

date 08/09/2025

DAY ONE

"embrace this as an opportunity to learn A LOT about yourself"



The 8 keys to a successful life

- 1) Physical health (sleep, eating habits, exercise)
- 2) Brain health (substance use/abuse)
- 3) Career health (productivity, purpose, fulfillment)
- 4) Financial health (earn, spend, invest)
- 5) Mental health (coping mechanisms)
- 6) People skills (connections, conflict resolution)
- 7) Motivation / Inspiration
- 8) Spirituality (metaphysical understanding of life)

The 3 Questions for every choice

IS it legal?
IS it harmful?
IS it kind?

* * * BE MINDFUL IN YOUR DECISIONS * * *

* our default decision making pathway is always self-destructive, because the end result of life is always the same - DEATH *

YOUR journey outward begins with a thought,
CHANGE YOUR THINKING PATTERNS, CHANGE
YOUR LIFE

Watch your THOUGHTS, they become your WORDS.
Watch your WORDS, they become your ACTIONS.
Watch your ACTIONS, they become your HABITS.
Watch your HABITS, they become your CHARACTER.
Watch your CHARACTER, it becomes your DESTINY! * *

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DAY TWO

"everything here,
IS MADE UP"



→ Our World is a Maladaptive Solution to a Nonexistent Problem. ←

Our World is built upon the belief in:

- 1) Scarcity - nothing is ever enough
- 2) deprivation - seeking external resources to fill a perceived sense of void
- 3) LOSS
- 4) Separation - When the differences make the difference, leads to comparisons, desire to be "special"
- 5) DEATH

We must abandon the thought systems rooted in Shame, guilt, and fear! The secret to your salvation is to just LET GO!! focus on the things you can control, let go of those you cannot (including your - learn how to remove the attachment you have to Past!) the perception of the things you see.

We all carry shame, guilt, and fear. Guilt is a Self-Attack, stemming from YOUR THOUGHTS!

Guilt is a deformed thought, because it lives in the Past - which does not exist.

When you give power to something outside of you, you lose power inside. An error is a mistake to be corrected, NOT A SIN to be punished. Treating errors as anything more than a mistake, gives it power and makes it real, but the past is NOT real.

Practice Soothing Self-Talk

- 1) Avoid justifying feelings of shame, guilt, and fear.
 - Simply be in the presence of the emotion
 - Instead of "I am scared", "I am angry", or "I am ashamed"... Shift your mindset to "Fear is here", "Anger is here", or "Shame is here"
- 2) Do not blame others, accept full responsibility, while understand that you are always doing the best you can
- 3) Be HONEST with yourself. NO inconsistencies. NO defensiveness.
- 4) Embrace your circumstances. All moments can be a blessing. There is nothing to fear ♥
- 5) LET GO. let go of other's expectations of you! The only power Ego has over you, is the power given to it by your mind.

REMEMBER:

Everything here is made up. Fear is made up - it holds no power. Anything with a beginning and an end is Impermanent - it is NOT real, including the entire world we see.

Seek not to change the world, but to change the way you see the world.

★★★★★

Nothing real can be threatened.

Nothing unreal exists.

Herein, lies PERFECT PEACE

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DAY THREE

"Nobody can learn beyond their readiness"

To locate life's greatest treasure, look within!

★ ★ your key to happiness = FORGIVENESS = ★ ★
★ ★ ★ AN INWARD JOURNEY ★ ★ ★ ★ ★

★ "Inner peace is a necessary condition to achieve perfect love (perfect fulfillment)"

Learning to manage Automatic Negative Thoughts (ANTS) }
SHAME, GUILT, FEAR = PAST, PRESENT, FUTURE
(feelings rooted in TIME) ←

Knowledge vs. KNOWLEDGE

From birth, the world is a stage, and everything is created to gratify the body. Learning is the beginning, middle, and end of your outward journey.

UNLEARNING forms the basis of your INWARD journey. true knowledge and the journey to inner peace begins with unlearning everything you've learned throughout your outward journey. This is your path to understanding that nothing in this world has meaning, nor holds any power over you! ♥ ♥ ♥

It takes 30 days to create a new habit,
two years for it to become your character

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DAY FOUR

"We are ALWAYS doing the best we can"

We spend our lives constructing this idea of "Self"

- these constructs are based on other's expectations
- this concept of self is the "little self" - the one that seeks to feel special.

To TRULY love oneself is to heal oneself.

perfect love can only come from within, it cannot be found in the physical world. When in the presence of perfect love, you are at PEACE. perfect love is NOT special.

We ALL carry shame, guilt, and fear.

→ Your relationships with others are nothing more than reflections of your relationship with YOURSELF! ←

See people as they are. DO NOT judge, just see them. See the pain, struggle, and shame. Now grant yourself the same grace.

The difference makes NO difference.

♡ demonstrate KINDNESS, COMPASSION, & APPRECIATION ♡

Let go of attack thoughts and REMEMBER:
A mistake is an error to be corrected, not a sin to be punished.

peace will NEVER be found externally. perfect peace can be found only through forgiveness!

SEEK TO UNDERSTAND, RATHER THAN TO BE UNDERSTOOD.

date 08/24/2025

DAY FIVE

"Everything Means Nothing,
and nothing means anything"

To achieve a real sense of Freedom and inner Peace,
you must learn to step back and LET GO! You must
strip the value/power from your outward experience.

Your goal with EVERY encounter should be:

♡ LEARN PEACE & TEACH PEACE ♡♡♡

The attainment of peace in stages:

1) The period of **UNDOING**

experiencing a sense of loss while separating the sense
of value you had for what was lost

2) The period of **SORTING OUT**

Seeking to understand the true source of your emotions,
retaining only the valuable/useful feelings

3) The period of **RELINQUISHMENT**

releasing personal belongings, whether mental or physical.
This step often proves difficult as our personal belongings
hold power over us, and giving up power is difficult.

4) The period of **SETTLING DOWN**

discovering and acknowledging what is truly valuable
in your life

5) The period of **UNSETTLING**

experiencing discomfort associated with the sacrifices
associated with relinquishing the meaningless - because
they once held great meaning (power over you)

6) The period of **ACCEPTANCE**

unconditional, absolute sense of peace

"nothing can destroy your peace of mind, because the
source goes with you, wherever you go"

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DAY SIX

"A thousand mile journey
begins with one single step"



The MOST IMPORTANT part of your journey is committing to the first step. Moving forward is accomplished one step at a time. Manage your progress on a day-to-day basis.

Why is our existence here, our journey, one of struggle and pain??

→ our existence is built upon the foundation of SHAME, GUILT, and FEAR.

- Guilt is ultimately nothing more than SELF-ATTACK: an internal belief that we deserve our pain as a form of punishment.

The MOST DANGEROUS thing you can do with your pain is repress/suppress/ignore it. Instead do this:

- 1) Acknowledge your pain, but from an observer's position. Detach yourself from the worldly experience.
- 2) Anticipate triggers - It is always easier to **AVOID** temptation than it is to resist it
- 3) Watch your thoughts - be mindful of negative thought patterns. Remain focused on the present, things you can control here & now. There is nothing to fear ♥
- 4) Find healthy replacements for unhealthy coping mechanisms, especially during critical times.

Any attempt to resolve an error through mastering fear is USELESS. Fear cannot be controlled, you must simply let go! Move through shame, guilt, and fear - suppression will ALWAYS lead to reoccurrence.

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DAY SEVEN

"Life is not yours to master.
It is for you to experience"

The journey inward is a limitless pathway toward true happiness, perfect love, and inner peace.
The ONLY gateway is through the MIND

EVERYTHING begins with a thought. The mind is the cause and the body experiences the effect

A damaged brain cannot be expected to function properly. continuous and prolonged substance use/abuse will have negative effects on:

- Attention
- Memory
- Motivation
- Rationalization
- emotional regulation

"If your brain is not firing,
It is not wiring!"

Drugs and alcohol affect your motivation levels and decision-making skills. regular substance use will ALWAYS derail you from reaching your goals. Put your energy into productive activities!

Combating unhealthy relationships with substances

- 1) Increase awareness of your surroundings & your feelings
 - remove yourself from uncomfortable/unhealthy situations
- 2) replace unhealthy activities with something productive.
- 3) Change your environment - an ounce of prevention is worth more than a ton of intervention!
- 4) Assess your relationship with others - what is true will always be simple, while what is false will always work to justify
- 5) Keep your mind in the present - the only moment in time that actually exists

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DAY EIGHT

"I am NOT the victim
of the world I see"

Life's initial separation

- we are born with an inherent belief that we have been separated from a perfect source
- you believe yourself to be imperfect
- you depend on the resources you will die without (i.e. food, water, shelter) And death is your ultimate punishment
- you live with shame, guilt, and fear stemming from the universal laws of scarcity, deprivation, separation, loss & death

If we allow these beliefs to guide our actions, we allow our EGO to be in control.

TRUE PEACE & PERFECT LOVE have ZERO knowledge of this belief system

Peace is quiet. Peace is perfect love.
Is your mind quiet? or is it chaotic and loud?
A very loud mind is not your spirit, it is your EGO

YOU have a mind. You have control through your mind. Make conscious corrections to combat the laws of chaos (EGO):

- 1) Law of differences: truth is different for everyone - and the difference makes the difference - we assign "specialness" to ourselves and others to differentiate
- 2) Law of Guilt: we believe we deserve some form of punishment for our imperfection (self-attack)
- 3) Law of Scarcity: the belief that nothing is ever enough ultimately leading to ...

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- 4) Law of deprivation: experiencing an emptiness within that can only be filled by external stimuli
- 5) Law of Substitution: placing blame/responsibility for your pain and struggle onto someone or something else

Insight and understanding of the laws of chaos is necessary to change your perspective on life, and let go of the meaning you give to the world outside. The ULTIMATE practice of letting go of EGO, is FORGIVENESS!

Every encounter is a whole encounter

- the difference makes no difference
- true love makes no comparisons
- look upon others with love (an absence of fear)

♡ BE HUMBLE.

♡ BE KIND.

♡ BE COMPASSIONATE.

♡ PRACTICE FORGIVENESS. ♡

The attainment of inner peace is a lifelong journey that requires consistent inner work.

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DAY NINE

"Everything you have received,
you have asked for"

The most dangerous place you can be is in a state of Complete disassociation from your feelings.

- Take a Mental Inventory - Get Settled & Sit!
 - once you are mindful of your feelings, notice your Coping Mechanisms. Are they self-destructive?
 - repression, disassociation, and avoidance are default defenses for coping with pain - but will only lead to more pain
- Step back and become an unbiased observer
 - get in touch with your pain
 - to resolve your pain is to revisit your pain

→ IDEAS NEVER LEAVE THEIR SOURCE ←

Projection is the outside picture of your inner condition.

- your internalized interpretation of your external experience drives your projection.
- Everything you see outside of you is a reflection of your internal condition, thus reinforcing your belief system.

Therefore, YOU are responsible for what you see!
Everything you've received, you have asked for.

Your interpretation and experience brought forth are solely your responsibility.

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DAY TEN

"A happy learner learns without guilt"

Seek within yourself for wholeness. Nothing outside of you (i.e. relationships, money, material goods, status) will ever complete you.

The only thing that needs to change for the conditions of inner peace to be met are your THOUGHTS!

Learn to LET GO of Attack Thoughts

- Understand that 90% of your thoughts are untrue
- Recognize the CAUSE of attack thoughts - FEAR

Expressions of FEAR

Rage, anger, frustration, jealousy, anxiety, Shame, guilt, disappointment, etc.

♥ Remember: THERE IS NOTHING TO FEAR ♥

When experiencing negative emotions:

- 1) slow down your movements, take deep breaths, identify where you are holding tension
- 2) hold yourself in the present! The past and the future do NOT exist.
- 3) feed your focus with a purpose - LETTING GO!

LEARN to change the ways you talk to yourself when experiencing painful emotions. Embrace difficult feelings and your inner strength will grow ♥

CHALLENGE your thought systems by examining the value you attach to things outside of you. Remove the "specialness" you assign them, because what is outside of you can hold no real meaning within.

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DAY ELEVEN

"Healing can happen in an instant, once you are ready"

Helpful Quotes & Meditative Thoughts

"Forgiveness is your ONLY key to happiness"

false forgiveness (conditional forgiveness) is forgiveness given under false pretenses.

true forgiveness comes with the understanding that our differences do not make a difference. We're all equal - true love makes no comparisons.

"Ideas Never leave their Source"

Everything to ever exist originated with a thought. Projection is your perception of your inner condition.

All pain comes from attachment, while inner peace requires complete detachment. Detachment means NOTHING OWNS YOU.

"Call pleasure pain and it will hurt. Call pain a pleasure and the pain behind the pleasure will hurt no more"

Stop seeking for pleasure outside of you. For perfect love can only be found within.

→ Believing you are deprived of something, and that it can be acquired from some place separate of you, leads to conflict rooted in shame, guilt, and fear.

★ peace is found when you realize that separations and differences mean nothing!

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DAY TWELVE

"Just look how far
you've already come!"

ON your journey for inner peace and perfect love,
"seek not outside yourself for love, but remove
all of the blocks preventing you from experiencing
love's presence all around you"

♡ Love is the absence of fear, ♡
♡ while fear is nothing but a call for love. ♡
♡

Remind yourself, "The world I see holds nothing I want"
during meditation, your goal should be learning
to LET GO, thus removing the meaning/significance
from every aspect of life here.

Reflection Question:

if nothing means anything and I no longer place value
on worldly possessions/experiences, how do I maintain
motivation and appreciation for the good things in life??
—————

The world we live in is made up to combat the natural,
inherent feelings of shame, guilt, and fear and through
this we assign specific value to very specific things.
Assigning value leads to "specialness", and the more
you attach yourself to things you have here, the
more pain you will inevitably experience.

The true reflection of peace is approaching all experience with love.
Through INNER PEACE, you will have an appreciation
for all! The difference makes no difference, and
there is no such thing as "special"