

# **The Place Called Zero**

(Based on a true story)

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Inside this ebook you'll find a incredible story of hitting the bottom and bouncing back from it. Use it and learn from it!

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On the cold morning of December 25, 2004 a young man named Jonathan swallowed 5 sleeping pills with tap water and tried to go to sleep. He wasn't trying to commit suicide but had no intention of being conscious either for some time to come. The memories of what happened just a few hours back still haunted him. His pulse rate was at least a hundred twenty and he had a throbbing headache. It was 6.30 in the morning.

The night before had started off like any other Friday night. Jonathan and his half girlfriend Nicole had dinner together at home (home delivery from KFC), made love twice and started getting dressed to party. Between 9 and 10.30 they fought twice about Jonathan being too jealous and how Nicole cannot lose her male friends for him. At 10.30 Nicole's ex boyfriend called and she talked on the phone for exactly 49 minutes. When she hung up Jonathan said that he doesn't feel like going out anymore. Nicole informed him that that's his choice and she left the house alone.

Jonathan waited three hours before realizing that she wouldn't call to ask him to join her after all. So he forgave her silently for all that she has done, and decided to go and join her in the club where they usually hang out. He decided that after everything, she is still with him and that's definitely "proof of love".

When he reached the club it was already two in the morning and it was steadily snowing outside. Inside however, people were almost sweating as they danced to the intoxicating beats of loud R&B music. By the time Jonathan found Nicole, she was already making out with a pilot who went by

the name "K". Jonathan got the impression that K was a prize winning asshole the first day he met him.

For nearly seven minutes Jonathan watched Nicole make out with K right in front of him. He felt like throwing up. When they finished, Jonathan was still standing there looking pale.

The first thing that Nicole said to him was "What are you doing here? I thought you don't want to be with me."

"I'm here now. What's going on baby?"

"Nothing. I want to get a drink."

Jonathan stood there as Nicole went to get her drink and came back after nearly half an hour. When she got back, she went straight to the group K was with and waved at Jonathan to join as if nothing has happened. Jonathan decided that Nicole was just testing his patience and he decided to play along. For the next two hours he tried to act cool and with an inhuman strength of will power did not lose his temper. Most of this time Nicole danced with K on the dance floor while Jonathan sat with the group.

When the lights came on and it was time to go, Jonathan patiently waited for Nicole to finish her drink and dancing and to finally leave the club.

"Baby let's go. Its very late now" said Jonathan when he couldn't take it anymore.

Without missing a bit Nicole said "Fuck off! I'm going with K."

Jonathan couldn't believe what he was hearing. He knew that she wouldn't do that, she couldn't but the fact that she said it in front of so many

people made it so embarrassing. The music was off and people who still haven't left was enjoying the drama that was going on.

"Honey you are drunk. Let's go, please don't embarrass me here." He said again.

"What are you fucking deaf? I said I'm going with K. He will drop me home."

"Please don't do this. I know you are not thinking straight. Come with me." And as he said, he took Nicole's hand and tried to pull her. At that moment, K came in between and said "If she wants to go with you, she'll let you know. Now leave her hand!"

One last time Jonathan tried to change her mind, "Baby please don't do this."

The last thing Nicole said before she walked out of the club with K was "Fuck - off!"

Jonathan slept for about nine hours straight and he woke up with the same headache that he went to bed with, only it was worse now. He was half hoping that Nicole would send him a SMS saying that she was sorry and she made a big mistake but there was none. As he walked towards the kitchen like a drunken man, he wondered one more time if his best friend Kip has been right about her all the way.

Jonathan met Nicole six months back in the same club she walked out from last night. Jonathan quickly fell in love but she said she wasn't ready for a relationship yet. She also had an ex boyfriend who lived in South Africa for whom she clearly had feelings for. And even though she claimed that everything was over with them (after he dumped her before leaving for Johannesburg), she refused to tell her ex boyfriend about Jonathan and insisted that Jonathan maintain the secrecy as well. She said it would hurt him to know that she was dating someone else so soon.

It was Jonathan's idea to get an apartment in the city so they can move in and live together. Nicole never moved in entirely but slept with him about 3-4 days a week. As the days passed by Jonathan's life became more and more expensive as they both liked to regularly dine out, party and travel. Since Nicole had no income of her own, Jonathan paid for everything.

In the six months after they met, Jonathan's successful internet marketing business suffered enormously as he became more and more irregular in his professional activities. Life mostly

revolved partying out every other night and waking up late every morning. But on average he was happy as Nicole was a stunningly pretty woman and all his friends were jealous of him. Everyone except Kip.

Kip never really liked Nicole and kept telling Jonathan that someday this woman will be the reason for him to destroy himself. Jonathan laughed. He said Kip was just jealous. And Kip said that he pretty sure she is a gold digger. Jonathan asked Kip to shut up. But this morning as his dream world was shattered into pieces, he wondered if Kip was right after all.

As he managed to fix himself a glass of water and some Panadol, he noticed the final notice from the credit card company lying on the table. It reminded him what a terrible mess his life had become. Six months and he virtually lost everything just to pursue this dream called Nicole. And now she dumped him in front of so many people! As the memories came flooding back, drops of tears came rolling out of his eyes. More than the pain of losing Nicole to that certified moron, it was the guilt and shame of what he has done with his life that made him cry.

Sitting there staring blankly at the wall for half an hour, Jonathan made a definite decision. He told himself that this cannot go on. Life has got to change. This is not the way he is going to live it. But as he looked around, everything reminded him of Nicole. He tried to shake the cobwebs off his brain and decided that what he needs is some fresh air. So he went for a walk.

Jonathan walked aimlessly in the streets for nearly two hours. He enjoyed the cool winter air on his face. He looked at the men and women passing by and wondered how their lives were. He saw the lovers hold hands coming and going and wondered if they also fought when they went back home. Seeing people made him forget about going back to his apartment and facing the demons of his memories. As he walked he entered a beautifully manicured park with a large lake in the middle. He found himself a stone bench and sat down to rest. The sun was getting bright orange now and the air had become extremely still. It was going to snow again. Jonathan loved this time right before it started to snow. It's as if everything slowed down and gradually became still. The air felt like it was as pure as the snow itself. He took a deep breath and wrapped his jacket around him tightly trying to warm himself a little more.

"You mind if I sit with you mate?" It was a young man probably in his late twenties with South Asian features. He was wearing a pair of track pants and a thin sports jacket. It looked like he just finished jogging.

"Sure" said Jonathan although he would have preferred to be alone.

"You know, it's amazing how a lot of wonderful things can happen when you are at zero." He said as he sat down beside Jonathan.

"I'm sorry?"

"I said... a lot of amazing things can happen when you are at zero."

Jonathan wondered for a brief second if this was a druggie or something. Druggies usually

come to this park after dark. He took a good look at the stranger sitting beside him. He looked pretty normal except his eyes. It was as if he was not looking at him, he was looking at his soul. "I heard what you said. What do you mean by that?"

"I mean if you are at zero, you should be happy. A lot of interesting things happen from there."

"I'm not sure I follow you, why do think I'm at zero? And what the hell is zero anyway?"

"Zero is where you have nothing more to loose. It's the edge. People go to the edge to either fall and die or to learn to fly. And it seems to me that you are not dead!"

Jonathan was too tired to take all of this rubbish. His headache was coming back again and he quickly blamed it on this weirdo who was hell bent on imparting wisdom upon him. How did he know all this anyway? Was he looking so bad that everyone could tell he just got dumped? He wanted to leave but the prospect of walking back all the way frightened him. He was too tired to walk right now. So he decided to keep quiet and hoped that the strange man would eventually go away.

"If you have lost someone, don't blame her. You have created your own reality."

Now Jonathan lost it "What the fuck man? Who are you? How do you know all this?"

"I don't know anything that you are not communicating yourself. I am just reading all that you are writing."

"Oh awesome! So now I'm writing all my misery for people to read. Nice! So what else did you read on my face?"

"I read that you have probably sacrificed a lot for a wrong cause. And in the end you have either lost it all or going to loose it soon. And I also read that in the process you probably have jeopardized your career as well."

Jonathan looked at the strange man one more time, this time he got his attention. There is no possible way he could have known all of these things. He tried to remember if they had met before, but they have not. This man is not the type that you meet and forget. His eyes... It felt like he can see through.

"So what, are you like a fortune teller or something? Cause if you are, I don't have any money with me."

"My friend, neither am I a fortune teller, nor am I looking for your money. But I am helpless when I see another fellow soul almost close to waking up but waiting for a little nudge. I feel almost compelled to give that nudge."

"I'm sorry, I don't think I follow. How am I going to wake up? I'm already up."

"I know you are up" his voice was calm and soothing, somehow it made Jonathan feel like he talking to a much older person, "but when you *really* wake up, you will see much more than what you see right now."

"And how do you suggest that I *really* wake up?"

"By accepting that reality is the product of your mind. By understanding that you are creating your reality right now, all of it. By realizing that all your experiences are created by you and you only. And finally by taking responsibility for all of what you have created."

"So you are saying that I am responsible for all my problems?" Jonathan asked.

"What I am saying is you have control to change it to whatever you want. Would you like a chocolate?" from somewhere the stranger brought out a Sneakers bar and held it out.

"No I'm fine. Thank you. I got a bad headache right now" Jonathan said.

"Would you like to get rid of it?" asked the stranger.

"Are you kidding me? I've already popped two panadol's and it's not working."

"Okay, let's see if we can do something your medicines cannot. Take a look at my eyes, good, take a nice deep breath, exhale and relax."

As Jonathan looked at the strange man's eyes, he was suddenly overpowered by a sense of calm and peacefulness. The soft light of the setting sun, the fresh air flapping on his face, the sound of distant church bell ringing ding dong, ding dong, ding dong...

The stranger kept talking slowly and softly, "See thoughts have energy in them and your conscious thoughts can provide great insight into understanding how you are creating your reality. If you can learn to study your thoughts, you will understand where you are going."

As Jonathan listened to him speak, he felt his mind float like a little boat. He felt too relaxed to ask questions at this point. Looking at the stranger's black eyes, Jonathan felt like he was having a time distortion. Everything slowed down and it felt that they were the only people in the entire world.

"You have a conscious mind to take inventory of what is going on in your life. If you don't like

what is happening around you, you can always change it by changing your conscious thoughts, subconscious beliefs and expectations. Remember, your thoughts are the beginning of creating your reality. So instead of blaming others or yourself for what is going on, simply learn to change your thoughts and your reality will change.”

The stranger suddenly stopped talking and started to eat his chocolate bar. He looked like he was greatly enjoying the process of eating it. His eyes started shining as he looked straight and watched people walk by. He had a weird smile on his face that did not fit with the act of eating a chocolate. Jonathan watched him eat for a few minutes before he broke the silence.

“So what, you are saying that I can change all that is happening to me. How do I do that?”

The stranger started talking as if he never stopped and Jonathan didn’t ask the question. He looked back at Jonathan and started speaking in the same relaxed and calm voice like before.

“Every thought that crosses your mind has an effect, and the thought that you repeat over and over will most definitely manifest itself in the physical terms. But because we don’t understand this, we blame others, sometimes we blame god, sometimes our childhood, yet some other times we blame reincarnation and karma if you believe in those kinds of things. In which case you say that you understand *why* it’s happening but you are unable to change it because it’s predestined.”

“The truth couldn’t be further away!” The stranger smiled as he spoke “Sometimes you

might take pessimism as the principle of life and decide that being pessimistic hurts a lot less than being optimistic. Sometimes some people even take sorrow as a way of living life, or become recluses from the society. They call it being *spiritual!* It's as if, if they stayed away from people, they'd understand more. What a joke!"

"These people, for whatever reasons feel that the real freedom is outside. Sometimes they actually do get the glimpse of the *outside* and decide that it's a far better place to be. What they don't understand is that they have become afraid of what they might have seen. But they become so fascinated by the idea of "outside", they declare that not only that this world is a *bad* place, they are not even part of it!"

He smiled as he said this with as much sarcasm he could muster.

"I personally enjoy being outside and inside at the same time. The trick is to understand that the only way out is through. Trying to pretend that this place is bad, its all someone else's fault, its karmic debt I'm paying off, I belong somewhere else, I'm too damn spiritual to enjoy this physical reality --- all of these ideas only take you one way: backwards! "

He stopped to bring out a bottle of water from his small backpack. Jonathan wondered if he saw the backpack when he first saw him.

"See John, or Jonathan, whatever you name is, you have infinitely more power than you think you do. In fact, as we speak you are becoming more and more aware of something changing in you."

"Hold on, how do you know my name?"  
Jonathan was totally taken aback.

"I don't. I just guessed it would be either John or Jonathan. So which one is it?"

"It's Jonathan. But how did you guess?"

"Oh it's nothing Jonathan. Once you learn to observe people a little more, you will be able tell things too."

"So what's your name?" Jonathan couldn't remember when he was more surprised.

"Shafin... My name is Shafin. Let's go have a hot chocolate somewhere. It's getting cold out here."

The shadows were falling as they walked out of the park and went towards a coffee shop across the street. Jonathan's headache was long gone.

The coffee shop was warm and cozy. It looked more like some colonial mansion's living room. A real fire place was lit at one corner of the room and the furniture was huge and comfortable. Jonathan wondered how come he never saw this coffee shop before. They took a place in a corner. The sofa looked like it was at least hundred years old redone with new upholstery and cushions. The man called Shafin grew very quiet but his face glowed like something amazing was about to happen. Jonathan wondered who this guy really is, and what does he want with him? His thoughts were interrupted as the waitress came to take their orders. Jonathan looked at her with surprise. She was an extremely cute girl somewhere in her twenties. Her short blonde hair reminded him of his high school crush. He couldn't help but smile noticing the odd resemblance.

"I... I'll have a... cappuccino. " Jonathan stuttered for no reason. She wrote down his order on her notepad and waited for the man called Shafin.

"You know... Your handwriting says a lot about you" said Shafin. Jonathan wondered who he was talking to, him or the waitress.

"Really? What does it say?" asked the waitress smiling.

"It says that some of your expectations from life tend to be pretty unrealistic. At times you are extroverted and sociable, at other times you are introverted and reserved. At times you have serious doubts as to whether you have made the right decision or done the right thing. And you are not so disciplined and controlled that you look from the outside."

She didn't know what to say for a few moments. Then she asked "You read all that from my writing on the notepad?"

"Well I see a lot more but my friend and I have some urgent business to discuss. Let me just say that I see your basic honesty is getting on your way in getting ahead in life. Especially in your personal relationships! Can I have a hot chocolate please?"

By now she was hooked "How do you know that? It's true. What else do you see?"

"I see... that..." He had a knowing smile on his face before he said the next few words, "time is running out and maybe I'll tell you more next time I'm here."

The waitress was clearly not so happy but she went away. Jonathan was however totally amazed.

"How the hell did you do that man? And why didn't you ask for her phone number, she's hot!"

"Well, Jonathan, if you give too much too early, people lose interest. Attraction is a give and take business. If you give too much without taking, the business starts losing. And we don't want a losing business do we?"

Jonathan let the words sink in for a moment. Isn't that exactly how it went with Nicole? He kept giving and giving without getting back. Now that he thought about it, he lost almost all his savings in the last six months. Is that what this strange man was referring to?

"A big problem with our perception of love is that we learn about love from movies and songs and poetry and fiction. That's all great. I love

romantic movies also. But the problem starts when we forget that movies and stories and songs are there to entertain only. They don't represent the reality. Also a big problem with these entertainment things is they are typically created by some very creative people who are absolutely messed up in their own personal life. Take a look at all your favorite rock stars and actors and directors. Any idea how many times they got divorced or went to the rehab? Do your research, you'd be surprised."

"So what are you saying, don't watch movies and don't listen to music?" Jonathan was smiling also.

"What I am saying Mr Smart Alec, is that learn to treat entertainment as entertainment and not a way of life. These people are brilliant at entertaining people and showing you what you want to see. Would you like to learn that skill? By all means do. But don't try to find guidance on how to deal with life and love from them. Just like you don't jump off the thirty sixth floor just because Superman can."

"So tell me how did you tell so much about the girl?" Jonathan was really in awe.

"I just told her what she wanted to hear. It was really a cheap trick though. What I said applies to her, you, me, almost everybody. But she doesn't know that. Because she wants to feel the drama of meeting someone who can read her mind. I am just feeding into that need."

"Awesome man! Can you teach me this stuff?"

"Sure I can, but these are really insignificant little techniques. What is important, however, is your inside. How comfortable you are with your thoughts feelings and emotions, how well you

understand your priorities, how free are you from social and cultural expectations, how aligned are you with your true purpose in life... When you have taken care of the inside, the outside automatically takes care of itself."

"I really don't know my true purpose Shafin. I have always wondered what I am here to do, why I was born, what I will have left behind when I die, but I got no clue man."

"Well I got good news and bad news for you. Which one do you want first?"

"I'll take the good news first. I'm a little tired of bad news today."

"The good news is that it is very much a learnable skill and... if you are willing, you can become a lot more than you can even imagine you can become."

"So what is the bad news?"

"The bad news is it's going to take a little time and investment on your part to go from this level to the next level and its not going to be an easy ride."

"Okay... so how much do you want?" Jonathan was afraid that this would come down to money eventually.

"It's a hundred thousand dollars!"

"What??? Are you kidding me? I don't have that kind of money."

Shafin had a big smile on his face "I'm kidding weirdo! I don't want your money. How many times do you want me to tell you that?"

Jonathan suddenly felt a little embarrassed, "I'm sorry. So why are you doing this for me?"

"Let's just say, I see me in you. I have been where you are right now. And I feel that with an extra push you will be able to fly. Besides, when

you give, you always receive. There is no other rule. It always comes back one way or another... many times over. So it's not only that I am doing you a favor. I'm also doing myself a favor!"

"Alright man... Thanks bro. That's all I can say. Until I met you, today was probably the worst day of my life. But somehow I feel a lot better right now."

"No problem mate. So do you want to tell me what happened?"

"Well don't you know already? You seem to know everything?" Jonathan was smiling ear to ear.

Shafin laughed so loud that the people started to look at them from the counter. Fortunately there weren't too many people in the shop. His laughter felt like it was coming from deep within from his tummy. Jonathan wondered how happy do you have to be in life to laugh like that. Does this person have no problems whatsoever?

When he settled down a little he said "I don't know everything. In fact, I know so little that every day I'm overwhelmed by how much more there is to learn. And that's why it's so much fun. Everyday is a learning experience!" He stopped to laugh silently by himself a little more. "I guess what you are referring to was a form of cold reading technique that I applied. It's handy in getting people's attention but that's all that is, a tool to grab attention."

At this point the waitress came with their coffee and hot chocolate. She put them down on the table and waited for Shafin to say something. But he went totally mum. He looked at her straight in the eyes but he didn't smile or

anything. He just looked. The waitress looked like she was hypnotized or something. It was almost full thirty seconds that she just looked. And then suddenly, as if they were in the middle of a lively discussion, he said "Hey my friend Jonathan here needs to get some new clothes for himself. He is trying to change his style. But I don't trust his choice too much. He just might get the same kind of stuff again. Can you take him out sometime tomorrow for a little shopping tour?"

Jonathan was more surprised than her at the suddenness of the whole situation. The girl however wasn't too startled. She said "What makes you think I'll be able to choose the right stuff?"

"Well it seems to me that you have a good sense of fashion and you are updated with the latest trends. If I'm wrong then you can tell me."

"I'm free from noon to four pm tomorrow, give me call on this number." As she said, she wrote her number on a piece of paper and handed it to Shafin. He took a look and gave it to Jonathan "He's the one who'll give you a call. And if I like his looks tomorrow, I'll tell you some more stuff that you didn't know about yourself. Deal?"

"Deal." And she walked away.

Jonathan was flabbergasted but he was smiling, "What the hell man? Did you just set up a date for me?"

"That's what it looks like."

"Hey I got a girlfriend you know."

"No I don't know," He was smiling. "Why don't you tell me about her?"

"Well I don't. I mean I don't know if I still do. I just got dumped this morning. In the most

embarrassing way you can imagine. She went with another guy right in front of me.”

“So there you go, the problem is settled then. She’s got herself somebody, now you’ve got yourself a date. Perfect time to start from the beginning. But please don’t screw it up now okay.”

“No problem bro. I’ve had enough already. On the other hand you are doing so much for me, the least I can do is listen to you.”

“Good! Now tell me why you were looking like a dead man in the park today?”

Jonathan took a few moments to gather up what he wanted to say. The memories of last night came back again. The rhythmic loud music, Nicole making out with that asshole, people staring at them, and the final two words that she said before she went with K... Sitting here in this coffee shop with this strange man, it all seemed like a distant memory. As he looked at the flickering flames of the fireplace, he suddenly felt very blessed. Life has strange twists and turns...

“To make a very long story short, there is this girl... I met her six months back. I love her a lot and I feel that she does too but there are some problems. She doesn’t want to have a relationship and she also has this ex boyfriend who I’m pretty damn sure she wants to go back to, although she wouldn’t admit. She says I’m too jealous and I suffocate her. And last night she dumped me in front of a lot of people and went away with another guy! That’s the short version of it.”

“So how much did you lose?”

“I’m sorry?”

"How much money did you lose over her?"

As Jonathan thought about the answer to that question, he was once again overcome with shame and guilt. What has he done with his life for this one woman?

"Lots!" That's all he could say.

"Great!" The man called Shafin was smiling, "Well done. You are at the right place. I believe its time for you to make the U-Turn."

"Huh? You are happy that I lost almost everything? Its not the money only man, my career is in shambles, and I don't even know how I am going to pay for my credit card bills, which by the way looks like a millionaires bank statement, only in the negative."

"Good! I'm happy for you. I told you it wasn't going to be an easy ride but you are in the right place. Remember what I told you about zero?"

"Yeah but how am I going to pay off the credit card bills?"

"Your credit card company can't eat you up. When you got nothing, you got nothing to lose. Give them a call tomorrow and tell them it's your intention to pay but you have landed into major shit. You are not running away and you will pay them back, but it's going to take a while before you can start."

"Are you for real? Have you ever done stuff like that?"

"Jonathan, my friend, I have done lot worse. You owe the credit card company who'll have the pretty executives calling you asking for money. When I was in your place, I owed the gangsters! They sent thugs to break my legs!"

"And? What happened?"

"Some other time Jonathan, some other time. We don't have much time together. I don't live here. My vacation ends tomorrow and I'm leaving

for Melbourne the day after early morning. We have lot of things to talk about before I leave.”

“So how do I see you again?”

“Meet me tomorrow at the park, same time, same place. We’ll talk more. Enjoy your date tomorrow but don’t try to impress her too much. Don’t talk about your misery and don’t buy her anything. Just have fun as you would with your ex best friend from high school.”

“Got it man. And one last thing... What do I do if Nicole comes back?”

“I doubt she’s going to be back, even if she does, she’s probably come and gone. In any case if you do meet her tonight, just act normal. Forget what happened last night. Its not about her anyway, it’s about you. Whatever has happened has happened for your own good. Her part is however completed and you got other things to think about right now. It’s time for goodbye.”

It was gently snowing outside as they walked out of the coffee shop. The yellow streets lights were lit and a pale moon shone high above in the sky. Jonathan stood in front of the coffee shop for a few minutes watching the man called Shafin walk away into the blur of the falling snow. As he tightened his jacket to start walking, a smile flashed upon his face as he said to himself “What a day!”

Jonathan was ten minutes late by the time he reached the park. He had a great time with the cute waitress from the coffee shop whose name was turned out to be Tobe which was short form for October. Jonathan thought that was a seriously pretty name for a cute girl like her. They shopped for almost 2 hours buying a grand total of one t-shirt. She said she'd take him out again to some other place where they have different stuff. Jonathan asked her if she wanted to have coffee, and she reminded him that incase if he forgot, she worked in a coffee shop and that coffee was the last thing in the world she wanted to have. So Jonathan took her to a fresh juice shop where she had a watermelon juice, and Jonathan ordered a banana shake. When Tobe said that she had to go now, Jonathan realized that the only way he could get to the park on time was run.

When he reached their agreed upon place, he saw the man called Shafin already sitting on the bench with an attractive brunette woman in dark red track suit sitting with him with glazing eyes almost mesmerized. She looked like she was ready to kiss him sometime soon. When Jonathan reached, Shafin introduced them.

"Hello my man Jonathan! Meet Julia. We just met."

"I can imagine" thought Jonathan. "Hello Julia, how are you?" They shook hands.

"Okay Julia, its time for us to say bye bye, I have some urgent matters to discuss with Jonathan here. Let's keep touch on the email okay? And maybe we'll meet again."

"I hope you reply. Because if you don't, I'll keep sending."

"No problemo seniorita. I'll reply. You take care."

As she walked away Jonathan couldn't help but smile. "You are really something man, you know that? How did you learn to attract women like that? She was almost spellbound!"

"Lots and lots of practice Jonathan. And a lot of trial and error. As I said yesterday, it's a learnable skill if you are willing to pay the price of time and commitment."

"Well, I'd definitely want to learn *this*. No matter how long it takes. But how to get hold of you? You are leaving tomorrow!"

"Don't worry about tomorrow my man. Focus on today cause that's all you got. If you focus on the present, the future will automatically take care of itself."

"Yeah but I can't help but wonder how I am going to see you again."

"Well Jonathan, in the great here and now or there and then, I'm sure we'll see each other once in a while. Besides even if you don't see me, I'll show you how to go further and find more teachers and learn. Now tell me how was your date?"

"It was great. October is a great girl. We had lots of fun but I didn't really buy anything much. We are meeting up again in the next few days."

"Great. But next time get her to choose some stuff for you and really buy it. Women are much better in choosing stuff for men than men themselves. And when a woman chooses something for you, typically all the other women like it too."

"Hmm... Got it. But you know what? I really can't afford to buy stuff right now. I told you my financial situation."

"Never, never, never, never say these four words I-Cant-Afford-It! When you say these words, you are automatically paralyzing yourself. What did I tell you about the power of your thoughts yesterday? If you say you can't then you can't. If you say you can, then you can. It's simple. What you can ask yourself is *how can I afford to buy what I want to buy?* Now that's an empowering question. It opens your mind to opportunities. So never say those words again."

"Got it. Never say *I can't afford it.*"

"That's right. Remember the moment you say you cannot do something, your subconscious mind takes that command. And you won't be able to any way. But when you tell yourself that you can, or ask yourself *how you can*, you are empowering yourself."

"Got it. But you know what? I can't help but wonder, there are things that I'll never be able to do, what is the point of saying 'how can I?' about those kind of things?"

"Give me an example."

"Like... let's say when I hear about people flying on private jets and drinking \$3000 wine, I know I'll never be able to have a life like that. I know it. I mean I'm sure I'll not be in a horrible situation like this forever, but I also know that I'll probably never be able to fly a private jet plane either. It's just reality man!"

"Do you want to have a private jet?"

"I mean... sure... Who doesn't?"

"Most people don't Jonathan. Most people have absolutely no desire to ever live a lifestyle like that. Remember everything has a price and most people aren't willing to pay that price for living

that lifestyle. Look around. Most people are just happy living the life they are living. They want to be comfortable and that's it. Sure, if you ask them if they want a Jet Plane, they'll want it right now. But if you ask them to make the commitment of time and energy to earn that jet plane, they are not willing. Why? Because it is not something in their reality. Emerson once said "There is nothing capricious in nature. And the implanting of a desire indicates that its gratification is in the constitution of the creature that feels it."

"Wow! Could you explain that a little further?"

"What it means is that if you truly desire something, understand that it is meant to be yours. If you were not capable of achieving it, you'd not desire it in the first place. So whatever you desire, understand that not only you can achieve it, it *should* be yours!"

Jonathan let the words sink in him for a few moments. He wondered what he truly desired. Was there anything at all? He decided to ask.

"So how do I know if I my desire is true or not?"

"Well, there are two factors to consider. Number one, recognize that all your life you have been taught that your capacity is limited and you can only go this far and you can only achieve this much. That has really restricted you to see what is out there, what are all the things that you can achieve and become. Remember you can only see what you believe is true. If you don't believe, you won't see. So here is the good news: you are now becoming free to see and to dream. You can now dare to desire anything you want. Now you realize that there are no limits. With that realization, your needs, wants and desires are

going to change pretty soon. That was number one. So give it a little time to yourself to emerge out of the eggshell that you just came out of.”

“What is number two?”

“Whenever you want to know if your desire is true or not, ask yourself: are you willing to do whatever it takes, no matter what, to achieve your desired outcome? If you are, then it’s true. If you are not, then it’s not.”

“Got it! So I need to be able to commit myself to do whatever it takes to achieve my desired outcome.”

“Whatever it takes, no matter what! The ‘no matter what’ part is the one that separates the boys from the men. Remember when you set out to achieve the impossible, there will be tests. There will be times when things will get dark, when it will seem that there is no reason to continue. Everything will tell you to give up and stop trying. This is where the ‘no matter what’ part comes in. If you have a true burning desire, you will persevere, if you don’t, you will give up and enjoy your comfortable average being.”

“So how to know when to stop trying? What if I’m in the wrong way? What if it’s truly impossible?”

“Jonathan, my friend, remember: if you have been able to conceive it in your mind and have a burning desire about it, it is not only possible, you are destined to achieve it! You might have to change your way a few times before you find the right direction, but the ultimate destination stays the same. You keep trying until you reach. See this is where most people give up, and this is why most people stay stuck in their little comfortable eggshells forever.”

The sun had almost turned red and the wind blew from the south. Other joggers in the park were now making an exit. The rolling hills on the horizon looked bluish gray from a distance. Jonathan suddenly felt very blessed for being here listening to this incredibly strange man called Shafin. He wondered where he came from, how he found Jonathan, and why? But he decided to keep quiet. There were too many other things that Jonathan wanted to ask but there was too little time. He suddenly wondered what Nicole was doing right now. Somehow the horrible memories of yesterday and the life he had spent with Nicole for the last six months seemed like an unreal memory. Somehow it felt like it didn't fit in his life right now. Did he actually go through those six months or was he dreaming?

"Something I told you yesterday," said Shafin calmly, "be grateful for all the disappointments and failures you have had. They give you something extremely valuable: experience! See for a student of redefinition, there is no such thing as success and failure, only success and learning experiences."

"What is a student of redefinition?" asked Jonathan. He was beyond the point to be surprised and ask how this man knew what he was thinking.

"A student of redefinition is someone who constantly redefines himself, his surroundings, the world he lives in, his reality... for the better. Someone who is able to see beyond the veil of this physical reality. Someone who knows that he was sent to this training ground called earth not just to survive and replicate, but to create."

"Wow! And how do you become that?"

“Well, Jonathan, I’ll give you something today that will give you all the directions and explanations but in the end it is a journey you will have to make. I can only take you to the end of the beginning but after that you are the only person who can take the next step. Now whether or not you will do that is something I am unable tell. But let’s just put it this way, if you were not ready to take the next step, you wouldn’t be hearing this today.”

As Jonathan looked into his eyes, one more time he got the feeling that this man is not looking at him but looking into his soul. He felt a deep sense of gratitude for the help he was getting from him. He felt like an older brother who Jonathan never had.

“Okay buddy, let’s go get out of this place. It’s almost freezing here. Come lets get something hot to drink and then I’ll have to say good bye.” Said Shafin as he stood up from the stone bench they were sitting on.

The sun was setting on the distant horizon and the street lights were lit by the time they got out of the park. Jonathan felt an odd sense of joy and enthusiasm inside of him thinking about the days that lay ahead and what more he would learn from this man. Smiling, he prepared himself for the rest of the evening that was about to follow.

The girl called October came straight to their table as soon as they sat down. She looked like she was waiting for them arrive.

"You promised you are going to tell me more today." She said to Shafin.

"And I'll keep my promise. But can I get a hot chocolate first?"

"Jonathan what do you want?" She asked.

After Jonathan ordered his Cappuccino, she went away to place the orders and came back in 45 seconds. Waiting for Shafin to speak.

"Ok Tobe, what would you like to know?"

"You said something about my honesty getting in way with my personal relationships, what was that about?"

"Well why don't you tell me what that was about?" He said smiling.

"Okay, well... I know that's true to a certain extent... I mean sometimes I do get carried away and say things that I shouldn't have. And sometimes I could just keep quiet about certain things but because I speak, I get into trouble... Is that what you were referring to?"

"What I feel is that you pride yourself on being an independent thinker and do not accept others' opinions without satisfactory proof. And that's not a bad thing. It's a sign of intelligence and strong personality."

Tobe kept quiet but she looked visibly impressed.

"It also looks to me that you prefer a certain amount of change and variety, and become dissatisfied when you are surrounded by restrictions and limitations. But also at times you

have serious doubts as to whether you have made the right decision or done the right thing. And as I said yesterday, you are not so controlled and disciplined on the inside as you look from the outside. Matter of fact, you can be pretty worrisome and insecure at times."

"You actually read all of that just from my handwriting?"

"To be honest: no. It's more than just handwriting right now. It's a little more like intuition at play."

"So are you some kind of fortune teller or magician?"

Once again he laughed so hard that people around started looking at them. The girl called October looked a little embarrassed. Her manager started looking from the counter and tried to give her a nasty look that translates as *come back here you!* But she ignored it.

"I'm nothing as such. I'm just an ordinary guy who teaches people how to materialize their dreams."

"Seriously? Can you teach *me* how to materialize my dreams?"

"Do you have dreams that you want to have materialized?"

"Yes."

"Are you willing to put in the time and the effort?"

"How long is it going to take?"

"Not very long. All depends how badly you want what you want. The stronger your desire, the less time it will take."

"I want it more than anything else."

"Good. Stay in touch with Jonathan and he will show you which way to go."

After October went away to get their order, Jonathan wondered where all of this was going. When he was with this man, everything felt great. He forgot all his problems, the credit card company, the house rent at the end of the month, his perishing business, Nicole... But he wondered what is going to happen from tomorrow. Where is life going to take him? He decided to forget about it for now and enjoy the time. They sat close to the fireplace today and Jonathan enjoyed the warmth of the fire as he waited for the man called Shafin to speak.

"So tell me Jonathan, what's on your mind?"

"Everything... actually. I'm wondering what to do about Nicole, what to do about my career, which way to take, how to make a start?"

"Well, as I said, I am going to give you something before I leave that will give you all your answers and more. But for now, just remember to trust yourself. Instead of following what everyone else wants, follow your heart and go for it. But tell me first, have you found your dream yet?"

"I haven't."

"That's ok. Don't be worried about it. As I said, you have spent a lifetime believing the imposed limitations on yourself, its going to take a little time before you learn to dream again. But when you do, believe me, it's going to be one hell of a journey!"

"So let's say I have found my dream, let's say I want to become a sculptor, I always wanted to become one, let's say that *is* my dream. Then what?"

"Then the journey begins. When you start your journey towards your true passionate livelihood,

there is no difference between night and day,  
there is no difference between work and play.  
See Jonathan, when you do something out of  
love, something that you are passionate about,  
something that you dream of, you do it better  
than anybody else... When you do something you  
are passionate about, you don't have to follow  
money anymore, money follows you."

"And how am I going to find my passion?"

"That, my friend, is too broad a topic to be  
discussed over coffee. You will need to  
understand some other things first before you  
finally understand your true purpose, where your  
destination lies, and what is your true passionate  
livelihood."

"So tell me Shafin, what is it you want to give  
me? I'm very excited!"

"Hmm... impatient are we?" He said smiling. He  
got a pen and paper out of his pocket and wrote  
down something then handed it over to Jonathan  
"go to this website [www.redefineyourreality.com](http://www.redefineyourreality.com)  
and download the book called Redefine Your  
Reality. It will give you all the answers you are  
looking for and much more. It has been written  
for people like you around the world who are  
looking for answers. Who are just one step away  
from being able to fly... The students of  
redefinition."

"Wow... So are you the author of this book?"

"For you to find out my friend... Anyway, we  
are running out of time, my flight is early  
morning tomorrow and I have to get going. Any  
last questions before I go?"

"What do I do about Nicole?"

"Jonathan, one of the first things you will  
realize on this journey is that, ultimately, it's  
never about anyone else, it's about you. Your life  
has a purpose and first of all you need to

understand what that purpose is. Once you understand that, you will also realize, all these people, Nicole, myself, Tobe, all of us are here only to assist you in going forward and realizing that purpose. Regarding Nicole, just understand that her duty was to bring you where you are today and prepare you for whatever you are about to learn now. Although it looks as though she just dumped you for someone else, remember, in the end, it's not about her, it's about you and you only. So the bottom line is whatever that has happened has happened for a bigger reason. And that reason is you being prepared to take the next step. One day when you will look back at all of this, you will realize, everything that has happened was perfectly synchronized to help you in going forward."

He paused for a moment then spoke again "For Nicole, her duty is over and she is ready to go on with her life. Now it is your duty to learn and grow from the experience and thank her for helping you grow. However, romantically speaking, you don't have time to play games that boys play right now."

Jonathan took a long pause before he spoke, "Thank you. I think I understand what you are saying."

"Good. Remember, you are on the verge of starting the most amazing journey of your life! And on this journey, you have no time to waste over past grudges and negative emotions. I know it's not so easy to get rid of them so easily, but what I am not able to clear right now, the book will show you exactly how and what to do."

"Thanks man. One last question: What do you think about this girl Tobe?"

"Remember this forever: In the context of redefining your reality, if there is one thing that is more important than discovering who you are, it is understanding who you want to become. So before you get emotionally close to any other human being right now, I suggest you figure out the answer to both the questions first. Once you have the answers, you will know what to do."

"And I'll find all these answers in the website?"

"Yes, just go to [www.redefineyourreality.com](http://www.redefineyourreality.com) and download the book. Read it as many times as you need. Some of the things you will read are going to be a little difficult to accept at first, but remember that what you are about to learn are things that will reprogram your mind and free you from all the negative programming and self limiting beliefs that you have had inside for so long. It might be a little painful at first, but once you get rid of them, you will feel that they were there to only hold you back."

"Thanks man. I can't explain how much you have helped me in the last two days. When you came in, I was at the end of everything. And now, because of you, I feel there is nothing that I can't conquer, there is no problem I cannot solve. Really, what can I do to ever repay you back for doing so much for me?"

"Remember what I said about being in Zero? A lot of miracles tend to happen when you are there... I really have not given you anything you already didn't have. I just helped you see a little bit of what lies within you. So believe in yourself and take the journey. It will take you to amazing highs and unbelievable lows, but never never never give up!"

### **Epilogue:**

My name is Jonathan Christ and this is my story. I met a man called Shafin De Zane on a cold December afternoon about a year back. In this one year my life has changed beyond my wildest dreams. From a broken, bankrupt consultant, I have been able to start my own business and recover most of the money that I had lost. A year back, I had been dumped by a woman in the most horrific way; today I have a wonderful relationship with a beautiful girl named October. We got engaged a month back. She wants to get married on the beach but its pretty cold right now for that. So I guess we'll have to wait a few months more.

All these things, however, is nowhere close to the inner peace and freedom I enjoy today. After I met Shafin, I was told to read this book called *Redefine Your Reality*. Although in the beginning I thought it was going to have the same self help advice that you find in all other books, but boy was I surprised! This book took me over like a storm and completely redefined my understanding of reality. It wasn't an easy journey though. A lot of concepts and information radically challenged what I believed to be true forever. But slowly I was able to see through the fog. I now understand how I had practically pushed women to take advantage of me, how I was blocking myself from the success that was just a few steps away, how and why I was abusing my body with all the harmful activities like drinking and smoking and all that. How all of that was just a futile effort I was making to fill up the emptiness that was inside. Now that I look back at that life, it seems like another life time.

Interestingly, what I didn't know when I met Shafin is that not only he was the author of this book, he was also a millionaire Hypnotherapist and a master hypnotist. Now that I think back, I wonder about the time during when I was with him... Was he really hypnotizing me when he found me all depressed and lonely? Otherwise how would he be able to change me so much in such a short amount of time? I guess I'll never find out. But what I do know is that, this man has helped me go forward in life more than anything or anybody else, ever. He has shown me why I am here and what is the reason behind... everything.

In the end, this is my pledge to you... If my story has touched your heart and overlapped your consciousness, if it has made you wonder what *you* are capable of, and if you feel that you can become more than who you are right now, make a decision to change yourself today. Its easy being average and live a life like everyone else, but come and take the journey and you will know what it truly means to be alive and free...

Shafin writes in his book, "As more and more people commit to living a life of integrity, to serve each other, we are going forward. As more people like you learn to see through veil of physical reality, we are getting closer to realizing the true powers that we have within. And when one of you commit to the truth of your being, thousands are affected by the way you live, love and earn money. Thousands are changed because you are changed. It's a chain reaction..."

So commit yourself to what is the truth and take the step forward. Your life is a gift for all of us, don't deprive the world from all that you can achieve and become. I hope you will be able to benefit the same way I have benefited from this amazing man.

You can get the book at  
<http://www.redefineyourreality.com>

I wish you the most amazing life.

Jonathan Christ  
Vancouver, Canada.