



The Babylon Model

The Leverage people need to get their goals

By

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Acknowledgments

The writing of this book originally began ten years ago, during its process I made too many drafts, erasing advances and starting the writing from scratch countless times. Always motivated to understand and above all to master, any proposal or strategy that could help improve the quality of life, be it in the area of love or the financial part. And with total frankness I admit that if I had made this journey alone, the writing of the Model of Babylon would never have been possible, none of the three books would be a reality today. Since I was lucky in meeting extraordinary people who at all times, sometimes fleeting experiences, helped me to better understand certain concepts, even those experiences that are generally seen as negative experiences. In fact, they are the ones that helped me the most during my learning curve in having exponential results.

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A solo job is enriching and necessary, but by sharing your journey with extraordinary people, the satisfactions multiply.

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Introduction: Model Approach

It is very likely that by the time you read this book, you have already read quite a few other books that promised to give you the secret to financial success, or to have more dates, or to be happier, regardless the goal, it is likely to be this not the first time you read a book that will hopefully “save you”, or worse, someone recommended you to read this book and deep down you don’t really want to, why should you? Another self help book?

In a world full of secret formulas to be successful, be it financial or love areas, where there is a "guru" absolutely everywhere about everything, honestly I used to feel very lost, in how to make money, in dating or even how to be happy, I couldn’t achieve not even 10% of what the gurus or experts claim to have, no matter how much I tried to follow tips, guidelines or precise instructions, you know, the kind like : get up early because "all the great people in history began their activities from the morning (the 5 am club thing) ” , (something that I never liked at all by the way), and although there were merely anecdotal positive results ,“ something ”was simply still missing or it simply did not seem to be working as expected, at least not to me.

We could argue that the kind of advice of “waking up early in the morning”, certainly contributed to "something", but being objective, I did not like at all the reality and the results I got, I wanted to accelerate the process, and above all, improve the quality of those results, let’s face it, nobody wants leftovers, everyone wants a great meal! Nobody wants to be financially “successful” until they are 80 years old, or to find the secret formula to be successful in dating when you are already 50 years old,

I fully understand that there are people who will claim “that kind of advice did really help them”, even though, they are still very far from their real goals, therefore we gotta be honest, nobody wants that, in the other hand, there were people who were still young, and

they had that success or results that I wanted, so it was definitely possible and I had an obsession to know how they did it so I could just repeat the same step by step process.

That precise obsession was what push me to take one of the most decisions in my life that would define my life with a before and after, that kind of decision that can entirely change your life forever, for some people it could be a new job, an accident, getting married or to have a son, to me, it was moving from my hometown of Morelia in Mexico, a small city, to relocate to living in the mega city of Beijing in China , it is everything that happened between this period of time that changed everything in my life, in an interesting coincidence, it was exactly when the Asian dragon began to play an increasingly important role on a global level, and I was exactly in that place.

I have a very clear memory in my mind, one night that I was walking at dawn in one of the most exclusive areas of Beijing, when suddenly, on an empty street, a lamborghini stopped in front of me, can you imagine that situation? I was still new in the country, I remember it was a cold day, just me riding a bike, when this luxury car stopped in front me, the question is what do I have to do to have a car? Is it a pointless dream? Impossible? Even a better question, will this really be a way to determine your success? I couldn't stop thinking in the situation, just me on a bike and this stranger in the Lamborghini, just us, in that cold and lonely street, can I really change my reality? Because my reality was so hard to break into a new one.

This model presents an interesting way to accelerate the process of obtaining results through applied social theory, the product of more than ten years of personal research, and which I share with you here, for free.

Ground Zero, Times are always perfect

If you read this book while facing one of the most confusing and complex stages in your life, I will tell you that this book will help you, otherwise for you it will be just another book, since you will not be able to feel the concepts exposed here, understanding is not enough, you have to live the concepts, starting with the main one: The need.

Have you ever seen a drug addict give up on finding drugs because he had no money? Of course not, they will always look for a way to obtain money to continue with their addictions, and although it may be funny to you, that is the problem you will have if you read this book if you do not have that need.

Have you ever had so little money that you couldn't even eat?

I came to be in that situation, where literally an entire day's meal was a simple sandwich.

Have you been in a situation where your love life is a disaster?

I did have that disaster where it seems that there is no way to change that "luck" and people around you tell you typical advice "love will come one day" and more absurd advice that is useless at all.

Have you been through a similar situation?

If these scenarios are foreign to you, do not continue reading, this book does not pretend to win a novel prize in literature, this book has been made for those who are genuinely prepared to live each of the concepts that are shared, it is not enough to read the concepts so theoretically, it is necessary to live them.

If you keep reading, I am convinced that by reading these lines you are not only reading me, you are also remembering things from the past, previous experiences, and that produces a very special energy that runs through your entire body that shakes you from head to toe and is exactly that energy that I want to pay attention to, it is a mysterious energy, since suddenly, you stopped thinking about trivialities, nonsense and you started only focusing on yourself, on your problems, on what you have already lived and really genuinely feel related to these lines, That energy that you have in this moment is the key to everything.

However, this energy is confusing, since if you do not handle it well it will lead you to self-sabotage, or in short, to make bad decisions, to be actively attacking yourself, it is an extremely powerful energy, but if you do not know how to use it, you will end up just causing harm.

In case you are going through a moment of anguish, I want you to focus on that energy for a moment and you will realize something, that energy came from somewhere, think about it for a moment, before reading these pages you were in a very different state of mind, and when you started to read this book, that energy began to make you remember experiences, to feel emotions, to change your state of mind, where does that energy come from?

It is the first thing I want you to understand , since it is an energy that, as I mentioned earlier, has come out of nowhere, and I want you to understand that this time you were aware of that energy possessing and dominating your mood, or causing you to get trapped in remembering past experiences, but above all, you must realize that just as that energy came to you a few moments ago, it has been causing the same appearances in your life, all the time, and by not being aware of it, it has turned your world upside down . Do you remember that moment when you made that bad decision?

Another way in which you can understand it better is, that brutal energy that changed your life came to you when for example, your ex-partner practically destroyed everything you had built, or when you got fired from work without notice, or when your business went bankrupt, those are examples when the energy received is an enormous amount of, that simply end up destroying what you had, but what if I told you that you could use this energy in a very different way?

Instead of just waiting for the next random strike that will turn down your life.

When atomic bombs were put to the test, they caused great fear due to their destructive power, many assuring that it would lead to the extinction of humanity, and even with the destructive power they have, nuclear energy is used as an alternative energy source in many countries. to produce electricity, because is safe, cheap and produces a huge amount of energy that would be impossible to match with other energy sources.

Now, I want you for a moment to make a flashback of that force that practically destroyed your life, can you imagine what could you do if that energy was into your advantage?

Not against you.

We cannot understand the origin, we just know that energy came from "nothing" or somewhere we just don't know, but what if the next time, just if, when a similar force tries to strike into your life, this time you control the force at will to build what you want.

The same an atomic bomb can destroy, or be used for negative things, it can be used the energy behind for good.

Same happens with that energy that has been circulating around you for ages creating a mess and sabotaging your life.

In a divine irony, the best thing that has happened to you is to enter into that chaos, since this allowed your life to be reordered in better ways.

Point

For many years I was quite mystified to find that certain people who seemed to have everything to be successful, in other words, with a clear privilege or advantage, despite this, they would ultimately achieved little or nothing in their lives, while other people with half their abilities, skills or whatever, could achieve overwhelming success and I'm totally sure exactly the same thing has happened to you, suddenly you meet a person who has zero skills or image or whatever, nonetheless it seems that every year his fortune grows exponentially, I know that you have met someone similar, you may even envy them or you could even try to compete with one of those people and in the end resulting in a big failure for you, you would be incredulous at the resounding failure obtained .What is really happening? Why some people "have it"? And others no matter what they do, they just "don't".

I'll tell you something, it is no coincidence that the wealthiest, most powerful and influential people in the world are in the place where they are, they know perfectly something that you clearly do not know, that is why even their children, even if they have few or no skills or aptitudes for success, most of the time as if by "magic" they end up achieving success in the same way.

While most likely in your case, you have been using the exact opposite and that is why your mediocre results, which is somewhat predictable as you will understand clearly in the following chapters, fortunately, if you read this book carefully, and rigorously apply what I am about to share, success is inevitable, not a magic pill though, but certainly an advantageous position.

Once again, make use of what is said in this book, to your life and will change in a brutal way, however, will only work if you let it work, not enough to understand, we must live the concept!

This is not a book for enjoying on Sunday evening, this a life to decode how to achieve your goals in the right and practical way!

The Babylonian model.

Preparing impact

My life is characterized by having had three great impacts that created huge waves of changes in every aspect of my life, the first impact being during the summer of 2010, I was studying engineering and in the third year, I had obtained a chance for a scientific research stay at the prestigious Yucatan Scientific Research Center, sounds great right? In fact, exactly the opposite ended up happening, a series of events that occurred during that scientific stay that were definitely unsolicited and not at all pleasant, which I summarize as the first of three impacts that marked my life .

I had the opportunity to do a stay in research in Yucatan, if you are not familiar with Mexico, just take a look in a map, the distance between Morelia and Yucatán, very far away,

this looked like an interesting experience, thus, it generated great expectations about my future, because this could be an excellent opportunity to make my way in my professional career as an engineer. In order for you to understand better the panorama, during that stay I was going to be working with a researcher, someone who teaches classes and conducts scientific research, so if you had a good performance during that scientific stay, more options could be available in the future, you know, this story went all as the typical story that you go for everything, and once in that situation, everything goes exactly the opposite, in an unexpected chaos.

The scientific stay turned out to be as close to a scam, because the money promised in the scholarship that I earned, technically would cover all the costs of it, nonetheless in reality, the money was so little, that it wasn't even enough to cover the flight tickets, due to the distance between Morelia and the research center only taking a plane was the real option, taking a bus was even more expensive.

This situation really made me feel conflicted, I still not started my stay as such, and I already found the first problem, I did not have money for it, however I continued to firmly believe that this was a great opportunity for my future (and we could argue it did change things but not in the way I thought).

When I was in the scientific stay, I decided to get a part time job to cover the expenses, however, as much as my ego tried to fool me, I was still a student, my time was limited by a certain number of hours in the scientific research center In addition to that, I had no special skills, so the kinds of jobs I could get were very limited.

It is curious that I was convinced that I had skills or experience enough to get a well-paid job, but the same reality punch me in the face, the only job I could get was in an Italian restaurant, in fact little or nothing about a restaurant, since actually 90% of the dishes were just pizza, and I was the wash disher, the one who cleaned the dirty dishes, literally, despite all my skills, talent and whatever, just the wash disher, but honestly, did not matter!

Now I had extra money to cover my expenses, that was the priority and as a side benefit, I could continue the experience of that scientific stay.

In the first days of work I concentrated in the restaurant, a simple job but boring activities, just mechanical, didn't require high levels of concentration, so while washing the dirty dishes my curiosity helped me to look closely around me, the way the restaurant, or rather, the kitchen looked, to observe the other workers, and there was something in particular that caught my attention, a particular worker, a male, about 36 years, he had been working in the restaurant for twelve years as the delivery guy. You should read that fact again, that is right, twelve years in the restaurant!

His timetable was insane, working from Monday to Sunday, all week, practically all day and with an extremely low salary, just try to understand what his life was like, for him, every day was the same, repeating the same activities in an endless loop, being trapped in a reality for twelve years, his situation was a dead end, because of the extended working hours he had no way to sit down even once and think what to do with his life besides working for that restaurant

We could argue, the payment at the restaurant could be enough for a student who requires extra income for the weekends, but I would doubt if enough money for someone

who is already a mature man, that could have a family, or impossible if he wanted to buy a house or to do a trip somewhere, that little moment of analyzing his situation impacted me so much, in such a brutal way, that I really began to think that maybe, just maybe, I was falling into a kind of endless cycle similar to the one that delivery guy had, or even worse, what if I was already in a similar cycle? A reality that I dislike and that I find myself trapped without knowing?

I kept thinking that very likely I was making decisions that were pushing me to a similar dead end, maybe just because I was young I couldn't see it, but that didn't mean I was already stuck in a similar loop, and although reality told me I had to be a dishwasher, something deep down inside me told me that I had greater capacity, talent or whatever way you want to name it, but definitely beyond just being a dishwasher, however, while asking these questions, I found myself in a very awkward situation when I realized a harsh truth, if I was so convinced of it why wasn't I doing another task? If I really had the ability to be something beyond a dishwasher then I had to prove it.

What happened later has probably been triggered and guided mostly by emotions or "something" that told me just to pull the trigger and take action, but definitely not a rational act, since I simply quit my job at that Italian restaurant without a plan B, with no safe money to support me, because the money I earned in the restaurant was so little that the very same day was gone and the truth, although my beautiful family, my parents tried to support me financially, I saw that it was difficult for them to support me in this scientific stay, (should I saw my family was humble?), so I did not want to depend on them to cover the expenses, anyway, they couldn't help so I continued wondering, if I was so sure I was so talented and skilled, why my pockets and stomach were so empty?

This is where one begins to value those training moments or practice, you know, the kind of lessons that you want to learn to ride a bicycle and to guarantee your safety, you start with a bicycle that has training wheels installed, that way, you prevent any dangerous fall and eventually you get more confidence reaching a moment that you take off those training wheels, and now ride a bike without any help.

However, the real world is very different, it does not warn at all, no practice, no training, and won't ask if you are ready for what will come and that is exactly what happened to me, since my main motivation was not to starve, not in a figurative, literal sense I didn't really have the money to even buy food, and the little money I did have was quickly slipping through my hands.

Maybe out of a mere survival instinct, which frankly I had never experienced before, so out of necessity, I simply hit the streets to try to find ways to make money, I didn't have any kind of plan, but I had the feeling that when exploring, I would find the answer, that being frank about this, that was a horrible plan, nonetheless while I was exploring I found very strange situations, for example, when passing near a church, a lady seems to have seen me with great need and gave me around two Mexican pesos without even asking for, which is equivalent to about 10 cents of USD, or on another day when I was jumping in random conversations on the street, a person had offered me to enter a "business" one of those poncy schemes, pyramid-style business models, despite the negative concept of that business, it was interesting to see how people behave when they faced a person in times of crisis.

Eventually, in desperation, I stopped in front of a supermarket thinking “if they can make money, I can also make money”, I just had to emulate what they were doing on a smaller scale. All of this sounded great, but frankly I couldn't see anything at all, just my wishful thinking and that was everything.

Nothing special happening, just people going in and out of the supermarket, until I began to notice that for some reason, most of them looked very excited to buy some cookies that were on sale, quite strange to me, since Mérida in summer is extremely hot and humid, so cookies, would not be what I would think of as something that people want, however reality was showing me something different, for whatever reason, many people were buying those cookies, even though that was in total opposition to what my "brilliant mind" thought, so I went to check what the so called great promotion was, it turned out, the supermarket sold boxes, full of individual packages of cookies,

By playing with the numbers, I realized that I could buy those boxes, and then some retail sales would be profitable. When I was imagining the earnings, it sounded great, but what if it failed? What if I didn't sell the cookies? That meant speeding up the process of running out of money and it is not like I could just phone call my family to get extra money.

To be honest, I think for everything, the first step to be always the simplest, the steps after the first step are the ones that I consider the most complex, in my case, despite the risk, I decided to invest that money and get the boxes, this first step took no more than three minutes, super simple to just spend money and get the boxes, the steps that followed, those were the complicated ones.

Regardless of the many attempts and previous mistakes, I literally began to approach people on the street and offer them cookies, and I will be very sincere, Deep down, it's something that filled me with conflicting ideas, you know, embarrassment, or fear or anxiety of speaking to strangers on the street, but surprisingly, I managed to sell the cookies, one package at a time, at first I felt lost but the more I failed, although it sounds like a paradox, the more I began to find the right way to be selling cookies. After a couple of hours I managed to sell all the cookies, and obviously I did not become a millionaire from the sale of cookies, but I was surprised to realize that it was much more profitable to be selling cookies than to be working in an Italian restaurant as a dishwasher.

When I finished my scientific stay and returned to Morelia, it seemed that everything I had experienced during that summer had vanished, it looked like the changes were just temporary and I was slowly just going back to normal despite the complex situation lived during that summer, however something I was thinking too much was that maybe, just maybe, it was possible to have a different lifestyle, eat different food, have different friends, is it possible?

At that time I was studying the fifth semester out of nine semesters of materials engineering, and although I was not a brilliant student, my performance was ok, but even with that I could not stop questioning myself, that perhaps, apart from the previous questions, the the path I was walking on was not the path I really wanted, even though I consulted colleagues from more advanced semesters and even some already working, all of them told me this was the right path, nonetheless, the harsh truth was, I did not like it at all, suddenly I became aware of everything, my surroundings, my limitations, my reality, and I didn't like it.

My colleagues, friends, family, even friends, tried to cheer me up, but didn't help, I was too discouraged, and began a strong negative impact the more I talked about my possible interest in another path, I was quickly questioned, criticized and dragged back to my reality, or at least the reality they thought I belong to, practically implying that was my kind of fate, as if it was already set, and to be frank, they were quiet right, I couldn't see a way to change it.

Absolutely nothing in my reality made me think that there could be indeed some change, so I ended up agreeing with that fact and assuming when I graduated things would be better but not now, besides that, maybe it was just because I was childish, or normal to be insecure and make those questions at my age, so I decided to continue my path, and just ignore the initial thoughts.

As I eventually graduated, I felt liberated when I finally took that weight off my shoulders, everyone assured me achieving this would be very important and now I could concentrate on what I wanted, the power to direct my life wherever I wanted, however that pleasant moment of euphoria lasted very little since reality quickly made me see I was daydreaming, and although during that year I spent a lot of time exploring alternatives , which to be honest I had already been doing for years , the reality is that I had always seen it more as a mere hobby, all areas of personal development, the world of dating and everything to do with personal improvement, so it was unrealistic that I could really focus on something that I had never taken seriously , so after this brief time of introspection, I decided to abandon those dreams, understanding that they were impossible and that I really had to focus on what I simplified. I already had my diploma.

Upon graduation, I had had a job offer in a company in Puebla, Mexico, but due to certain procedures that I still had pending in the university, I decided to postpone my entry into the industry and better continue studying a master's degree, in this case in Metallurgy Sciences, mainly, because I still have to finish some paperwork in the university, for this, I do have to point out, my life would have been very different if those procedures in my university didn't exist, I would probably stayed in that company working for many years.

To be honest, during the master's degree, I was still in contact in a certain way with what I was passionate about, but now in a more casual way, something inside me always fantasized "what if..." just to break the fantasy bubble with a heavy reality check, so I decided to just slowly turn down those dreams and just follow what others were telling me.

When I finished my master's degree, I had an excellent opportunity to work in a very good company in Mexico, which to add a bit of context, it was not easy in Mexico to find a job, well paid job was even more rare, so my job was the dream job for every young professional, a good company, good salary, growth opportunity, I was even the department head with around ten people under my charge, and suddenly, that uncomfortable moment when I realized that I was finally in the " goal "that for many years I was told it was what I needed and it would make me happy, but ... the feeling was strange, you will probably say," absurd crisis "and maybe you're right, but just every day that passed, more depressed and little sense my life had, the irony is that all the people around me felt very happy about my new job, but the most important person in my life was not, myself.

Was it really a good quality of life? I was not wealthy but my life was ok, but honestly it seemed to me I was wasting my time, above all, wasting my life in that company , I knew I had to make some change in my life although I had no idea about what to do, or where to

go. These ideas and feelings repeated nonstop the 24 hours a day the seven days a week, but as some people say, life can change on any given day, days that are usually disguised as any normal day, and that is exactly what happened to me.

While I was working in that company, one day the human resources department started calling many workers, and it should be pointed out that in general when they call someone is a bad sign, by appreciating the time spent in the company just to later kick out and that occasion was no exception;

In this particular case, among the workers that were fired, there was a man around fifty years old, who after working for twenty years in the company, one day he was simply kicked out from the company, Without prior notice, without any kind of prior warning, one day like any other they called him after having spent twenty years of his life in the company, they simply called him to notice him that his services were no longer required in the company.

Just to put a bit of more context, that particular year was a very complicated year for the sector to which that company belonged, to be more specific, the steel industry, since many Asian companies were selling more steel than the steel companies in Mexico, which caused less profit for companies in Mexico, so it is estimated that in that year thousands of workers within the steel sector lost their jobs as a direct consequence to try to continue surviving in that fierce global competition, so many people who lost their jobs, the vast majority of them had the ability and talent for the work they were doing, such as the man who had been working for the company for twenty years, however, a totally external force, beyond his control, ended up having a brutal impact, seeing their jobs vanished.

And of course you can argue that there is nothing extraordinary about this, that it is even something normal or a routine to lose a job, no big deal, but, stop for a moment to contemplate that situation, try to put yourself in their place, you are fifty years old worker and suddenly, you are pushed to reinvent yourself. , let's be honest, at that age, quite possibly no company would hire you, so now you would have to find another way to make money, how would you feel about restarting your life at such age?

To be fair, not really even starting from scratch, since your starting point would already be with a large part of your life covered, with quite a few years dedicated to a company - twenty years of your life! Or even more! So you would practically start at negative numbers.

That situation really had a deep impact on me, since although it was a normal situation and to some extent common, it made me reconsider on the path I was on, which although it sounds strange, I had never really questioned myself, and now found myself facing a daunting path whose fate I disliked too much, and although I was someone young, I still felt helpless to feel that there was no way to avoid that fate and it was just at that moment when an interesting idea was born:

To try precisely to change that fate.

Although I had very well defined what I wanted and above all, what I did not want in my life, I still struggled with a big problem, into how to go between daydreaming to really experience what I wanted to be living, since in the past I had tried, and the results were failures, this wasn't the first time I tried, why would this time would be any different?

To be honest, reality terrifies most people, choosing sugar coat lies; and I was no exception, I was terrified to see my reality, I had somehow achieved the dream of many, to get a good job and still be quite young, or at least it is what was considered perfect for me, or in other words, what they had convinced me the dream life was.

Nonetheless deep inside I felt a very negative feeling, it was like dying slowly, my depression made me give up on dreams or goals, some call this: dying while alive.

I will not lie, it was a complicated decision, even for a whole month I was pondering whether or not should continue working in that company , and when I asked for advice, everyone told me just continue doing the same, however, one day, I decided finally pulling the trigger and resigning.

The process started quite simple, I had to speak directly with my immediate boss who showed total indifference to my decision, then with my boss's boss who, contrary to the previous one, was extremely annoyed, saying that they had already invested a lot in me and that it was not possible for me to leave the company , and to my surprise, a third talk, this chat really impacted me; a talk with the CEO, a person who frankly had no idea why he wanted to talk to me, assuming this kind of person, a CEO, is one of those people who are never seen in the company, at least not being an engineer and in charge of a laboratory like me.

The CEO, was someone quite young, who practically all his life has been surrounded by money and companies, and what puzzled me too much was that he wanted to know the reason for my resignation, to know the reasons that a young, talented guy and with a promising future, decided to abandon this opportunity, he simply did not understand how

after such investment in courses and training, I decided to leave the company, and he wanted to make sure that new talents for the company would stay with the company, so he had a strong interest in knowing my particular situation, now the really interesting part was at one point in the talk when he mentioned that most people within a company wait to be promoted or have a better position within the company , and only until then begin to give their full potential, let's say that if someone wanted to move from a common worker to a coordinator position, most people would wait until an official statement is provided to begin to get results that are typical of a coordinator position, before being promoted, they will continue to limit themselves to only performing the functions of a common and average worker, and from the CEO perspective, this was a massive failure, quoting him:

"What they do not realize is that a title, does not make the person, what makes the person are their actions, therefore if someone wanted to become the next manager of a particular department, he needs to prove he is one with skills and results ".

His words hit me really hard, wondering how many times I just waited to get a title, diploma or certificate in order to show my full potential and it made sense, most mediocre workers who want to be managers will be just daydreaming, and perhaps, they do have the ability or intellect to earn more money or have a better position in the company, but there is a problem, their performance is just mediocre, no matter how skilful they are, the reality shows a different story, actions shape the world, not words.

A person who exhibits greater skills or talent for the work environment in which he is, simply cannot coexist in that place, and will eventually be in one that fits his talent or actions exhibited.

In other words, his talent and skill breaks his way into upper levels.

For the person who decides to hide his talent, ability or skills, the world will adapt not to his real value, but to the actions he continually uses, since actions are what will shape his world, can you imagine Michael Jordan playing on a low-level team? Or Bill Gates working for a customer service center? Eventually, both the talent of Michael Jordan or Bill Gates, would come into total conflict with the environment in which they are, since their skills and abilities exceed the skills required for the environment in which they are, so that after that chaos , a phase assumed to be negative, should better standardize it as a rearrangement that could be beneficial, therefore, both Michael Jordan and Bill Gates would be in environments that have a better harmony with their skills and talent, obviously only if they decided to exhibit their talent, otherwise, even if they were Michael Jordan or Bill Gates, they would be trapped in a mediocre reality, not showing his skills because “the environment doesn’t deserve it”, but whose actions constantly shows a mediocre reality fits them.

Honestly, I had totally forgotten that the talk was about my resignation, maybe because I was also that mediocre worker? In my mind I considered myself as someone super smart, special, but who decided not to do anything until the world first recognized my talent? Skill? Unique features? The more I dug, the more I found my mindset so absurd. The more I questioned myself, the more I began to realize that the dissatisfaction I had was for precisely that reason, although I had achieved a good job, mentally I thought that I deserved something more, but the reality is that I did not do anything extra to really have something extra, my mind was noisy, but my actions were quiet, just a mediocre performance.

First Impact: The invisible barriers

When you are someone who roams the world without a clear path is very common at some point to give up and simply abandon the dreams when you get older, it's normal to dream big when young but when old, those dreams are already gone. In my case, I never really had specific or ambitious dreams or goals, some dream of being astronauts when they are children, not me, I was not sure what I wanted to be, for me everything was simply accepting the reality in which I was without questioning, Without exploring, without trying to find alternatives, in my particular case from an early age I was told that I had the aptitude to be an engineer and eventually I believed the same (so much so that I became one).

However, there are moments in life, where suddenly it seems that life itself is pushing us towards another path, this being precisely what happened to me and perhaps, just maybe, is exactly what is about to happen to you in the following months, a series of events that will change your life forever, this book being part of that process.

The real question was, what or who or how is my life being held back from its true potential? Since frankly I was not satisfied at all, and wanted to find a way to improve, why did I not dare to do what I wanted? Why did it cost me so much work?

In the past I had investigated a lot in concepts that tried to explain how to obtain overwhelming confidence or security, even ideas that consisted of having the courage to fight for the goals that one wanted , and although I had years working on it and even obtaining certain results , I never got to properly dimension these ideas or reflections, and maybe, just maybe, not even the people who wrote these phrases knew the real potential of having true confidence or security, since frankly all those ideas served momentarily, you know , of the style that you feel motivated for a couple of days but after a few weeks that motivation disappears, or some claiming, to dress better for example, sounds quite good, but if one day

you cannot dress well then you do not feel that confidence boost, in a nutshell they were only temporarily, nothing permanently, much less useful in the long run.

It was precisely in this search that in 2013 in the city of Guanajuato in Mexico, while trying to organize ideas, I found a powerful tool, very simple and useful that helps to clearly dimension all the concepts that you have probably already heard thousands of times. But perhaps the same as in my case, without a clear idea of the true impact or size of these concepts, and which in turn will help you better understand the relevance of the first impact, otherwise you are destined to continue reading motivational phrases whose effect will expire after a short time, wisdom has always been around you but you have not paid enough attention to it to contemplate and apply the knowledge that is already at your disposal.

An interesting room

For this, I want you to pay attention to a very interesting room that I will present to you , it is not just any room, here we are talking about a room that although it's small size may not give you a strong impression, every event in your life will take place precisely in that room , every important event, every person in your life, every one of those people will pass through that room, since that room actually represents your life , and, as I mentioned earlier, it is a room that at first glance, seems perfectly ordinary, about 4 meters long, 4 meters wide , and even so, every event and every person that came into your life, will pass through that room, regardless of whether it is an irrelevant event or even unknown people , and that curiously, that is where the importance of this room lies, since there will be an identical version of you interacting with those events and those people. A better way to understand it, as if you were seeing yourself in the third person, just like in a video game or movie, however,

unlike a movie or video game, here you can directly interact with the version of yourself, you can talk to it , advise him, go, even give him a good hug !

At the beginning, and when I say first, I really mean the time when the room began to receive people, the first person to enter was yourself, what an unexpected but pleasant meeting! Although that feeling of privacy was quickly interrupted when the parents entered, perhaps some siblings, initially there were not so many people, maybe one or couple strangers or friend from school, but nobody really stayed for a long time. During that period, although the room was small, there was not much noise, it could even be said that each person could speak without being interrupted in any way by another person in that room, in fact the dialogue with your Identical version was constant, without any kind of problem, remember, an interesting feature was the option to talk directly with yourself in that room.

Sometimes, within that room certain events occurred that created confusion for your identical version in the room, maybe a random kid in the room said you were ugly, but doubts were quickly dispelled either because your parents helped, or directly you were able to speak directly with your identified version, in this case understanding the nonsense of the kid, therefore, easy to fix, it was no problem to find your identical version in the room and address the problem, a few words were enough to re-establish confidence in your identical version or to encourage you about some challenging situation, in fact that is the reason why children tend to have so many dreams and ambitions, since most of their inner dialogue is with themselves, in Even when they have doubts, no matter how strange or crazy an idea sounds, a brief talk with themselves is enough to think again that they can achieve it, since at that moment the room has few people, there is not much noise, so the dialogue is efficient.

The complexity began some time later when decision-making turned out to be more difficult, when more people began to be around, such as friends, acquaintances, relatives, neighbors, school colleagues, coworkers, little by little the room began to saturate, Some people at the very moment entered the room, were preparing to leave, the kind of person you met randomly at a party, meeting or even a date that did not continue , being their stay in the room a very short period but as insignificant as it may seem, it had its degree of impact on causing noise within the room.

On the other hand, some people seemed to stay for a longer time, you know, maybe those coworkers for the five years you were in that company, or the schoolmates sharing the four or five years of the bachelor's degree, those people not only did they come to the room, we could also say that they settled in it, however, consider that the flow of people was always constant, between those of short duration and those who stayed longer, and if you remember correctly, the room size, it is not very big, so gradually there was more noise, and because of the number of people, it was much more difficult to find the version of yourself when a problem happened, quite complicated among so many distractions, this being precisely the main problem, or rather the root of many eventual problems, since the first thing you must understand is that absolutely all the people in that room, the short-lived people, the long-lived people or even your parents or brothers, absolutely all will be only temporary, temporary people in that room, except for one person, the version of yourself, the only person who was from the beginning and who will be until the end, and sorry to emphasize it again but these lines are the backbone of this book, all other people will be temporary and / or temporary in that room, and the only person always there will be your version of yourself, the problem is, the room starts to get messy and harder to solve any problem because cannot find yourself.

The only person then who genuinely knows you or has the real potential to do so, is yourself, the only person who can know your fears, dreams, desires, everything about you since it is the only person who was, is and will be with you all the time, however, at the beginning, the room was quiet, silent, few people, it was easy to directly talk with yourself, communication was direct and without distractions, but as mentioned above, eventually the room filled with more people, and that's where communication started to fragment, when you were a child if someone asked if you were capable of doing something, surely you would have answered that you were capable of doing it, but eventually in that room instead of having direct communication with yourself, you started having chats with people who ironically didn't even stay in that room for long but enough time to just infect you with doubts and insecurities, some even only entered the room to directly to sabotage, confuse or intimidate you, and the worst thing is that you paid attention to what they told you, among so many people, so much noise, so many commitments, the fragmentation of that internal dialogue was so slow but gradual, that by the time you realized it you couldn't even talk to yourself anymore, what's more, you couldn't even recognize yourself. You could see a major problem was happening but the room was so crowded and noisy that couldn't reach out yourself to provide advice.

The great paradox is that you allowed people who barely had a certain time in that room, to be able to decide what was better or not in your life, even making decisions that totally affected your true dreams or desires, and we will have to mention again, all, absolutely all those people were, are and will be eventual or temporary, the real question is why then did you listen to those people and ignore the only person who genuinely loved you and knew you perfectly? Spoiler: yourself!

The range of excuses are extremely wide, but the fragmentation and practically disappearance of that internal dialogue is undeniable, and even understandable, at some point you decided that it was more interesting to listen to other people, that new teacher, that new friend or even that new partner, you already knew the opinion of your own version, yet decided to ignore and listen others, without realizing it, you started to drift away so much that eventually the connection was lost, did you really hope that the advice from others could help?

If we remember, those people did not know you at all, and that it is realistically impossible for someone else to do so. Some, even with the best of intentions, do not know the experiences, contexts, contradictions and desires that are internally in your heart and mind, even if they wanted to help you, they would probably fail, so the question remains why did you decide to ignore internal dialogue and reaching out to others?

On more than one occasion, you were able to see the damage or sabotage you were doing to your own version, but you decided to ignore, ignore that voice in that room that tries to guide you, why did you do it? You know perfectly what I'm talking about, as much as you tried to ignore, to drown that voice, it tried to guide you, and do you know why? Because that voice comes from the only person who will love you unconditionally, even if you have been abusing, ignoring or trying to get them out of your life for years, I want you to understand, your version, yourself, is the only person who, no matter what happens, will always be with yourself, listening to people who were only occasional in your life is just not logical.

A very interesting starting point would be to recognize when that fragmentation began, only then that internal dialogue can be re-established.

Now, before that , you will surely find many excuses, excuses and logical reasons why you did what you did, ignoring, fragmenting or trying to silence that internal voice in the room, maybe you stopped loving yourself a long time ago, maybe ashamed to listen to that voice, maybe you thought that your version was not very capable or with little ability to handle any situation, whatever, everything scale up, that it became so common to you ignore, without realizing that with it you would ignore the best source and compass for your life and instead you would listen to people who frankly would find it easy to advise since they would not suffer the consequences nor effects of their recommendations. It is always easy to be the judge than the action taker.

Before continuing, I want you to be honest, in what condition is your room? Or even a better question, how is that version of you doing? Well cared for or mistreated? Valued or ignored? Do you see your version happy or sad? You must really visualize that room, and understand the true dimension of these lines, know the room, your version and become aware of the people who are at this precise moment wandering inside your room. How many of those people are obstructing the internal dialogue? How many of those people just create chaos and noise in the room?

Now, when mentioning internal dialogue , it could be misinterpreted by some people, or even confused, some people becoming extremely selfish or extremely naive about the interests of other people, therefore, we must pay attention to another important phenomenon occurring. In that room, everyone, absolutely everyone in that room follows or has some kind of agenda, some specific goal or purpose, from neighbors to “ lifelong friends ” (in quotes since, as mentioned above, all are eventual) .

The agenda can be understood as the real reason why they are inside that room, and it is extremely important that you know the agenda of the people inside the room, otherwise it is possible to fill up with people whose agenda affects negatively your own interests or goals, and just as them, you also have an agenda, a purpose for which you are in that room, some goal in the short or long term.

Imagine that you want to be an engineer, and people enter that room with a very specific agenda, persuade you in one and a thousand ways not to be an engineer, they can be friends, teachers or family, if you do not quickly detect that their real agenda is precisely to persuade you to abandon your dream of become an engineer, then you will not become aware that all the words and actions they do align towards that direction. On the contrary, if you know from the beginning that these people have such an agenda, that would help you even better prepare for their attempts to sabotage you in your goal to become an engineer. The big problem with this is that rarely will people show their true agenda honestly and up front, most people will disguise their agenda with many layers of distractors, flattery, or whatever other trick is necessary to achieve their goal, some will protect and they will hide your agenda while others will freely show it.

In the other hand, you must understand that having an agenda has nothing wrong, in reality no agenda is good or bad, it all depends on the interests involved, a better way to understand it is that there will be people's agendas that will harm your own agenda, while other people's agenda will be beneficial to your own agenda, therefore, what really matters is the room to be full of people whose agenda matches yours, interests, goals or purposes. Since realistically, even if your internal dialogue has improved, there will be times when that communication will be naturally complicated by noise, and the number of people

in the room, but if you have decided correctly, for example, the people inside the room matches your own agenda, then the moment it gets loudy or crowded, your version might reach out for advice with that people, the question is, will this cause negative effect?, there is no guarantee that you can predict this, but at least try to increase your chances, the better the quality of the people whose agendas coincide with yours, your own version is less likely to be lost, confused or affected when the internal dialogue fails, we are all humans, sometimes the inner dialogue will fail, but that is when the importance of surrounding yourself in the room with the right people is extremely important.

A very worth mentioning point to consider is that no matter what is the agenda, we must remember that absolutely everyone will be temporary in this room while you will be permanent, always remember this, or you will end up investing in the agenda of other people who will leave soon, only to realize that your schedule has been relegated without any progress creating a chaotic room.

Finally, if it is understood that all the people in that room will pass through a specific but never permanent period of time, don't you think that now it begins to make sense that you focus more on yourself?

In the end, they will all be eventual, you are permanent in your life, that you must remember, every ballast, offense or carelessness you provoke yourself, you will carry it the rest of your days in that room, unlike the others, who will even leave trash in the room and then walk away, please be sure they also take care of your room!

What about my room?

In general, when a powerful concept is explored for the first time, it has the potential to totally change the way you look at the world. For me, the first time I explored the concept of a room, a mental one, I had a mixture of feelings, both good and bad, it was difficult for me to fully understand the concept, but the more I reflected on it, the more and more I marveled at how a concept so simple could serve as a map to understand many things about my own life. For example, I finally understood most of the discomforts that I had been carrying for years in my life, as I repeatedly hurt myself trying to persuade people to stay in the room when they clearly wanted to walk away, not understanding that each person arrived in that room with a time and an agenda already established totally independently from me, oblivious to my power of control or action, something as simple as the end of a or even external forces to moved out people from the room, just as moving to another country or to have an accident, it was really difficult for me to understand that all people were occasional, but the more I analyzed different events in my life, the more I realized the reason for it.

The longer I observed the room, the more amazed at the small details that I was finding, something as simple as realizing that indeed everyone, absolutely everyone followed an agenda, and that for that same reason, the only person who was truly capable of watching over my interests was my own version in that room, everyone else was very busy with their own agenda, which as mentioned above is neither good nor bad, it is just what it is. I even busted following other agendas instead of following mine, without understanding that in the end, those people eventually would withdraw from the room and ignoring my agenda would inevitable produced pain, realizing the mediocre progress of my own agenda because of wasting time with others, each person is responsible for their own agenda, and to be sincere

it is to some extent common, to try to be someone else's hero , the psychologist or the protector, who although it could be with the best of intentions , deep down, the only person who knew how to solve doubts, problems and others, is precisely the person involved, since only that person knows exactly the context, experiences and motivations, as well as others interfering with your schedule is a waste of time, keep in mind this also applies the opposite.

My mind was puzzled when I started to wonder about my own agenda, what was my agenda? Was this even my own agenda or anyone else's agenda? Did I really know how to define my own agenda?

All these questionings helped me little by little to understand my own agenda, and above all, that when I began to focus exclusively on my own agenda, knowing how to filter the advice or apparent help I could receive from other people was of great importance.

Was it useful?

Was it really an advice or a sabotage comment?

Were such suggestions really helpful?

Since the moment I started to define my objectives, I quickly detected when other people wanted to take me in a different or even totally different direction, understanding then that it was not only enough to be attentive to my own agenda , but also to the agenda of the other people and its consequences towards me.

An excellent example was just when I gave up on that company that offered me my "dream", right after I decided to define where to direct my life, which frankly, was something necessary, since apart from suddenly finding myself in a dead end, I was going through a complicated episode in my life reaching a time that I was even affected by doubting my own

ability and potential, which was ironic, since for years I had studied and even taught about how to be proactive, efficient, positive, how to be confident himself, etc., but it seemed on this occasion everything surpassed me , although I knew everything on an intellectual level, there was “something” that simply did not work , in addition to the fact that I had been away for years from my projects that truly fascinated me.

Perhaps it was a fantasy to try again and assume that now I would be successful, honestly it was something that generated me many doubts, in a not so planned move, decided to live in Guanajuato, a city 4 hours away from my hometown Morelia, I selected that city because I wanted to take advantage of the huge influx of foreigners, my sketchy plan was to try some luck there, and what a better option than in an environment with high flux of international and national tourism! or at least it was the way in which I tried to motivate since deep down I was doubtful, with a lot of insecurity and fear.

I remember perfectly in the days following my arrival in Guanajuato, I spoke with a close friend, I communicated my interest in resuming the seduction project, I had a strong desire to help people to develop healthy relationships, and I still remember he quickly destroyed my project goal with a phrase, "You are still very far from that level", at that time I found myself with too many doubts so somehow his words took them as absolute truths, I simply looked at myself in the mirror and practically just at first glance, confirmed what that friend said was true , so I gave up on continuing with the seduction project, deep down I began to repeat that indeed I was far from being able to manage the project and definitely not ready for highly dynamic place with high international and national tourism, and now that I think about it in retrospect, his phrase was really very simple, it was not even like he really tried to persuade me, it was just more like a random comment, he didn't say

anything else, proof, debated nothing, however, for my emotional and mental fragility at the time, that was enough to terminate my idea of reviving my project - even before even starting.

Clearly, at that time, my room was totally messy, with too much noise, and worst of all, I stopped talking to myself at some point, on the contrary, I started listening to other people, and that only caused more and more chaos, That friend who had given me the advice was unaware of what my goals were, or all of the previous things that I had been struggling with, not his responsibility though, nonetheless decided to listen to him. The problem was not him, maybe even his phrase had been with the best of intentions, the problem was that my room was totally disordered and even myself was not aware of it.

In the other hand, I wish this were as simple as just pointing out that the room needs to be clean, in the real world, frankly speaking, there will be so many distractors, so many people and so many things happening at the same time, that it will be difficult for you to even realize the circus in which you are you find yourself immersed. That is why, long before the room becomes a circus, you must tidy up your room. From that moment when noise begins to exist, you sort it out.

The moment there are people whose agendas affect the harmony in the room you take immediate action. It is easier to solve a problem when it is small, since you need little energy, little time and practically in a second it is solved. The problem is when the problem is allowed to grow, as it will eventually turn into a snowball that will be difficult to control. So don't wait until the room is falling apart, you must take action from that moment when you realize that something in the room should not remain in it. Of course, this takes practice, and the more you practice the habit of keeping your room in optimal conditions, the easier will be to solve any situation, although it is likely that in the beginning, might be slow or not that

efficient, just a matter of practice and making yourself aware of what occurs within that room, your life is a direct reflection of the harmony within that room.

At this very moment, just look at this simple analogy so powerful and so ignored by many, in fact it is so common to ignore the dynamics inside the room and the operation of the agendas that long ago a friend of mine that used to lived in Shanghai, and used to always expressed her dream to work in a television station, in a coincidence, soon after, there was an open call to work exactly for what she wanted, a multi media company, she began to gather all the requirements, including creating a short video where she freely showed the possible potential to get the job position, keep in mind, she had a bachelor's degree, a master's degree, wide experience living abroad, different countries either for work or volunteering, in addition to being able to speak four languages fluently, and a rich experience with media, I know it sounds like the perfect candidate, nonetheless, even with all those references, despite the energy and money invested to apply from Shanghai to Beijing, a single comment was enough to destroy their motivation as well as an attempt to compete for a position. "It's very difficult to get in" a random "friend" told her, words from a close friend of her, the thing is he didn't just stop there, he even claimed to know her very well, for many years and therefore should avoid wasting time, even saying that he was doing her a favor by making her aware that It was impossible to go to work in that television station.

The context we could argue is quite different from the situation I got with my seduction project,, but we had some common trigger, a few words were enough to destroy our plans, for her, someone claimning "it was too difficult to get in", to me, a random comment "You're still far from that level , " although they were different situations, people, all different, we shared the very same problem, we felt that another person would know better

our potential, our passion, our goals, more than ourselves, depositing practically all our future in the decision of others, in the whim or approval of a person who really does not know us as well as we knew ourselves, and that is the harsh reality It was not their fault, it had been both my and my friend's negligence to have allowed that simple phrases destroyed our plans.

It is essential to understand those sabotage attempts should not be viewed in a negative way either, they lack the knowledge of the big picture so their judgment as well as clarity will be blurred, they have neither the interest, neither energy nor time to dedicate themselves towards your agenda, since they themselves have their own agenda, thus, their possible guidance or advice will only be an expression of their own reality of what in their mind is possible or not for themselves , even though their agenda is to destroy, in the end, who has to be completely responsible is yourself, the room is yours, therefore the optimal state of it depends on you . To this day if you ask someone if space travel to the moon is possible, they will tell you with complete certainty that it is possible, since they have enough references (even if they have never been to the moon) that supports the idea of space travel to the moon,

Therefore, in his mind, it is possible, in the other hand, if you had asked someone a thousand years ago, he would surely have judged you crazy and even would have become hostile for suggesting such absurd idea, since simply, at the time, there were no references that could possible support space travel, this phenomenon occurs so often that even historical figures have not been the exception to suffer from such situations, for example, it is said that Henry Ford when he explored ideas , he asked people about their needs in order to get feedback and make new inventions , but he only got an ambiguous answer: "we need faster horses " , can you imagine yes? If Henry Ford, instead of listening to himself in that room,

had followed the advice of others, of those people who advised him better to make the horses run faster, his destiny would very surely have been very different. Today he is remembered, as the pioneer that changed the industry forever, resulting in being one of the most influential and wealthy people in history ; even figures such as Abraham Lincoln, who at the time had countless people who actively tried to persuade him of his goal of being president of the United States, and who, although he failed repeatedly, and even with adverse personal conditions, knew how to focus on his own agenda, thus achieving not only being president, but also remaining in the history of the United States as one of the most influential presidents, all because of the fact that he put order in his room, ignoring those who violated his goals, and instead continuously listening to his own dialogue internal.

It is interesting that in all self-help books the advice that you get to trust yourself is given, without exception, all the books will advise it, widely suggested but few understand the real impact of it.

However. the concept of the room could help to understand how important it is to clean it and above all, continue with your internal dialogue , the only constant in your life is and will be only yourself, try to pay close attention and take good care of yourself, since the consequences of it will last until the end of your days; the people around you will only be transitory, even family and friends, either by will or involuntarily, they will all be temporary, nothing bad or good about it, they are just with different agendas, life is confusing and complex, that's why everyone will be more busy in his own agenda, therefore the first, second and third most important person in your life must be you , who ironically until you help yourself, you will be able to help others .

Although the first impact had helped me understand concepts quite simple yet powerful, such as the agendas and the room analogy, being strict, no matter how motivated and confident I was following my own agenda, it seemed that more ingredients were still needed to be successful. Since although it was a powerful tool, my effort did not seem to bring results, or at least not the ones I wanted.

Room dynamics

No matter how sophisticated an aircraft is available for your use, even if it has the most modern equipment, if you do not know the weather conditions, how much fuel is left, the destination, the appropriate personnel to handle it , among many other variables that are important to know, that aircraft won't reach the desired destination and you may even end up collapsing in mid-flight, therefore, the phrase "believe in yourself" is important, but as the only ingredient in the recipe for success is insufficient;

Another example is the thousands of people who work hard from dawn until night, all their lives working, which at no time translates into a palpable economic improvement or even a decent quality of life, and although it is quite spread the idea that hard work and self-reliance are essential ingredients, some ingredients seem to be left out, or the recipe for success is just incomplete.

It was more than evident that most books on self help and supposed gurus were telling a half truth, or even they could not understand that there were more variables in the game.

Part of the first impact, just as it has been repeated previously, is to measure the true impact of believing in yourself and understanding the reasons why you should do it, to

illustrate an example was the world of seduction, where people blindly followed advice without trying to being self-critical, simply following the advice of someone else , such is the case of a certain occasion that within a somewhat popular forum , a guy asked for help, since a girl he had met in a dating application, after a few lines the girl wanted some money as some kind of "help", so the guy was confused about what should do , or even about the amount of money to send.

Now, I want you to pause for a moment and address what I just told you, imagine that you are in exactly the same situation, you just met a girl, and after 5 minutes of chatting, she asks you for money, and what do you think you should do? Logic says that it is an attempt to simply obtain money using as an excuse the attempt to conquer her, but surprisingly, as the phrase says, reality is more than fiction, since the advice they gave to that guy was the kinda like “ give her a few dollars ”, at first I thought it was a simple joke , a way of making fun of the question, but no, to my surprise his answers were certainly real, within a forum and by" professionals ” about dating and relationships.

One might think that it is an atypical case, but in reality it is extremely frequent to ignore one's advice, one's own wisdom, the more I explored, the more it became evident the magnitute to which people tend to ignore themselves, in any other topic you could imagine.

I remember that in January 2017 I experienced a very interesting situation, at that moment I was doing a month trip around different cities in Asia, and it was on my way to Hong Kong that “it happened”, the trip was great but there was a small detail, my broken cell phone was obsolete, I had no internet, I could not communicate with absolutely anyone, and before crossing to Honk Kong, I was in Shen zhen and I didn't know anyone either.

Everytime I shared this part of the experience with friends, I was struck by their comments, because of my "boldness" of wanting to travel in solitary, some comments were more like "but how did you move if you couldn't use google maps?". Some insisted with their questions pointing to my courage or naivety, while I was just surprised, since honestly such situations had never crossed my mind. While my friends focused on being worried, at the time I was experiencing this situation in Hong Kong, all my attention was focused exclusively on finding the solution, not the problem. My friends imagined horrible scenarios, while I imagined real solutions.

For some reason, my logic was very different from my friends, from my perspective I considered that I was not the first person to travel blindly to Hong Kong, so it should not be a problem for me to find a solution, and although my cell phone was obsolete, the reality is that it was indeed very easy to move around Hong Kong, signs and very friendly people willing to help.

An important feature of people whose agenda is not beneficial to you is that they will want to get something from you. If you are the first to hurt yourself, if you are the first in that room to mistreat and ignore yourself, people with a negative agenda, are cautiously observing and taking notes. They will soon understand that you do not take care of absolutely anything in the room, and there will be many people who will happily do the job of removing everything from your hands.

On my trip to Hong Kong, I protected my desire to travel, even shielding that goal from any doubt or goal. This sounds simple, but when looking for answers to find "success" or to be more effective in daily life, there will be a great contradiction between the different strategies and different approaches, some professionals will tell you that the key is to wake

up early, while others will tell you that the key is to be working late, others will say is talent, while others will tell you it is only what you are born with.

A simple way to appreciate this discrepancy is through the extensive number of courses that are sold by experts, each one claiming that they have the true formula for success, but what they ignore is that each person has different rules and dynamics within their room, it is not that they are wrong, it is simply that certain formulas will be more effective only under certain conditions, while in totally different conditions, the results will be practically minimal , and that is precisely what brings us to the next concept.

The point of this book is for you to understand the rules of the game, why things happen and how to get where you want to be, with full understanding and commanded solely by yourself, in the end all this is only to reaffirm your attention to yourself, and above all, that you have a suitable action plan.

A friend of mine told me long time ago that she had experienced first-hand the rules that she used, in this case, the same path most people were using to enroll in the University of Pennsylvania in the United States, since the very beginning through the admission process , the interviewers directly asked her if she knew or not people within the university, when she answered sharply that she did not know anyone, the person who was conducting the interview, in a contemptuous way and perhaps with cynicism, told her that she would not get very far that way, needless to say, she got rejected, and couldn't stop thinking the reason was due to the total lack of contacts, whether it is true or not , or partially the reason why she had not been admitted , the outstanding part is that during the interview they have given her powerful advice in such a simple way by guiding her to understand that by not knowing anyone, could not get very far, we can expand this not only to college, also through life, we

can even reframe this: "Having contacts gives you greater power", that although the phrase may seem simple or trite, it really has a huge impact on your life. In fact, when I knew about the story of my friend, I began to realize that phrase had also had an impact on my life on numerous occasions, for example during my academic years I repeatedly saw how those rules that everyone knew and thought were key to be successful, were easily evaded or modified by other people, it seemed that for certain people those rules simply did not work ; Even during my college years as an engineering student, I joined to a project for a prestigious company in the city of Puebla in 2011, and although there was not much I could contribute to the project, it was as a precedent in my curriculum vitae, the funny thing is, I'm the first to admit that my development in the project was practically zero, however, the simple fact of adding the name of that prestigious company caused a lot of interest to other companies when I was looking for a job in the upcoming years, basically the logic behind was "You worked for a company better than us, you are surely valuable", even though my performance during said project had been very simple as I mentioned before but somehow, the fact that I got an official letter disclosing my time in the so called project, that was the only thing that matter, in fact practically no one at my university knew I had done that, many of my classmates waited for the school to ask them to do social service or internships, we could say, they were following the rules, but in my case, one day I noticed I had some free time, so I voluntarily talked to a doctor, requesting to join to any of his projects, I didn't request money, support, not even an official letter, I really just wanted to learn instead of wasting my time like my classmates did.

No money in exchange or any document to release, and who would say that years later, that was the experience that caught the attention of the companies, They cared too much

that he had been in some way connected with a reputable company, nobody cared about my scores, or my performance as a student.

Now at this very moment, you will realize, very surely that similar situations have happened to you, just because you knew someone, because they were related to you, a certain process was facilitated, or easier to do something, nonetheless, this can both help and harm you , it all depends on the people who are inside your room, if you have read correctly, just as a dirty room or a clean one can encourage or discourage people to enter your room, also the people who are inside your room will motivate others to enter (or not). It is for this same reason that it is essential to take care of the quality of the people who enter that room, not only to improve your internal dialogue, but also because of the direct impact it will have on your goals and objectives.

By ignoring these rules you are basically at a disadvantage with those who do know these rules, for example some colleagues who were extraordinary, with perfect grades , what would be known as "excellent students" but who upon graduation and being in the real world, had serious difficulties landing in good jobs, whether working for industry or in academia, since they had focused so much on getting good grades, they lacked other skills that school didn't do much emphasis on , even basic things, no remote idea into how to dress for an interview or what to do in a job interview, the worst of this is, even professors and family members constantly reinforced those ideas, they assured in order to win, it was enough to just simply dedicate completely to school, good grades, etc, you know the drill, however in the end it seemed that those rules were inefficient, some ignored other invisible rules, for example, I remember, the school never even tried a single time to support students into learning a second language, as if my mother tongue, Spanish, was enough, as a result, I

remember some classmates barely even tried to learn English, once graduation happened, despite some of them very talented and with good scores, struggled a lot because the really good companies requested a second language, keep in mind we are talking about really good students, not the ones failing exams and missing classes.

This concept is by no means new, there even exist phrases such as "whoever gets together with wolves to howl is taught", "the five people you live with the most will reflect your future", even in Mexico there is a word to describe those friendships or relationships that could be useful, known as "compadrismo", which is simply being helped by having some kind of family or friendship tie, this is not even a "Mexican thing", the same concept can be found everywhere, an universal concept, regardless of the country, culture, language, etc, even in China, they have the word "guanxi" that refers to exactly the same thing, to the people you know.

Undoubtedly, some will think that this means being corrupt or other bad practices, and I am sorry to disappoint, those trying to break the rules in such way will only create weak foundations that sooner or later will succumb, for example, if a random person relies on these poor practices to get a job, just talking with a friend that knows the boss in order to get the job, there is a high chance, the job position will eventually overcome the skills and abilities required, therefore, for the company, allowing the person to work in the company would be like shooting itself on the foot, in the other hand, sometimes, the person, even with the lack of skills or knowledge for the job position, because of the connections with the boss, maybe a few employees will actually do the job, maybe you have seen this, unfair, but a reality, will create more damage to the company, even for the person itself, regardless of the few employees doing his job, it is unlikely that he would eventually be promoted, the more he

climbs the company, more work other employees have to do in order to compensate his ignorance, reaching a moment that the natural disaster cannot be contained, leading the company in a roller coaster to chaos.

The opposite can be true as well, if a person enters to a company that uses connections to position friends or relatives within the company, then, that person would find itself immersed in an endless cycle of years dedicated to a company that will never pay back, in the end, never be promoted, just because that person ignores the rules operating in that specific environment.

It should be noted that the rules operate for everyone in the same way, the consequences of allowing a person without the capacity or ability to run a company would have strong repercussions when those employees supporting him decide to separate from the company. Therefore, it is not about simply meeting the right people, it is about being sufficiently prepared to really know how to make the most of the opportunities that would be generated by meeting specific people, meeting the right people and becoming also in the right person.

Most of the people who have managed to accumulate great fortunes , who have managed to stand out, who have gone into the history books, not only identified the rules, they managed to move in a plane that only few people are capable off, that is why for the average person, achieving certain goals will seem impossible, while for other people it is the reality that they live, just because they know the right people, this is a key factor, with the potential to boost your journey towards your goals.

So far, it seems beautiful and very simple, just know the rules, apply them and voila!, success will happen!, but how to identify the rules? How do you know what the rules of the game really are?

The only way to understand the real rules of the game is to remain intact in the room, without losing sight of everything that happens within, suddenly you will realize that the people in that room follow certain orders, which are restricted. or they have defined certain limits, that's when you must understand that those limits exist for those not capable of winning and if you stay long enough looking at the room, you will see that there is a small number of people who operate under other very different rules, and their progress and advance is faster towards their objectives, you will identify them because they will be scarce and very suspicious of revealing that they actually follow other rules to achieve success.

Did you think that they would openly reveal their secrets? Of course not, otherwise then the doors to success would be opened to the majority, thus ceasing to be effective. Now, when observing the other rules with which people who achieve real success operate, it will be possible to distinguish different ways in which they created that wealth, fame or talent, but in essence two specific positions will be distinguished, the first being to assign other people to work on their own agenda.

One of the oldest methods of putting other people on one's agenda to work has been through fear, whether fictional, real or not, used for centuries as a tool to persuade and push people towards other means, that sabotage has existed for a long time, whether applied only to individuals or huge groups of people, even sometimes applied in the same way by groups of people or even corporations, the central idea is that the person who wants success recognizes its own incompetence or lack of resources to achieve it, so by different means,

generally aggressive, it will place people who do have those skills or abilities to be working but only for the benefit of their own agenda.

A clear example of this is Milton Friedman who, together with other academics, managed to disguise an advertising campaign in a social movement, to put a bit of context, the tobacco companies were ambitious to expand, but did not know how to do it, since at that time it was frowned upon for women to smoke, in fact, it was associated with women of very low social value, and that is something that worried the tobacco industry, since that meant not being able to sell products to half the population in the United States. However, when they hired the services of these academics, they took advantage of the fact that in the 80s the feminist movement began to have a great media impact, so they decided to hire dozens of women and instructed them to smoke as a symbol of women freedom, during a political rally in Washington. The logic was simple, if they can smoke (men) why we cannot? It was a simple advertising strategy, using the feminist agenda in this case, to manipulate and sell the idea that smoking was a right that every woman deserved to have, such an act was a resounding success, or at least for the tobacco companies whose sales were now accessible to that 50% of the population that was previously impossible to sell to them. A clear example of how they use, manipulation, for their own agenda.

For the average person, this situation was genuinely an act of protest for the rights of women, however, for the person who was observing the room, every action, every word, every move, and above all, those who benefited from it, it was evident to find that there were hidden rules within that situation, where people were unknowingly being manipulated for the benefit in this case of the tobacco industry.

These kinda of people bend the rules, play differently, if you don't know what they are doing, how they generate their money, how they generate results, you will not get very far, and most likely you will be manipulated for the exclusive benefit of their agenda.

Once you know the rules and motivations of those who appear with you, there is no way they can take you by surprise, since you will be ahead of them and their attempts to use you, remember, in the room you must listen to yourself, everything you hear or you get to interact with people, it will be according to their agenda, not yours , since just as you have your own agenda they will have theirs ; It depends on you if you find people who at certain times have the same agenda as you with whom you can find support, and without forgetting that these people will be there for a limited period due to their agenda.

No agenda is same.

It seems simple but most people do not understand it, even in everyday or normal day-to-day activities, they forget to apply the same concepts, for example in relationships, they think that their partner will be static, with the same objectives and goals, when the reality is that even your schedule will change as time passes, what is true today, tomorrow may be the opposite, those who today swear to be by your side, tomorrow may be the first to get away from you lifetime.

The other people's agenda will never be in your control, and sometimes not even their own control since they are in turn controlled by the interests of other people, they may think genuinely they are taking control of their lives but deep down they are accountable to a third person, not to themselves.

There will be those who choose exactly the same strategy, other people's agenda for their own purposes, and although in essence no one controls you, you will spend so much time paying attention to others, precisely to ensure that you continue the manipulation, you stop listening to yourself inside that room too busy manipulating others and therefore missing the track of own goals, how many celebrities or businessmen or even successful people have you heard that they are unhappy? Immersed in depression, living lifestyles that claim to hide their true pain because somewhere in the route, lost themselves.

If you are willing to make that payment, I just want to make you aware of what will end up happening in the end, a life where you have lost the most valuable thing you can ever have: yourself.

I advise becoming aware that a day might come when you will see yourself in the mirror and you will not be able to recognize yourself, this is not a battle of what is correct and what is not correct, in the end you will choose what you consider is in tune with your interests.

On the other hand, in order to understand the other kind of position that you can choose, you must understand that there are people who become very famous or with a lot of money, but their fame, their money, eventually function as a prison of themselves, they are not capable of do or say what they want, which reminds me of a certain character who owned one of the main media companies in Italy, he said that he could turn any useless person into a source of inspiration for other people the next day, enjoying said power to create a great name or eliminate it in a second, apart from that he bragged the amount of control over the famous people, claiming that he could control how they dressed, what they talked about, who they hung out with, it sounds exaggerated right?

Think for a moment, people, or even incredibly powerful families that have dedicated themselves to using other people's agenda to generate wealth, their very wealth became a prison, now, there are those who will say that they prefer to cry in a Ferrari than in a trash car, what if the approach does not contemplate crying and simply what really satisfies you? Even if you cry in a golden mansion, the feeling of sadness sucks, and to prove the number of people who, despite having everything, ended up committing suicide.

Time to solely concentrate on your own experience, wisdom and counsel in that room, continuing faithful to your ideas even if you find disapproval of everyone in the room; remember, all of them are temporary and with a different agenda, none are permanent in your agenda, only at that moment when you stick to your own agenda, new routes will begin to be discovered that may be of interest to you, however, it should be clarified that not listening to yourself can affect more than just your person, and can have serious implications even for people around you, so understanding the possible consequences in your environment, of not listening to yourself, is also necessary to understand.

This is not about isolating yourself in a mountain and following your agenda in a narcissitic way, this is about understanding the importance to prioritize your own self and also open to those with positive impact into your room.

Sabotage in the room

When you stare at the room, you will realize how people, without even asking them, will reveal their own agendas, and some will have the sole objective of interfering with your own agenda. It even happened to me when I was studying high school, at the end of the

semester a teacher decided out of the blue to give individual talks with each of us, his students, in my particular case he came to highlight that I lacked the ability and background to obtain a degree in engineering, encouraging me to give up any attempt to get one;

In other words, that professor was in that room, he came to speak to me, to persuade me to change my personal goal, which was to obtain a degree in engineering. The moment we analyze this, to begin with, I had not asked him to speak with me, so when he approached me it was clear that he was only demonstrating a hidden agenda, what was it? Maybe to acquire a dose of fear or increase my insecurity, whatever the intention, it was clearly to deter my intentions; and those moments will also happen to you, those moments where you will find yourself in front of a person who will want to persuade you from your goals, and some will even be cynical trying to take advantage as I have previously commented.

Perhaps now you are able to dissuade other people from their attempts to sabotage you, in some way now you will be able to concentrate in the present, the problem relies in your past, the fact that your past contributes to the person you currently are and thereby affecting your future, in other words, when you were a child you were sabotaged countless times and to this day you have not become aware of it. We are only the result of what we lived in the past.

A short personal anecdote exemplifies this phenomenon in an impeccable way. Every weekend in my family it was a kind of tradition to have a football match among uncles, cousins and family friends, and that although it was a simple match, the rivalry, no matter how friendly the matches were, was notorious, One of the uncles came from several matches being too aggressive with everyone, he simply did not know how to play, but for various reasons, nobody faced him; a guy of 100 kilos, 1.80 m, with an aggressive attitude; until as

you may guessed, after repeatedly received kicks in the most aggressive way and antfootball way you could ever think off, I just exploded, Why are you doing this? Do you have a problem?, those were my words, keep in mind, at the time, I was 15 years old, weighing about 56 kilograms, measuring 1.60 m, I confronted him with even with the amount of fear and most likely suicidal move. To be fair, I was quite naïve, I expected a cautious and conscious response from him, when in reality, he only exploded and even threatened to fight , it should be noted that those football matches were in a family context and even so the situation escalated in an incredible way ; somehow amidst a sea of insults and threats , it all ended at that moment, but uncles, cousins and even my mother told me that I had been crazy for facing my uncle, even though it was him the one clearly just acting like an aggressive monkey, that “he had a reputation for being very violent and explosive, that I should have apologized to him and just kept quiet ”, the situation could have been forgotten, as a situation to some degree “common” in football matches, but it was these last words that echoed in my mind, Why should I apologize? Why should I be quiet? Because he was physically stronger? He was kicking me!

The logic behind used by all those people was simply chilling, that epic phrase was just an attempt to sabotage, persuade what I thought at the time was right for me, the moment I started to understand the situation, it was clear to me I wouldn't allow something like this, even if it were a giant against me and don't misunderstand, it is probable that the people around me at the time tried to give their best advice, according to their agenda and stand view, perhaps looking after my own well-being and safety, but let me remind you once again, all of them are occasional, temporary, they have their own agenda, nonetheless the only one who knows me perfectly and who will be with me all the time, myself!

Now, can you imagine the same situation but different context?, a wife beaten by his husband, or a child abused, people will say the same “It was your fault, just apologize”, even if they truly want to help, they end up doing exactly the contrary, and those situations will occur when you least expect it, without prior notice but if you listen to yourself you will be able to see clearly the situation, never fear your right to follow yourself even if you have the world against you, since at the end, the only person with you, will be yourself.

In the real world, there are thousands of examples that could be given, and no matter how much people talk about it, the past cannot be changed, the sentences have already been said and absorbed, there is no way of going back to the past to rewrite it; this is totally true, and that is why is so important to be aware of the impact it has in the present, minimize and, as far as possible, heal from it.

In my particular case, I was always seen as a harmless guy, neither my height nor my weight nor my physical appearance could intimidate anyone, therefore me, requesting respect from someone physically bigger and stronger than me was unthinkable for many, even something stupid or offensive to have such crazy idea, as if I was violating the laws of nature or logic, so every time I tried to demand respect, even myself doubted to do it, with abundant references that I was the "weak one".

The idea that I had to just obey this unwritten law, really depressed me, I knew it was far from beneficial to me, and would have many consequences in the future if I allowed it to continue even though I had no idea what to do, I tried to look for and explore options that could help me, until at a party , some friends were arguing about which was the best martial art; before this I had tried to practice tae kwon do for a very short period (two months to be exact when I was seven years so I do not consider it as an experience), I knew not much about

martial arts, but the emotion in my friends triggered some interest in me, their passionate chat about martial arts, one of them was an expert in Muay Thai, the other one was an expert in Judo, right there, it hit me, I didn't know how to defend myself and maybe this would help me with appropriate tools to combat that bug that was installed in my system, requesting respect just from people same or "inferior" to me, but never face people "superior" to me.

In my search I wanted to practice a martial art that just mentioning it would generate stress and fear, that the fact of practicing and learning this martial art will generate a certain fear in others when they find out that I was practicing it. I was very motivated but very limited since I was located in a relatively small city called Morelia in Mexico, with around a million and a half inhabitants, not an international city and with just a few options, to my surprise, there was only one spot that taught muay thai, so decided to enroll.

I won't lie to you, during the first week I clashed with the reality I tried to change, that maybe, just maybe, other people were right, I was too weak to confront guys physically bigger than me, in each of the training fights, sparring, literally, even with protection, I felt with each kick received, that my arms would break, maybe I was wrong, just my ego hurt or childish to pretend to request respect from stronger people than me.

However, once again, it bugged me just to even assume that was unalterable, and I had to accept it, I had great ambitions. Even though in the first week I was severely sore, my body had never been exposed to such a physical burden and even pain, but something inside me knew that it was precisely that rule that I had to break and pass through, against any logic, the second week I presented myself again. to the gym thai, and I would love to say that from there everything was honey on flakes but no, which was even worse, a hard blow to my ego, this was getting easier as I progressed, the more I got into that martial art in depth the more

I realized my own weakness, although I could hardly accept it, I was for sure weak, and contrary to expectations, the more I was getting into, the more complex it got with new moves, more intense fighting, more demanding routines, etc. When the first month was ending, I realized that I was still alive, with dozens of bruises and my knuckles sometimes full of blood from not being used to hitting anything and also a poor technique for punching, not counting the many times I literally filled the equipment with blood for not knowing the right technique to kick, and even with everything, with the fights with more experienced people and sometimes bigger than me, I was still there, determined to change that rule that other people wanted me to simply accept, it was clear to me that indeed that rule operated before, but I saw a certain way to change it, the simple fact of having survived a single month had a strong impact on me, do you have any idea what kind of motivation that gave me?

People had infected me with that bug, and now I was slowly destroying it. That was so motivating for me, that not only did I stay a few more months in the gym thai, I stayed four more years practicing Muay Thai and even reaching a momentum of practicing two hours a day, and in each training when it came to fighting I always chose to fight with the most intimidating or experienced fighter, it was my way to face and overcome the limits.

After four years, do you think I would continue with that same idea? Do you think that same rule would still rule over me? And make no mistake, I do not mean that I became indestructible at all, of course not, multiple times fighters kicked my ass, but I simply realized that previously by not knowing what a physical fight was as such, or rather, by not knowing elements that would help me to have more confidence by training.

Throughout your life, you have had similar events, where since childhood you were infected with thousands of bugs, "they will not listen to you because you are ugly "" Or poor "or in the case of women who are infected with," because you are a woman ", or moving to something more general, popular and very common," you can't ". When you were very young, you did not have solid references to the world, so it is understandable that when you were in that room, you decided to listen to those who were around you and take as true what they told you.

I'll say again, everyone has a different agenda, they will give advice based on their experience, often reflecting only their own limitations, will not have the same answer from someone who is successful in doing business that someone who has never done business, the second probably fills you with doubts and even considers it impossible, while the first will have a greater vision to make it feasible, they only reflect their own experiences and limitations, each person will just express their own failures. In fact, it is for that reason that most of the advice you could receive is useless, since it will come from people who have achieved little or nothing in their lives, so they have very limited experiences, but that won't stop them from trying to block your progress.

The case of a doctor I met was a clear example that ability, talent and achievements will be nothing if you do not pay special attention to whether in the past you have been sabotaged or manipulated by someone else's agenda, perhaps now you are a very strong person and with some success, but when you were weak, at a vulnerable age, it is likely that some bug settled on you that even today you are not capable of seeing it.

The interesting thing really happens when you get to know the second impact, by then I had little time to have arrived in the city of Beijing, China, my first time abroad, without

knowing the local language, each time going out, was an adventure, and it was precisely when I was trying to date a girl from Eastern Europe, that I began to better understand the following concept: Welcome to randomness.

The night passed normally, without anything exceptional, a typical date on a bar to grab a few drinks, but it was just as we were leaving the bar that everything began to take a very different path; a random woman approached us out of nowhere, and the first thing she said was "today is my birthday", at that moment I did not know what to think, asking each other if anyone knew her, and well no, no one knew her, meanwhile she was still there just standing, to which she continued: "I want to celebrate my birthday but I don't know anyone, I know this is very strange but believe me I 'm not crazy, even if saying I'm not makes me seem even more so, I don't know anyone and I just want to celebrate my birthday", honestly, didn't know what to say or do, very strange situation, or simply not typical in my day-to-day life, although a part of me and first reaction was simply to ignore, another part of me was truly intrigued, I swear that for a moment I felt in some kind of social experiment or some kind of joke, however the situation seemed genuine so decided to continue " what could happen ? " I repeated insistently in my mind.

To my surprise, she said that she knew of a place we could go, that it was "close" that we just took a taxi and would get to such a place; It should be noted that when I found myself in such a city, I was perfectly aware of the infinite number of ways to scam people, given the fact the most typical being inviting foreigners to get some tea at a very specific place, a place where in the end it turned out to be colluded, everything costing four times over the real price, and of course the person (scammer) will pretend to pay a part of the bill, when in reality is just a circus to get your money; that way of scamming people seemed so similar to the way

in which this unknown girl was handling everything, and yet we agreed to take a taxi and head to an unknown destination; " What are we doing ? My date asked me, to which I replied with a smile from side to side" I have no idea “, we were both somehow going to “somewhere”, let’s be honest, stupid and risky move, but there we were, and I honestly had no idea why I was doing what I was doing or what was happening.

The ride took about ten minutes, something that actually made me even more suspicious, we arrived at an unknown place. The place was a restaurant-bar that seemed underground that had a style similar to a Wal-Mart style image, it was as if you were drinking in a super market, with the difference that when you actually entered, there were very different, different styles, nationalities, everything, apparently everyone who loved the after parties, were in that place, though it was quite late at night, there were still quite a few people in that place.

The funny thing is that although practically the whole context was extremely bad, with a great dose of distrust, the unknown girl who wanted to celebrate her birthday turned out to be a doctor in physics graduated from the best university in the world, Massachusetts Institute Technology (MIT), She worked at a prestigious university in Beijing, while I was at that time studying for a doctorate, it was natural that talking to her seemed super interesting, and even as a didactic exercise to project my future. As the talk continued, I couldn't help but feel like I was looking through a glass into my future; She had a very broad global panorama, having traveled a lot as a result of her work, even with the chance to live in Mexico, my country, therefore the connection with her was instantaneous and familiar, with a brief parenthesis, it should be noted that meeting such a person in my daily routine, even as a postgraduate student, the chances of meeting a person like her, were

quite rare, but the simple fact that somehow now I had the opportunity, all because I accepted that moment of chance, when she approached me and asked if I wanted to party with her, otherwise probably the only way to meet her would be from work or from the same university where she graduated and maybe not even like that.

This moment was allowing me to meet a person who was at the pinnacle of what would be expected of someone on the way to conduct research with a PhD, and it was precisely when she began to share personal aspects that everything really had a very strong turn in the way that I would appreciate things. As the night continued, she began to express her frustration at different situations, because although she allocated large amounts of money to charity, she felt helpless that the changes were insignificant, not to mention that perhaps there was no change. For a moment I analyzed her situation, she had an enviable network of contacts, for the simple fact of being a graduate of the best university in the world, she clearly had the potential and the skills, but even so, she was failing in her own goals, and do not misunderstand, we all have moments in which we could doubt our own goals, however at the point that she was with such impotence, on the verge of totally surrendering and that perhaps was the reason she had to share the celebration of her birthday with complete strangers, how broken she felt that needed to celebrate with strangers.

The only reason she was failing in her goals was because she was not listening to herself, very aware of what her colleagues or bosses have been telling her for years, with enormous pressure to stand out, as she graduated from the the best university in the world, the pressure on her for always giving extraordinary results was simply an overwhelming burden , therefore, it was to be expected that she would constantly compare herself and measure her achievements with colleagues, without realizing it, she was now

already following an alien agenda ; He even told us about how working in Mexico faced a situation where people asked him to stay and work even when the research center was constantly being threatened by organized crime, where eventually the threats escalated to real attacks, she ran away from Mexico when one of her colleagues was found decapitated outside the research center, in top of all these situations, she lost a brother, he was a soldier, her life was far from simple or easy, but if she had declined from the beginning what her own instinct told her, to walk away and refuse any unnecessary stress, pain or problem.

There are people who even though have the talent or skills, simply are not able to follow their own agenda, on the other hand, some people to succeed decide to use the agenda from others, without realizing that they are manipulating so much that will lose focus of their own agenda.

And I was experiencing all of these concepts thanks to a fortuitous event that occurred to me and that I decided to accept, meeting a very successful Doctor, professionally but personally with many dissatisfactions.

In fact, the person who will be most actively trying to block your success, will be yourself, every time you recognize limits as real, when you never really put them to the test, a bug has total control you, a random thought, you listened, scared you and you ended up obeying, accepting a certain limit was real.

I'm not pretending to make you believe it will be enough to just think you can break through a limit, you must endure the process, just as I did through Muay Thai.

'I don't have money' - The future entrepreneur who assures that his idea will produce money but not having money limits his project.

'They envy me' - The one with a delicate ego repeats himself assuring that his lack of success is because others have blocked his natural and powerful energy towards success.

'I don't have time'' - Complains the person who will change the world but cannot order his agenda.

There are even people who have contacted me just to mention that it has been easy for me, having money and being able to travel, without understanding that at first the only resource I had at my disposal was precisely just to count on myself, with the difference that my mentality was to optimize every second I had as well as every penny.

During my first trip to the south-west of China, although at that time the money was not exactly abundant and doing a month trip was a considerable figure for my budget, deep down I was sure the experience would leave me a great learning experience, it would allow me to concrete the ideas for my book (yes, precisely the book you read now) my budget for such a long trip was insufficient, so I had to find different ways to make it possible, by traveling on clandestine buses that only operated at night, or traveling in the lowest class on a train that took forever to arrive (25 hours from Guanzhou to Beijing in slow train), or even trying for the first time the vast number of so-called instant passes in China , even ask friends for lodging through their friends, sometimes not sleeping in the best conditions. Some may wonder, then what was the point of doing a trip if it wasn't going to be for pleasure? And that is precisely the point, I was making the trip to finish assembling the puzzle for what you are currently reading and that for years I was trying to formulate.

And you know, every second of that trip, I absolutely enjoyed it all, since it was something that greatly nurtured my learning, to detect better approaches, explore new concepts and also have an exhaustive process of trial and error.

When you work on something that has meaning for you, it is impossible for other people to sabotage you, you become a watchdog of it, with so much effort and dedication you take care, much less allow self-sabotage, since you know the true dimension, and I insist, the meaning for you.

While is true there will be people who constantly withdraw from their own decisions, there are many others who devote themselves to their own agenda, because they can find a true meaning in their goals that manages to free their mind and with it their reality from all possible internal or external sabotage. .

Honesty will set you free.

Second Impact: randomness

The first time I started reading about self-improvement, somewhat disguised as flirting with women, around 2006-2007, with the main reason to be, because of my need to improve my dating life, at the end of the day, all the advice in regards of “picking up women”, was just self help. Since then I have seen a global trend and even an obsession with the topic, trying to achieve absolute control over emotions, in an attempt to redirect life in a more efficient way, by approaching the day to day with positive thoughts and perpetual joy.

However, as I experienced these concepts and ideas firsthand, I realized that they were only illusions that distracted from the real problem, creating a deep sensation of fulfillment, because of continuously achieving something but, to be frank, everything remained exactly the same, with an ambiguous feeling of fulfillment with powerful sleeping pills of optimism, that could last a few days and sometimes a few hours.

Not a coincidence, since most professionals in that field sold an image in which they were always motivated, but at the moment that other people tried to use the same tools, something seemed to go wrong, since that motivation faded easily after some time and with it the possible objectives. This being noticeable in those who tried to make physical changes, such as losing weight or having athletic bodies, their plans failed on numerous occasions, even when they were always initially charged with strong emotions.

In order to get a better picture, rolling back to the room analogy, sorting out and prioritizing emotions would be the equivalent of simply sorting out everything in the room differently, the same trash, but now sorted out in a different way, however, the trash is still in the room.

This could create the feeling that there is more room by sorting out everything symmetrically, tidied up the place or even getting rid of things, however, even with these actions, *the size of the room will remain the same*, no matter the new experiences taking place, the size of the room will remain exactly the same, since there is no greater or less room for new situations or events to occur. Furthermore, your experience inside the room would be totally different when living in a small room where you only have room for yourself because you accumulate too much trash and meaningless stuff in the room, there would be no space to interact with people who might want to enter the room; While if the room were to be large enough, that could provide the chance to have the capacity to have more people at the same time, whether it was for a party or a business meeting, the opportunities that both rooms offer although in essence they seem to be the same size with a slight change, they offer a totally different living experience, because one room is clean, the other one is full of trash.

In my particular case, I got to experience firsthand during one of the most complex periods in my life the impotence and paralysis generated and although I knew perfectly all the theory to move on, somehow, everything seemed to fail, realizing they were just patches to a growing and bigger problem.

I remember at that time still understanding the dynamic effects in the room and the agenda, to which I was very surprised when I realized the amount of people who for years were undermining and sabotaging my own agenda, they had been very close to me: family and friends, actually because of this bond, I never tried to analyze their actions before, always thinking their actions and words were positive, when it wasn't the case in real life, therefore I understood the true value of the agenda, and courage is needed to stay true to yourself, it can get very lonely.

Many people, the moment they face someone they dislike, they choose to take these situations in a less energetic way, by simply reducing contact and entering into a dynamic using social masks, they are afraid to confront or call out people, they assume by reducing the interaction or even faking it, will be enough, not understanding that the potential from such people to persuade or sabotage is never broken, as long as they are somehow around, they will have the potential to do it, the problem then is that the possibility of them affecting somehow in a negative way will remain present, nonetheless if you really defended and valued your agenda, you would not let them fooling around your room with such risk with a strong possibility to sabotage it.

At first it affected me too much to follow my own agenda, since it was something new for me, besides the constant attempts by third parties to persuade me from my own agenda. I wasn't use to protect my own agenda, this was totally new.

An example could be explored with my background in engineering, I have to say that most of my classmates in college were men, so it was difficult to meet women, a very simple example of how the limits are easily identifiable and how it affects when they are modified. I really wanted to know women, but in my major, that was very limited, most of them already had a boyfriend or something and I have to say my classmates, men, also wanted the same, but there was a slight difference, they almost unanimously accepted that reality, that they could only know people within the same university, some even with a more drastic view, only knowing people from my same major, and I have to say this was the most popular approach towards this situation. My college experience would be only in that university bubble if I followed the same agenda as them, however, I refused to accept those limits and taking massive action to make expand them, with me, literally visiting even other universities,

so the range and variety of people I started to meet was huge, and with a very different kind of experiences, at the time I refused to accept the limit of just meeting people within college, resulting in the size of my room to increase. Those limits were built as walls around me, forming what I would know as my room, those walls delimited what was possible or not, if the limits continue the restrictive criterion, the room will change in size, gradually reducing until your life experience will be affected for worse; on the contrary, if the limits are wide and generous, the life experience is amplified. The most effective way to reduce your life experience will occur when the limits are reduced as a result of not monitoring your own agenda, you will be so busy paying attention to third parties in the room that you will not notice when the limits begin to strangle you. .

The problem with expanding the limits in a logical or rational way is that it will only lead you to a limited amount of outcomes. In general, life experience is practically the same for many, because always hanging out with the same kind of people, the same places, without any kind of change. It is when you welcome randomness, which will really help you find answers that you could not imagine before, to find ideas that previously would have been unthinkable. Randomness has the ability to open an infinite amount of possibilities so that your room is not only bigger, but also so that the experience of life within it, is taken to a new experience of life, to expand the limits, there are two important variables that will directly help not only to increase the size of the room, but also to make the living experience of a higher quality.

Strokes of luck

Most people hope for some kind of event that will change their lives forever, such as winning the lottery and thereby moving out of poverty, most think that an event of this nature is what they need to improve their economic situation, as a curious fact, according to statistics, 90% of the people who win the lottery in the second year have spent almost all their prize, they were lucky but did not prevent them from remain poor, in fact they were only poor with a lot of money, sounds like a paradox right? But it is not, since what they experienced was a mere stroke of luck, therefore there is a high probability that everything they obtained from that fortuitous event, after a certain time, it disappears. The first thing you must understand is that a single lucky event will not be enough to change your life permanently, on the contrary, they are ephemeral , however a positive and very important point to consider is that a stroke of luck is an extraordinary sign that if the expansion continues in the same direction the stroke of luck is happening, the limits will also expand, since, the strokes of luck occur precisely when you expand your limits, maybe that person that got a ticket from the lottery, got a stroke of luck when somehow won all that money, if he continued finding ways to make money, there would be a high chance his wealth would increase, nonetheless, most people in the same situation, most likely will just waste their money, therefore their room experience will be reduced, rather than expanding the size of his room experience learning about finance and business.

The moment you dare to do something that was not present in your room before your limits will momentarily expand, only a repetitive stretch of the limits will make a permanent change in the size of the room,, that is why by expanding the limits, you give the opportunity for strokes of luck to happen. The strokes of luck are only a reflection that you

are stepping out of your own reality, or comfort zone, there are people who when having a stroke of luck to get a job, ignore the wisdom behind that stroke of luck so they eventually lose it, people who manage to improve their economic position without being aware of everything that was necessary to cause that stroke of luck, their overconfidence or lazy approach will cause a loss of everything was given to them.

A simple example is in the dating world, I personally had an interesting experience with a girl who in fact wanted to marry, a very difficult time when everything went downhill and needed to move on. One way to understand this is very simple, for many people a serious relationship is quite difficult to overcome once it ends, now imagine in my case, two weeks before the wedding, it got canceled, basically because she was still in love with her ex and after a few months our relationship ended. However, despite the fact, this was a major event happening in my life, going wrong, I took massive action every day, in order to heal faster, to recover and take back control over my life, since frankly in those moments my emotions were out of control.

After two years, I finally felt truly recovered, I even remember in a totally random way meeting a girl who seemed quite beautiful, both physically and personality, perhaps you assume a Disney love story, but not really, in fact absolutely nothing happened with that girl, I kept seeing that situation as a stroke of luck, because of everything I had been doing for the past two years, had as a consequence the chance to meet this girl, despite nothing happened, the mere fact that I met such girl was a positive indicator that something was working, therefore I had to increase the effort of what I was doing, continue pushing the boundaries of my comfort zone, so more and more strokes of luck would be happening, in other words, meeting girls with similar features, the logic is simple, repeat everything I was doing until

then and very surely another stroke of luck would occur, a somewhat simple hypothesis but that I confirmed soon after when it became reality, since a few months later during a trip to the beach with my family and without even setting it as a goal, I met a very pretty girl at some kind of romantic comedy situation, since curiously my sister was the one who had met her sister and somehow we ended up knowing her and I, kinda funny we met through our sisters, another stroke of luck, that contrary to the previous one, there was a shorter time and with greater intensity, which had me quite intrigued, why this time the stroke of luck happened so quickly? The first stroke of luck took me at least two years, and this one just a few months.

I found a strong relationship between the frequency of the strokes of luck and the effort made; When a stroke of luck was presented itself to me, I analyzed what I was doing at that moment, by drastically changing what I was doing and see if a stroke of luck would happen again, however, a long time passed without a single stroke of luck occurring, while if I repeated what I was doing at the time from the previous stroke of luck, a new one would happen again in my life, in addition to the fact, if I increased the time and energy, the strokes of luck would occur more frequently, until something interesting happened; What was previously considered a stroke of luck for me was now something abundant within my reality, as I had finally expanded my limits, what used to be rare, now was common in my life.

You could argue that the first time an Athlete won a gold medal was a stroke of luck, you could argue that the first time someone makes 1 k USD in sales, was just a stroke of luck, but the moment that athlete wins several gold medals, the moment that businessman makes thousands and thousands of USD, that is not luck anymore, that is common in their reality.

The strokes of luck should be seen as signs that you are approaching some possible limit, as you read before, the limits will shape your life experience, either in a reduced way or in a very broad way, Therefore, at the moment you are presented with a stroke of luck, you must pay attention to everything you are doing at that very moment and prior to it, since those are the footsteps to obtain another stroke of luck, the key element here is to ensure that these footsteps are so frequent that provoke many strokes of luck and eventually expanding the limits of the room, thereby expanding your life experience. The constant repetition of strokes of luck will eliminate the limits, expanding the size of your room and thus opening the possibility of new experiences, the only way is to push the limits until eventually what seemed impossible before, is now abundant in your life.

This perfectly explains why many people fail in different areas, be it love, money or health, since what they are actively looking for is to obtain a stroke of luck, whether it is to win a cash prize, to match a lover or lose weight quickly , but even if they do, they will fail miserably to keep, maintain and make them more frequent and frequent , so even a stroke of luck could not only cause the limits not to expand, but can also create that the limits are reduced.

In general, there is the idea that living abroad is a complicated experience, difficult to meet people, adapt to the new culture, etc, and something was clear to me, the moment I had the chance to live abroad, this wasn't the experience I wanted to have when abroad in China, if you think about it, a very similar situation from my college situation.

This time, my drive to overcome the typical struggles of living abroad, each of those limits was so enormous that although I was new in the city, Beijing, I started to have quite a few dates and began to generate a wide social circle, which, funny thing, created certain

reactions among people around me, a clear example is that on a certain occasion , although it sounds extremely strange, when I met friends for dinner, they began to comment that a mutual “ friend ” had started to cry in her room because she could not bear the idea that I had less than a month, and already knew quite a few people, while for her, several years were needed. I will be very honest, when my friends told me that, honestly, I thought it was a joke, something exaggerated, but it wasn't.

After a while my friend arrived with teary eyes and although it seemed obvious, I asked her, expecting some kind of misunderstanding, however she confirmed what I was told before, the really curious thing is that those friends tried to cheer her up by saying it was easy for me because I was a man, if they only knew, it took me years to build that “luck”.

On the other hand, living in the university during my first year, I had a roommate who had a very similar reaction, claiming that for me was common to be social and making friends, for me something as simple as having lunch or even reviewing work or pending tasks with peers was common , however for my roommate it was something totally different, in fact repeatedly, in a quite a disturbing act, I had found him looking at the photos that I uploaded on my social networks in the company of his friends, he literally, called his friends to see my photos, the most curious thing is that he began to say that it was normal for me because I was Latino; or when people asked me about my love life and realize the amount of dates I had, several times I heard them say that for me it was easy because I was abroad.

For all those people, both the "friend" who cried, the roommate and other people, my reality was a simple stroke of luck, something fortuitous and had a simple, random explanation, such as being Latino, or because I was a man or whatever, but what they didn't

know was that I had been working for years so the so called strokes of luck were a constant in my life,

Regardless of whether I was a man, Latino or studying abroad, my limits were expanded in such a way that it was common for me to have those so-called strokes of luck, while for them, having them meant something strange and rare, without understanding when the way to recreate the strokes of luck is known and repeated frequently, the collapse of the given limit is imminent, thus causing the strokes of luck to stop being sporadic and begins to be a total constant, since the limit has expanded in such a way that it allows it, otherwise, even if is very intense stroke of luck, the limit will always re-mold the life experience to its normality, to what is common and normal for you. Needless to say, the attitudes of the people mentioned above only revealed negative intentions, again, their own agendas, and to understand how absurd that situation became, some even claimed it was easy for me to be social just because I had long hair.

Welcome chance

In a world where everything seems to be automated, expected or predicted, we have a fear of being prey to uncertainty, so much so that for this reason there are numerous experts in different areas who try to mitigate stress or anxiety about possible future events, and just as once chatted with a Dutch friend, everyone has been wrong and we are still learning, so much that everyone was wrong about the prediction of who would win the 2016 election in the United States, everyone expected Hillary Clinton to win, and to most surprise of specialists, the winner was Donald Trump , even for events like Brexit , nobody expected that the majority of English people would vote to leave the European Union, even many with

great arrogance assured that it was something unthinkable and absurd if you want to think about that possibility, and yet in the end the English mostly decided to leave the European Union, and could continue citing countless events in which the final result didn't match any of the predictions, funny enough despite the amount of failures, the tendency will continue to try to have gurus who assure us that the future will be happening according to whatever lecture they give; generating in general a dread for the unknown, for what is not planned, for what is still fashionable to try to guess the future even when the end result is wrong, we prefer that to walking hopelessly, so by refusing to live a certain degree of uncertainty due to an obsession to know everything, the idea of living new experiences or situations that go a bit out of one's own routine, such as making a new friendship, attending an event, or something as simple as trying to read a book like the one you find yourself reading.

The strokes of luck are simply events that go out of the ordinary, normal or expected in your daily life, from which its name derives, since they represent a kind of experience that comes out of sudden, however if you constantly have a total obsession to want to control everything, to know each event that will occur, each detail and plan on the agenda, even if a stroke of luck happens, this will be under the framework of what is possible or imaginable for you from your own agenda, which will greatly restrict the possible experience that you could get with the strokes of luck and with it its use to expand your limits; on the contrary, a much more relaxed and open perspective towards unexpected events will allow the possibility of lucky strokes of which you cannot imagine their scope, magnitude or dimension; This is due to the simple fact that some will occur in those moments or spaces that welcome spontaneity, the unpredictable or random. Furthermore, if you want to make an extraordinary change in your life, your limits must expand beyond what is imaginable for

you, for this you will need to experience strong strokes of luck constantly and frequently, to the extent that they are habits in your routine. Every day, it can be confusing or time consuming to find your lucky breaks, so an excellent compass to find them quickly is to welcome them with a random approach.

A clear example of the consequences of simply welcoming random, is what a good friend experienced in 2012, Fabio, with him and other colleagues we went out every weekend to public squares to try to overcome our nerves and anxieties about talking to women, as we were extremely shy. Although we were very young, we had great motivation to break those limits, and to be honest, my friend Fabio was not only the one who advanced the fastest, he was also the one in which you could perfectly appreciate how he constantly had strokes of luck, until he managed to break the limits and now expand his life experience. Even a friend we had in common, who we affectionately nicknamed "the ninja", since he was an expert in martial arts, he was the first to point out and express how amazed he felt when he saw Fabio do things that were previously unthinkable . To give you an idea, previous years Fabio complained and even tried to ridicule men who knew how to dance, and now in the present he even gives advice to people who were beginners trying to learn to dance. Even with all this, the process of constantly expanding the limits was a task that did not end, and I remember perfectly one day that we had gone out like any weekend to try to meet women, and although the nerves and anxiety wreaked havoc on us, we kept a positive and active attitude. As we walked through the cathedral in my hometown Morelia, I remember perfectly that suddenly Fabio was totally absent from the conversation, and he was only staring at a girl who was sitting on a bench with a friend of hers, it was too obvious so I told my friend to be honest with himself, that girl had his attention, something he denied, we were very shy,

so after some brief chat, Fabio ended up admitting that he liked that girl, but since she was with a friend, I helped him by making a talk to the friend, while he could continue to know the girl that caught his attention. Interestingly, when he finished talking to them, from my perspective, Fabio had been very shy, and I remember we had a brief discussion about it, telling him that he should better control his anxiety. To make a long story short, that girl, to this day is his wife, and they have a beautiful daughter. All, simply because Fabio dared to take chance, a random situation, which curiously at first was not very motivated and was going to miss that opportunity, but eventually decided to try that possibility that opened up in front of himself, rather than ignoring. Because of the work and hobbies that my friend had, it was practically impossible for him to coincide with a girl like the one who is his wife today, since she also had totally different hobbies and work. The moment you allow yourself to explore beyond the known in the multiple windows of opportunity that day to day will bring you, is when you will really get results that would have been unthinkable otherwise. These opportunities will never be presented in conditions that are comfortable or favorable for you, in fact Fabio on that occasion, initially began to say a series of excuses in order to avoid talking to that girl, at least in the beginning, and something similar will happen to you, even when the The possible reward is enormous, most likely your first reaction will be to fill your mind with excuses, that you are not prepared, that you are tired, the excuses never stop. Therefore, one of the main impediments to benefit from luck, is precisely your habit to take advantage of those windows of opportunity, most people will unconsciously create a powerful habit to miss each of the opportunities to expand the limits, although it sounds ironic , they will become experts in missing opportunities that are crucial to expand the size of their room and with it, life experience, they are so good at it that the excuses will come naturally to them, totally convinced of their own excuses . For this reason, it is vitally

important that if you want to take advantage of these windows of opportunity, by chance, you must now build the habit of really taking advantage of those opportunities. All the time around you there are countless opportunities that you have, you just simply become used to bluntly ignore, because of the limits you have, similar to wanting to see the universe with binoculars, no matter how much enthusiasm you have, using binoculars would be insufficient to be able to admire the universe, so it is necessary to learn to increase the limits whose key to unlocking them are hidden behind each opportunity that is presented to you in daily life in the form of chance, unexpected or spontaneous events, most of the opportunities will occur when you are uncomfortable, unprepared, tired and maybe not even prepared, or so you think, since the irony is that in reality, only when you are ready, those opportunities will be available, because somehow, the footsteps you have followed, built that opportunity in front of you, otherwise those opportunities would never present themselves, what is true, is that the result of taking the opportunities in many occasions can be a real mystery, which as previously mentioned, can create a very slight change in the limits as the result is to a certain extent predictable, up to an abysmal change when extending the limits to previously never contemplated borders. As you welcome it more and more randomly, your life experience will increase.

For a moment, make a count of the number of occasions that you have refused to welcome randomness due to the strong limits that you have, although, it is understandable that you have fixed limits regarding certain areas, surely there are many limits that for years you have considered them as fixed without really trying to question his rigidity, something as simple as someone complaining about love, who does not find anyone or who is alone, without realizing the strict limits that govern his day to day are precisely what keep him

constantly experiencing that seemingly perpetual and unchangeable scarcity; and although repeatedly opportunities are presented to meet new people, always refuses to embrace those new experiences, with limits as simple as "not my type", and I'm not saying at all a conformist mentality, thereby accepting to live a life less than what you really want, it is enough to really question what is being actively done to modify those limits, if new options, opportunities or experiences offered by the day to day are not explored, there is no way in which they will expand such borders unimaginable.

In my particular case, when I welcomed randomness, I met that doctor, an experience that allowed me to live concepts that I had been theorizing for a long time and that only until that moment I really begin to really live the theory. That was just the beginning, after that experience little by little I began to feel intrigued about the concept of welcoming randomness, about the mysteries and beautiful moments that those sometimes small opportunities have and with it opening a huge range of possible experiences.

There is a beautiful phrase "The wound is the place where the light enters", which also reflects another and very important aspect, the windows of opportunity can have an unpleasant, tragic or even painful face. The big difference between a window of opportunity and an accident is that the first one is optional, while the latter is usually a forced situation in which you are pushed to live, mostly having a negative connotation, in other words, forced into a negative situation. However, few people usually understand that even those accidents or bad experiences in life also have the chance to drastically change boundaries. No matter what you have lived through, all that energy that came to you in the form of hostility or aggression, can be used in turn to expand your life experience, the real question is what will you do with that energy that has given you the Universe? Because even

the negative stuff consumes a lot of energy, and despite the negative label, it is energy that is sent to you. At the end, be it positive or negative energy, that is indifferent, the amount of energy that is reaching you is enormous, and if you are able to know how to use it wisely, it will help you to modify the limits.

There are people who as a result of a traumatic experience go into a great depression and even make the decision to undermine their own life, these people decided to use the experience they lived, all the energy that came to them, to reduce their limits, setting themselves in a life experience with no movement or meaning. While on the other hand, there are people who use that traumatic experience as fuel to focus on some activity, to give meaning to their lives, for this example artists who manage to paint beautiful works of art, or musicians who compose incredible songs because of a tragic loss of a loved one, unlike other artists who even decide to make an attempt on their lives. When groups of people lived exactly the same emotion, the same context, the only way to distinguished them was the way they used the situation as an amplifier or reducer for their limits and life experiences, remember, like it or not, these events will come into your life, without prior notice and probably in an unexpected situation for you, so ignoring this, is possible that you might receive unexpected or random events with enough hostility and displeasure, without understanding that in the end. You will have to live these experiences, your only control remains in the direction you give to it, positive or negative outcome.

A clear example is in the dating scene, where numerous unexpected and sudden events often occur, such as infidelities, wedding cancellations, dates that go downhill or undesirable exes who are still present, people do not even realize the reality, completely

ignoring what this book has been trying to tell you or even reaching the other end, blaming others of their current experience of life.

All of this reminds me of what happened to a colleague who experienced first-hand the consequences of experiencing an unexpected event, using that moment to restrict limits rather than expand them. He was very inclined to honesty, with the strong posture of always listening to other people's words as absolute and removable truths, as if they were written on rock, what he did not know is that he was getting too distracted in the agenda of others, thereby ceasing to focus on his own agenda, and most importantly, he was unaware that all the people in that room, in his room, were only following their own agenda , which could change at certain times without prior notice or simply behave in ways that violated their own logic.

Basically, he pregnanted his girlfriend and ran away from his responsibility, claiming that at the beginning of the relationship, both agreed to not have kids, and in case of pregnancy an abortion would happen, however at the time she got pregnant, everything absolutely changed, now his girlfriend totally disagreed with the previous agreement and moreover with the abortion, she wanted to have the baby whether he wanted or not, his girlfriend's agenda had changed radically and in an unexpected way, at least from his perspective.

Before continuing, I see it necessary to pause, whether or not to agree with abortion is not the central theme of this idea, do not get distracted from what I am trying to convey in these lines, focus on how when an unexpected event occurred, the agendas changed, pay special attention to this.

To be frank, situations like my colleague's are extremely common, so read on carefully and if necessary read it countless times until you understand the specific real dimension of ignoring the nature of unexpected events, in this case a pregnancy.

My colleague during the relationship was confident in thinking that his girlfriend's agenda would be constant, without any change, with which he began to relax too much to the point of stopping being responsible of his own agenda, and I want you to understand, just as you read before, you should never abandon your own agenda , the moment you do, you will be abandoning yourself , my colleague had a strict rule of always having sex with a condom, however when entering the relationship he began to ignore his own rule , and the use of any kind of contraceptive method, somehow the initial agreement on what to do in case of pregnancy was enough for him, without understanding that everyone in his room was temporary, including his girlfriend and the fact, each person has an agenda . Not only did my friend ignore these basic concepts, he even ignored his own rules, by dodging the responsibility of condoms, therefore, no surprise, a pregnancy would occur. We could argue that the responsibility was also from the girlfriend, however, you must understand, in real life, the only guarantee you have, is your own actions, no matter what others say, do or promise, if suddenly they break their promise or duty or any other, you won't be able to change that fact, this is not to determine who is right or wrong, this is about being practical.

An unexpected event will test who you for real, it is in times of crisis where your true face really comes out, in the case of my friend his naïve approach became evident the negative outcome, leading him to an unwanted pregnancy and eventual break up from his girlfriend. It is no wonder how many unwanted pregnancies or divorces exist today, people who stop following their agendas by concentrating or relying on someone else's agenda

assuming it will be constant and perpetual, when the only person with whom you can have a frontal and direct dialogue, and you know you will always be in that room, it's just yourself only you.

Usually the conflict between agendas like the case between my colleague and his girlfriend, will become evident when unexpected events occur, such as in this case a pregnancy, however it applies for other situations, maybe starting a business and there is a sudden economic crisis, buying a car and then stolen, buying a house and getting fired, the list and possible scenarios are endless, and although you have little or no control over unexpected events, you must understand that the true power lies in keeping control of your own agenda, regardless of the persuasive efforts from people around.

In the case of my friend , the only agenda that he really had under his control was his, he could argue about the sudden change of opinion of his girlfriend , claim that they made an initial agreement, no matter what, just pay attention on how the events occur, only then can you understand the hidden power behind unexpected events, the beauty of welcoming randomness relies in the fact randomness can be welcomed at any time, even with the situation presented on a subject as complex as an unwanted pregnancy, my colleague was faced with a random event that he did not want, of which he had little or nothing that he could really do, since at that precise moment only the girlfriend could decide to abort or not, therefore, when analyzing the situation, there were basically only two possible scenarios, expanding or restricting the limits as a result of what happened, being able to have a position that allowed to use the imminent scenario of becoming a father in fuel that would allow him to reach new limits, however he had another approach, to which I clarified that of course a pregnancy cannot be taken lightly, but you must understand that random events always test

your mind on what is acceptable and what is not acceptable for you, and if you decide to walk through the door of randomness, you will find approaches, ideas and experiences otherwise impossible for you, in the case of my colleague he decided to see everything as a threat on his life, wrapping him in a large bubble full of toxicity and negative thoughts about women, with notorious consequences in the way he would relate to opposite sex, restricting his life experience by encapsulating himself in a fictitious fight against an entire opposite sex over a single event that happened to him with a woman , his trauma had given him the perfect excuse to restrict his life experience .

Of course, being a father from unwanted pregnancy, with a failed relationship, is not easy at all, but definitely an approach that pushes the boundaries, that improves the life experience with the right approach, certainly much more beneficial. To this day, the negativity and hatred that this friend has, made him to isolate from everyone else, even on a certain occasion when I tried to chat with him, not agreeing with his position, his aggressiveness and resentment became noticeable. An unexpected event has the potential to imprison or release your mind, and only you are capable of decide the outcome from it.

Basically what happens in each experience, seminar or book, is to try to increase the limits of what you conceive as immovable, so you will see one and a thousand ways to increase your limits, many approaches, strategies, they try is to expand the limits and the strokes of luck to be more constant, some authors from sel help even have pre-made unexpected events , such as trying to walk on fire, or in martial arts breaking boards or partitions, as a symbol that the limits can be expanded .

The concept of being the owner of your own agenda and welcome randomness will lead you to live experiences that will test your imagination of what is or is not possible, to

this if you add the attempts of other people to sabotage you and you being able to identify them and never give up on your agenda, then, the possible results that you can have are as infinite as your own imagination wishes, it may sound a bit like the law of attraction or any magical thinking, nonetheless, this about knowing the true rules that govern your personal success, as well as understand how to protect it.

A clear example is a part of the story of the bar with the MIT doctor that I did not mention before. A Russian guy came to the table first suggesting to the doctor that they should have sex, not even asking for, demanding sex, in a totally direct and frank way, to which she rejected him, he was an attractive, athletic and self-confident guy, he began to flirt also with a the Serbian girl I was with, nonetheless when realizing that she was not paying attention to him, tried to provoke with racist comments, anyone would have been angry, but in my eyes, it was someone who was in front of me in my room trying to get something, a perfect stranger who came into my room out of nowhere and wanted to get something, which I was strongly opposed to giving it, my attention, those racist comments were not random, if I had dedicated myself to him, instead of listening to myself, I would surely have been pissed off and even got into an absurd fight, but no, I was listening to myself, enjoying the time with the MIT doctor and the other girl.

Once you know the agenda from other people, it is quite simple to know what to do or how to defend from being sabotaged, in this particular case, avoided being sabotaged by the Russian, in my eyes the Russian was a 4 year old boy who tried too much to get attention, in fact when he made racist comments, he was puzzled by my behavior, so normal, since clearly his comments were not affecting me, I even found myself joking and having a pleasant chat with others, time passed and the Russian began to lose patience that she was ignoring

him, eventually due to the same desperation and impotence of not achieving his goals, he began to be too verbally aggressive with women, recriminating that they did not want to have sex with him, as a very lame and last attempt to pretend to get something from them. In the end the situation ended in a pathetic way with the Russian walking away whining and fussing, the funny thing is that every time the Russian tried to undermine my confidence with racist comments, the others even defended me without even requesting them to do it, the little big secret lies in causing other people to even help me with my schedule, which at that moment was simply to have a pleasant time and I have to tell you situations like this will occur in your life, without a warning, at times you least expect them.

It matters little who you are, what position you have, how much money you have, who you know, or whether you have a girlfriend or even a wife, nothing exempts you. The event with the Russian was an unexpected situation but one it was treated appropriately the outcome was positive, not negative.

There will be times you will be having a hard time, missing the point, you can judge and criticize if you were ethical or moral to a certain situation, if you were smart, wise or cautious, but no one will fight for you in case someone wants to deprive you of whatever you have delighted in your life, and sometimes simply by the enjoyment of stripping yourself of what you value, you are the only resource you have to guaranteed your safety and the healthiness of your room.

The key to winning is helping others win too

When doing a brief review of what has been shared with you so far, it is clear that actively looking for ways to increase limits is the direct way to increase and enrich the life experience, using the random strokes of luck as clues that limits are beginning to move and being attentive to those spontaneous opportunities that chance has to offer. However, even when the main idea is to expand the dimensions of the room, this process can take too much time, energy and even money, and it may even be the case that the room expands at a rate that is difficult to appreciate, that is why to be more effective, the dynamics of the room must be remembered.

One of the reasons why it took so long to start my YouTube channel was for the simple reason that mentally I placed the limit that as a metallurgical engineer, it was not going to be possible for me to be learning about everything that the process of making a video , from learning how to use programs like photoshop to Sony vegas, or starting to learn more about the different models and capabilities in cameras, and although I started to learn little by little , I quickly realized that learning that skill, was not fundamental to my approach, in fact, what would really help would be to hang around the right people , since I realized that my life experience expanded more when I was more open to other people.

Although from my beginnings, people approached to receive a second opinion from me , clearly the number of people increased considerably in my Youtube Channel, which was really interesting since my channel could not even considered a large canal, in fact the number of views that had video were no more than a hundred views, nevertheless I reached a moment to be frequent people helping my process, people who did not know, sent messages to suggest topics that could analyze in my channel, or even my opinion on a specific topic ,

in a few words, they were giving me extraordinary feedback without me asking for it , advice from how to improve , to strategies to improve my income , all this happening for the simple fact I genuinely helped them with my videos in Youtube, therefore, they also genuinely offered me valuable advice, when I offered my advice, their limits began to modify, when their limits changed, they gave me advice that also helped me to modify my own limits.

In general, many people consider that being selfish is the key to success, and despite the fact it could generate results, being focused exclusively on your own agenda without paying attention to the events that occur in that room as well as the people who are inside, even if success comes, the true potential will be wasted if that success is not allowing others to win, certainly you will be allowing yourself to win, however the judgment towards others will only be a reflection of what you consider possible or not for yourself, if you ask someone today if they are able to travel quickly between Beijing to Shanghai, they will tell you is possible with the bullet train that reaches 400 km / hour, whereas if you were 500 years ago, you would have asked if It was possible to travel in a couple of hours between Beijing to Shanghai, people would accused you of being crazy, each person externalizes what exists in their mind, so if you expand the limits to think that others can also achieve great things, that will only be a pure and direct reflection of the mental state that you will have at that moment, where practically anything can be possible.

A clear example about the idea of winning happened in the city of Shenzhen in China, ranked in 2016 among the ten cities with the largest number of billionaires in the world, a city that 50 years ago was just a port town, in very different condition and currently called by many as the Silicon Valley of hardware, important firms are concentrated in that city due to the wide range of devices and materials, which avoids having to force logistics to

obtain suppliers in order to launch some product in particular, while in another region of the world it might take up to a year for a company to contact and get all the suppliers and staff to release a product to the market, in Shenzhen it would take around three months , since all the suppliers and the necessary human resources were clustered in the same place. Basically it is the dream of every company, since practically anything that is needed, the city has it. All this starting with engineers who dominated a process of a company, until they realized that they could do the same processes by themselves with lower production costs , so after a few years manufacturers, designers, sellers began to agglomerate , product engineers, each one helping the agenda of others to achieve a specific goal, all without neglecting their own objective of reaching their technological targets, turning everything into a long chain of production between different companies, hence their strength.

On the one hand, you have ordinary people who supported each other to create a mega city that is capable of offering everything and to be self-sufficient in the field of technology capable of competing globally, to the extent that the next trends in technology are born in that city.

Just in the opposite side, you will see ordinary people who by blinding themselves so much in their own agenda, will try to sink others, humiliate them or simply ignore them, totally disconnected from everyone else, I am sure that you have been in situations in which a friendship was fragmented by two friends competing for the same woman, or people who are very suspicious of their friends, not realizing that they are wasting invaluable opportunities to rediscover new routes to push the boundaries.

This goes beyond thinking that the key is to work as a team, since it is not, the key is that you understand that each person who enters your room will have a particular agenda,

that by helping them achieve their objectives, it is likely that the reality of that person expands, and in doing so it is likely that interacting with that person with new limits will help you find new ways to expand the limits of your own room.

By selflessly helping other people, you will as a result of helping them, provide an impressive amount of possibilities to the room, to specifically help others to achieve their goals or objectives, if your objective is to have a lot of money, by helping other people to generate money will help you mentally verify that it is feasible to make it happen, if on the contrary, you consider that to have a lot of money you need a single formula that you must protect from others, deep down you consider that it is so complex as well as unlikely to generate wealth, which is why you must perform all those strange rituals to defend the “secret”, while if you considered that making money is feasible , you would constantly see that fact verified.

You can only help with something that you already have, same logic applies for people who try to sabotage you, they only reflect their own insecurities and limits, if you try to take a genuine look at this moment to your room and all you see is greatness or people to admire, that ironically will also be a reflection of yourself.

I remember very well that shortly after arriving in China in 2016 , I soon met a countrymate, who was full of illusions about becoming famous and having a lot of money, however when I began to know him more and more, I began to realize that although he had the agenda of what he wanted for the future, very well defined , he instantly discredited other people, even underestimated what he could learn from other people, all those opinions and actions caused the dimensions of his room to rely exclusively because of his own actions or ideas, so even though he had a defined agenda and a continually growing room, it was

ironically limited by himself. We repeatedly tried to do projects together, and although he was aware that his posture was not helping him to advance faster, he did not allow even to open his mind to what other possible scenarios could occur and even, consciously or unconsciously tried to modify my own limits by repeatedly expressing disbelief about what I could accomplish without knowing the language, he thought it was impossible to me to be social in China.

He actively decided to focus on his own agenda to achieve his goals, without realizing that he had to take action and form his ideas by constantly interacting with the world as well, not by being exempt from it. A perspective that many people come to have, and no matter how hard they try, it seems that their results are miniscule, since they consider that they are on a kind of confidential mission where everyone else is an obstacle to their objectives, when in reality the world works differently.

A fairly simple dynamic that is used in some seminars describes this perfectly, when the speaker tells to enter a room full of balloons, each balloon has a label with a name written and their duty is to find the balloon with their name in the shortest possible time, once the dynamic started, originally ten minutes were contemplated to this task but in reality it required around 20 minutes for all the people to find the balloon with their own name, without even getting much in details about the chaotic situation, full of hysteria and anxiety, upon seeing the results, the speaker asked the attendees to repeat the dynamic, but this time, they would put themselves a name tag and they would not dedicate themselves to finding their balloon, they would take the first balloon they could find in the room and they would deliver it to whoever had the name written on the balloon, to the surprise of all the attendees,

in less than five minutes this task was completed, in a more effective way compared to the previous occasion where everyone concentrated exclusively on finding their own balloon.

The more you communicate to where you are expanding your limits, your agenda and strokes of luck, it is likely that others who are experiencing similar situations, a similar agenda, will listen to you and will even come closer to share advice on events that both share and consider that they could be useful for you, of course the only way this could happen is if they know about your plans, your schedule or limits they want to expand, otherwise it is impossible for people to approach randomly and reading your mind, it is simply impossible to reach you and consequently help you, so the real question should be if you are effectively communicating to others your own challenges or goals to achieve.

Considering that it is elementary to expand your limits through other people, it is important to contribute to their own limits to expand, without forgetting that it is not mandatory that they correspond or even there is some kind of retribution action, so if you help someone by expecting for that person to help you, simply thinking or considering that they owe you a favor will cloud your own ability to help them, since 90% of your ability will be thinking about how to help them, and another 10% will be thinking about how that person will help you, or even with higher values, the point is that instead of being 100% focused on helping, you will be wasting ability to analyze how they can help you, which you should consider two things; first, that person in case of giving back will think and act exactly the same, instead of helping you with his 100% capacity, he will help you even 60% and second; by waiting for him to help you, you are creating limits of what is possible or not, in the way he will help you, limiting, restricting and censoring the infinite range of options in which that person could give back, since you must be humble and recognize that you will

have blind spots, areas that you do not know, places that you have never explored, but there will be people who have explored those places, who master some knowledge that you ignore. The key, I repeat, is that you understand the magnitude and potential of these concepts so that you can increase your life experience in the magnitude and sense that you really want.

Third Impact: Surrender to the universe

The book, Prince of Machiavelli, provides a cold and crude stance on power games, and although it was originally directed towards royalty, much of its advice is perfectly applicable to daily modern life. One of the tips that I consider the most important refers to the fact that in life you have to be a chameleon who knows how to adapt to circumstances, understanding that sometimes you will have to be hard as steel, and sometimes as flexible as a rubber band, warning that whoever does not understand something so basic as this, will end up overcome when the moments demanded a softer posture or when the environment would end up suffocating the person because he failed to be as hard as steel. Now, if we start looking for the same message but with different words or context, we will quickly realize that it is a message that has been repeated countless times through history by wise men and successful people using different analogies , another example was used by the famous martial art and actor, Bruce Lee; who was an actor but constantly combined his martial art with philosophy, a particular analogy being famous , where the mind had to be like water , without a defined shape and always adapting to its environment.

You have to realize that absolutely everything that is around you is part of the universe, and everything without exception is in harmony, in balance, governed by certain laws that some of us think we know and the rest of the laws remain unknown, something so simple that every day will dawn, and at dusk, the Sun will hide, the opposition to the universe , or rather to the rules that govern at a macro level, will only bring you great pain, since you are the medium, the conduit through that the universe happens, and will be relentless in making that happen, in order to maintain the balance in everything, then you have to stop thinking that there is a dividing line between the universe and you, just so you allow the universe to flow so harmonious and beautiful through you, even when the form is not

pleasant. You can try to swim in a river, but when swimming you will not cause the direction of the flow to change, on the contrary, if the flow of the river suddenly becomes stronger, there would be the possibility that even if you knew how to swim, you could not do anything at all against the forces against you. Once you allow yourself to consciously experience the universe through you, you will realize that absolutely everything that happens in your life has infinite possibilities to increase your limits and with it your life experience to exactly where you want to direct it, and understand I'm not talking about a magical thinking or to have a fake optimism or similar state to remain seated because "everything is already written" the beauty behind this concept is to understand to what point you can swim in the river, and to what extent, the flow in the river actually controls you despite your swimming skills. Even if your room becomes in extraordinary harmony, you have a defined agenda, an impeccable internal dialogue, nothing, absolutely nothing can prevent your room, its size from being affected in turn by other people's room, even from disappearing, and this is beyond your control, the only thing within your control is what happens inside the room, not outside it.

Leap of faith

At no time do I pretend that this book becomes a spiritual or religious guide , in fact personally, I do not follow any religion, but what I share here are concepts that have the ability to totally modify your life, and even if I am not a believer or follower of any religion, something that caught my attention is that most of them speak about a powerful energy, a kind of conviction that no matter what happens, those ideals, emotions, are immovable, some call this energy as Faith , others will speak of something similar, called raiki , or even ki , but

what I want to point out is that it is agreed that there is a conviction towards a certain energy, a certain force that, if used for your own purposes, can provide extraordinary results.

This is an indispensable ingredient if you really want to achieve extraordinary results within your own schedule. Certainly expanding the limits little by little, using different strategies, of course will help, but the truth is that you will find yourself insecure before the limits expand, and very logical to expect this, anxiety and insecurities while walking in the unknown, even when the fear begins to dominate or paralyze you, it is at that moment where you must endure a total conviction that you will achieve it, there should not be even a small doubt or question second guessing if you will make it, since you are about to submerge yourself in unknown waters, and the slightest doubt could potentially be the hole enough for sinking and drowning. Nonetheless, when this is said, you might remember the countless times you have heard this, even confusing it with simply blind optimism, the true meaning is about that moment where your mind, body and heart are totally immersed in that goal, expanding the limits to that new direction, so when doing so, your mind will naturally work in thousands of ways to achieve it, your body will shield itself from what might happen in these new unknown waters, and your heart will help you to move forward even when you are not able to see anything at all. The moment you finally decide to do the leap of faith, it will be the moment when you have fully surrendered to the universe, allowing the Universe to flow through you and with the conviction that you will be able to expand the limit of what the Universe previously had set for you. Remember that no matter how insignificant you consider your existence to the Universe, you continue to belong to the Universe, the Universe can therefore flow through you, the moment you are against this basic rule, you will face struggles and most likely the limits unnotched.

You're in good hands

During the most complex period of my life, I spent weeks looking for that famous motivation that everyone talked about, that was vital to getting things done, even though I watched motivational videos, watched videos and read books, it seemed that absolutely nothing could boost me with those so necessary motivation, until on a trip to the beach with my family my sister convinced me to try paragliding , which is nothing more than being in a parachute suspended in the air while a boat is pulling you around the beach for a brief time, perhaps it was not as extreme as other activities such as based jumping, but certainly being at a considerable height above sea level is an unusual situation, at least for me. Without knowing very well what was happening, I only remember that the instructor gave me a short 30-second course on what and what not to do once I was suspended in the air, an important remark, just when I wanted to ask something, the boat was already moving forward while I began to suspend myself in the air, from the little I remember, was to avoid looking at the ground or I would start to have a lot of anxiety, and well, that is exactly what I did, people in the Beach looked so small, crazy to think the only thing that held me was the rope with which the boat was pulling me, and that for some reason that I still do not understand, it was only me on the paraglider, I was expecting the instructor to join me, but somehow it was just me, simply suspended in the air, depending entirely on a rope pulled from a boat, at that moment, it hit me really hard how fragile can become a human life, if for some reason a bird collided with my parachute or if the rope broke, or simply that due to my lack of coordination or luck, the parachute was shut down. Every fatalistic scenario came to mind in those moments, since my safety was out of my control, some external agent interfered, reducing my power to only control how I experienced that moment, I know you could argue, a lot of people do this, and nothing happens, but this is the way I experienced this activity, my whole

time in the air was out of my control, for example, making sure that the rope did not break, preventing a bird from crashing with my parachute. After a couple seconds, somehow my mind just unplugged itself, in some kind of immense tranquility, and now with this deeply peaceful mind, with great curiosity I turned everywhere, the fear had been completely eradicated and I began to really enjoy the wind all over my face, to enjoy the impressive view and above all, to experience my own fragility in the universe.

Through history there is an enormous amount of people who died tragically in events or circumstances with an extremely low chance of mortality, such as the documented case of a farmer who on the way to his farm was hit on his head by a meteorite, while others, although healthy, died inexplicably.

Life lacks logic, it is man who has tried to give meaning to life itself, but if you really want to achieve the impossible, results that you previously thought were so out of your reach, you must understand that the nature of the world is chaotic, although it sounds contradictory when previously mentioning that there are rules, just as your room is constantly in constant change with the people who are inside, the universe is always changing, in a constant transformation. The only people who have access to being able to make changes or transformations in the real world are precisely those whose minds are enormous in size where the impossible has enough space to occur, understanding that practically any event can occur in your life, although certain people are confused in this matter, assuming everything is a mental thing, just to think about something, and somehow will come to your life or pretending to be an enlightened person away from the 'fearsome' negative emotions. These approaches might have some true, but here, the meaning is very different.

The real power lies in the potential that your mind can have when you expand it towards unimaginable limits, being the only way to increase the limits when interacting with the world around you, many people consider that only imagining supposed scenarios will be enough to overcome those limits, you must experience every concept.

One of the first illusions that must disappear is the idea that the universe happens thanks to you, and not the other way around. The moment the universe wants to radically change your life, it will do it, and you won't be able to do anything about it; something that many people in self help, financial education or other consulting groups, will never tell you, you may try to be successful, famous, or have a great job but halfway through the universe for no reason, it could decide to block totally your way, and do not misunderstand, this will not be about smiling when your whole reality is beating you, or to pretend to be happy always as a way to void the fury from the whole Universe, what I want to emphasize here is that on your way to wherever you are going even when you are already expanding your mind and fully understanding the dynamics of the people in the room as well as constantly looking for strokes of luck to constantly increase your limits, you must accept the possibility that you may not reach the path you have marked, it is possible to not even reach the middle of the journey or maybe you will end up walking in another totally opposite direction, so the paradox to be successful is to accept that you may not be successful, the paradox to become famous is that you may not be famous, the paradox to be wealthy is that you may never have great wealth.

If you deny this very basic principle, each movement in your present will be full of doubts and with a disgusting feeling, a fear deep down, thereby limiting your true potential, you must understand that the only moment in which you can fully live is in this right moment,

we live in a paraglider that the universe decides where to take us. Therefore, absurd to use energy thinking about the future when you become a millionaire, nor in the past when you faced a serious crisis, since these are times that you cannot control or modify, the secret is that the present itself is a gift that opens to you in total random opportunities, without logic and unforeseen for you to be able to expand your life experience. Before attempting to build a business, make sure the room's size is enough for the desired business. When the first Disneyland Amusement Park was inaugurated, people said to Walt's wife, it was a pity he didn't live to that day and see his dream become reality, and she replied, Walt Disney already did, he was the first one to visualize Disneyland. You must be the first person to allow your mind to fit your goals, if your room is not ready, even when you have a stroke of luck, it will eventually fade.

I remember on one occasion I was talking with a friend from Kazakhstan, who complained that she could not get over her past relationship with an ex-boyfriend whom she claimed to continue loving, to which she questioned how much longer she was willing to be like this, she did have any specific answer for it, is three years enough for you? I asked her, one year?, to which she answered perhaps, but just at the moment I asked her, what would you think about happening tomorrow or at this very moment?, to which she told me that it was impossible, it was very early, to what I asked her, soon according to what? I do not know, but it is too soon, I need more time - she assured. At that very moment, I told her that she had the gift from the universe to decide exactly what to do with the present moment, whether to make the decision to continue living that torment about his past around his past relationship, or to simply decide to take the gift of the present to finally move on from that episode in her life in a healthy way.

For just a moment, ask yourself, what prevents you from giving up to the universe right now and accepting the most precious gift of all? The opportunity to dedicate yourself right now exactly in what you truly want to do, but for this you must accept your own fragility in the universe, and understand that many of the experiences that you will have won't be within your control, moreover those that had a negative for you. This could be confusing, because nobody is excited to face struggles, but only when you truly accept this as a side consequence of accepting the present, then the present will transform into the only scenario in which you can actively seek to expand your limits, nonetheless, most people will just waste time stuck in certain struggles, and let me be clear, the universe doesn't care if you are still dwelling in the past, the universe will continue its course. Instead of feeling powerless, the understanding that the universe is just flowing around you, despite the struggle, will free your mind, just like when I was in that parachute. I just simply accepted my condition and let the same universe to flow through me, and not around me, simply by surrendering to the situation. This doesn't mean to just lay on the ground and ignore everything, it means to accept when you are part of the universe and no other situation could be possible, it won't fix the struggle, a struggle that anyway has no solution, then stop pretending that you are the universe, you are not.

A common situation is when people deal with a break up, they have a hard time to understand the universe is happening and no other option is available, and resisting to this will lead to even more struggles, just like my friend that even after many years, she still felt hurt, she just could not accept that in a day she could heal after receiving such damage in the past. In her mind, she couldn't accept her room was ready to accept such situation, so if you want to accept something in your life, first make sure that your room has the capacity for it.

The third impact is the most brutal of all, since the first ones helped you to have a certain harmony with yourself and others, but the third impact will give you the compass and the map, this is not about just trusting yourself and working nonstopable, it is not just about having only a mind that believes that it can do everything, that would be an absurd statement, what really means is, only those so called impossible situations will happen only when everything possible has happened, a very logical consequence, when the possible escenarios are exhausted, new solutions will occur, only when your room is about to burst from the enormous amount of possible situations, from expanding your room to create more space for events that were previously impossible. This is the only way when magic will happen.

The magic will be proportional to the size of the room

Many years ago, to be more specific during 2010, my parents decided to bet on a clothing business, they had a great conviction and were full of great hope, the sole idea of pursuing a life from being workers to being entrepreneurs (or self-employment) It was a scenario that they liked and created many illusions. Although the investment was not a millionaire, for our family it was a considerable investment.

With a great initiative but a total lack of movement or ideas that would expand the size of their room, without a defined business model, without attending courses, without reading books, or advice, they did not even try to objectively see the areas in the ones that really had to get stronger, and even on numerous occasions when given feedback they got defensive.

In a short time, actually in a very abrupt time, it was evident that the business was very far from a healthy business, and it was only creating losses for my parents, eventually they had to close the business, not only losing the initial investment, but also staying with debts generated by the bad management of the business. That is why I emphasize so much that it is not enough to say a matter of conviction. Each of the decisions and ideas must match the actions, so that effectively the size of the room increases the limits from what was previously inconceivable. My parents, although they had a warrior attitude for business, did not expand their room, deep down, deep down, they had doubts about their business, so they did not invest in courses, business plans, etc. For that reason I will emphasize that the leap of faith must be with a total absence of doubts and devoting yourself, only then the limits will expand. My parents, everytime they looked inside their room, they felt insecure, because the mere idea of operating a business didn't fit the room, ignoring completely that through action, the size would increase and eventually allow a business to fit in the room.

The x10 factor

Since 2016, I traveled to China, from time to time I read extraordinary news from Elon Musk, who didn't shy away from deraming with great things, he particularly caught my attention because he was capable of exceeding expectations and even doing it in a much shorter time of the expected. He often said that if you wanted to achieve something in a year, the action plan should be reduced to three months, a goal that was set originally in one year, now will be forced to happen in only three months. Regardless of your positive or negative opinion about him, this approach is very powerful and actually, Elon Musk is not the only one who has used this analogy, in fact this concept of multiplying by a factor of ten, is a way

to stop having insecurities about objectives and goals, and really start drawing plans or goals that match the desirable size needed for the room, Elon Musk built the required size of the room for every project even before getting the results, then when reflecting on the size needed, understood the actions needed.

Therefore, both the plan and the objectives must match the size of your real room into becoming the size you want, even if you have all the capacity but your plan is poorly detailed, or simple goals, then you will hardly break the limits to reach the truly extraordinary, to whatever you assume is extraordinary, I mention this, since as mentioned throughout this book, everyone's agenda is different. When you draw up your plan, make sure it really reflects your ambition and courage to break those current limits and that the magic happens for results not seen before.

Welcome to the real world

The conditions in which people find themselves to be able to defend or achieve their personal goals will never be the same, there will be people who will help you while others will want to sink you, you will experience strokes of luck that if you are not aware as a positive sign that your room size is increasing, the stroke of luck will end up fading, instead of working hard to expand your limits so the so-called 'luck' is already common in your day to day.

You may have great potential but by ignoring the agenda from people, for example, you will meet people who manipulate other people who will use the agenda from others for their own purposes, at the risk of being so attentive in manipulating other people who lose

sight of their own agenda. In addition, there will be those who start in a room with certain privileges, there will be others who find themselves in a complicated situation, there will be some who will not even know how to rebuild their room, just as everyone's agenda is different, the room is as well, for that reason it is essential that you do not pay attention to making comparisons with other rooms, since the starting point, benefits and cons of each room will be totally different, you should only focus on your own room. The world is not fair, you didn't decide what was your past, and most of the experiences through your life, but that is exactly why it is so important to just surrender to the Universe, you came to this world and will pass away, and the whole universe won't stop because of you.

A few more remarks on the limits, a person who is in a powerful family or wealthy, will have to expand very different than a person whose family has deficiencies, everything absolutely counts to facilitate or affect the agenda, the impact of the limits and size of the room in more complex situations.

It could be used as an excuse to do nothing that life is unfair, or that the limits that some have are much more complex than others in privileged positions, and even if it is true, the reality is that nobody cares if you decide to do nothing or change, once maybe your reasons are valid, and truly a very complex or even impossible situation, however, once again, nobody will care about your situation, therefore, if you decide to change or not, will become a private decision. Although ironically, when doing this, you will in some way start to surrender to the Universe.

The successful impostor

It will happen to you, and I know because it happened to me, that when you read this book you will have the feeling that you are really doing something for your life, and when you close the book your life will be in exactly the same situation again. Wake up, reading a book is not taking action, and most likely, even the other activities that you assume they do.

My years studying the doctorate were extremely complicated, since basically I was always my own advisor, my own advisor ignored me completely, and at the same time, trying to find time for other projects, or even writing this book, I won't lie, it was a titanic task, and that to be honest, there was a time although I followed each of the steps that I have shared with you, I kept feeling a strange feeling that my progress was either slow or stagnant, or that even my lifestyle should be different, until on a certain occasion, when evaluating each one of the steps and decisions that I had taken, and I realized that reaching this moment wasn't a result of a single decision, it was a process, and many prior actions and decisions in order to study a doctorate. We tend to believe that it is a single decision or experience that changes everything, when it is a long chain of actions and decisions. The human is the only living being that is conscious of his actions, decisions and experiences, constantly shapes his destiny, or for the misfortune of many, curse. All the steps and concepts, even though the model that I present in this book became a strong foundation to my approach for everything, which although it sounds paradoxical, created walls around me creating my own prison, without understanding that using constantly this formula, the thesis of my life needed to be modified, questioned and evaluated again, not because I have found a new formula for success a year or a couple of months ago, it means something very simple, you can also use it, otherwise you might fall into the error I was having. Just assume that you already know

everything and your formula is already providing amazing results, without realizing it, you will have created a golden jail, with extravagances and beautiful decorative objects but still a jail. Although this book has the potential to change your life, it also has the potential to stagnate your life if you only revolve around what is stated here, if you stay too long with only these concepts, your limits will prevent you from moving. You may even get to explore the limits without any prior concept, neither from this book, nor from any other place that contaminates what could be preconceived as the likely outcome, and conducting you into scenarios that have never been explored before. However, eventually, despite the new size of your room, there will be a moment that because of using the same routine, day after day, nothing will ever change, the limits won't expand. Even if you use this book, maybe at first you might get amazing results, a new size for your room, but eventually, that growth may get stuck, because everything you are doing doesn't encourage any expansion of the limits.

The moment you stop moving, at that moment your limits will become solid as steel, and it will be practically impossible to move them again, so your mind, body and heart must keep moving. Not by daydreaming while reading this book or being impatient because you want good results now. The moment you surrender to the Universe you will see that the time factor is totally irrelevant as long as there is movement, no matter how tiny, it is movement! Once you do this, devote all your energy and take massive action with a jump of faith into the darkness, with absolute confidence that you will find the way.

Or not, nobody cares about your decision, the world was before you, and will continue after you, this is your own story, you decide how to live it.

This book is part of a series of three books that together make up the Babylonian Model, and were officially released for sale on December 25, 2020. Being version 0001 20201225, however, the internet is an extremely wide, and it could happen that this book has been acquired in another way, even illegally, which will deprive you of future updates, since periodically, at least once a year, the version will be updated, correcting details, adding information to chapters, etc. . , the update will be automatic, we will simply consult our database to send you the newest version as soon as it is available for free. If the purchase was digitally, we will send you the new version via email. If you bought the printed version, you will only absorb the payment for printing and shipping wherever you want. If you do an illegal download, you will not be in our databases and therefore, you will not get the new updates.

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<https://joanzeroz.com/>

About author

Alexis, also known as Joan ZeROZ, at the age of 17 I started my long way to improve, not to impress loving others, toward that genuinely wanted to get out of the mental prison, not knowing how to have a better lifestyle, or just have more freedom over my life. I will not lie, during that long journey, I wasted a lot of time on ideas, strategies or concepts that did not bring me closer to my goals. As of today I am 32 years old and I will honestly tell you that this project, the Babylonian model, has the brutal power to positively change your life. I have seen people use this model firsthand, long before I started consulting professionally, and the results speak for themselves. Either those who could not forget some former partner, and today they are happily married. Or someone who thought that doing e-commerce was one way. I have done my work to capture years and years of international experience, whether in Europe, America or Asia with a simple and powerful model to improve your quality of sentimental or financial life, now you must do your part to make the magic happen.



Bruce Lee statue in Hong Kong, 2017.

The Babylon Model: The Leverage People Need to Achieve Their Goals .

Alexis Gomez Sanchez

Joan Zeroz

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