drugs, alcohol, or medication, and their consciousness is at this level. They can't sleep without their drugs, and they often force themselves to believe that they are happy, even if they are not, by drinking or taking drugs. Do you have a habit that you can't give up, such as smoking, drinking, or drugs? Do you feel sorry for yourself? Now Ask Yourself; *"If you were given a large amount of money, would you use it to fulfill only your own needs, or would you distribute the surplus to those in need?"*

It can be said that people who possess any of these three types of consciousness are turning their own lives into hell. They are highly likely to develop cancer or a fatal illness. Next come "grief" (75), "fear" (100), "desire" (125), "anger" (150), and "pride" (175). All of them are below 200, which means they have negative energy levels. All of them are harmful to the person's body and can make them very unhappy in life.

**4.NEGATIVE EMOTION (-75) :** The fourth negative emotion is "grief", which has a frequency level of 75. We usually experience this emotion when we lose someone or something we love. Feeling this emotion for a short period can be quite beneficial and can help us feel relieved. However, if you continue to feel this emotion for more than 300 days, it can be quite dangerous for you. Have you ever experienced any grief or loss for more than 300 days? Additionally, this emotion turns into "regret" at the ages of 38, 54, and 72, and it has the same low frequency as the grief emotion.

Now Ask Yourself; *"Have you ever tasted the feeling of regret and grief after wasting your life or going through a wasted period? Do you often experience this emotion?"*



**5.NEGATIVE EMOTION (-100)** : The fifth negative emotion is the "fear of loss", which can bring down your frequency to negative levels if you are attached to someone or something you have.

Now Ask Yourself; *"Do you have such a fear of losing something or someone you are attached to?"*

**6.NEGATIVE EMOTION (-125):** The feeling of "desire" comes from wanting more than what you currently have. This feeling can work as a motivator. However, remember to use what you want as a tool in your life. If you make that thing or person your goal, this feeling will turn into "desire". You can do anything to have it. A brand new car, a beautiful woman, a rich man, a big house, and the list goes on.

Now Ask Yourself; *"Have you ever made something like this your goal?"*

**7.NEGATIVE EMOTION (-150)** : We express this emotion with the simple sentence "He has it, why don't I? Damn this unfairness from God." We call this emotion "anger", "victim" psychology, and the belief that "I dedicated my life to him/her and the result is nothing." This emotion is completely negative, but it is also the easiest emotion to turn into a positive one. A person who is angry at themselves instead of blaming others can get rid of the "victim" psychology and give momentum to their life. However, this emotion can also pull the person further into negativity if they blame others instead of blaming themselves. The idea of "I am in this situation because of them" makes the person aggressive and they start to use POWER against the person they blame, turning it into a form of revenge, and this situation is called "power poisoning" in psychology. It is a very satisfying but incredibly negative emotion. This person intimidates everyone around them. This is the disease that most of today's politicians have been caught in. The emotion of "anger" will be followed by the emotion of arrogance. Then that person will become a serial killer.

Now Ask Yourself; *"Have you ever felt the emotion of "anger" in your life?"*



**8.NEGATIVE EMOTION (-175) :** It is the feeling of "pride" that arises after the power turns into arrogance. The feeling of pride separates the person from the rest of the community and causes them to lose their sense of unity. It is difficult to be humble for a person who is proud of themselves. They will feel "unique" and "singular", which will bring about the feeling of "loneliness". These people are generally punished by the creator with "lonely death", and they have a long and painful life spent in loneliness. Being proud is a feeling that looks magnificent from the outside but corrodes the person from the inside. Even worms won't approach a rotten apple. Have you ever felt this way about yourself?

Now Ask Yourself; *"Have you ever said, "I did this all alone"?"*

***The importance of a consciousness level beyond +200 is that there are frequencies and characteristics of positive emotions that beautify life. When the energy level reaches 200, consciousness begins to yield positive results, life becomes more beautiful, and troubles disappear on their own.***



**1.POSITIVE EMOTION (+200)** : "Courage" (200) frequency that includes perseverance, determination, and taking self-responsibility is a very important emotion that plays a crucial role in changing life even when its frequency is low. It is the hidden power that brings out your creative power. When you realize that your own thoughts and choices shape your life, you activate this emotion. Humans make themselves sick, achieving it with the emotions of sorrow and selfishness, but at the same time, humans have a miraculous body that can heal itself with the emotion of courage. The day a person confronts negative emotions is the day they can overcome them and reshape their life with the positive power of courage. Because humans are open to new experiences at every age and continue to progress. One can write their first book at the age of 60, and since that book is filled with real-life experiences, it can give courage to many people. As Rumi said, "Yesterday I was clever, so I wanted to change the world; today I am wise, so I am changing myself." Courage is the power to change oneself and one's own life.

Ask Yourself Now; *"Have you ever felt this power?" (Now Think on it 30 minutes at least to get clues to redesign yourself once more!)*

**2.POSITIVE EMOTION (+250)** : Next up is "neutrality" (250). Being neutral is impossible for most people. Everyone believes that their own work is better, their own child is more successful, and their own idea is more valuable. People can never accept that the other side is better. The feeling of "neutrality" is to become an observer. It is to not judge and to learn from the mistakes of others. It is one of the most virtuous emotions and is a very difficult power to manage. A person who possesses this emotion is the strongest person in that group.

Now Ask Yourself; *"Are you always neutral?"*



**3.POSITIVE EMOTION (+310)** : "Willingness to do with heart and love" (310) may be one of the greatest powers one can possess. People at this level are willing to take the initiative to complete their tasks, take risks, and do not blame anyone even when they get negative results. Because they do not allow pride to interfere. These individuals are those who learn from their mistakes, focus on the positive side of things, and become even stronger by learning from their own mistakes. No one can take away the power of those who possess this emotion. They are never satisfied with defeat, they are happy with failure, and they are always patient. They are open to looking at their own faults and willing to work on them. Feedback is the greatest gift for them, especially negative feedback, as it makes them think and gives them the feeling that they can do better. These individuals who do their work with heart and love are always the most criticized. They do the best job and achieve the best results. Now Ask Yourself; *"Would you take the risk of making mistakes to learn?"*

**4.POSITIVE EMOTION (+350)** : It is "acceptance and trust in one's own creation" (350) and at this level, people see that the source of happiness is within themselves. These individuals are responsible and can successfully take on the responsibilities of a group of any size. They manage groups with life experiences, knowing that every life experience is what makes you who you are. They have faith in life and let it flow. They accept that there is always an easy solution to every difficult situation and patiently work towards achieving a positive outcome. They love to research and fearlessly take responsibility for every challenging situation in life. They are careful and patient, and have the power to stay in harmony with life's flow. If they encounter difficulties, they accept them and go with the flow. These people are always the solution themselves, like phoenixes rising from the ashes.

Now Ask Yourself; *"Would you take responsibility for the mistakes of a large group all by yourself?"*



**5.POSITIVE EMOTION (+400):** "Using Memory Wisely" (400) is the emotion of using memory in a smart way. The brain always records past experiences. These individuals can recall and use all of these complex data when making decisions. They never act selfishly because this is their secret. They focus on the big picture and serve the community and society, so they see the big picture. For them, it is important to find all the factors that make something expensive rather than whether it is expensive or cheap in the market. The feeling of analyzing the source of the problem and reaching the real information makes them "smart."

Now Ask Yourself; *"Do you spend time researching and thinking about the source of a negative situation?"*

**6.POSITIVE FEELING (+500):** Do you know the feeling of "unconditional love" (500)? Most of us consider this love as the love between a mother and her baby. Even that feeling cannot come close to this type of love. If a mother thinks that her child should take care of her when she gets old, achieve what she couldn't, follow her rules and never go against her word, then she loves her child not unconditionally, but with "conditions". People who have this type of love are likely to achieve extraordinary success in the fields of science or ideology. Unfortunately, very few people in human society can reach the 400 to 500 energy level. Then, this "unconditional love" is described with five conditions that must be met.

These are: 1- It is not temporary, it makes us feel this feeling until we die, it never makes us complain even for a moment. 2- It is the existence itself. It is to love yourself for who you are, to love yourself first for your mistakes. 3- It is to use their powers only to serve others, to spend everything they have materially and spiritually to make others, even people they don't know, happy. 4- It is to put their mind and logic aside when necessary, and do something crazy like selling all their property and establishing an orphanage to help people. 5- It is to think with the heart.

Now Ask yourself; *"Do you fulfill all the items of these 5 conditions completely?"*



**7. POSITIVE EMOTION (+540):** When a person's conscious energy level reaches 540, it is the level of "inner joy". First, to capture the 6th positive emotion, you need to apply all 5 items unconditionally without ever complaining until you die. Inner joy is the feeling you get when you witness a disabled or foreign child start walking after you sold all your possessions to help them. These people never get sick, for example. Such a person's mind has extraordinary energy. Within the range of this energy field, even if they have a virus in their body, they still feel healthy and never focus mentally on the negative. These people behave super comfortably even in the midst of war, never afraid, and for them, nothing is impossible.

Now Ask Yourself; *"Have you ever dedicated all your time, all your property, and all your life to help someone?"*

**8. POSITIVE EMOTION (+600) :** "Peace" is the emotion that people who have experienced near-death experiences describe as "light" and "peace." It is a feeling of surrender, of being able to feel happy even in moments of helplessness. For these individuals, the only concern is the desire to help others, even in the most difficult situations. Forgiveness is also an essential component of this emotion, especially forgiving those who have caused the most harm. These individuals do not dwell on the past, but forgive and move on with peace in their hearts. They live beyond time.

Now Ask Yourself; *"Have you ever volunteered for a war or forgiven your greatest enemy in front of everyone?"*



**9.POSITIVE EMOTION (+700) :** The 700-1,000 level of consciousness is the level of all enlightened beings who have created spiritual paradigms throughout history and can be followed by all generations. These individuals perceive the perfect part and the real cause in every negative situation and produce solutions for peace by managing their emotions positively. They never speak bad words and never get angry. They are invincible. No matter what you do, you can't make them angry, they always smile at you. They constantly dedicate themselves and their lives to you, sacrificing their own lives. For them, killing even a tiny insect is the greatest crime. But despite everything, they never judge you. If you show negative behavior, they simply move away from you without speaking. They are voluntary angels for those who suffer from oppression.

Now Ask Yourself; *"Have you ever sacrificed your entire life in this way for other people?"*

The energy frequency levels determine everything in a person's life.

Therefore, each of us will ultimately be responsible for our thoughts, words, or actions. This is very similar to what the ancient Chinese said: "A family that accumulates virtues enjoys the taste of blessings, while a family that accumulates sins encounters more disasters."

*You can share your test results via [ai@keepgoing.ai](mailto:ai@keepgoing.ai) email and get free consultancy.*

*Have Fun Till Next Time!*

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Thank you !

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