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# **Alchemy of Success**

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*The complete life of successful human beings*

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*The complete life of successful human beings*

Hassan Dawud

# Alchemy of Success

*Happiness/Health/Wealth*

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## Your Foundation

**Y**ou might ask why do we do certain things, how is that two brothers, who grew in the same house, in a similar environment, and with the same parents perform totally different actions. In most cases, the mother has to cook extra because two siblings like totally different things. Well the actions we take are based on our beliefs and our beliefs are developed based on these five things

1) Our environment, how we grow up; models of success or failures we learn from; what is right and what is wrong; what is possible and what is impossible

2) Our experiences and events as we grow up

3) Knowledge: what we know and what we do not know; that we continue to educate ourselves.

4) Results we have seen achieved in the past, learned from the stories of the other people

5) Setting new goals to achieve future goals

And future results depend on how we incorporate our beliefs, and there are six beliefs you need to encounter to achieve success.

i) The belief that everything happens for a reason. We look for positive and good in whatever happens.

ii) The belief that there is no such thing as failure, only results or outcomes. We should not expect immediate results. Change is gradual. We need to develop patience in everything we do.

iii) The belief that we must take responsibility for whatever happens. No matter what happens, know and believe we are in charge. The most successful people never blame others for their situation and play the role of a victim.

iv) The belief that we need to learn from other people (mentors) they are our greatest resource.

v) The belief that we need to challenge our profession or line of work and excel in it. Explore new ways of doing things and increase our sense of curiosity.

vi) The belief that there is no success without commitment.

These beliefs provide a solid foundation, carry you in your good and bad cycles of life. We need to build strong foundations, just like when you're building a house, if you build a really awesome house but you don't build it on very good foundations, the house is going to fall over. And the same is true with your life and your business. You can't build



an awesome life on bad foundations, nor can you build an awesome business on poor foundations. No matter how beautiful the house is if it's built on sand, it will fall over. So what's really important is, throughout this book, you want to keep an open mind. You know all the stuff I'm going to be talking to you about in this book, it hasn't really been discussed by anyone else in any other book on life and success.

So, you're going to be hearing totally new things. Totally new concepts and ideas, new ways of thinking and you just need to embrace that. If you ... The things that you already know, if you were to just go and do more of them, then you would just have more of what you've already got right now. And everyone I know who got this book wants change and they want massive improvements. They just don't want incremental improvements, they want massive earth-shaking improvements. And in order to that, we need to totally shake everything up. And so it's very important that you keep an open mind the whole time. So with that being said, let's dive right in and get started with this chapter, which is setting your foundations.

Let's talk about taking full responsibility because this is the most important thing to really get your head around. Where you are in life right now financially, physically, mentally ... This is precisely how you have designed it. You are

responsible for where you are in life right now and nobody else. What you have right now, how much money in your bank account, the state of everything you have ... It's all you. You did that, you designed it and you're the only person responsible for that. I know for a lot of people, this is kind of hard to come to grips with at first because sometimes you hear that and you're like, "No. It was to do with the government. It was to do with this person or that person." It wasn't, it was you. You have to learn to accept that.

if we blame something else, we're just telling ourselves that we don't have the control. If we say it was the government's fault, well, I mean, now you can't be successful until the government changes. Who knows when that's going to be? The government could last for four years, eight years. How many years it will last? If we say it's your back pain that's the reason why you're not successful, your back pain might never go away. You see, we assign these things as the reason why we can't be successful. In doing so, we totally make it impossible for ourselves. You need to understand that where you are in life right now is because of nobody but you. Those voices in your head telling you that you can't do it or aren't good enough, the monster that has you in its grips pulling you away from everything that you want while breathing down your neck just to let you know that it's there. It's watching. When you try and step out, when you try and become

something a little bit bigger, it's got you. You know it's got you. You know it's just going to pull on you.

This is what keeps people from growing. This is what keeps people from venturing out and doing things that are slightly uncomfortable. It's this fear that cripples people. It's this monster that really has you in its grips and it won't let you go too far.

Taking great responsibility comes with great resistance. As you go through different phases of life, you're going to come up against some resistance. Most people believe that resistance is a bad thing and when they face it, they believe the right thing to do is to stop or try something else with less resistance or no resistance at all. You imagine that. You imagine going to the gym. This is literally what people do, this is how crazy people are. As someone goes out and they're like, "I know what I want to do. I want to start my own business." They make a phone call and they're like, "Hey I'm thinking of starting my own business. I'm thinking of selling these things. Do you think this is a good idea?" The first person speaks to is like, "No, that's a stupid idea. You should give up." Then they hang up and then the person who is thinking about starting a business is like, "Oh my God, that was hard. I shouldn't start my own business. I'm going to stop. I'm going to quit right now." That's someone facing resistance in the business world and then quitting.

When you're coming up against resistance, if you think, "This is hard. This is going to be a challenge. All this is going to push me outside of my comfort zone." That's a good thing. You need to learn to embrace resistance. When you come up against resistance, you want to embrace it and take it as feedback that you're doing something right and experiencing growth. These days, when I try something and if I come up against resistance, and I'm like, "This one's probably it. This is going to be good." I'm trying to take some big action, the universe gives me a kick in the face back, and I'm like, "It's on now." Now I'm going to keep pushing because sometimes when I feel that kick back, I know that that's the right thing to do. It's going to be a challenge and it's really going to push me outside of my comfort zone. I'm excited now. If I get pushed back or if I face resistance, it just makes me hungrier. I just turn into an animal and the thing is going to get absolutely demolished. It's important that you adopt that same belief.

Now let's talk about the failure uniform. This one is very important. I've noticed that the people who get into these failure mindsets, and the people who don't get achieve any greatness, all look the same. I don't mean like they wear the same things so they look the same. I mean their behavior and their way of thinking, and their way of living, it all looks the

same. I coined the term the failure uniform. It's something that you definitely do not want to be caught wearing.

Here's the failure uniform. Number one, feeling like you know everything. If you did know everything, then you would be the wealthiest person and the most powerful person in the world. You definitely don't know everything. And You are going to be attempted to do everything other than the work and being productive. I mean this, this is what your procrastinator is going to do. You're starting a new life. There's going to be work to do. Some things are going to be challenging, pushing you outside of your comfort zone and you're gonna want to do everything else other than the work. You're gonna want to go get a new haircut. You're gonna want to go out with your friends. Go partying. You're gonna want to do everything. Probably want to even clean your house. You'll probably want to go clean your garage, which you never ever wanted to do either, but now that you've got this thing to do, you're probably going to want to go do that.

It's very important whenever you feel procrastination to just pause for a moment and feel where that procrastination is pulling you. Where is it pulling you towards? If I sit down with the intent of doing something important, and then I start getting these urges and these feelings to clean my garage and clean my house and I can feel that pull coming on and it's pulling me over to the garage or over to clean the house.

What's important to do is feel where it's pulling you away from. Not where it's pulling you towards. If it's pulling me away from doing the work and towards cleaning my garage, I know the right thing to do is work and to not clean my garage. Whatever way you feel it pulling, go the opposite and you'll always be doing the right thing at that point in time.

Someone asked me the other day, if you could tell us the one most vital, life-changing piece of advice that you could possibly tell us, what would be that one thing that has resulted in your success? What is that one magic thing?" I was thinking for a while and I thought to myself, that's a good question. What is that one, magic thing?" I thought about it. Then I realized that it was that I didn't give up. What happened is I chose all of the wrong things. I did everything wrong, but by doing all the wrong things I eventually found the right things, and then I was able to remember what the right things were and the wrong things were. I just keyed through every possible variation and found out what worked and what didn't and eventually got to this point.

People's lives are exactly how they designed them to be. I think a lot of people forget this a lot of the time. Who you are right now was built to speak. You built that person. That person which you are now, you designed it, you built it. If it's not something which you're totally comfortable with or if you were hoping to be in a better situation or be a bigger person or

something else, then somewhere along the way, you must have been out of alignment. Your actions must have been out of alignment with what you really wanted to be.

## Know Thy Enemy

**K**nowing your enemy is so important that God have said in all scriptures to watch out for your enemy. But the question is who is your greatest enemy, is it the devil? or is it the guy you hate the most for his evil actions? who is it? Well, your greatest enemy knows you very well, that's why you haven't achieved your full potential and taken the steps that you know are necessary to achieve your dreams and somehow you don't end up doing the things that are required. There is nobody who is closer to you than your own self and there is no enemy stronger and more vicious than own yourself. Therefore, learn to fight the character inside you who is constantly trying to put you down.

There's a really awesome saying that I love, "You've always got to have a hero." No person can really, should really live without having a hero because there's always going to be something which we're chasing and looking up to. Without



that, we get lost. A lot of people, they choose their hero to be someone who isn't them. That might be a sports player or something else or a video game person, something which isn't them. The best thing to do is to make your hero you in one year and then you in five years. Your hero should be you, but just a better version of you about a year out. You should just be constantly chasing that hero. You should take the time to design this hero. Make him or her whoever you want to be and chase it, grow into it. Your hero should always be you, just a better, improved version. That is the best way to live because it means all of a sudden we take the steering wheel of our own life and we design it the way we want it to be and we're in full power, full control. We become who we want to be and that's the way we best serve ourselves and best serve others. It's an awesome thing to do.

Another important aspect you need to know is that life is not static nor yourself. You are constantly evolving either in a good or worse position but there is no such thing as just staying at the same level. The static self is when we say the terms like, "Who am I?" We try to answer that question, "Who am I as a person? What is my identity?" You're born this way and you can't change who you are. That's what society think. People tell you to be yourself, stay true to yourself or stick to your roots. But the problem with this is you can't achieve massive success with being yourself and

your 50 dollar habits, you must change and evolve to become a better self.

Become whoever you want to be and don't feel bad about losing yourself in the process. We have no attachment to who we are with the becoming self. We understand that any feelings, which arise from our old self trying to exist and cling on is it's just natural. If we're trying to become someone who we are not, it's going to be a little bit uncomfortable. When you become this new person, it's gone. The old self is just gone. When you start to change, that's when results come. Often, the best results come after the most intense change. The more uncomfortable you feel, that means the more you're pushing yourself and the more you're pushing yourself, that means the bigger the barrier you're about to bust down. The bigger the barrier, the more money and success is behind it. You just want to become an animal at smashing down barriers and growing and evolving.

And keep in mind the self is nothing but an illusion built from mental programming. All of life is simply a magnificent illusion created by your mind. It's merely an illusion clinging to an identity built up of stories about the past. We let go of all attachment to the self. We just let it go. We're only who we're becoming. We don't have any identity. We don't feel the need to put our identity in there because an identity, it just causes all sorts of issues when there doesn't need to be any issues.

We are only who we are becoming and that's it. The person you believe you are is nothing but an illusion veiled over your eyes by your own imagination. You are not anybody. The only thing that's important is who are you becoming. That's the question. That is the thing. That is the most important question a human being can really contemplate and think about. It shouldn't even really be a human being. It should be a human becoming because that is how important it is. Being is really an illusion. We aren't existing as we are. We are always becoming something.

We must let go of who we currently are to become of who we want to be. That involves doing things which we have ignored, judged and victimized with our current self and its identity. We understand that holding a firm side on anything while ignoring the opposite will require us to eventually face the opposite. This is why we must understand the dualism that exists in our own mind and lose the binary stance of one true right and wrong and one true me and not me. If you want to evolve as a person and grow into a better version of yourself in life and in business, you must consider the side of you that is hidden in the dark and bring it into light. If you're an introvert, it's time to speak up. If you're an extrovert, it's time to quietly reflect. If you've never been smart, it's time to become a genius. If you've been anti-science, it's time to look at science. If you've been anti-religion, it's time to look at religion. If you've been money-obsessed, it's time to look at

spirituality. If you've only considered spirituality and ignored money, it's time to start making money.

One character that you never want to be is the victim, they always have a story about why they can't do something, why they can't win. The victim is the worst person to play in this world because it's a character that gives away its own control. It's amazing to live this life as the character and the master because you get to control your character and get it do whatever you want to do. That's when you've really conquered life and you can achieve anything you want. However, it's a very sad story when the character believes that the master is someone else and it isn't in control of itself. That's what a victim is and its story is the reason why it believes that. The winner never has a story. When the winner gets knocked down, it's their fault. When the winner is sad with their situation, they did it. The winner takes full responsibility for their life and their current situation and they take full responsibility for what they're going to achieve.

Another characteristic of human nature – we over-think absolutely everything. We can go around in circles, contemplating solutions that aren't necessary, relying on assumptions that are ultimately false. There's a struggle between our mind and our instinct, our brain and our heart. We come up with an initial answer to a problem, then over-complicate the matter and do a complete 180. And your inner

enemy holds you back from working hard; if you never go the extra mile, you'll never experience the extra rewards that may come as a result. You can't expect full results while using only half the effort. It's in our nature to avoid inconveniences, but oftentimes they're called for. Next time you have to go well out of your way to complete a task or help someone, just do it. Ignore the lazy voice in your head and agree to take the hard way once in a while. You'll learn a lot about yourself.

Find the inner voice, find out the thoughts that are bashing inside your head because they can either lead you to success and happiness or depression and anxiety. Most of the time, it's the self-critical voice that defeats you before you start, robs you of any credit for anything that you do, and makes you afraid of trying anything because you fear the loathing and regret that will follow.

One of the deadliest way to kill your inner potential is to take the easy path in life. God has created man with many abilities and strengths that he didn't even gave to angels. Infact, humans are a greater and a better creation than any other creation of God. My point is when we are given so many blessings and unlimited potential, why don't we use it and achieve the goals we want for our life. What is stopping us to be the great person? To be able to achieve your full potential, you must not take the trodden path. You need to realize no

one has ever achieved anything if they haven't faced setbacks or failures. You must have a vision that you want to chase and see as a reality in this world. It is also important when you face setbacks that you analyze your mistakes and eliminate them in the process and it will make you much stronger than before. And the third thing you need is self-confidence, a belief in one's own capabilities of achieving great things in life. The worst thing you can do is, compromise on your vision when things look bleak and don't go your way. You must face resistance and keep your eyes at the target that you had set for yourself.

I came across that it's fear that stops most people from taking big actions or chasing their dream. It can be the fear of losing wealth, fear of humiliation, and fear of death but if you are smart and wise, you'll come across that you don't have much control on these things anyway. You've got to believe that there is a power greater than the universe, controlling every action. By doing this you can eliminate all fears. You must realize that it's not your job to be successful neither YOU can achieve any success on just on your own. All you can do is take the path to your dream, put in the work and trust on that higher power above you. This secret of life will help you take bold decisions and win, while other people will be too fearful to do anything.

## Code of Life

**T**here is no sweeter song in the instrument of nature than you but what if you are not in a natural state? Would you get any support from nature? If you look around you there is a system working together in a peaceful way. For example, just look at the sun, moon, day, and night, they are all in a peaceful state. Now, if you decide to just do what you feel like doing every time, you'll be punished severely.

Peace is the way of life. What then is life? It is individual: its highest form, so far, is the ego in which the individual becomes a self-contained exclusive center. Physically as well as spiritually, man is a self-contained center, but he is not yet a complete individual. The greater his distance from God, the less his individuality. He who comes nearest to God is the completest person.

*Now one may ask, what is the code that we have to follow to keep ourselves balanced like the day and night? The answer is whatever keeps you in a peaceful and natural state. And to be able to get into this state you need to avoid and give up all of your habits that keep you away from yourself. For example, if you are obsessed or addicted to social media you need to cut that because to be at peace you need to be at your home frequency, and being involved in gambling or any immoral activities take you away from your natural state. If u like to be funny this will also require you to be a conscious and disciplined person who observes the world around him with an open mind.*

Everything has a purpose and when it serves its purpose, it finds contentment in it. For example, the purpose of the tree can be to provide oxygen and fruits, guess what would happen if the tree started to produce carbon dioxide and feces? Won't you call that tree a sick tree? Now, similar is the case with humans, when we do the things that we are created to do we produce greatness, peace, and happiness but similar is true if we start to follow the desires of our lower selves that will make us worse than the animals.

“He who knows himself is truly happy.” Self-knowledge consists in realizing that we have a heart or spirit which is absolutely perfect, but which has been covered with dust by



the accumulation of passions derived from the body and its animal nature. The essence of oneself is likened to a perfect mirror which if polished would reveal one's true divine nature. The key to this polishing is the elimination of selfish desires and the adoption of a contrary desire to do what is right in all aspects of one's life. The aim of moral discipline is to purify the heart from the rust of passion and resentment till, like a clear mirror, it reflects the light of God.

Such a task is not easy, thus it would seem that genuine happiness is not a state most people can attain. Indeed, only a few people have attained this supreme happiness, which is the ecstasy of union with the divine. These people are the prophets, which appear in all times and places, as messengers to remind mankind of their true purpose and their ultimate goal. The prophets are those who have succeeded in cleansing their inner mirrors of all the rust and dirt accumulated by bodily desires and comparisons with others. As a result, they can see in their waking moments what other people only see haphazardly in their dreams, and they receive an insight into the nature of things through an immediate flash of intuition rather than through laborious learning.

There are different faculties within the soul, and that a corresponding happiness is connected with each faculty. Each part of the soul delights in that for which it has been created. But the highest function of the soul is the perception of truth;

hence it is the greatest happiness one can obtain. For example; one would be much happier to meet the King of a country than its Prime Minister. Similarly, one should be much happier to discover the Ultimate Reality than some conditional lesser truth.

**Bliss comes from Self-Knowledge, the information that we have a heart or soul that's initially idealize but has ended up clouded by interests and desires. Happiness depends on our resources: in the event that we work out our higher resources (like Reason, Imagination), we are going be more joyful than on the off chance that we work out our lower ones (insignificant physical pleasures) There are cases in history of genuinely upbeat individuals, and they were "prophets"—people who have accomplished a culminate union with Ultimate Reality We are cheerful to the degree to which able to imitate these prophets We are all born with a "knowing torment within the soul," which causes us to look for joy, but most of us look for substitute joys determining from the body which cannot resolve a torment that's basically spiritual.**



## About the Author

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