

the VOICE WITHIN

An Amazing Journey
To the Depths of Your Soul & Ino

ALEX ABOSSEIN

C O N T E N T S

Preface	xi
Introduction	1
Chapter One - The Age of Innocence	7
Chapter Two - Fear: My Best Friend and Teacher	21
Chapter Three - The Trinity of Self.....	31
Chapter Four - The Lights Within, Struggle with Self.....	47
Chapter Five - Love and Hate Are Self-Generated	63
Chapter Six - You Are the Cause, Not the Effect	73
Chapter Seven - Silence, Knowledge, Fear, Doubt, and at Last, Freedom.....	93
The Castle of Silence	96
The Castle of Knowledge.....	97
The Castle of Will and Daring	99
Chapter Eight - Faith the Shining Armor, Peace the Shield and Sword.....	107
Chapter Nine - Bliss, I Can Hear Clearly Now!	119
Chapter Ten - The Voices Within	131
As I Lay Me Down to Sleep	131
Awakened from Being “Awake”	133
Can You Love a Monster?	135
Deception of Addiction and Solution.....	137
Determination to Succeed!.....	139
Freedom from Emotional Hostage	141
Freedom from Passive-Aggressive Behavior	143
Habitual Thinking—Why Excuses?	144
How to Break the Chain of the Past.....	145
Is It Yellow or Gold?.....	148
Kindness.....	150
Me, Myself, and I.....	151
Ordinary or Extraordinary?	153
Science, Health, and Miracles.....	155

Solution or Problem?	157
The Anatomy of a Lie	159
The Art of De-memorizing	161
The Attitude of “What Is Wrong”	163
The Cookie Thief	164
The Illusion of Our Perception	166
The Love or the Loveless?	168
The Gift of “Broken”!.....	170
The Hierarchy of EGO!	172
The Message to Garcia.....	174
The Mystery of “Self-Esteem”!	176
The Paradigm Shift	178
“The Path to Effectiveness”!.....	180
The Power of Breath	182
The Power of Expectation.....	184
The Promise of Future.....	186
“The Quality Of Our Belief!”	187
The Question of “Good Enough”	189
The Science Behind Reaching Your Desired Goals	191
The Silent Voice Within.....	191
The Vibration of a Statue	193
The Victim Mentality	195
Time	196
“To Look Forward”!.....	198
War or a Cup of Tea?	199
What Happens When $2+2=7$?	201
What If You Are Having a Bad Day?	203
Why Do We Experience Dis-ease?	205
Will Your Nose Grow If You Lie?	206
Your Attitude: Win-Lose, Win-Win, Lose-Win, Lose-Lose	207
Your Valentine	209
Afterward.....	211

P R E F A C E

You cannot go *within* when standing *without*.

Something amazing is about to shift within you as you read this book.

It is not because I have any more knowledge nor any more information than you already have. It is because I have dared to ask your questions aloud and have formulated your answers. Our questions are the same since we are all a drop from the same ocean heading back to the ocean.

Have you ever looked into someone's eyes who is looking back at you with total unconditional love?

It melts your heart and immobilizes you with a magnetic force that you cannot let go.

It is that shift and transformation within that shows you the ocean, inviting you home.

Welcome to looking into my eyes through this book, inviting you to come home!

I N T R O D U C T I O N

There was this man who loved mountain climbing. During one of his climbs he fell and broke his back, becoming paralyzed from the waist down. He said that when he was in the hospital, he spent his time by planning how he could climb again. After three years of training and exhaustive inventions, he came up with a hand-driven tractor that helped him climb up mountains. He finally succeeded and, when faced with the reporters at the bottom of the mountain asking him why he did this, he simply said, “Because I can . . . because I can!”

Wouldn't you want to unfold your full capabilities? To move all the barriers you have built by your own thoughts to prove to yourself that you are incapable? What about all those times you debated back and forth, wanting to do something, but that hidden voice kept you back. Don't you ever wonder about that ageless being inside you that watches everything you do and at times comforts you, embraces you, cherishes you, and praises you when you are doing good things, and at other times looks away not, wanting to witness the pain and suffering that you bring to yourself by doing wrong. But is it looking away or helplessly watching the scars formed within your soul, hoping that you will see the sorrow in its eyes leading to change your path to a direction that will guide you out of this endless circle?

Where does everything begin and end? What is that beginning that we call God? Is he a bearded old man with love and compassion flowing from his eyes? Is he that hidden voice inside each of us that makes us to

go forward when we don't even know why? What is the purpose behind happiness, pain, sorrow, love, and hate? What is it that we are here to do? The time will come for each of us to question our faith, to face our faith, to test our faith, to cherish or to hate it, to curse our faith or to love it for providing the choice to make decisions, the right ones or the wrong ones. But is there right or wrong, or is it all part of our growth? How do you define righteousness if there is no sin; how do you define goodness if there is no evil; and how could you do more of the right thing if you do not know of the bad?

It is said that we shall not enter Heaven unless we become like children again.

Aren't you curious to find out what this is all about? To be born free from all thoughts, to live carrying and forming ourselves to what we believe the way of life is, and to become like children again to have eternal peace. Does it make sense? Isn't there a lot of why, what, and how in all of this?

There are so many "whys" and "whats" that make your head spin, but you have to make it spin if you want it to move. There are no shortcuts. There is no way out other than searching for it. For whatever reason, each of us has to find that on our own. You cannot pay for it; you cannot have someone find it and give it to you. You, with all guards down, all barriers destroyed, and with total surrender are the only one who can experience it. Once experienced, it can be cherished, loved, and accepted because the struggle is over; you're home at last.

How could you live with these questions and not be angry? Angry for not knowing why you do the things you do. The lucky ones are the ones who do not question it. Somehow in the cosmic laws of the universe, it is agreed that this temporary relief of playing ignorant is only a short childish game, it is a mirage, it is a dream that will last for a short while until you decide it is time to face the truth. When you review the decisions, actions, and goals of your life, you realize that all stemmed from this basic question—"Who am I?" Who am I when I am not doing anything, when I am

not going anywhere, when I am not acting to please anyone? And it is just me with no thought or activity? Do I like it or is the prospect of having no thought so scary that I need to hide behind some type of activity or be occupied with someone else's interactions to forget about myself, and maybe the pain of wanting to find myself will go away? Indeed, it will be hidden for a while in the abyss of your soul, crying out to be found. One day you have to let it free, when you're tired of holding it back and ignoring its existence. To ignore its existence is to ignore yourself, and you do exist. The perception of who you are to acknowledge your existence may come from a different angle than the universal point of view, but you're not a mirage or fantasy; you and the experiences that form you do exist. You must feel pain and sorrow, you must embrace happiness and love, same as sadness and hate, until you realize that it is not positive or negative, it is not evil or angelic. It exists to serve a purpose.

External sources define who we are by giving us the inputs that we like or dislike. Very quickly our definition of who we are is formed by what we think everyone else wants us to be. Once you believe this, the form is set, and it will take many years of pain and sorrow to break this cast and rebuild it based on what really is, which will be the true definition of who one is. To live with the assumption that your actions have no consequences, as opposed to believing that what we do in life will echo through eternity, creates a complete set of different goals and lifestyles.

If your definition of who you are is based on a religious belief that says earthly things are for a short while and eternal life awaits us in paradise, then the stage is set, the lights are on, and the audience is ready to cheer for your acting. Your approach to every decision of your life is from that angle. To love and to hate is based on the basic belief that punishment or reward is awaiting you in another world. Fear grows larger and larger. What if what I am doing is not good enough to secure my happiness in eternal life, and how long is eternity? Do I get a second chance? How sad it is to be a certain way just because you are afraid of the alternative. They say

human nature is sinful. Does it not bother you to question this, to wonder what we have done that is so terrible we have been condemned to a sinful life, that we have to fight for our freedom? And what is it about freedom that it has to be just the right amount? Too little of it makes you fight for more with all your powers, and too much of it makes you give it up, so you stop feeling out of control.

What if your definition of who you are is whatever makes you feel good and satisfies you physically? The purpose of life is to enjoy your body and your physical experiences to their maximum. That makes sense, doesn't it? The world is limited to what we can see, to whatever your five senses can feel exists, right? If it is pleasing to the eyes, I want it. If it smells good, I must have it. If it sounds nice, I would like to possess it so I can use it at my discretion, and the list goes on. Sounds interesting, but what makes something pleasing to the eyes or to have a pleasant smell, or what are the ingredients that make something acceptable or unacceptable to our senses? Doesn't it come from an unseen source? How do you explain the brain activity that sets the criteria for your likes and dislikes? It can't be sensed by any of our sensory feelings. It is not documented in any place of the body that can be opened and read. The criteria are formed from all our experiences as we age, with options to change, disregard, modify, and reevaluate at our will. But only you possess the knowledge of what is stored inside you. It is like entering a castle with a lot of rooms, and you never know what it is behind each door. Each of us holds the key to the door, to our lifetime experiences and thoughts within. Then, how could life's purpose be limited to our feelings when the very source that initiates those feelings cannot be felt or seen? Isn't it safe to say that if your purpose in life is based on physical pleasures only, then it cannot be complete, and other aspects are needed to complete the picture?

What if the only way to find out who you are is to spend time in solitary, to find yourself without any contact with the outside world? How can you find yourself when your experiences are limited only to yourself? How

can the player and the coach be the same? Our interactions with others, our observation of others' behaviors toward each other and their rejections, acceptance, love, hate, beauty, and ugliness as defined by different people, will coach us to the right path.

What if your definition of who you are is to live mindlessly, accepting everything as it is without questioning the beginning or the end or the process? This is just the way it has always been; therefore, it must be the right way and the only way. This is the calmness before the storm. It will not be long before your definition of life, to be preoccupied with physical attachments or personal attachments, will be completed, and you will find yourself empty, looking for another fix. Looking for something else to attach to, something to give meaning to your existence—another spouse, another child, another house, another job. Before you know it, this cycle of life ends with an emptiness that makes your soul cry for your attention, calling you home, hoping that in another life you may listen to its cry sooner.

To embrace is to love, and to let go is to love more. Knowing that the desire to hold is to possess, and to possess is to rule, and to rule is to be separated, and separation is to be apart from ourselves, and to part from ourselves is to be independent from the divine force that created us, or to be alone in an endless universe that can only be described as hell as we know it.

Too many questions, too many unknowns, too many “ifs” and “hows” and “whys.” Why can't we just live? What in the mechanics of creation makes us search for these assumptions and theories without the assurance of their accuracy and their truth? It has been said that the secret of the universe will be revealed to you when you die. To live not knowing why—guessing, struggling, and searching to find what will be given to you when you die—is a never-ending story. But again, maybe that is what our form of life is supposed to be: a never-ending story, a childish game to entertain. Somehow, it is hard to believe that all the pain, sorrow, happiness, love, and hate is just a game. But indeed, it may be a childish game of hide and

seek, and once you're tired of hiding all your life, the desire to be found will spring up from the roots of your being. It is comforting to know that there are a lot of consistencies in life and, if you are patient and observant enough to find the links, they will be revealed. That is the best news ever; if this is true, then from what we know, we'll be able to find the unknowns that we are searching for. We have done it successfully for centuries; we predict based on assumptions, and the right answers follow. If this can be done to travel to other physical planets, why can't it be done to find a path to travel within the depth of our soul, guiding it home?

At last, after all the confusion, there is hope of finding ourselves. Hope, my good old friend, my companion, my teacher, the voice inside echoed by cheering, unknown, divine faces within my soul. Hope, my cane that I have leaned on through all my struggles, let me embrace you and never let go. It is good to see you again.

the VOICE WITHIN

We are all born with a voice inside that has all the answers. When we hear it, it brings understanding to all misunderstandings, it clarifies all questions to perfect satisfaction and it ends all struggles in search of true joy, our life purpose and happiness. Somehow the process of life de-geniuses us as the noise of empty drummers of all those before us with their goodwill intentions become so loud that this voice can no longer be heard.

Since all answers other than through this voice remain to be unsatisfactory, the time for each of us arises to look for this voice and finally to hear it with a clarity that had been forgotten before. If the events of your life has brought you to reading this paragraph, then it is time for you to allow this book to be the lighthouse that guides you to your voice within. There is a reason that you have picked up this book, and there is a reason that you can no longer ignore that voice calling you home.

IT IS TIME TO HEAR YOUR VOICE WITHIN !



Alex Abossein, PE is one of the handful of engineers in the nation having three professional engineering licenses in different disciplines starting in 1983. His passion for martial arts since childhood has allowed him to explore the body mind connections and becoming a master in 2005 as he habitually practices and continues his teachings through regular classes and seminars.

He is the author of an upcoming book "The Sacred Energy" which explores all aspects of human energetic fields as related to our focus, health, emotions and state of well being. Also, he has pioneered an energy clearing method called Guided Energy Meditation (GEM) Therapy based on white light visualization being used as photon of electrical conduits to neutralize electrical disturbances and dis-ease resistances of the body!

www.alexanderabossein.com

