

## BELIEF AND POSITIVITY

else's—all have their own frequencies.

I agree, it all sounds a bit chaotic. If this happened in an orchestra, where each member was playing at a different frequency, they would end up with nothing more than a loud, unbearable noise. Luckily, though, we have the power to control the frequency of our energy.

Everything we think, everything we feel, everything we believe in, and everything we act upon has its own energy; one mighty force.

And, at the centre of it all, is no one else but you.

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Growing up, since the first time I was introduced to Star Wars, I wanted to become a Jedi. I could think of nothing cooler or more powerful than to be one of the 'chosen ones.' And while my friends all wanted lightsabers and to play pretend with plastic swords, I wanted something more.

A Jedi is a Jedi not because of the lightsaber. What makes a Jedi special is the element of the 'Force.'

Now, what if I told you the Force is real?

In fact, what if I told you that not only is it real, but we can actually use it—this Force already present within us?

Of course, much like every other Jedi, what we require to draw upon this Force is the discipline to harness it. And before we can harness it, we must first understand what it

really is.

In the words of Obi-Wan, as he explained the Force to a young, sceptical Luke Skywalker, “The Force is what gives a Jedi his power. It’s an energy field created by all living things. It surrounds us and penetrates us. It binds the galaxy together.”<sup>i</sup>

And later, as a seasoned and experienced Luke Skywalker explains it to Rey, “It is the energy between all things... a balance that binds the universe together.”<sup>ii</sup>

I’ll pause and wait for you to re-read that, so you can see it for yourself—the uncanny resemblance between the Force and what we’ve been talking about.

The Force is simply the ability to quieten your mind, and control the frequency of your energy to match the Universal Frequency—to tune into and harness the Universal Energy. Surely, you can appreciate how powerful the Force can be.

Much like in Star Wars, our energies can be both positive and negative, each with *their* own frequencies. And much like the *Dark Side*, it’s the negative energies that always try to bring us down and de-moralize us; to make us give in to our anger, doubt, and fear.

That, we cannot let happen.

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One of my favourite things to do as I’m driving back

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home from work is to turn up the radio. Sometimes, I happen to tune right into a great song. Other times, the radio turns on to an advertisement playing. I sometimes listen to the advertisement if I find it interesting, but more often than not, I opt to change to a different radio station. I push a button, and the radio realigns itself to receive a different frequency. This might sound like common practice to you—that's just how radios work; there is no great mystery there. Well, we humans aren't too different. Just as we can set the frequency of our radios, we can also align the frequency of our own energies.

When we listen to a song we like, we tend to lose ourselves in the song. We enjoy the song as a whole, as a complete amalgamation of the various parts that make up the song. We tap our foot along to the rhythm and we sway our heads to the melody; but we rarely notice the beat, the bass, the rhythm and so on as individual parts. All the instruments and all the musicians work together in complete synchrony to give birth to such an experience. The slightest note off key, the slightest beat out of time, and our ears catch on to it, ruining the entire song and diminishing our overall experience.

Music is one of the ways we experience both vibrations and frequencies using one of our five senses. And if we can understand that a harmonious interplay allows for the

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creation of wonderful music, then we, too, must aspire to live our lives as one beautiful symphony.

A beautiful symphony that is achieved only by aligning our frequencies with the Universal Frequency; by stepping in, and taking control. And by knowing that the Universal Frequency has nothing but good to offer into our lives.

So how can you achieve this in your life? How can you harness the Force, align your frequency, and achieve everything you set your mind to?

The answer is so simple it might surprise you: by consciously being positive!

Surely, you must have heard some of the most successful individuals claim that “You make your own destiny!” Similarly, there are stories of individuals who ‘had it all’ only to lose it, and then, lo and behold, build themselves back up again. These stories are not miracles and these people are no more exceptional than us; the difference is in their belief system and in the mind-set they adopt. They believe they can do it. And it’s that positive attitude that gives them the motivation to fulfil their dreams and to achieve whatever they set out to do. The positivity unlocks their path to attuning with the Universal Frequency.

It’s a simple truth of life that very few people follow; but, at the same time, it’s the very same people who do

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follow it that end up being successful and able to change the course of their lives.

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Think of the universe as the Fairy Godmother you never knew you had. She's always there, always keeping an eye out for you, always wanting for what is best for you, and always more than happy to fulfil your every wish.

So, what would you like to ask for?

What do you want the most?

What does your heart truly desire? Money? Fame? A new car? A new house? A yacht? Stability in your relationship? Promotion at your job? It could be *anything*.

Are you having trouble deciding what *one* thing you really want? Then what about all of them? How about *everything* your heart desires? There are no limits.

Let's start, though, with one thing. Visualize it. Form its image in your mind. Focus on what you want. Can you see it clearly? Once you know what it is you want, asking for it is the first step to receiving it; for until you ask for something, how will the universe know you want it? And until the universe knows, how can it give you what you want?

The universe doesn't need you to ask out loud, or to give voice to your desires. The universe and you are already connected. All you need is to match your frequency to the

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Universal Frequency, for what you give out to the universe determines what the universe gives back to you.

Whatever is coming in our life, good or bad, for better or for worse, we are the ones attracting it. The human mind is almost like a magnet, attracting towards itself different forms of energy. And with energies, like attracts like. Thoughts, too, are magnetic, and our thoughts also attract similar thoughts (remember how we talked about being wary of our thoughts?). If we send out positive thoughts, our life, in turn, becomes more positive; but if we allow ourselves to feel bad for ourselves, and keep thinking we cannot achieve what we want to, it will never happen.

Our thoughts and feelings don't just attract the energies from outside of us; they also attract energies within us. And so you might have noticed that one bad thought at the start of the day can almost feel like the first domino falling in a series of dominoes, resulting in one bad thought after another. Similarly, just one good thought in the morning and we find that our entire day is filled with the good flowing through our lives.

This is one of the reasons that researchers now suggest waking up and making a list of all the things you're grateful for first thing out of bed.

Recently there has also been a worldwide trend of Vision Boards. What exactly is a Vision Board and what

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does it do? A Vision Board is a physical manifestation of your deepest desires. It is a constant positive reinforcement of what you want most. Since for most of us it's easier to believe what we see, a Vision Board allows one to do just that—constantly see the end goal of what we want. Say, for instance, what you want is to go on holiday and to get a new car. Let your Vision Board represent that. Draw the car you want onto it, or, if your art is anything like mine, you can print a picture of the car and put that there. Take out pictures of where you want to go on holiday, and put those there. If it's a promotion you seek, put down what your business card would look like with your new title. Subsequently, every day you can wake up and be reminded of what you're aspiring towards, and ask for it from the universe with even greater clarity and purpose.

Of course, your Vision Board might not look anything like this, and that's completely okay! Think of a Vision Board as something that aids you in zeroing in on what you truly want, allowing you to refine your focus and better understand your own goals, and serving as a reminder for the same.

Back in college, in one of my classes—*Business Strategy*—we were tasked with coming up with a business plan for a business we would like to set up one day. Most of my classmates didn't take the assignment too seriously,

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jotting down whatever came to their mind right in time to meet the deadline. For me, though, it was a completely different experience.

I felt I was an artist. My professor had handed me a blank canvas, and had asked me to draw how I wanted to spend the rest of my life. There, sitting in college, I drew up a business plan for a project in Pakistan that harvested wind energy to generate electricity. I remember I took the assignment far more seriously than my peers, staying up nights to be thorough in my research, and to come up with a business plan that could one day actually see the light of day and help people back home. So, my Vision Board was born—a business plan that had the specifications and details for a wind energy farm in Pakistan down to a tee.

The next step in the process is having conviction. Conviction that the universe is listening. Conviction that the universe wants what is best for you. Conviction that you are worthy of receiving what is best for you. And conviction that the universe is present; it is present and listening to you, waiting for you to just ask.

You might be questioning how this could be true. I also used to question the veracity of this claim. After all, penning a business plan about a wind-farm, and setting one up are completely different tasks, in terms of their complexity and scale. I kept asking the universe to make



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the wind-farm come true. Over, and over, and over again, I would keep asking the universe to make it real. But nothing happened. Nothing changed, and I became extremely critical of this notion.

It turned out, I was missing out on a very important aspect of the process: the conviction. While I was consciously asking the universe to make it happen, my internal monologue was more along the lines of, “Oh God, how is this even going to happen? Just talking about it makes me feel I’ve taken on too much. What if I’m not able to do this? What if I fail?”

The universe does not listen to our words. The universe responds to the energy we send out, for that is how we connect with the universe. Our energies’ frequencies matching is our nexus of communication. So, while I was asking for the wind-farm to become a reality, what I was sending out into the universe was negative energy (of discontentment and disbelief), because what I lacked was the conviction that I could in fact make this dream come true.

I did not stand in front of the mirror and lie that I was the founder of such a project, or pretend that I had already achieved what I had set out to do. The universe would have known I was being insincere, because I would have known I was being insincere. I simply started repeating to myself,

“I am on the path to actualising my vision of a wind-farm.” That was a statement I could believe, with conviction, to be true. It accurately expressed my situation in that present moment, and that made all the difference.

The last, and equally important step, is being ready to receive what you have asked for once the universe tries to give it to you. This might seem absurd to you. Why would you not want something you desire so much and have been asking the universe for? Well, sometimes, we’re not ready to receive it.

Sometimes our conviction isn’t as strong. Other times, we might feel we’re not deserving. Any time we let doubt or fear creep into our minds, we hinder ourselves from receiving what we desire. So, it is equally important to open our minds and our hearts to receiving from the universe.

This is where our Jedi training must kick in. To see our desires through and to move towards our aims and our goals we must let go of what holds us back. The very first conviction we must embrace, with all our being and with every pulse of energy we send out into the universe, is that we are enough. That we are deserving of better and greater things in our lives, and that good things *will* come our way.

I struggled with this for quite some time. I kept asking the universe to help me succeed and move closer to my goal, and yet I was in constant self-doubt. After all,

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how could someone as young as I was set out to try and materialise such a behemoth of a dream? Was I making the right decision? Would I be capable enough to see it through? And then to make sure it not only gets set up, but runs smoothly as well?

All I knew was, I had to try.

And if I had to try, then I owed it to myself to give my everything to this attempt I did have. There was no backing out now, and there was no room or time to make excuses. I had been asking the universe, but first, I had to prepare my own self.

You, and you alone, are constantly creating and recreating your destiny. If you keep on saying, “I cannot afford this holiday,” or “I cannot run five miles in one stretch,” the fact of the matter is that you then never will. Every time your heart desires something, tell yourself you can afford it; that you are worthy of it.

Repeatedly reinforce it.

Believe it.

And soon you will see the difference.

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The universe is bountiful and abundant. We must never feel we are asking for too much, that we are aiming too high, or are dreaming too big. There is no such thing.

The only thing we must remain cautious of is the

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downward spiral of negativity. When we are upset, we direct all our energy on that one small focal point, and we get so caught up in it that we do not see the bigger picture. Like a horse charging forward with its blinders on. As a result, our energy becomes limited and allows more negative thoughts to enter our minds. The moment we become aware of this, and stop focusing on the negative, we can suddenly feel a spring in our step. The feeling that we can achieve anything.

This is the secret for success. The more positive you are, the more you will achieve, because your universe is being shaped by your thoughts and the energy that you emit. And the degree of positivity that you exhibit, that you feel, and internalize, is entirely up to you.

Because *you* are in control.

When did I fully understand what this means?

When the wind-farm became an operational reality in 2015. When my Vision Board came to life. When I could see before my very eyes a tangible manifestation of what I had dreamt of—the product of the convergence of my belief in both myself and the universe, and a commitment to action.

If I was able to achieve my goals, then so can you!

Imagine this: you are centre-stage. The spotlight shines bright upon you. Spread before you, like the crowd

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in that Wembley Stadium, on that Saturday in the July of 1986, is the entirety of the universe. It stands there in anticipation, waiting on you to guide it, to shape it, to give it direction, and to take the reins. You stand there on stage, aware of your own self, in harmony with the frequency of the universe, *knowing* this to be true, and holding a belief—stronger than anything you’ve ever known—that you are in complete and unequivocal control of your universe.

The stage is yours. Hum! Sing! Dance along to the tune of the universe! Harness that positive energy! Embrace it!

This is it! And you are here.

You *are* worthy of good, and there is no limit to the good you can have but that which you set for your own self.

The universe is unbounded. And so are you.

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## 2

### THE MIND

*We know the world only through the window of our mind. When our mind is noisy, the world is as well. And when our mind is peaceful, the world is, too. Knowing our minds is just as important as trying to change the world.*

- Haemin Sunim

We keep walking and walking, circling about the same centre, constantly running into ourselves, constantly apologizing to our own selves, constantly fighting with our own selves, constantly feeling angry and irritated and annoyed.

And we keep doing this without pausing to recognize we can stop this cycle. We can break free from it. You, I, and everyone else.

We *can* break free.

I had always found it troubling to let go. I needed to feel in control. I needed to feel I had the power. I didn't care much about what this need to feel in control did to me, or how much it took out of me. I was simply too afraid to let go. But it was only once I did, that I was able to feel

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that breeze from my childhood blowing again. That cool, gentle breeze that lets me know everything is alright, that I am safe, that it's a beautiful day and I am part of it.

Every day, every other moment, we tend to ignore certain aspects of each present moment. From the sunlight dancing amongst the leaves in the trees as it reaches the ground, to the smell of the wet soil after it has rained. And why? Because we're always trying to run somewhere. To work, to school, to a meeting, to run an errand. Sometimes, we're not even running towards anything in particular—we're just tangled in our own minds, all the while running on the treadmill of our thoughts.

And every single time we miss out on being a part of the present moment.

More often than not, we are plagued by memories from our past or thoughts relating to our future. Equally often, we are unaware that such a phenomenon is taking over our mind, that such a phenomenon is taking us away from the *here and now*. Without realizing it, we overrule our present with nostalgia or anticipation that removes us from this very moment in which we are (or rather *can be*) truly alive.

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Like a dog loves to chew on bones endlessly, our mind, too, loves to chew on problems to keep itself occupied.

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What does it do when there are no problems? It creates problems. Problems that it ‘needs to solve.’ And so it keeps dragging us into that never-ending loop: we solve one problem, and we suddenly find ourselves having to solve a hundred more.

In the 86,400 seconds we have in a day, let’s say you experience a new thought, on average, every ten seconds. That means you have 8,640 thoughts in a single day. Now you’re probably thinking, “That’s simply absurd! I don’t think that much!” But it’s true. You have 8,640 unconscious thoughts in a 24-hour span, and the ones you engage with shift over into your conscious mind. If you engage with all of them, you’re bound to go insane. But you do still engage with as many of these thoughts as is possible for you. There’s just something about the voice when it pops up in your head, no? This need to engage with it. This need that compels you to become answerable to these thoughts.

But, are you really?

Let’s try this from another angle: how many of these thoughts truly reflect what you want? Let’s take an example. Say you’re working towards something that matters to you (an exam, a job interview, a promotion, a proposal, anything), and you’ve been working towards it for a substantial amount of time now, investing a significant amount of your energy in pursuit of this endeavour.