



How to

find *the*

self?

There is a defined path to find self “quickly”, but the process could still hardly be described as quick.

To proceed with finding Self, you will need:

THE ABILITY TO
LEAVE BEHIND
DISTRACTIONS

A SILENT AND
SERENE LOCATION

THE ABILITY TO
MEDITATE ON
HEART CHAKRA

THE ABILITY TO
SEVERELY RESTRICT
DIET

In many ways, it's simple and straightforward. Get to a silent location and meditate on loving the self. Restrict your diet so you are not eating any distracting foods - processed food, caffeine, or alcohol. Avoid technology and eliminate all mental, physical, and emotional distractions.

But this can be difficult to do, the results will be immense. It is the ideal healing modality. 3 - 7 days is enough for significant changes to happen using up tops protocol.

It can be repeated as often as necessary and while you won't succeed the first or even the tenth time, it is enough to fully rejuvenate you from the stresses of modern living in a big way.

Ironically, the quickest way to find self is to do absolutely nothing at all. Your body, mind, and soul will attempt healing if you just leave it alone...stop eating, thinking, and reading garbage material all the time. You will be in a perfect state of health if you stop doing things that put you in a depressed mood and environment. The grand irony of it all is that people feel the need to 'do something' to fix what can be an illusory problem. This leads to fad diets, body-altering, unhappy relationships, and unaffordable living expenses (financially).