

The **YOU** beyond you

THE KNOWLEDGE OF THE WILLING



RAMZI NAJJAR

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Najjar

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Dedication

‘This book is dedicated to my daughter Vanessa, with the hope that she will grasp the material provided herein and model her life accordingly.

It is published as a return of appreciation to my parents, my family and the Universe, who all contribute to the person that I am’

Preface

In a chaotic world, and a life of prevalent restlessness, how can we make sense of the non-sensical?

Though the notion may sound farfetched, the reality remains that this is our current state of being. The world we live in has certainly progressed to untold levels, but it has also rendered us oblivious to our well-being and the pollutants we unwittingly allow into our lives.

Through this book, I will attempt to unfold the secrets of living life to its utmost potential, whilst still allowing those that seek balance to celebrate the benefits the world has to offer. This book I believe will offer a lengthy discussion on the dynamics of life, their nature and how they operate.

This will not be an easy endeavor as it attempts to relay a state of living that goes beyond words and expressions.

While reading this book, you will get to know about how some of our daily routine habits debase the true value of life.

As you dive into this enlivening account of my experiences, you will realize, as I did, that more often than not, it is not the world around us that is to be blamed for the quality of the life we live, it is our approach towards life that determines the quality of

living, as well as what we allow to become a part of it.

I will also attempt to cross-check with scientific evidence the concepts which I believe form our reality, that differs greatly from that which is always being perceived.

“In essence it can be summed up to one idea: you become what you perceive... and what you permit to enter your body”.

Introduction

I can still recall the day I turned off the TV at my office and looked outside the window across the street, where people were walking back and forth. While my gaze lingered, I had a thought, how to dispel the growing unease that I was experiencing. Expatiating on the reasons and causes, I realized at that moment that watching massacres unfold in different parts of the world on the news was largely responsible for my nagging discomfort. This instilled a primary conviction that the negativity on the news was essentially the main contributor to any bleak thoughts or sensations I had.

I returned home and for the first time was confronted with how I was living my life. I wondered why I had been subjecting myself to such constant negativity, only to come home feeling drained.

I made a conscious decision that day, not to watch TV the day that follows. And as expected, my experience was going smoother and better in all directions. That was the last time I watched any TV program, and the first day I gave up what I had attributed as a regular mode of living. A more conscious approach was needed to strive in the environment I lived in. Being exposed to a multitude of experiences as well as constantly being bombarded with information, meant that I needed to analyze the underlying biological and

psychological factors in order to establish my way of living and consequently, my identity.

We amass infinite hours of education and knowledge throughout the years, to try to assemble all the pieces of the puzzle and make something out of our lives. We try to cope with the people around us as well as our surroundings. We seldom try, however, to comprehensively analyze our thoughts and actions.

We rarely take our failures and state of being as a stop sign to return to the point of beginning. We simply think fast and act faster, and as it is a fast pace world we live in, we are constantly pressured to keep up.

Slowing down the pace is necessary to align our thoughts and experiences and draw constructive conclusions and adequate solutions.

Every event, every experience teaches us a life lesson. We only need to clear our mind and adopt a method of questioning to extract these lessons. What we ultimately need to instill in our lives is the curiosity within us to research and analyze matters.

One should be reawakened to who they really are and reach a truer version of themselves. **“When we dive deeper into these life lessons, a whole new world will be unveiled, and soon enough, our place in this unlimited Universe will be aligned.”**

Humans are fated to win in one instance and fail in another. These are rules when getting involved in any

life experience, especially if we are tackling new grounds. Our failure determines our persistence.

To pick ourselves up and try again is the real driving force behind success. When one falls in life, he must ascertain he has something solid to build on rather than rebuilding on debris.

Many of us advance through age without gaining insight into the problems we are faced with. Few of us have grasped that problems happen for a reason and every problem is a blessing in itself. This can only be understood if one analyses recent occurrences, for as long as it is required, to draw the adequate conclusions and move on.

Determining life lessons on the spot is an impossibility. The best method to learn the most from it, is to relinquish the thought of it with faith that it was for one's best interest. As life goes through different phases, it leaves us little clues here and there, that allow us to extract the hidden meanings. The greatest lesson I learned so far is that what is most important is not the problem itself, but rather what I was going to do about it.

Reality exists within us, and so does prosperity, abundance, happiness, and success. However, we have learned to lead a life of limitation, expecting only validation from the outside. Stuck in the social framework and idiosyncratic constructs, we lead very restricted lives, not allowing ourselves to become truly

aware of this fact. Governments, society, teachings, family, have all have set boundaries for us, which keep us entangled.

We are currently living our lives on survival mode, thus in fight or flight modes. The virulence of this mental state of being results in consequent aggression, chaos, and uncertainty that only lead us to unpleasantness.

The quantity of information we are bombarded with, whether positive or negative, is over-flooding our minds with pictures and outside stimuli from all sides irrespective of what we wish for and the direction we choose to take. Whilst the desire to take our life in a given direction exists, our brain is confused by the external factors that offer a wide array of choices that get registered in our unconscious mind.

“We wonder thus through life, living it unconsciously and expect a better outcome for our future”.

We have become machines of 220V that are plugged into a 440V power supply. Consequently, disaster ensues.

Only a few of us are able to unlock and benefit from the power of mental clarity. Single-mindedness, singular focus, clarity of perception and freedom of thought, are the true gifts for successful living.

The reality is that we are enslaving ourselves and holding our capabilities hostage. Our body and passive

mind acting as captors. We are trapped in the illusion of mindful freedom. This is a mirage when we are actually subjected to a stream of preconditioning, from all corners, to an extent that we are unable to realize constrained our perspective has become.

“It is only by breaking free of this conditioning and unwillingly amassed bad habits that we can nurture curiosity and learning.”

This child-like curiosity enables us to fully achieve what we seek to accomplish. **“No one should expect a caged lion to rule the jungle.”**

Creating big tornados around us and regularly jumping in and out of them through a multitude of actions is not the solution. What we need to establish is a path we can abide by. We can either decide to actively lead more positive lives and remove all external stimuli or remain conditioned to our misery. A joyful life is built, not won in a competition.

There are rules for leading a good life and rules mean preventing bad habits and desires.

Being torn between what we desire and what we want is a heavy burden, it is a truck loaded with more than its capacity going nowhere.

How do we win? One must first unload the unnecessary carriage and achieve psychological maneuverability. These conflicting scenarios have transformed many of us into materialistic, self-

centered individuals that are only concerned about their own well-being.

We are unaware of the environment we strive in; we do not really grasp the fact that society also plays a significant role in our lives.

Reciprocity is key; before receiving one should give, nothing comes to us if we do not give an amount of it before. Accordingly, one must begin by implementing the logic of giving before receiving.

In life the majority of us only expect to receive. We have become conditioned to only giving when receiving. However, “no man is an island entire of itself”. If we did, we wouldn’t be subjected to any societal pressure. Alone on this island, success and happiness wouldn’t matter.

But when it comes to the lives, we are leading, happiness sadly isn’t achieved naturally.

The idea of constantly comparing ourselves to others compels us to feel like something is missing, especially that the exposure to social media, where everyone pictures himself at his best, is widening.

What we must concede is success, and all significant states of being, have no value unless we share them with those around us. Thinking about our success and well-being is something that comes naturally. However, those thoughts should be reflected in our daily life in order to create a difference in the world.

True joy lies in bettering the lives of others. By doing so, one can almost immediately notice positive improvements in one's own life.

The more we fail to notice this chain of events, the harder it would be to mark our personal growth as we narrow our social interactions against our own human nature.

The world around us today, has been scaled down to people hiding behind their phones. Whilst all this fairly new technology is an important means of communication and learning, it restricts our perspectives to narrow pathways of our existence. This acts adversely in limiting our vision and true potential. We have, in many ways, disregarded connectivity amongst real people around us and have chosen to interact with those behind screens instead.

This mode of living has resulted in the creation of a world of images. We unwittingly elevate bubbles around ourselves ultimately rendering our lives into prisons and concentration camps, managed by our ingrained thinking patterns. With the constantly feeling of emptiness, we ultimately realize the how shallow our lives have become.

We should redevelop a need for deeper interactions with the other.

Some remain impervious and maintain this pattern of living. Those that do, eventually experience a sense of chaos as though they are sinking in the eye of a tornado.

We have developed multiple realities in our heads while turning a blind eye towards our true selves. The ease with which we can access information might have served to amplify our knowledge, yet we remain unaware of the real knowledge. We currently look to our environment, only for validation. We are deeply taken by the material elements that surround us, that look very shiny from the outside, without giving real importance to establishing human ties. We have turned our minds into our worst enemies at a time where the mind is the doorway to a larger, more elaborate reality.

At that stage, our mind only can be the pathway to our freedom and our salvation.

Suppressing our problems and relishing the illusion of perfection is what served to disable our ability to deal with the living reality. Maintaining a sense of utopic denial with a smiling façade is a dangerous psychological game that restricts our ability to live a healthy life. Carried on for too long, one could not climb back up the internal walls of the fake reality he created for himself.

Offered across the media, we have become conditioned to seeking out problems, accidents, murders and general negativity. We enjoy binding ourselves to this negative reality, either for the sake of feeling alive or experiencing a hormone rush. Being cognizant of negative reality adds to our sense of security, in a way, in knowing that it is happening outside our sphere.

Unknowingly, it has become an effective way for the energy boost, creating distractions and routine disruption. This illusion though has very negative effects on our wellbeing. What is real around us, as well as what is fake, has unilaterally become who we are. Our subconscious mind is conditioned to store and display whatever information it receives. The subconscious mind does not know how to differentiate between the two sensibilities.

For others, life has become a routine. A certain repetitiveness of waking up, killing time with work or other activities, and going to sleep, without consciously evaluating the day that unfolded.

This consequently has disastrous effects on one's passive state of mind. Failing to impose a conscious direction and a clear perception of what we want could trigger a vicious cycle of too many lags, where one tends to forget the past, passively agonizes about the present and goes to sleep fearing the future.

If meticulous attention is given to our thoughts during the day, we might discover that the brain is limited to very few choices. We mainly focus on our daily tasks, problems, and consider this to be the norm by way of habituation without paying attention to our capabilities and set of skills.

We have thus become small problem solvers as opposed to dreamers. We tend to focus on our daily routines to a crippling extent. The multitude of daily

events and the fast track life we are all leading creates a constant feeling of unease, fear and remorse. The negative externalities in our daily lives impacts our biological, spiritual and psychological stability. We become more and more distanced from our true purpose and are carried away to create our own illusions. These transform into swamps where we drown in our negative thoughts, constantly wondering why life is so difficult, forgetting that we only need to swim to get to shore.

The constant inflation and deflation of the bubbles we live in based on our everyday experiences and circumstances, as well as the negativity we are being subjected to, are shaping our characters, attitudes, and values. We, therefore, have unwillingly already surrendered to the programming of limitation whereby success is an impossibility.

We thus aimlessly wander in circles instead of reaching our goals head-on. We have placed point A inside one circle and point B in another circle. Our brain is unable to grasp the existence of point B, or anything besides the circle we find ourselves in.

Most of us are living in comfort zones, not even psychologically allowing ourselves to explore the possibility of what really exists on the other side. We have preconditioned our brains to maintain our status just below our imagined breaking points, at a time where breaking points do not exist.

In effect the possibilities available for us are unlimited. Once we decide to get out of our swamp and aim at a real direction in life, everything would become possible.

It is sometimes worth stepping back for several days in order to determine where one has reached in his life. What he has accomplished thus far, and what he would like to amend.

When I personally embarked on that journey, I realized that my life isn't at one percent of what I wanted it to be. I had taken too many paths, rather than focusing on fewer productive ones. Thus, I decided to begin organizing my life and to set specific goals. Exercise is always a good starting point as it eases the pressure of the mind.

Soon after, I discovered that my body wasn't responding as it should. My second goal was to jot down all that comes to mind and to revisit them later. At a glance, I could see that negativity prevailed and that constituted a real shock. Still, the worst it was the realization was that what I thought I knew, I in fact knew only on a superficial level.

To gain knowledge up to this point, I had mainly relied on my personal experiences, my work, some random discussions, and what reaches me on social media.

It is then that I realized I needed a full overhaul of my entire life, my body, and my mind.

Chapter 4

Getting imprinted with the correct Memory

On the path of clearing the body and mind of internal pollutants, things suddenly become more evident, and a deep feeling of wellness dominates.

One may wonder how this same being with the same cells, organs and brain, shifted his life entirely towards a broader clearer dimension.

The process of change itself is so significant that it requires moving from one level to the other. The way change happens is through imprinting your biological body with new memory separate from the one that existed. While we exercise our muscles, we store the pressure and vibrations coming out of the movement as a new memory in our body, reflected in the size and shape of our muscles. This is a process carried out by our brain, whereby new thoughts and an increase in information is stored through electric imprinting that we may in turn transform into new ideas while revisiting stored information.

All atoms, cells and organs in our bodies have separate abilities to store memory, not only our brain. And I believe the dictum that “we are what we think”, that has

been revered throughout history, is inaccurate. We are rather all that our body stores as memory and should treat our thinking process within that context, as a thinking being that can read data in multiple ways.

Thoughts are generated throughout the body, and processed within the brain, which constitutes only one part of our thinking mechanism and plays the role of memory reader.

Muscles, bones and all organs store different types of memory while playing a major role in the thinking process. They transmit their memory to the brain to be used when needed. Our brain can't function unless it is connected through electric waves through our cells. The brain then exchanges information, back and forth, and transfers it to the required cells.

While exercising our muscles, had new memory particles gained and stored these new memory particles in them and the occurrence information was shared with the brain. If not, our muscles as a result would have maintained their size and our brain would have subsequently gained in volume. What happens during exercise is pressure relays new memory particles from the outside to our muscles, through vibrations arising from the movement, where they get stored.

Our brain in return receives information of the stored memory within our cells and thus registers the occurrence. In this example, memory is stored in the muscles and gets acknowledged by the brain as altered in a new form.

If we give the entire mechanism running our lives a closer look, we will discover that memory is the chore contributor to every aspect of it. Pure memory is imprinted with a multitude of other memories. It helps to interpret this from the inside out.

Imagine waking up one day having lost all recollection of who you are. What would that feel like? That would certainly be a most daunting thought wouldn't it?

Without memory the very essence of our existence loses meaning. We are what we are, because our atoms formed from memory particles within the protons, neutrons and electrons and everywhere in between. Memory in our bodies is the constituent of everything within in different forms, with separate roles and is modelled and unconsciously directed on several levels. This is what enables us to wake up every morning and continue from where we left off the previous day.

Now imagine, that one fine day our cells and organs lose all data stored within, as well as a loss in genetic and sensory memory on an atomic level. Even if we can remember on the conscious level, our bodies will collapse almost automatically and life as we know it will never be the same again.

Therefore, this embossing process on the atomic and cellular levels, mainly with regard to genetic memory- that remains unconscious and other sensory memories on top, that are conscious- is essential to our existence.

These atoms are part of a bigger mechanism through molecules, have two levels of memory exchange, one on the level of the atom and the second on the molecular level. This hierarchy goes on as such in the body and on all levels.

The imprinting of memory throughout our bodies can take on many forms from genetic to sensory, implicit, explicit, declarative, procedural, episodic, semantic and can be initiated both inwards and outwards through experiences, knowledge, skills and repetition.

Nonetheless these constitute partial definitions of what defines memory, that essentially cannot be divided into categories as what can be segregated throughout is the information stored within.

Memory particles are the smallest unity in our universe and each particle is like a sponge and a mirror; it is physical rather than abstract.

Thus, they exchange information by binding to one other on all existential levels.

Our muscles, for instance, store procedural information while we exercise and the more, we exercise, the more we act to increase the information on a basic memory level and generate different types of memory that are extracted from procedural memory.

The particles in our muscle derive the memory from exercise and store it in the muscle where it becomes a part of it. As such, information is acquired. However, this information needs storage. Storage can be formed everywhere in the body as these particles constitute

information magnets that gather to form reservoirs and disperse to join other particles based on the vibrations they are subjected to.

However, they are also present in predetermined packages such as atoms that are programmed at higher levels of existence than our own.

When information is gained through the binding and imprinting of two particles or more, it is either added on top of the available information, or information can prevail and dominate the total imprinting of the group thereby overriding other memory information.

Genetic memory is imprinted on top of existing memory within these particles. In the example of physical exercise, memory arising from the vibration due to pressure was added to the existing genetic memory previously imprinted by accumulating sensory memory for millions of years from the time of our first ancestor till date.

Full overriding can only occur either at the same level of imprinting meaning genetic can only override genetic, sensory can override sensory etc...

We were therefore working on reducing the toxicity in our body and mind earlier and working harder on filtering negativity towards a more positive outlook on life, to be able to attract the right memory particles for a better life.

This implies a primary conscious shift and an influence into a secondary unconscious one that permeates newfound positivity.

As such we are very much acting to override the person we once were. **“This process of imprinting is one of planting new seeds in very fertile grounds”.**

Seeds can now grow in full abundance. It is a better season as the quality of the seed has been greatly improved.

We are all sowers and reapers without even realizing our true potential.

The present is a direct measure of what we have sown before. Much like muscles that gain new memory through exercise, our thoughts and consequently our actions, have seeds within them earmarked for our future.

This mental imprinting can take place within the entire body, from the smallest particle, to any atom, to the biggest thought we may have.

Through a proper approach to nutrition we create better cells, formed of greater more pure particles and similarly in our minds once we store fruitful ideas.

We effectively run on whatever information we let in on different levels in our life throughout our existence. When we eat a certain food, we do not just gain nutrients, we also acquire atoms consisting of particles and the information within them.

This is the main determinant for the kind of food we select to consume and the effect they consequently have on us. An avocado for instance when eaten, is deconstructed into smaller and smaller nutrients such as fat, proteins, carbohydrates which in turn deconstruct into smaller nutrients like vitamins and amino acids, and so on until

they are reduced to the particle levels that allows us to regenerate ourselves.

It will eventually reach the level of pure memory joining other memory particles within our body at multiple levels and exchanging information between them.

We do not become a banana, but the banana becomes us because the genetic memory particles in us dealing with the banana are stronger than the ones in it, being enzymes, acids, etc...

This is not the case for instance if we get bitten by a snake, where the venom has stronger imprinting power in its memory particles and can decompose our cells and cause us serious trouble.

Moreover, when we watch a movie or hear the news, memory particles are carried over through light and sound waves and is stored in our bodies carried through electricity, waves and photons transported as median from our eyes to the brain.

Pain felt by being hit by a rock, for instance, is memory particles transferred through vibrations from the outside to our skin, muscle or bone, and carried internally by electricity traveling directly to the brain and other body cells through adequate channels such as nerves and neurons.

The brain in return based on the memories of such incidents stored sends signals composed of memory particles carrying the information needed for future use or just storage. Our skin also stores part of the occurrence as injury.

An objective approach to what we have accumulated through the years is therefore key. Our body and mind

are the summation of all conscious and subconscious information contained in memory particles we have been subjected to and get accumulated through the years.

Whether this memory is biologically connected to genetic information acquired from our parents, or food intake or experiences, it is stored in us in our memory particles constituents and reflected in our inside and outside.

Memory particles in fact define all our internal organs and shape who we are as well as determine our wellbeing. There is unlimited potential as to how we can mold ourselves and our environment in view of such a reality.

To explain further how all works, memory in our organs prevails over that of the cells, and in turn the cells over molecules and molecules over atoms and atoms over free memory particles. When a single cell is separated, the particles within are developed to contain and serve only the cell.

Nevertheless, when the cell is part of an organ, the particles within are directed to serve mostly the organ. This is due to the fact that vibrations at the highest levels keeps those below aligned in the bigger context.

The power of free memory particles is the ability to be turned back and forth from and towards frequencies, so we can send them across various channels through vibrations, horizontally in our social environment through alternate mechanisms in our brain. One such materialization is the act of speaking, which

Thank you for reading.

You can get the Full Book on Amazon:

<https://www.amazon.com/dp/B08KH3S581>

We always experience life through our subjective perceptions, built-up beliefs and what we have been taught or told by others and seldomly stop to meditate on the reality which surrounds us.

This enlightened guide, offers a method to dissolve all what is acquired as bad habits, beliefs and energies, which have been knowingly or unknowingly gathered throughout our experiences and unlocks a new dimension of life based on what reality firmly is, through concepts which have been never heard of before.

This book contains the real secrets of life and how they operate within us and within our reality. A process that occurs right before our eyes yet mostly goes unseen due to the many blockages in our lives.

From the Author

Reading the Book is a great idea. However, applying it as a way of living is a unique experience that will take you from where you are to where you always wanted to be, whilst shaping you into a better more defined version of yourself."

