



Shayan was faced with a near death experience in 2015 that shifted his perspective on life. It became clear to him that his purpose was to help others find their calling in life & follow their dreams.

Along his journey, he met many healers who guided him on his path to becoming a healer himself. After doing a past life regression, his teacher emphatically said to him "you're a shaman, you're a shaman, you're a shaman!", which led him to questioning the very fabric of his existence and purpose on this

Earth. The purpose of this book is for him to share with you his personal story & to help inspire you to walk toward the path of mysticism and practical spiritual attunement.

This book will share the nuggets of wisdom he gained from healers along his spiritual journey and provide you with the psychological tools and knowledge to help you along your life's journey. Topics discussed will range from anecdotal stories of overcoming trauma in a triumphant tone, providing holistic modalities of healing that can be practiced in our daily lives and personal teachings that Shayan learned from healers all around the world which helped him overcome his own personal traumas.

The text aims to help its reader achieve new heights in their process of self reflection and seek refinement in their personal growth. It will help you embrace your heart's inner compass and value the desires that lay within you. Additionally, it will help you value the power of your inner being and guide you towards using your intuition in your daily life so that you can achieve all your goals without worrying about the judgement of others. Through applying the wisdom in this text, you will awaken spiritually & have a metamorphosis in your heart to allow you to shine your light on this Earth in a way that you could have never imagined.

"You truly have a special purpose. May you fulfill it.



Keys to Unlocking Your Intuition

What Does Your Heart Say ?



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I would like to dedicate this book to my parents. Mom & Dad, the man that I am today would not be possible without the support of you two. Verily you two are angels sent to protect me on this earth. ~ Love Shayan

The purpose of this book is to share with you some of the golden nuggets I've picked up along in my life's journey. Through my extensive research in the realm of self-development and Psychotherapy, I made this book in order to help you find success and a fulfilling life. I would like to apologize in advance for scattered thoughts or topics. It's pretty much the best I can do with an ADHD mind.

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What is Intuition?

An old Cherokee shares a story about life to his grandson:

“A terrible fight is going on inside between two wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego. The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you – and inside every other person, too.”

The grandson thought about it for a minute and then asked his grandfather:

“Which wolf will win?”

The old Cherokee replied:

“The one you feed”

At times our mind and heart can have this battle. The mind is rationalistic, reductionistic and tends to put things from a place of fear and certainty. Truth be told, the mind is a 2 million year old defense mechanism system designed to protect us from intruders and harsh climates the world has shown us through time whereas the heart tends to offer us a brighter perspective on life.

Tony Robbins describes the mind to be designed to protect us from patterns of danger in our environment. He says that the human brain is not designed to make us happy but it's designed to make us survive. It does this through fear. The brain looks for what it needs to fight or flee from. So it's ALWAYS looking for what's wrong. Our mind can take us over unless our heart is what's running us. Just imagine how many people there are currently who only operate from a place of fear rather than love.

Just imagine how many people are feeding their wolf of fear over their wolf of compassion. Perhaps one too many because the West in current day has placed far more importance on rationalism over mysticism and spirituality. When the Spaniards came to the Americas, they saw the indigenous as savages and wiped them out through a genocide. Claiming their superiority over them because they were “far more civilized”. Even though the intuitive knowledge that the indigenous held were of connection to Earth, plants and animals. Theirs was an innate awareness which was far more advanced in knowledge than that of the colonizers who were far more egocentric and individualistic in their mind-based approach filled with greed and thirst for power. What was evident was that the Spaniards could not understand nor

fathom how the indigenous had such a strong connection to the divine and led theirs with such a strong connection to nature. So they began a psychological attack on their community by parading them with gifts of alcohol and cigarettes in order to decay their soul. One thing is for certain, the mind is a tool never to be worshipped. Whereas the heart is our angelic vessel that connects us to the divine. Make the mind the servant of the heart and your reality will begin to manifest things beyond imaginable.

This is where intuition comes into play.

Out of all the organs, the heart is the first to develop in the human body. It is no coincidence that it forms before the human brain. It pumps about 2000 liters of blood every day for us and even beats automatically for us while we're sleeping. The heart math institute reports that the heart has an energetic field 100 times stronger than that of the brain! Can we just take a moment to step back and appreciate just how much of a bad ass this organ truly is?

My Near Death Experience

I'll never forget that day on a lake near Mount Shasta on July 14, 2014. Me and a few of my friends went swimming at lake Shasta on a beautiful and bright, sunny day. I decided to jump into the water and as I got into the water, I began to panic. The water was deeper than I thought and I couldn't grab on properly to the rocks nearby because they were smooth as ice. The tides then became stronger and pulled me away from the shore. To top it off my friends thought I was joking and they weren't that close to me either. Eventually one friend was able to come within a hands distance to me and as our hands were able to grab onto one another a tide came and pulled me away from him. It was at that moment I energetically felt that it was my time to go and a part of me just surrendered to the universe and let go of my struggle to live. It was as if I had accepted that it was my time to go. In that very moment I remember seeing two visions. One of my mother and the other seeing the world. Then a voice asked me "have you helped enough people?" to which my answer was "no". My entire life's worth depended on that question: "Had I helped enough people?". And when I answered no I felt this intense feeling of dread like I had wasted my entire life. Then I felt a hand push my back against the tide and towards the shore where my friend was able to grab onto my hand and pull me up.

What that moment had taught me was just how short life truly is. Imagine how many people die every day who had their entire lives in front of them. Just imagine the amount of youth and brilliant lives that were overflowing in

potential which now reside in the graveyard. Life is truly short and we have to make the most of it.

The Sad Story of Pure Unactualized Potential

I remember when I was 18 I was working at a department store in Canada called Winners Homesense. There was a brilliant kid from my high school who had just joined our team. He was smart, charismatic and really kind. He was 2 years my junior and I'll never forget a conversation we had in our lunch room. I was enjoying my subway sandwich while he was heating up his \$1 dollar microwaveable pasta that you get at the supermarket. He was basically saving up money to go to the Ivy leagues. He told me about his aspirations to attend either Harvard, Stanford or Oxford and become a medical doctor. I could tell by the confidence in his eyes that he would be well on his way to clout and success. The fact that he was saving up money already at 16 was a clear indication of his academic ambitions. It was about a week later that I heard from my friend that he had just passed away from a drowning incident. Him and a few of his friends were having a picnic at Lake Ontario and his best friend decided to jump into the water for a swim. All of a sudden the tides became stronger and his friend was pulled away from the shore and he decided to jump into the water and save him. They both ended up drowning and I'll never forget his funeral. His mother was crying at the top of her lungs over his open casket. It's a scene etched onto my heart because there truly is nothing more sad than seeing a mother weep for her fallen children. In front of me laid this casket which carried huge potential. A week before this person was just telling me about their dreams and hopes for their amazing future. All now laid to rest in that wooden box.

This story isn't to depress you but to make you aware that our life is truly short. We can imagine just how many tragic stories of my 16 year old friend happen on a daily basis and the amazing part of my near death experience story is that I spoke to another very inspiring individual who also had the exact same visions as I did when he was dying. Kavon Massenberg was shot in the head and in our conversation he told me that he too saw his mother during his critical injury and was asked the question "have you done enough?" to which now he lives his life on the path of becoming a motivational speaker.

I don't think it's a coincidence I met another person who shares the exact same near death encounter as me and I advise my mentees to do the same and follow a path of service to which they can answer that question in great pride to our Creator when their time comes to go one day.

As Maya Angelou says “in the end people won’t remember you by what you did but by how you made them feel.”

Prayer / Meditation Activity Suggestion

There’s a prayer whom Mindfulness expert Shauna Shapiro advises us to practice. She says that every morning after she gets out of bed she goes in front of the bathroom mirror and says “I love you Shauna” with her hands placed on her heart. She says the practice may sound a little cheesy but by the third day she felt like she was saying “I love you” to not only her but all those who came before her such as her mother and her grandma. She could feel healing occurring in her heart and giving herself permission to cultivate self-compassion.

Story Time

There was a time when I held great feelings of resentment against a bully I grew up with during my childhood. His demeanor was always to talk down on me and make me feel little. All in all, he was very mean to me and I grew up always feeling “small” in front of him. Then something amazing happened. I was taking the CCT (Compassion Cultivation Training) program at Stanford and my professor Robert Cusick assigned us to listen to self-compassion guided meditations for homework every day after class. The meditation at some point would have me imagine someone I could send thoughts and feelings of compassion towards. At the beginning it was my mother, father, brothers and friends. But then something began to change. I decided to send compassion to the bully. At first it was very hard as I was sending compassion to the one person who didn’t send me any but I knew if I was uncomfortable then it meant that I was indeed growing. By the 4th week of listening to this meditation I began to feel my heart burst open with intense feelings of compassion towards this person. I thought just how much anger I was carrying towards that person and it wasn’t doing me any good.

As Buddha says “carrying anger is like holding onto hot coal and hoping the other person suffers”.

I then began to cry and felt a catharsis of emotions which had been festering inside of me for years. I reached out to him and told him that I forgave him and that I had been carrying a lot of anger towards him for all these years and I now forgave him. That act alone made me realize just how much power I had given to him by playing the victim. My entire life I had created

the narrative that he had taken away my childhood happiness with his bullying but now I became the hero in my story.

There are far too many people out there who harbor ill feelings towards others that may have hurt them in the past but never address that issue with them in person. Only behind their back.

To this I ask why?

The Power of Energy and Balancing our Chi

We have far too many people who don't stand up for themselves and would rather talk behind a person in their back and spread rumors but when confronted face to face they act all different. Here's a tip of advice for those people: Be genuine. This may sound a tad crazy or err a little on the spiritual side but generally speaking, when we meet someone, we'll know in 5 seconds whether we like them or not. Our heart has an energetic field and we'll know straight away if we feel comfortable with someone or not. Have you ever wondered when you met someone and you thought immediately "I don't like this person" and later on found out that they were a creep? Or you met someone and right away hit it off and would find out so many similarities that you two shared but the first impression was pure good vibes. This right here folks is our unconscious mind picking up slight cues from a person that tells whether we'll get along with this person or not. So truly listen to your gut when it tells you something about a person. It's picking up those signals from your intuitive field.

How to Have Good Chi

1. Practice the Soul Mentor 5 Principles (Which will be discussed below)
2. Always wish well for others
3. Keep reminding yourself how amazing and beautiful you are
4. Always think positively
5. Practice body movement (walk, dance, stay active)
6. Always think in #Abundance because we truly are surrounded by abundance

5 Principles of Cultivating Happiness (Essence of Soul Mentor)

Soul Mentor is a philosophy which teaches us the importance of following our goals and dreams. It is about tapping into our inner child, healing all parts of our painful memories, forgiving those who hurt us and living our best lives. by following our goals and dreams. Each person is born with a special talent, an innate gift and a particular interest that they can offer their services to the world with. So here are the 5 basic principles of embodying soul mentor into our lives:

1. **Gratitude** - Gratitude is the highest vibrational frequency a person can have. Gratitude is waking up in the morning and being thankful for being alive, having arms and legs and a roof over our heads. That's gratitude. Gratitude is something that will change a person's outcome on life for the better because it really does make us focus on the positive and not the negative.
2. **Kindness** - Kindness comes in 2 forms; compassion and self-compassion. First we must begin to be kind to ourselves and then to others. Kindness is not being hard on ourselves and abundantly viewing ourselves from a place of compassion. Kindness is being able to look yourself in the mirror and say "I love you" to yourself with your hands on your heart. Practice this form of kindness daily and you'll function at very positive energy.
3. **Humility** - Humility is the mark of a leader. No matter how smart, wealthy or attractive the person, they still know that they can learn something from someone. Humility is being able to make space in our heart and drop our egos to make room for growth. It's based upon a growth-based mindset.
4. **Purpose** - Finding your true North Star. It is being able to figure out what pulls you and pursuing your dreams. When we do something we're pulled by rather than pushing for something, then magical things happen and we materialize our goals faster too. It feels like clockwork.
5. **Service** - Being able to use your talents and gifts towards service to humanity and really making a dent in the universe.

Our purpose in life is to serve others along our journey and the essence of Soul Mentor is to help and serve people through actualizing our own Ikigai. Ikigai is basically a Japanese concept where our talent intersects with our passion and ability to monetize it all for us to make a living out of it. The essence of Soul Mentor is finding our Ikigai.

How to Become a Soul Mentor?

1. Focus on the other person (to help them grow)
2. Apply lots of humor and laughter...it's good for your health
3. Be an array of positivity for others
4. Make others feel good
5. Smile often. It's contagious
6. Know that we are all One, we're all connected
7. Use your intellect to solve your problems but use your heart to navigate your life's compass
8. Spend lots of time nourishing your soul with creativity and self-care
9. Always speak up for others (advocate for them)
10. Follow your heart
11. Say no to jealousy, greed & hatred
12. Stand up for what's right
13. Become people oriented
14. See the big picture
15. Be able to see the positive in any situation
16. Fill your heart with love & compassion (for self and others)
17. Have a vision for a better future
18. Think about your purpose in life and what steps you need to take to fulfill it
19. Always read, learning is key to success and growth
20. Be service oriented towards humanity (our time is limited on this earth and we need to make the most of it)
21. Stay humble
22. Always express gratitude
23. Exhibit a life of novelty (chase novel experiences)
24. Be confident but not cocky
25. Always be kind to others (especially those who are under you)
26. Stay persistent & consistent (these 2 qualities get results!)
27. Always keep growing
28. Strive for the best
29. Be the best version of yourself that you can be
30. Have no room in your heart for hatred (only fill your heart with love)
31. Be kind to your elders and especially the children
32. Have FUN! Life is truly an adventure if you go out and seek it and live it!
33. Travel! Travel! Travel! (You'll meet so many interesting people and grow your awareness about life)

What does it mean to be a Soul Mentor?

To always do good, be courageous and provide leadership to others.

Seeing the challenge as an opportunity.

Focus on the positive. Even in times of crisis, there is an opportunity for growth.

Always look on the bright side. Life is truly like a coin, you can either focus on the positive side or the negative side. In any situation, you can make an effort to decide whether you choose to focus on the good or the bad.

As Benjamin Franklin used to say “there is no difference between the person who thinks they're right or wrong...both are correct”

Soul Mentor Pep-Talk

“Remember who you are. Remember where you came from. Remember where you're going. Remember why you're here. You are a child of mother Earth, you are a soul created from the Greatest Creator Himself. Never question your greatness, never think twice about listening to the call of your heart. Always remember that there is an intense molting fire within you that can never be perished by the testing tides of this world but only flamed by your desire to succeed and do good. Our purpose in this life is to be compassionate and help others.”

A Memorable Quote

I think with intuition. The basis of true thinking is intuition. Indeed, it is not intellect, but intuition, which advances humanity. Intuition tells a man his purpose in life. One never goes wrong following his feelings. I don't mean emotions, I mean feelings, for feelings and intuition are one.
Albert Einstein

Funny how we value Einstein so much in the West for his genius when it comes to Quantum Physics but we've paid very little attention to other facets

of his genius such as his views on intuition. Does it not seem to you that we as a society have fallen very behind when it comes to teaching intuition in our schools? Think about how much of a difference it would make in a child's life if we taught them how to simply tune in to their intuition. Intuition isn't a distant quality waiting to be harnessed, it is an innate quality talking to us all the time.

As Rumi says:

“Find your inner stillness”

Our inner stillness is our heart space. It is the place where our soul's center can be found. When we simply tune out all of the distractions from the world and begin to listen to our “inner stillness” which is also our intuition, then we begin to find all of the answers to the questions we are seeking.

Rumi also says:

“What you are seeking is seeking you”

Many CEOs and Leaders share a common practice. They meditate and find solitude for about an hour a day where they sit in silence and tune in to their inner stillness. This practice allows them to come up with creative solutions to their problems and allows them to set the vision of their company's big picture thinking style.

A great strategy to release negative energy into the water

I hold a very similar practice. I took a Diversity and Inclusivity Bootcamp in San Francisco with my facilitator Rajkumari who coaches Executives. She once recommended me a practice of self-care which I'll never forget. She mentioned to me that I should first draw a bath in my tub (if you don't have one then you can use a bucket to soak your feet in). Then she advised me to put 1-2 handfuls of Epsom salt into the bath and set it at a comfortable water temperature for myself. Thereafter I sit in the bath and now begin to do a “fear inventory checklist” where I release all of my fears into the water. This technique is necessarily useful because by bringing all of my fears into my awareness what I am doing is that I'm “bringing them into the light” where they then become absorbed by the Epsom salts. What releasing fears into the water looks like is for example “I release my fear of being single for the rest of my life, I release my fears of dying alone, etc. Energetically speaking, the Epsom salts pull away the negative energy from us. Many healers use Epsom salts and the ones I've been exposed to have all used it in a similar vein. So after all of the fears have been released we get on to the next step.

Think it this way, when we release all of our fears we are letting go of a huge negative energetic chunk within ourselves and now our cup is empty. Think it this way, if you have old coffee in your mug would you add the new batch of coffee into it or first throw the old batch out? You would throw the old one away first right? So just like that releasing our fears into the water is like throwing away all of the negative thoughts and energetic feelings that build inside of ourselves. After we let go of them we can fill our energetic cup with our dreams and desires. In this step we take a deep breath and place our hands in our heart and begin to imagine all of the beautiful things we want to accomplish. This can be us thinking about our life's purpose, seeing visions of us being at our best, being around inspiring people and doing things that fulfill us. When I do this practice I envision myself sitting next to Oprah and talking about my life's mission to inspire people. I even see myself sitting next to Tony and him asking me about how I did it all with such fascination in his eyes of my ability to serve others. This practice is us tuning into our heart's innermost desires. It is simply us finding our inner stillness and playing with our imagination to think Big. There is truly something powerful when we listen to our intuition and imagine things with conviction.

The Power of Visualization

Many Olympic gold medalists when asked about their training regimen say that they saw themselves standing first place on the podium while training. They were simply reverse engineering the vision of them winning it all in their minds. Our subconscious mind is very powerful. According to NLP therapists, our subconscious mind runs 90% of the show in our thinking and behavioral patterns. When we feed into our subconscious mind and keep reaffirming visions of us succeeding, being around successful people and being on the path of service then we begin to think bigger, find ourselves around higher caliber people and start contributing in ways we couldn't even have imagined.

Feed your mind with the thoughts
of your soul

Our soul is truly a gift from God. When we talk about intuition, the best example I've gotten is that intuition is God speaking to us. It is us being guided by our soul's purpose. When we tune it out, then we become lost in our mind and walk aimlessly in life. Think about just how many people are out there who have tuned out listening to their intuition and are just living a life without utilizing their greatest internal compass. Tony Robbins mentions that success without fulfillment is the ultimate failure.

There have been many cases of highly successful people who have undergone depression or even ended their life. One of the biggest ones is Robin Williams who comes to mind. Robin lived a very successful life, taking over the comedic scene and then becoming one of Hollywood's highly sought after actors. His talent was gold and he ended his life by hanging himself. You must be wondering why a man who lived such a life would end it in such sad circumstances but perhaps it was because he didn't feel fulfilled.

The Power of Charisma

Ever wonder why some people are just so magnetic? How do they have people attracted towards them like bees to honey? It's a pretty simple formula. It's their genuineness, raw authenticity and most of all: their heart's presence. I was sitting one time sharing a communal hot springs jacuzzi with Dr. Dan Siegel who is a world renowned Psychiatrist. By far one of the most charismatic people I've ever seen on stage. He has a way with his words and the way he tells stories has everyone holding on to his every word like children with a sweet tooth in a candy store. So I took the opportunity I had sitting next to him to ask him the following question: "Dan, what is charisma?". Dan then took a moment to reflect and answered sagely "well Shayan, I believe charisma is pure presence". Presence....aha! Alas I had finally known the secret recipe of such a fabled and ethereal subject. To properly define presence, what it means is to be fully present and show up fully as ourselves. Our presence is truly a gift to this world and when we show up half ass to places then people can automatically tell that our minds are at different places. To truly give someone the best present is to be there for them 100% and give them your full undivided attention. And to take things another notch is to bring passion to the conversation. See Dan was very present when he would give his talks. Another critical piece to his magnetic success with people was his passion which gracefully illuminated his presentations. He would present anecdotes about his life stories in his talks, use humor and he had a very down to earth, humble approach in the way he would share his message. The man was on a mission and you could tell a mile away. When he spoke he wasn't trying to sell you his product or tell you how smart he is but would rather invite you into his presentation as if he were having a conversation with you and told you just how special you

were. You could tell his heart was in the right place and the way he spoke you knew he had the best interests of his people at heart.

You can tell when someone speaks in passion and when someone is forcing it!

Finding Your Passion

Passion is something that comes straight from the heart. It cannot be forced. There's a reason why so many people fall into depression and despair over their jobs and relationships. And most say "well the passion faded." What does that even mean? See passion never fades. It's our perception that shifts. For example, many people get jobs which they're very passionate about at first but as time goes on they lose their fire and burn out. Why is this? Well I remember when I first got my job at Cisco systems right out of college. I was a fresh grad who moved to Silicon Valley and getting my new role as an IT Analyst was like achieving the pinnacle of success for me. The pay was outstanding and the perks were great. But after 3 months I was unhappy. I was successful but I was unfulfilled. You see my passion in life has always been to help people. Sure I was making all that money but my need to help others while making an impact wasn't being met. The only way I would be able to get those needs met to the best of my ability would be to have deep and meaningful conversations with my coworkers. I would even end up doing 1-1 therapy by listening to coworkers as an eager therapist in our individual meetings.

It was around after a 1 year mark at Cisco when things were about to drastically change. It was at this point I had lost all passion for my job and was just showing up to do my work and collect my paycheck. But as the Universe would have it, my fate was about to change. That very same month my work was having massive layoffs so I knew from the inside intel that my role was going to be consolidated due to budget cuts. So that very same month I enrolled in the Masters in Holistic Counselling Psychology because I wanted to be a Therapist. It was a totally different experience for me to be in an environment where my passions (helping others) would intersect with my skill set (listening, empathizing, creating a therapeutic space for others).

I felt my passion again!

I was alive and all of a sudden things seemed to be falling into place again. I thoroughly believe that when we align ourselves into our heart space and follow our passions then the universe conspires to make things happen for us. It's a totally different feeling. If we take things on a quantum level then

there is a quote by one of the most brilliant minds the world has ever seen; Nikolai Tesla which must be appreciated:

“If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.” - Nikola Tesla

The Great Truth

Great shamanic traditions speak of this universal truth: that we are all one. The biggest illusion is that we think we are separated but we are all cosmically linked with one another. Even in the realm of human emotions, when we harbor ill will towards a person then even that person will sense it. Humans are very perceptive creatives and just like how we feel a certain way about a person. Chances are that they too probably feel the same way about us. Energy is always radiated from person to person. Just like in the Wiccan tradition, when someone sends a curse on someone they will get back that negative energy 3 fold. The universe seems to have a divine law: hurt others and you hurt yourself, so do good unto others and good shall come to you. This karmic law must be applied in everyday scenarios. So think energetically for a second just how powerful even our intentions are. In Michael Talbot's book *The Holographic Universe*, he mentions that we should see our reality like a hologram. When we break down our atoms into their subatomic particles we will see that the distance between an electron and the nucleus is the size of a football field if the size of the electron is a football. What this means is that there is a lot of space in our atoms which means that atoms are mostly space. Since we are all composed of atoms then we are all just mostly space! What then begins to illuminate this striking concept is that this universe is an energy field just like we are and we're essentially projections. Not to dive too deep into quantum physics but basically our thoughts are indeed powerful! If we begin to see ourselves as weak, timid and afraid then we are creating a reality and sending the universe vibrations that this is who we are. Ask and you shall receive is what I say. So imagine when you are showing up for work with thoughts like “I hate my job, I'm miserable, I hate my life” then ask yourself “what am I really telling the universe?”. Basically that your life sucks and you hate it. Like attracts like so if you are in a negative thought pattern state like that then you will also attract fellow likeminded people who too hate their lives. But if you are in a state of gratitude and see even your failures as opportunities for growth then you attract more optimistic people in life and lead yourself through a true path of success.

When I decided to follow my heart and become a Therapist I began to see many more things aligning for me in the most serendipitous of ways.

It was during the orientation of my Masters in Holistic Counseling Psychology program that we had to meet our cohort and spend the weekend together in the spiritual campgrounds in Petaluma. Right when I entered the place I saw a table with a face down deck of animal medicine cards. I was instructed by one of the students sitting at the station there to pick a random card from the table. So I decided to pick one and it was the Eagle. I then moved on to a beautiful meadow nearby where my cohort was doing a blessing ceremony to greet the sacred land and set intentions for our new journey. During the ceremony I looked up and saw that there were 2 eagles flying together. After the ceremony we had a meditation workshop and during my meditation I saw lo and behold another eagle which I drew afterwards. Then we had an animal medicine workshop where I once again had to pick facedown animal medicine cards and this time I decided to pick 2 cards. One was the black panther and the other was once again the eagle! As you can see there was a divine synchronicity happening with me and the eagle medicine card. It was during that very same time that I was searching for answers in my life and the eagle had appeared to reassure me that I was on the right path.

When we surrender then things seem to happen for us effortlessly.

The idea of surrender is not to give up our agency but our manipulative desire to control. It is us telling the universe that we will take a step back and allow the magic to unfold rather than forcing things to happen. It's probably one of the most empowering things to practice.

There was this one time I was hiking in the woods with a friend. She was going through a tough time in her life so I thought that a little trek in nature would help her bring herself to center. Along our trail I was searching for a walking staff. I have this tradition where whenever I go for a hike I always have a staff with me. I kept looking and found something which seemed suitable but the wood was attached to a bigger stick. I tried to break the stick but it wouldn't budge at all and I told my friend "it shouldn't be this hard. It should be effortless because when we're on the path, the universe provides abundantly and gracefully." So then we decided to go on another trail and went back to our car to get there. As we drove there and parked our car, standing right in front of us was a beautiful staff resting in front of the fence. Me and my friend looked at each other in amazement. I remembered saying "wow, see how effortless and perfectly orchestrated that was?". Throughout that day we were just going with the flow and surrendered our plans to the divinity of the universe.

The problem is that far too many people plan things and want to control everything to the point that it sucks out the magic. To truly feel the magic we must just surrender our control and tune into the journey itself and not the destination.

Remember the good old saying “stop and smell the roses?”. Nowadays we have far too many people who are hell bent on achieving their goals and keep achieving them right after another. The problem isn't with achieving so much as it is with celebrating after every win. We've become perfectionists and over achievers. Ask the overachievers just how much fun they really have. Chances are not so much. The true magic of happiness happens when we realize that it isn't the destination that is going to give us true happiness but actually us smelling the roses throughout our journey, every step of the way.

Appreciation vs Possession

There's a story about a man once walking through a garden. He stumbles upon a beautiful array of roses. He begins to smell them and admire their beauty. A thought arises in his mind that he should pluck out the rose and take it home. Then his heart tells him that if he were to take this rose home then it would die and wither away. This type of love would be called possession. Then he thought to himself that if he truly admired the beauty of the rose then he would leave it be and continue to walk away. This kind of love would be true appreciation. So true love is appreciation not possession. For possession is guided by the ego and appreciation is guided by the heart.

We have far too many people today who have completely misunderstood the idea of love. Love is not at all about possession. It is freeing and appreciating. Men especially need to learn how to truly appreciate their women. Astonishingly many men think twice when it comes to complimenting their woman because their insecurities prevent them from doing so. I say compliment your woman. Show her just how special she is to you and proclaim to the world just how much she means to you through your actions. Focus on filling her cup and she will devote herself to loving you. Women are not complex creatures when it comes to the matters of the heart. Love them, appreciate them and make them feel safely reassured so that they can bring out their love & warmth for you.

A woman's highest calling is to lead a man to his soul, so as to unite him with Source. ... A man's highest calling is to protect a woman, so she is free to walk the earth unharmed.

In this day and age far too many women are walking around the world with little to no safety felt in their hearts. Toxic, hyper masculine men lie to them and do not create a feeling of safety or reassurance for them.

This in turn damages them and hardens their hearts. Women need to feel safe and men must exercise warmth, kindness and appreciation towards them.

It is indeed true. Women are generally more inclined to use their heart than men are and they tend to be ruled by their heart. A woman in her passion is the most powerful force in this world. Only weak men belittle their woman and truly the strong men are able to make their women feel alive, strong and supported. The divine feminine is a force of compassion, creativity, connection and flow. Observe a woman tap into her divine feminine and you are going one of the most powerful & beautiful forces in the force.

“You must break to allow the light to enter” - Rumi

Enduring hardships is just a part of life. Your heart is going to be broken, your friends are going to disappoint you and even your family may surprise you. Heart aches are inevitable. There may be life situations which will stretch you to your core and have you crying in such tears that you'll be praying to God on your knees.

This too shall pass. Take this opportunity as a blessing. Rumi time and time again speaks of the cracking of the heart to allow one's heart to illuminate and receive divine inspiration. Begin to see your challenges as blessings and it will all change. On a high level ask yourself: “have these challenges brought me closer to God? made me more humble? Increased my acts of worship? If so then be appreciative.

Story time

For many people, wealth and power can harden their hearts. I remember walking down in Las Vegas on a high end shopping center and saw people that could easily be millionaires or billionaires. What intrigued me the most was the lack of spirit in them. They were walking with no life emanating from their eyes. There was no life in these people. They were walking together with their family and I could sense no joy. It made me think of the quote “some people are so poor all they have is money”.

So truly start seeing your problems as opportunities for you to grow as a human being. Adversity does make us stronger, better people and more altruistic towards others. The heart that hasn't been broken will never understand the plea of other broken hearts.

How to tap into our flow?

Tapping into our flow is essentially getting our soul on fire. It is:

Going out in nature. Meditating under the tree. Listening to the birds chirping, observing the running clouds and even taking your shoes and socks off in the grass. Nature is our instrument to gain a deeper appreciation for God and the Divine. It's the simplicity of tuning out all the noise and arriving to the quiet eloquence of nature to receive divine inspiration.

Meditate.

Read a book that moves you.

Recite or write poetry.

Make art.

Have inspiring conversations.

Physical activity.

Give back to others.

Express gratitude.

Techniques-

Every morning start your day with gratitude. Just think of 5 things that you're grateful for and see your heart expand in appreciation.

Take Epsom salt baths.

Every morning get in front of the mirror and say "I love you" to yourself with your hands placed on your heart.

Forgive all those who may have hurt you. It's not about them as much as it is about yourself. By letting the pain go of what they might have caused you, you are basically telling yourself that you are moving on and moving forward. Forgiveness makes us feel lighter and flow stays requires a certain energetic lightness to carry itself.

How Men Should Be

Men need to be sensual. Nowadays they've become either too hard or too soft. Find the middle ground and you have a man which the ladies will die for. No this isn't about becoming the next biggest pickup artist or "a chick magnet" but someone who truly knows how to make a woman feel good and supported (mentally, emotionally and spiritually). It's especially hard to find a man nowadays who truly knows how to communicate with women. It's about making her feel like she's the most special person in the room and really listening to her. Women are creatures of nuance and it's the little things that impress them in the long run. If you're taking a woman out then open the door for her, pull the chair back for her before she sits and treat the waiter with kindness to show her how the father of her future children treats others. Impress her with your kindness because women are ruled by the heart, generally. They want a man who loves them and can communicate with them without use of negative emotional patterns like rage, aloofness and being distant.

The reason why many marriages fail is because the couple stop treating each other like they do in the beginning of the relationship. Think it this way, during the early stages the male partner is eager to throw out the trash, surprise his partner with kind gestures, compliment her and overall just make her feel special. What tends to happen, especially after marriage is that generally the men become a little too relaxed and stop showering his partner with the kind gestures that he was practicing in the beginning of the relationship. Now it seems like a huge chore to listen to her pleas of helping around the house and not properly paying attention to her when she tries to tell you how her day went.

Women desire these 3 things and if you give this much to them they will always be content:

1. Your attention
2. Your presence
3. Your reassurance

Now on top of that we can add one more critical element: Respect

Women are a lot more gifted than men are intuitively in the emotional intelligence department. They can smell a creep from a mile away and if a man is not radiating a feeling of calmness, safety and respect then getting to know that woman on a deeper level will be almost impossible.

The Value of Materialistic Things

In 2015 a man by the name of Ali Banat was diagnosed with stage 4 cancer and was told by Doctors that he had only 7 months to live. He then immediately sold his 2 successful businesses and started to sell off his material wealth. He also owned a Ferrari, properties, Rolex watches and other very expensive items which he now seemed worthless in his eyes. In his own words “my Ferrari is worth to me just as much as the flip flops I own. In my eyes, giving these flip flops to a child in Africa brings far more happiness to me than owning this car”. Ali then set up a charity called the MATW Project in Africa where he helped a religious mosque and provided food, water and shelter for the youth. Ali lived 3 years passed the date of his diagnosis and left this world with no worldly possessions. Not all of us are as blessed as Ali, as his cancer was a wakeup call for him. He started focusing on the aspect of giving in life and derived the meaning from helping others. Imagine how many people leave this world everyday who are only caught up in their own egotistical world of luxury, pride and arrogance. What a sad state they must be seeing that living a life of selfishness, greed and lust is a life wasted away. With brother Ali’s passing, he left a beautiful and inspiring legacy for others to follow in his footsteps. Even if you don’t believe in God, just imagine how much good karma he built in those 3 years of living a life of service and contribution to humanity.

There’s something truly special when we help others. People may be impressed to see you get a promotion at work or receive an award but they’ll be touched to see you help someone on the street. You see, as someone wise once said, the greatest things aren’t remembered in the mind but felt in the heart. Our greatest contribution to humanity and our legacy in this world is to give. There have been so many people who have been Kings, Queens, Emperors and Rulers but we never look back in reverence to the ones that were tyrants or oppressors. We only appreciate the ones who actually cared about their people and actually did something to make things better for other people.

Life tip: At the end of the day people don’t care about how wealthy you are or how much power you have. But they’ll deeply care about how you treated them.

Having a Daily Practice

It's very important in having a practice that fuels your creativity, spirituality and connectedness to self. For some it's meditating, for others it's a daily set of practices that involve mantras, journaling, reading books or exercising. All in all it's something that allows you to think in big picture terms to help the brain think big and also give you inspiration.

Is life a marathon or a race?

One of the smartest pieces of advice that I was given was that life is more like a marathon than a race. It's a game of endurance so develop habits that are sustainable, healthy and will not burn you out in the long run.

Picking up the Pieces

You must break to allow the light to enter ~Rumi

One of my friends once said, you must have your breakdown before you have your breakthrough.

Life has a way of breaking us down, tearing us apart and leaving us down in the trenches covered in our fears and anxieties. No matter whom, Gandhi, Nelson Mandela & Martin Luther King Jr all have faced times when they were on their knees in tears asking God for help.

There are times when you question your ability to succeed and thrive in this difficult journey we call life. Moments when you just want to curl up in your bed and cry.

You're Not A Victim But A Volunteer

One of the deepest lessons my friends told me was this very statement:

“that you're not a victim but a volunteer”.

Too often I hear of people who take on the stance of victimhood and become victims in their story. They carry the pain of their trauma and this burden makes their shoulders very heavy. Too heavy to take any initiative in life and become complacent. These people become too afraid and repeat the trauma in their head over and over.

The way forward is to believe that we are indeed volunteers in this game of life. When we start believing that we are volunteers and not victims, is when we start to become the true alchemists of our life's story.

True power and greatness comes from us overcoming our obstacles and overcoming adversity with humbleness that carries us into the darkest nights with a sense of overwhelming optimism. Being a volunteer in our circumstances allows us to see that we can change our perception of any traumatic situation into one of bravery, courage and triumph.

It all comes down to how we look at things. Our perception molds our outlook on life and our circumstances.

Story Time

There once were 2 friends. One was a criminal and the other was a policeman. People would ask the criminal, "why did you commit these crimes?" and he would answer "because painful things happened to me and I didn't know any better". When people would ask the policeman, "why did you become a policeman?" he would answer "because of all the painful things that happened to me, I did not want other people to go through them. Rather, I became a policeman so I can make this world a better place." Both went through the same struggles, faced similar trauma, but one chose to become a victim whereas the other became a volunteer in transmuting their circumstances to make a positive alchemical change in their story.

It's all up to you. Either you can become the criminal in this story of pain or a force for good.

Pain in life is inevitable. What you choose to do with this pain is in your hands. Either it makes you a victim or a volunteer.

The Beauty of Life

Let me tell you something beautiful about life, "it's the gift of positivity that keeps on giving". You see, I work currently as a Therapist, counseling kids and families. I get the unique opportunity to work with traumatized children and help them shine their inner light. Simply put, I get to play the unique role of being Peter Pan with these children. Let me elaborate, I have the unique job of helping these kids find happiness again! My job is literally to make these kids happy and the more fun I have with them in therapy, the better their results of improving and finding happiness in life.

I've always wanted to help people soar into new heights. I believe that my gift to this world is to see the potential in each person and help them believe in their potential to make a great change in this life and on this planet. God has truly gifted each and every one of us with a unique quality which we can offer to this world and as a result, it is our most honorable duty to go out and fulfill our potential. And the funny thing about it all is that the more aligned we are with our true purpose and calling in life along with us doing the things we are passionate about, even the sky isn't the limit to our success and happiness/ fulfillment in life.

How to Therapize Children

Want to know the secret to healing children? ...

“Get to know their world and meet them there.”

Simply put. It doesn't get clearer than this advice.

Therapy isn't just someone talking and someone listening. Nah uhhhh!

Therapy is about 2 people bonding together and getting to know each other on a soul level.

It's about being compassionate for one another and helping the other person grow by reminding them of the greatness of their light and potential in this world. My philosophy has always been to see my friends and peers succeed in their life and live a life of fulfillment and success. I believe that religion and spirituality can play a great role in this. I don't know about your beliefs nor do I impose any of mine onto you. I can simply state that you wouldn't be reading this book if you weren't heart centered. So I'll say this much, everything is connected and we are all connected by the One Creator that has made us from this fantastic stream of consciousness that we call life. Our role is to simply serve and children specifically teach us about the beauty of life and not taking things so seriously.

Children are our guides and teachers. It is not the other way around. I feel so positive whenever I help a child see that he/she is not stupid but a really smart individual who has many strengths in life. It's like the example of the monkey comparing its ability to swim with a fish. The monkey will always feel inferior by comparing but he needs to realize that his ability to climb a tree is his strength and he needs to capitalize on that strength rather than focusing on his shortcomings.

Want to know how you can connect with just about any kid?

Find out what moves them, ask them what they're hobbies are and see what they like to watch. Let's say for instance, if they like Power Rangers then watch an episode of Power Rangers with them and try to knit pick on the golden nuggets of wisdom from there and have a dialogue with them about what positive lessons they learned from watching the episode. The same applies to movies as children can connect with the lessons from shows and the movies.

Compare the attention level of a 6 year old by either talking to them or showing them a cartoon of their choice. You have no choice and absolutely have to connect with them on their interest level to help them change and respond well to you.

As adults we have our own linear boring language for the kids who crave pictures, illustrations, games and play. In order to create a deep bond with a child we have to play with them!

I personally like to play with them in sessions involving board games, drawing and I've found that the most positive results I get and responsiveness from children I get is when I watch movies and/ or shows with them for meaning making processing.

How to work with kids

1. Be present with them
2. Connect with them (joke with them, smile at them, ask them questions, be curious about them)
3. Empower them
4. Speak to them as if they're an adult
5. Play games with them (they love games)
6. They love watching movies (watch insightful cartoons and movies with them)
7. Draw with them, do artwork

The beauty of children

Children are truly God's gift to humanity on Earth. Children remind us to have fun and value the experiences in life that are spent with family & friends. Kids have this unique ability to take boring adults out of their mind and programmed mental patterns to live life in the present moment. Because truly, the present moment is all that we have. Children like to be heard. Hear them out and always show them positivity. Because it trickles

down to them. No child is a lost cause. Children simply need the love, attention & guidance. Give them that and they'll blossom.

Children need role models. So be a good one.

Imagine yourself as a child. Who did you want to be? Who did you look up to? Now imagine yourself today and ask yourself, "did I become the person of my dreams? Am I the hero I've always wanted to be?" If your answer to that is no, then look at yourself in the mirror and think about what you need to do and how you can be that very same amazing person who you've always wanted to be.

My Experience Working with Inmates

I've worked with some of the hardest people on the planet and let me tell you, they're no different than working with children. You see, inmates are people just like us. They too have an inner child like us, but they've experienced some of the worst trauma possible which is what has made them make questionable decisions which have led them to jail. I wanted to share stories of 5 memorable inmates who inspire me still to this day.

The Spiritualist

He was put on suicide watch because he had a suicide attempt 12 years ago where he stabbed himself in the stomach with a knife. As I sat in front of him, he looked at me with a look of disappointment in his face and said "man...I feel like ain't nobody trying to help me" He relayed to me his story of how he got arrested. He was homeless at the time & living in his car. He had just finished his shift and was talking to his girlfriend on his cellphone in his car. He tells me that the officer begins to question him aggressively as to what he's doing and things begin to escalate where Mr. Wright is put in jail for a parole violation. Thing is, Mr. Wright wanted to get his life back on track which is what prompted him to work at the restaurant but the officer calls the parole board, sets him up with a parole officer and immediately charges him for violating parole. Mr. Wright was still wearing his work uniform at his time of arrest. He's an African American man in his 50s. Jail is hard. The first night, when those metal doors close on you, it'll leave you with a feeling of

hopelessness & loneliness. Mr. Wright was one the most beautiful individuals I had ever met. There was a glow about him. He tells me “I stabbed myself 12 years ago because I was high on meth and going through some really tough times including being held at point at a crack house. That was the only time I did meth & I sure as hell don’t want to go around stabbing myself anymore.” Mr. Wright told me that he took care of his former girlfriend’s father for 6 years who was bedridden on a breathing tube. He took care of his needs from eating to taking him to the bathroom. I ask him “you seem like a spiritual man” and then he glows right up and answers “yes, I’ve provided spiritual services at my church before”.

You see, there’s a saying in jails I used very commonly: “every saint has a past & every sinner has a future”. Our society still has many ways to go before we start to shift our views on inmates. They’re people just like us & they all have a story. If you were to ask me about my experience I’d say “I saw nothing but beauty”. Grown men & women breaking down in tears telling me about their history of abuse, neglect & trauma which led them towards making questionable decisions. Mr. Wright was no exception. He came from an extreme abusive background. But that experience made him more soft and warm hearted on the inside. Yet coming from an impoverished home, he was not able to get the right assistance in helping him overcome his traumas and instead resorted to drugs which led to his incarceration. I shared with Mr. Wright my near death experience & he told me that the only thing that kept him from breaking apart in jail was his faith in God. After talking with Mr. Wright, I told him that I’d get him his jail clothes back and he’d return to the general population pod without high suicide precautions. We just had a nice conversation as two human beings on this earth which led him to say: “brother, because of you I have faith in humanity again” A few days later as I’m walking out of a session with another inmate I hear a knocking coming from a cell to my right. As I turn over to see who it is I see it’s Mr. Wright with a big bright smile on his face and he tells me “Shayan, you’re in my heart” Since the writing of this story, Mr. Wright has been released and is working on writing his book on his spiritual experiences which he hopes to inspire people with.

The Ex-Satanist

I met a 19 year old who had driven all the way from New York to California with his wife in search of a new life & opportunity. She was a model and he created t-shirt designs. However they ran into financial difficulty in California and found themselves in the social services building to see if they could receive some welfare. What prompted the charges on his file, a misdemeanor of assaulting an officer, was seeing his wife being groped by the security officer which triggered him immensely. As he put it: “I was raped as a child and seeing her being touched like that reminded me of my childhood trauma so I had to pull him away from her.” Two minutes into our

session he begins to break down and cries. The deputy officer had to take us to an even more private room because that floor pod had 57 predators (child molesters). Sam told me that he used to be a Satanist but has now adopted agnostic beliefs. He told me that he one day wants to create an organization that helps victims of sexual abuse.” He showed me a poem that he wrote in his journal while spending his first night in jail which talked about his childhood anxiety and bipolar disorder. It echoed in pain & how much of it he carried. He then began to worry about his wife whom he was afraid might be on the streets. He tried to contact her the day prior but the telephones weren’t working and the deputies told him to just “suck it up”. We began to talk about life and our conversation led me to reveal to Sam that I’m a Muslim. Then Sam tells me, “oh the Fatiha, I know the Fatiha" and then he begins to recite the Surah Fatiha which is the beginning verse of the Quran speaking of man’s connection to a higher power. To my amazement, he read it very well & told me that he was fond of the religion & had many Muslim friends. Sam had left an impression on me. He was a gentle soul with a very troubled past. Since our session, he has been released on bail and travelled back to New York with his wife where they hope to get a new fresh start on life.

The Depressed Prisoner Who Wrote Poems

He was referred to me for being depressed. I asked him “what do you like to do? What excites you?” And he tells me: “I like writing poetry and I like doing standup. I want to learn how to cook and learn a new language.” He then began to read me one of his poems and it moved me. It was about having faith and trusting the process of growth in life.” He was smart, articulate and well spoken. It was when I asked him about what moved him on a deep level that I saw him light up and reveal to me his artistic side. He told me that he had a traumatic childhood which resulted in him using drugs but he indeed had aspirations to become a play actor and he told me his plans to move to New York and start his journey as an actor. As of now, he has been released and has moved to New York to pursue his dreams of becoming an actor.

The Ex-Skinhead Who Found Spirituality

I was referred to see an ex-skinhead who was reporting hearing voices and having paranoid auditory hallucinations. When I went to see him he was very polite & pulled the seat out for me to sit. I was expecting a hostile interaction due to this person’s prior racial affiliation with a white supremacist group. He tells me: “I was abused as a child & I always wanted to belong”. He told me that he was hearing voices that were telling him very nasty things which disturbed him and increased his paranoia about being watched by “the entity” an infiltrating group inside the jail, according to him. He tells me: “I’m an empath. I feel like I can feel peoples’ energies” After much discussion he

tells me that he's been reading spiritual books and delving more into mindfulness. He's been talking to his aunt about life after death and beginning to take a more spiritual approach in life. I then begin to tie the knots and tell him that perhaps due to his empathic nature, as a receiver he has his energetic field wide open where he's tapping into the thoughts of other inmates in his pod. And let me tell you, he was in a pod filled with rapists and gang members so perhaps all those nasty thoughts were not his personal thoughts but thoughts of the inmates around his cell. Then I suggested to him a technique where he should imagine a white light of protection around himself and decrease the size of his aura in order to prevent himself from tapping into the thoughts of others around his cell. We worked on him doing mindful breathing techniques (breathing slowly in through the nose and out through the mouth) and shifting his focus towards practicing mindfulness. At the end of our session he asked me if I could bring him more spiritual books on mindfulness.

The Anxious Lady Who Turned to Mindfulness

She was referred to me for having suicidal thoughts and anxiety. She tells me in our session that the 4 walls in jail were giving her intense anxiety and a feeling of claustrophobia. I asked her about her racing thoughts. After some work she tells me that in her heart she knows she's safe, but her mind keeps racing. Then I ask her why she doesn't turn inward to her heart and she tells me: "I was never loved by my mother. She rejected me love at a young age and ever since then I've had trouble connecting with my heart" We worked on developing mindful techniques such as deep breathing exercises to help her find some grounding from her racing thoughts and to start tapping into her heart again by practicing self-compassion first. "Those that are the hardest to love need it the most" I suggested to her to imagine her mother in front of her and to give her the biggest hug and say "I love you mom". What this does is begin to heal her heart by emanating love towards her mother. It's easy to love our friends but what about our enemies? That is the true test of compassion. When we begin to send love and compassion towards our enemies we begin to heal ourselves and the planet. There's a lot of pain and suffering in this world but once we start to heal ourselves we begin to shift our interaction with everyone around us and that exchange alone can possibly lead all those whom we interact with to shift themselves in a positive way. Drugs are what led her to jail and she too had a history of abuse and neglect in her life. Her mother suffered from extreme depression and had told her at her young age that she didn't love her daughter. To not be loved by your own mother would indicate extreme trauma to any individual. Yet she tells me that when she's out of jail she wants to be there for her children and give them a better life than she ever had. To hear this from an inmate at jail was truly inspirational.

You see, what these stories tell me is that every inmate suffered trauma and it was due to them not addressing their childhood traumas that led them turning to drugs and making questionable decisions by being around the wrong people at the wrong time. As I say “every saint has a past and every sinner has a future. Even Nelson Mandela was in prison for so many years before he changed the world.” Inmates are no exception and they deserve a second chance in life. They’ve probably suffered the most trauma however they’re some of the most interesting and compassionate people that I’ve ever met. We all deserve a second chance at life and we need to treat them like people and guide them towards their recovery & healing.

What I Learned about Inmates:

- Never judge a book by its cover: Some of the nicest & most empathetic people I’ve met were in jail. When you show genuine care and attention, your client will feel safe enough to open up to you.
- After talking with inmates, I could see that racism is still apparent in the police force.
- At the end of the day, inmates are people just like us but they’ve generally experienced significantly more trauma.
- Jail is created for punishment not rehabilitation.
- Surprisingly many inmates find God.

Call to Action:

- Practice compassion in your daily life starting with yourself. Wake up in the morning with a sense of gratitude & begin your day by counting your blessings.
- Don’t judge people but become curious about them. Everyone has a story and once we become curious enough to listen to theirs we’ll start creating more bridges and less walls. No matter what, always let someone know that their problems are opportunities for growth and change.
- Just because someone has gone to jail/prison, doesn’t mean that they have to carry that stigma for life. Healthy people mature and change over time. Inmates are no exception.

Growth Mindset

We humans are hardwired to improve our thinking patterns and also engage in cognitive enhancing behaviors to hyper tune ourselves through neuroplasticity. Meditation and deep breathing helps us grow grey matter in our brain and activate healthy genes in our body and enhance our spirit. We need to keep our mind engaged with constructive work and thought patterns or else we'll suffer the eternal life shattering consequences of boredom. You know as they say, "a bored mind is a dangerous mind" as we have to always keep ourselves engaged in things that excite our spirit/ soul. If we keep on doing our mundane work daily then we'll start to resent life and we'll always be a Debbie Downer in the party. Who in their right mind told us that we don't have to be happy with our jobs and just settle for a steady paycheck and mediocrity in life. We must always strive to follow where our happiness lies and trust our intuition on things.

"Our heart really knows the answer so we must always trust our gut."

I'll share with you a funny little story. When I was working as a Marriage and Family Therapist at a Community Based Mental Health Agency, I was caught experiencing some of the worst corporate cultures out there. The environment was a non-profit but everything they did felt corporate. The work I would do there with children and families was phenomenal. I have so many fond memories that come to mind thinking about the lives of my clients that I was able to touch and mentor. But in the end, due to the immensity of Medi-Cal paperwork knocking on my door to finish every day and after my work hours started to tug at my soul. I was no longer enjoying my work as I was beginning to stress and worry about hitting my productivity expectations, which I found completely nonsensical. I mean I joined the company to work as a Therapist, but having to worry about productivity meant that the magic I would allow my clients to experience on a soul level was not being acknowledged by my manager but instead I was being penalized for not being a fully productive employee.

I was sitting with my clinical supervisor and he mentioned a Therapist who he knew was passionate about traveling. He said how miserable that Therapist looked when he would show up for work because his work as a Therapist was solely judged on his productivity numbers. But when he quit the job, he went traveling, and there his soul flourished. Then I just point blank asked my supervisor, "what do you think I should do John?", to which he answered "well if I was you I'd quit". Then he asked me "what does your heart say?" To which I answered immediately "well my heart says I have to quit". I knew that the call of my soul was knocking on my door of opportunity and was begging me to answer the door as every second I'd spend at that God awful agency was every second being taken away from my hopes and dreams of becoming a Soul Mentor, International Consultant.

Truth be told, right after that meeting I had my meeting with my manager and I told him that I would be leaving the company to follow my heart's desire and take a break and decide what I wanted to do next.

You see, life is too short to spend our time miserably in a job that we don't like and doing work that we don't want to do. For me it was paperwork, and my heart was dreading coming to work and never being acknowledged for my efforts to healing the client but only by me hitting my productivity levels

You may have heard the Nike slogan “just do it” which is actually a saying that is heavily practiced by the Buddhist monks who believe that this moment is all that we have and we must make most of it and part of that authentic experience is to just do what our soul is itching us to do.

You see, so many people fall behind their hearts desire by second guessing themselves and “playing it safe”. What happens to those people then? They become miserable and jaded and start building up negative energy towards life and as a result only start thinking about their what ifs in life and how they should have done those things that their heart desired (but they never will go after what their heart wants because their too afraid and care too much about what other people will think and say about them.

Not Giving a F*CK

The greatest power that a person can have in this world is when they simply don't care about what other people think. Once you remove the social stigma to impress and gain approval of others, you instantly become immune to the Idiocracy of keeping up with the Jones' and actually start living your best authentic life. It is actually very powerful to not care about what others think and having that genuine energy of authenticity allows a person to lead the masses and stand out from the conformists. These people are change makers and nothing/ nobody slows them down, because they're all about the truth and not wanting to gain the approval of others. These people have a contagious energy about them which can empower even the biggest wimps and give others self-permission to also shine their own light.

The Power of Presence

This present moment is all that we truly have. In order to become present we must remember to always practice deep breathing and express gratitude.

Every morning when you wake up, think about at least 3 things that you are grateful for. Gratitude opens up our heart towards positive change and heightens our spiritual vibration. In fact, gratitude is the highest vibrational force in this universe.

Even having a gratitude journal can be a great tool for us.

Assorted Affirmations

Following the Beat of Your Heart

Your heart deserves the best treatment. It does so much for you. Treat it like a king & queen. It is there to help us and guide us towards the right path. Our heart is our guiding compass & it will always guide us towards the path of righteousness. Follow your hearts bliss. Water it daily. Give it that love and support that it needs.

Life is truly beautiful. One must go out and search for their heart's desire. Never be afraid to let go. Never be afraid to shine your light to its highest, most brightest vibration. You are in essence God's light shining on this Earth. Shine away and shine bright. Shine towards the brightest star in this universe.

Principles to live by

Always do what's right
Help others
Advocate for others
Also advocate for yourself too
Look after animals

Laughter is the ultimate equalizer.

Laughter has the unique ability to bring people from all walks of life together. It can soften any tense situation and bring two indifferent people towards warmth for each other.

Fear

Fear is a construct of the mind. Quite often we are challenged with our thoughts that debilitate us. Imagine you're in a room with someone you find extremely attractive. Now let's say that you want to ask this person out. Imagine what starts happening in your body. You start getting a little nervous, and then these thoughts start entering your mind such as "she's too pretty for you bro, she's going to reject you". There's a saying; "analysis, paralysis." When we get too much into our mind we then lose out on capitalizing on the magic of the present moment. The present moment is truly all that we have and when we begin to follow the mantra of living in the present then we truly are powerful.

So what do you do when you're overrun with these feelings of shyness or thoughts of being self-conscious to ask someone out. Well here are a few tips to execute on that:

1. Just do it...What's the worst that can happen?

There's something powerful about this question. Fortune favors the bold and when we go out and put ourselves out there then sooner or later something is going to stick on the wall. Have the mentality of "each rejection brings me closer to a yes". As the saying goes "the early bird gets the worm" so just put yourself out there because the law of the universe demands effort and energy out of us to truly attract what we are seeking from within.

a. Just breathe and smell the cookies

Practice deep breathing by inhaling through the nose and exhaling through the mouth. Imagine taking in a deep breath through the nose for 4 seconds, then holding the breath for 4 seconds and exhaling through the mouth for 8 seconds. Try this at least 3 times and you'll notice a significant difference in your physiological state by becoming more relaxed, out of your head and being present in the room.

a. Be sincere and vulnerable

Imagine yourself asking that pretty girl out who's gotten the attention of every man in the room. Pretty daunting right? You'll probably be talking to her and may get a little nervous and formulate a few jumbled sentences...pretty smooth right? But what she's looking for isn't for you to be Mr. Suave but speak from a place of genuineness and authenticity. Remember, it takes a lot to ask someone out or propose a magnanimous idea to someone of prestige but the essence of it all is that you had the courage to ask and put yourself out there. It's definitely not easy to be vulnerable but there is indeed so much

strength in someone who can be vulnerable. Women truly admire that quality in a man and when she sees that your intentions are sincere then she'll gladly say yes to you asking her out ;)

a. Have fun with it and don't take it too seriously

Seriously, don't take yourself too seriously. Humor is a great tool to have in our journey as it keeps us light and refreshed during the dark times. The difference between mediocre and great leaders is that great leaders don't take themselves too seriously but rather keep things light hearted amongst everyone. So play a game with yourself, if you're someone who has a difficult time asking someone out then go out there and practice some exposure therapy. Literally do what you're afraid of, ask that person out and in the back of your mind just keep saying "even if she says no, I'm still going to be my charming self and just enjoy the fact that I had the courage to ask her out." The beauty of consistency and doing things that we're afraid (i.e. asking that cute girl out) of allows us to strengthen those very same psychological muscle fibers and makes us more comfortable when we do those things repeatedly.

Alpha Mindset Rules

Always look forward when it comes to your vision. Only look back to pull others forward.

Think positive. Act positive. BE positive

Our time is limited. Make the most of it. Treasure every moment. Love your loved ones. You never know what tomorrow holds for you.

Creating a Better Future

Ultimately, God is the controller of all affairs, but we too have the ability to change our own destinies by taking action and control of our lives. Far too many people choose to settle and as a result become miserable in their lives. There are so many people out there who choose to feed into their fears and stick to the same miserable job that they hate. The mind functions off of fear by telling us to keep our mundane jobs, not travel to that new country or to ask that cute person out because we're afraid to get rejected, lost or jobless.

The essence of it all is to have an abundance mindset. We need to teach others compassion, give ourselves self-compassion and follow our dreams. The only difference between a person who follows their dreams and who doesn't is faith. In any situation of life, you will be presented with opportunities to follow your dreams and if you hold off long enough then you're going to get old, held down with more responsibilities and start losing that same passion and desire that you once had. But even then your passion will be there. There is something special about people who go after their hearts calling. They're happy. And what you see on their face is the look of freedom, passion, gratitude and joy. Whereas people who don't follow their hearts desire are some of the most negative, miserable and depressed people you'll see. Either they've accepted defeat and become numb to their internal pain or they just think about the "what-if's" of their life had they pursued their dreams. They usually feel emotions of sadness, anger, shame and regret. Now you tell me, what kind of emotions in life do you want to experience? Joy, freedom, passion and gratitude? Or anger, shame and regret? Pretty simple if you ask me because expressing these emotions over time will create major changes in the decisions we make, our diet, our physiology and the kinds of people we'll attract.

“Follow your heart. Your heart knows. Your heart is a guiding force. It knows your purpose.”

Mantra

“Day by day, in every way, I get stronger and feel more love all around me. I attract love, I project love, and I am love. I love everyone, everyone loves me, I'm loved.”

The Hero's Journey

The Hero's Journey is an interesting concept. Think Luke Skywalker in Star Wars. How in the beginning of it all he held a seed of potentiality within himself and started his journey. As they say, the master appears when the student is ready, and sure enough Obi Wan shows up to teach him the tricks of the Jedi Masters. Luke sure did learn, and then he found himself head to head with his arch nemesis, Darth Vader. In the end, Darth Vader realized his soul's true calling by saving Luke from the grips of evil Senator Palpatine and turned to the good side. The beauty about Luke's journey is that not only did he actualize his potential, but in the process he also inspired Darth Vader to find healing in his heart and become good again.

The beauty about a person following their inner hero's journey is that not only do they come out feeling more actualized and stronger spiritually, but they also inspire others towards positive change through their interaction with them.

As Marianne Williamson says in her poem "Our Biggest Fear"

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine as children do. It's not just in some of us; it is in everyone. And as we let our own lights shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others." -- Marianne Williamson

Our internal liberation frees not only is but also those around us.

There is an infectious exchange that happens when we surround ourselves with people who are following their passions and dreams.

How Short Life Really Is

Think about it, how short is our life on this Earth? The Biblical Noah as well all know, lived on this Earth for over 2,500 years. And on his deathbed, when he was asked about this life he mentioned "my entire life, looking back, felt as if I was alive for only half a day". We'll probably not even live 5% of the total of Noah's life so imagine how little our life is going to feel to us on our deathbed?

There was a nurse who worked at a hospice and she helped the dying elders transition out of their lives into the next world. So she would ask them what their biggest regrets were. They answered:

1. I wish I'd had the courage to live a life true to myself, not the life others expected of me. "This was the most common regret of all.
2. I wish I hadn't worked so hard.
3. I wish I'd had the courage to express my feelings.
4. I wish I had stayed in touch with my friends.
5. I wish that I had let myself be happier.

Now looking at this, there appears to be a clear distinction on the themes of these regrets. They all come down to whether or not the person wholeheartedly followed their hero's journey and listened to their heart. The

Hero's Journey is not easy. It's a matter of fact a journey of many trials and tribulations but in the end it will take us to our heart's calling and free us from the mediocrity of society's expectations of us.

In conclusion, I want you to think about your life and imagine yourself on your deathbed. What are some things you would like to have achieved by then? What are some regrets you would never like to have? Ponder over this then go out and achieve your dreams.

I believe in you.

~ Your Soul Mentor Shayan