



Need

THE SILENT KILLER OF YOUR DREAMS

A Straightforward Guide to Manifestation & Identity

DANIEL NIKOLOV

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The Silent Killer of Your Dreams

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by Daniel Nikolov

NEED: The Silent Killer of Your Dreams

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About the Author



Before



After

A warm welcome to you, dear reader. My name is Daniel Nikolov, and I am the creator of this short, straightforward manifestation guide. I am currently in the third year of my manifestation journey, three years of significant change in every aspect of my life.

In this book you will find the answers to how to fix your life, following my own experiences, mistakes, and guidelines. Have fun, stay open-minded, and use your discernment.

PS: There is a surprise waiting for you somewhere in this book.

Introduction

In this guide, I will show you a way to change your life. This way helped me achieve my desires. It is by no means something extraordinary, we do it every second of our lives, yet we fail to notice it.

It helps to know up front that this book requires an atypical kind of thinking: one in which paradoxes exist simultaneously. If this sounds intense, I recommend you return to this book when you are truly ready.

What I promise you is a completely different viewpoint on life and how it works. By the end, you will understand why your needs are the very thing keeping you away from your desired reality.



The Journey

Our journey consists of eighteen milestones. I have made them straight to the point, clear, and basic, so that everyone reading this book understands exactly what I am talking about and has no trouble following my way of thinking.

I start with the most important ones first, the ones you absolutely need to understand, and then, little by little, the rest will make sense. You will also notice what I call the Golden Rules: short, memorable principles that help lock in the reasoning behind manifestation. You will find them along the way, and gathered together at the very end.

Sounds good? Let's get straight to it.

CHAPTER 1

Manifestation and Identity Shift

Manifestation is a word you will hear a lot in this book, so let me give you its meaning first: manifestation is the process by which a person brings their desires into reality through focused thought and action.

Now comes the exciting part: the identity shift. This is the most important thing in the book. Pay attention and follow my thoughts.

Golden Rule #1 When you start manifesting, you start from the finish line.

What do I mean by that? Manifestation starts with its completion. You already see, feel, and are the person who has what they want, every second of the day. When you say, "I am going to be a different person," you are describing a process, and a process points to the future. Why prolong it? Why make it a process at all? Instead, say: "I am a different person already. I am a different person now."

This is what I mean by completion, and I want you to truly understand it, because it is crucial. Imagine it, even if you don't agree with me at all. Just as long as you are reading this book and following my work, hold this idea: there are infinite versions of you existing right now. Infinite. Not one, infinite. A "you" with one hair less. A "you" married to your high-school crush. A "you" with a mansion on the beach. A "you" who is the role model of everyone around them.

These infinite "yous" exist like stones on the ground, so many of them, one big, one small, one red, one white, one round, one pointy. Picture it, or better yet, try it in real life: stand on the street outside your house and look at the ground. You see many stones; not one is quite the same as another. Now go ahead and pick a random stone, one you like. Just one.

This single stone you have chosen, and I repeat, you have chosen it, represents "you": your personality, your thoughts, your actions, your beliefs, your attitude toward life. Imagine it vibrating with your energy. You give it meaning. This stone is your life, your relationships, your finances, your body, everything.

What most people do is hold tight to this one rock for the rest of their lives, even if it hurts them, even if it is toxic. They never let go, and as a result they barely change, or never do. They stay in their own cage. Do you know such a person in your life? Someone who still wears the same clothes, hangs out with the same toxic friends, listens to the same old music, as if time stopped for them. Do you like that person? Do you want to be like them? If so, please close the book now and throw it in the trash; it won't help you anymore.

For those of you who want to change, or who simply don't have a bin nearby, here is a secret and a golden rule.

Golden Rule #2 The only constant thing in life is change.

If you wish to succeed, give yourself a strong pat on the back and accept that nothing will happen unless you change first. If you stay stuck, you are not changing. And if you want the money, the partner, the body of your dreams, and you certainly do, otherwise you wouldn't want them, then you have to change. The person you want to be is already changed; they have x, y, and z, and you don't. So, logically, there must be a change.

Back to the stone. The trick is simple, yet few people do it: it lies in your perception. If the rock you are holding doesn't serve you, throw it away and pick a new one from the ground. That's it. Select the version of you, the character, who already has everything they desire.

Once you pick the new stone, that choice of leaving the old "you" and preferring the new "you" is enough to trigger change. It is one simple choice. This, my friend, is an identity shift. You realise there are millions of stones on the ground, you choose the one you prefer, and it is already done. You already chose.

Now, picture two "yous." One of you, by choosing the dream version (which you just did), is already at the finish line, up in the sky, next to God / the Universe. This part of you has only one job: to stay there no matter what is happening down below. It holds the dream version of you and doesn't let go.

What that does is set life to work building the stairs for the "you" who is down, at the bottom, automatically, by what is called the path of least resistance. Put simply, God / the Universe uses the least energy possible to get you up there to meet your other half. The problem is that, in many cases,

you will think you want path A, while God / the Universe knows the quickest route is path B. The "you" at the bottom starts searching for logical reasons why path B can't be right and insists on path A. So you begin swimming against the current, and soon enough you get exhausted, depressed, angry, scared, all because you followed your brain instead of your heart.

What I have noticed is that God / the Universe speaks to me through the heart. Nothing good has ever come from my brain besides problems and anxiety. So I suggest you try listening to your heart for a change, even if it says you'll find water in the desert. As unbelievable as it sounds, God / the Universe has always found a way to bring that rain into my life. (That was a metaphor, but the meaning is true.) So the important thing is this:

Do not pretend you know how things should work. Don't get angry when life seems to go against you. And whatever you do, do not step off that podium.

If you do, and I did, many times, you will get slower results because you either go back to who you were, or become someone you never intended to become. Manifestation requires focus, a goal, the discipline to stick to it, and the will to change in order to get it.

Understand: the only thing required of you is to choose the stone. Select the identity of the perfect you. Then stay there, because, oh boy, life is going to test you hard. That I guarantee. This is why I start with the most important topic, to help you avoid the following trap: today you are a new person; tomorrow you pick up the old stone, the old identity. Something doesn't go your way, you lose emotional control. How do you think that ends? Badly. Keep the identity.

Your state of being, the stone you picked, is the only thing the "outside" life can't touch, unless you allow it to. Your inside is the first thing that changes. The person at the top, is a symbol of your inner world: who you are in every moment, whether you feel you have friends, a partner, whether you feel rich, how you think about what you want, are you feeling its absence, obsessing over it, afraid of it? Your beliefs, your thoughts, these are your inner world.

The outer world, the person below, is an after-effect. It is all the actions: a different taste in music, your wardrobe, your attitude toward friends, family, food, luxury, romance, health, children, and so on. The after-effect does come, but it comes with a delay. We'll talk about this later. Don't expect a million

dollars and a house full of marriage material by tomorrow morning. And here is the next valuable piece of advice: don't look to the outside for confirmation or validation, even when it tries to trick you. It is only an after-effect of your choices. That was extremely hard for me, and I only mastered it after two years on my journey.

Ready for the next part?

Golden Rule #3 Being = Believing + Thinking + Actions.

What this means is simple. Once you select the dream you, there is nothing to do. It is done. You are already living your dream life internally. Let's not be completely delusional, though, you will be living it internally for quite some time, depending on your nervous system, your beliefs, and your resistance. More on that in the following chapters.

What happens next is that your beliefs start changing on their own, which means you have to change too, and there will most likely be a fight. Don't worry; that is the first sign you are changing. You are seeing the same thing from a different point of view, much like when you break up with an ex and think, "Wow, how was I ever in love with them?" That was a completely different you, with their own view of the world, their own thinking, their own beliefs, their own identity. You are "the same you" logically, but with a completely different taste. It's the same shift a long-time smoker feels when they suddenly quit, or someone who quits alcohol. That is a good picture of what will happen across many areas of your life until you reach your goal externally too. (How quickly depends on how successfully you shift into the new identity; some people relapse, others never repeat the old habit again.)

Along with a change in belief comes a change in thinking, as we just established. And finally, your actions begin to change, not dramatically. You won't suddenly confess your love to the person you've stared at for five months, or pour all your cash into stocks. It will be gradual: the coffee you drank with sugar today, you drink with milk tomorrow; the annoying coworker you usually stay silent around suddenly doesn't bother you. Small and steady usually wins the race, though everyone has their own pace.

CHAPTER 2

Desire and Need

This topic is very close to my heart, in a painful way, because I did the wrong thing over and over for two years. At least you'll be able to benefit from my hard times. We have identified a problem, and that problem comes from desire. But what is desire? Desire is the feeling of wanting something, or wishing it would happen. Can you spot what's wrong with that definition? There are two things. Pause for a moment and recall Chapter 1.

Before I give the answer, here are some examples to think about: "I need a lot of money to be happy." "I want to work my dream job." "I need my partner to love me and tell me how special I am." "I'll be happy once I get the perfect body, the dream car." "I want to be confident." "I wish I could get back to my toxic ex."

Did you find the problem? First, you are sending your desires off somewhere into infinite space: "I wish I had a job," instead of deciding, "I have a job" (the stone principle) and holding to that decision. Second, wishing, needing, and desiring are your three high-school bullies in this book, you want to see them defeated. Need, want, and desire are the number-one killers of your dream life.

Why? Think of the infinite stones. One stone is the "you" who has all the riches, the partner, the health. Do you think that dream you wants or needs a person, money, a house, or confidence? Use some logic. Think about your situation right now. Do you want your parents? Do you need to be someone's child? Do you desire to be human? Do you want to be able to read? No, because you already are that person who has parents, who can read.

You live somewhere right now, yes? Do you wake up every morning saying, "Oh no, I should do something so I have a house," or obsessing, "I have a house, I have a house, I wish I had a house, do I have a house?" Why would you want, wish for, or obsess over something you already have? The same logic applies to the ideal version of you.

Notice the feeling in your body. How do you feel when I say, "I want to be my parents' child"? Now picture a different one: "I want a million dollars," or "I want my partner to text me." Do you feel a small shift between those two? If

so, here comes the next rule.

Golden Rule #4 You are already complete. You do not need, want, or desire another object or person to complete you.

The core idea is simple. We accept as a rule that every person is fully capable of feeling loved, lucky, desired, supported, and connected on their own. Think about it deeply. No amount of money, partners, or mansions can make you feel anything, because the feeling comes from within you. You can access feeling romantically loved without a partner, right now. You can start feeling rich, right now. Your brain doesn't distinguish between what's real and what's imagined, so why not feed it now? That also helps you be the dream you.

The feelings you seek from the outside, you will never find on the outside. By looking there, you give your power away. "My partner holds the key to when I'll be chosen and loved." "My parents hold the key to my finances and how rich I get to feel, depending on this week's allowance."

We humans have been conditioned to seek wholeness from outside sources: friends for fun and companionship, a spouse for love and sex, kids for meaning, the body for acceptance, money for status and worth. These are distortions. And I know what you'll say, because I screamed it at God / the Universe in anger so many times: "Then why on earth do I even need a spouse, a friend, a house, if everything comes from within me? It doesn't make sense in this world." Even though it's hard to grasp, you'll find that it's true, especially with the next rule.

Golden Rule #5 The less you need something, the quicker it enters your life.

That "something" is money, a relationship, a desire, in most cases. Think about your own life. You must have an example where you wanted and wanted and wanted something, finally gave up, and then, bam, it arrived. And you thought, "Why now, when I don't even need it anymore?" Exactly because you stopped needing it. You picked up the stone where you already have it, and needing it became illogical, so God / the Universe delivered it. Even from simple physics: you cannot experience something whose vibration you are not already a match for.

First, don't feel sad. It is perfectly fine to take care of yourself and survive on your own. That is a good exercise for hard times, in life and in manifesting. I am not saying be a loner forever. I am saying understand that you are a complete being, so you can stop needing, and match the version of you who already has their desires. Second, notice a person in your life who already has the thing you want. How do they treat it? Someone genuinely rich doesn't think about money all the time, they might think about power, but not money. Someone with a stable partner doesn't say, "I need my person to make me feel special." They already make themselves special; if the partner adds to it, wonderful, and if not, they'll survive.

This was impossible for me to understand as someone who weighed 130 kg. I never loved myself, so I needed someone else to love me, and I never found it. Not until I started taking care of myself, lost the weight, built my life, and enjoyed my own company. Then the mirror (more on that soon), all the people around me, reflected it, and they started wanting to be in my company. The moment I couldn't care less whether they noticed me, liked me, or said something romantic, they actually did it.

Want to know why? Because when you say "I need X to feel better," you are announcing to God / the Universe, "I am not complete," and God / the Universe, on its own terms, sends more incompleteness into your life

Exercise Recall the people in your life who were mean to you, and try to identify what they accidentally revealed about their own problems and insecurities.

Exercise Tomorrow, go about your day and identify two people: one who wants what you want, and one who already has it. What is their attitude toward that thing or person? Try adopting some qualities of the person who already has it, and dropping some you share with the person who doesn't, but only qualities directly related to the thing itself. Example of what not to do: "I want to be a businessman. My father is a businessman, but he is also a mean person, therefore to be rich I have to be mean." Wrong. Right: "My father is a businessman because he focused on compound interest and became an expert in a specific niche; following his focus might help me become an expert in my own field."

CHAPTER 3

The Mirror

Now let us look at that scary mirror I mentioned. This is an unusual topic. For the duration of this book, adopt the following mindset, assuming you wish to succeed.

The life around you is nothing but a mirror of your inner world. Every thought you hold about yourself, every belief, "I am not good enough," "I'm fat," "I'm bad with money", gets reflected back through people, unfavorable circumstances, or what I call a perfect manifestation of the things you don't want. The same goes for your thoughts about a person or object.

Were you ever suspicious that someone disliked you after a single meeting? Chances are they were neutral, but your nervous system picked up on old stories and trauma and filed that person under "suspicious." Later, your suspicions came true. You might call it psychological bias. I offer two readings: either they were neutral and the meaning you assigned was reflected back to you later, or the person showed up that way to teach you a lesson. Either way, the mirror is neutral on its own. It has no built-in meaning. You decide what something means.

Example: you are a man in a bar with your wife and your child of age. A striking woman walks in. Your reaction is positive; you don't mind her being there. Your wife, beside you, fumes with envy, certain the woman is more attractive than her, and demands you leave. Your child simply sees an adult in a bar. One person, three different meanings, depending on the point of view. So:

Golden Rule #6 Nothing in life has built-in meaning. You are the one who gives it meaning, and what you experience tends to match the meaning you assign.

The mirror never contradicts you. So be very careful where you place your focus.

CHAPTER 4

Importance

Let us dive into another topic dear to my heart: importance.

Ideally, everything in your life should carry equal importance, equal energy and emotion spent on self-care, love, finances, and hobbies. The moment you place more importance on one thing, you create resistance. Why? Back to logic. If you have parents, do you wake up every day obsessing over the fact that you have them? Do you wait all day for their texts? Do you grab the phone the instant they call? Probably the opposite.

Why don't you think about clothes all day? Why don't you agonise over which white sock to choose before leaving the house? You have many of them, so you pick one and get on with your day. A man with a rich romantic life doesn't panic when one woman complains or causes problems; he moves on, because he knows he has options. Now picture a man who gets his first ever partner after twenty-four years single. He makes it a huge deal, weighing every word and action so as not to disturb her.

Same with friends: if you have plenty, you call one, he can't come, you call another, done. And if no one's free, you go to the gym alone, knowing next time you'll go together. The perceived value of people and things changes depending on where you stand on the line of having or not having. Not having makes you more likely to overthink and overinvest than someone who already has it.

The same goes for money. You pull out a hundred-dollar bill and almost worship it: "I don't want to lose you, I don't have enough, money is so valuable to me." I'm not saying money isn't valuable. Connections are valuable too, so is self-care, so are hobbies, that's exactly my point. Everything in this life is equally valuable; we're conditioned to think otherwise, and so we struggle.

A girl grows up with the idea of a charming prince who will rescue her from the castle, treat her well, protect her, provide for her, some even expect never to work. (This isn't to mock anyone; I'm pointing at a very real trap.) Watch what happens to the man in that story. He stops being a man or a husband. He becomes a symbol, a symbol tied to emotional regulation, safety, romance, protection, and income. Of course someone without one will crave him; he

comes loaded with positives, instead of being liked simply for who he is.

That is how you over-inflate the balloon. The man floats up into the sky of importance, and you can't manifest him. Why? You are not only admitting you don't have him by wanting him (previous chapters); you are also saying that all those things, emotional safety, protection, romance, income, live outside of you, in someone else's hands. You hand them the power, then wonder why they took it from you. You walk the wrong way, instead of keeping the power in your own hands and letting the right people come.

This also makes you less needy, and I can't stress how damaging neediness is in dating. I was needy for dates and friends for the longest time, so I became a people-pleaser. I agreed to everything, replied to every message the instant it arrived, waited outside in the cold until people were ready. I was never a priority; I was neglected. Why? I was signaling several things: that I wasn't important enough, so people treated me as unimportant; that I obsessed over them, entering the state of someone who has few friends and little romance. In return, people ran from me.

Take a single flower in a garden, withering because it waits for something outside itself to make it feel better, when it is the flower's own duty to make itself happy. The bees never come. But once that flower, now educated, thanks to this book, transforms itself and gets so absorbed in its own blooming, it doesn't even notice the bees lining up, begging for a taste of its pollen. Once I stopped needing others, focused on myself, built my life, and enjoyed building it, the mirror responded: people wanted to date me and be my friends. I realised there was nothing in them I truly needed, and they stopped seeming special.

I said I hated this principle, because I struggled for years with it. Only when my flower bloomed did the bees come, which makes you wonder, sadly: if you can do it alone, why do you even need people? Here is my honest take, as someone who was upset by this for a long time. It's true: not having anyone there when you most need it can be hard. But I'm an optimist. I believe that if I truly needed a person back then, life would have provided me with one. Since it didn't, I accept that I never needed that person there in the first place. I stood up like a king, walked alone, and won anyway. Now I'm stronger, I rely on myself, I love myself, and my boundaries are solid. And, yes, there's a line of bees at my door. But it was never about the bees. This

whole journey is about me.

I invite you, if it resonates, to adopt this way of thinking. We can run the same example with money. When you say you need money, you signal you don't have it; you obsess, you put it on a pedestal, and the excess energy pushes it away. You don't obsess over your parents. The Universe follows the path of least resistance, quietly, and once you reduce the importance and normalise being the person who already has x, y, and z, you'll see how effortlessly you can hold those things.

Only a person short on money treats money as scarce and important; they become its slave, instead of making it serve them. When you decide you are rich, that you are the entrepreneur, that you have the job or the skill or whatever your dream identity holds, the actions and ideas come automatically. They won't come if you associate with lack, or with the importance of money.

Everything in life is equally important. It doesn't seem that way, because of social conditioning, but every aspect has a different function. Love and money feel supremely important, until you have a problem with your health, and you suddenly see how little they matter if they can't save your life. The balloon pops, and you realise no dollar and no partner's love can save you from your demise. So health is equally important, as is every aspect of life. Once the illusory balloon of society bursts, you'll reach the same conclusion.

Exercise Identify where you place importance in life. Then work inwardly to understand why: is it a past history of scarcity, problems in that specific area, or some special status you've assigned the thing? Because for a millionaire in Los Angeles, neither the city, nor the yacht, nor the partner is so important, they treat them as normal, just as you now treat this book as a normal thing to read. That dispassion is exactly how your dream self treats the things you long for.

CHAPTER 5

Attachments

Let us dive into a serious topic: attachment. What is it? Attachment is a bond that connects a person to a thing, an object, or even a feeling.

To picture it, imagine a circle that is whole and complete on its own. That is you, the "I am." Now imagine clouds floating around it: money, career, love, self-care, friends, health. Say you attach one hook to "love," and one hook to "friendship." That's the normal, one-hook relationship. But toward "money" you've sunk nine hooks. What does that mean? You believe money is a missing piece of your circle, that you need it to buy what you want, to survive, to feel happy.

If you remember the chapter on importance, you'll see that importance and attachment move together like a toxic high-school couple. You chase money, you load it with meaning, and it can do nothing but run away from you. Why? You already know! Thoughts of lack and behaviour of obsession scream to the mirror that you are not the person who has it, so here you go: more chase, more struggle. Recall the rule: the less you need something, the quicker it enters your life.

What you're desperately searching for is a missing piece that was never missing, because you can survive without it. Everything has energy. When you need money, consciously and subconsciously, you make it run. You won't break the pattern until you sit down and fully accept that you won't die if you don't find money today, or a partner, or a friend. Breathe in, breathe out, and accept that you will be fine. Forever. Look at a monk: barely eats, has no money, has never kissed anyone, and is still alive, meditating in the temple. Worst case, you accept that you'll become a monk. End of story. Stop taking it so seriously.

I love the example of parents. Almost everyone has, or has had, a parental figure. Do you constantly think about your father, his health, what he thinks of you, what he'll do tomorrow? Probably not, or barely. That is detachment. You are detached from him, and that doesn't mean you don't love him. It means that if you had to move to another country and not see him, you could do it; your emotions don't depend on his presence beside you every day. So why

make a romantic partner or money so important? Everything in this life is of equal importance.

Have you ever tried to focus on the exact moment of falling asleep, that switch-off? You won't drop off until you start thinking about something else. You take your attention off it, and with it, the attachment and the importance, and there it is. That smoothness is how you want to feel toward your desires. Capture that feeling.

A memory from childhood: we had a big group of friends, and each day someone came to collect everyone on the way to the playground. Two of my friends lived farthest away and would come to pick me up. They'd say 3 p.m. I'd be ready, waiting and waiting, and they wouldn't come. I'd go out, check the street, nothing. And I swear, the moment my granny called me to help her, or I thought, "Forget it, let's do something else," bam, there they were at my door.

That is my first memory of this law of attachment, though I only recognised it ten years later, once I began my manifestation journey. The reason they came is that I detached from the outcome. I found an alternative way to be happy. I invite you to find your own alternative, in case the money or the love never arrives. First, you don't truly need those things; second, the relief lifts the weight off your back, and by the time you start enjoying the alternative, the thing you wanted arrives. In the childhood example I was signaling: "I'm okay even if they don't come; I can find something meaningful to do." And in doing so, I accidentally entered the non-needy state, which is the same state as already having it.

That is why understanding Chapter 1 is crucial. You start manifesting from the finish. You pick the version of you that has a, b, and c, and you hold the rock calmly. If you obsess over holding it, it falls. You know you are someone's child; it's a fact. You don't question every day, "Am I really someone's child?" So why not hold the same quiet certainty that you are wealthy, your loved one's favourite person, someone people do business with easily?

If you are a heterosexual man and someone tells you, "You're homosexual," you'll probably laugh, or be annoyed, but you won't suddenly think, "Maybe I am, since they said so." Now apply that here. You decide today that you are a millionaire; tomorrow the bill comes and you cry, "Where will I find the

money? I'm poor." See the difference? Did a couple of words convince you of your orientation? No, because you were certain. Then be as certain about being a millionaire as you are about who you are. Don't let the bill knock you down. Stand your ground. "I have a partner", you're certain of it, you release the outcome because you don't need proof; you simply know it as a fact, as solid as anything else you know about yourself.

CHAPTER 6

Beliefs

Now to a tricky part: beliefs. Remember the diagram, the circle in the middle is your "I am." Imagine you've just been born, and not into a random family but, unluckily, into an abusive one. Your mother, the first person in your life, says, "Love is so hard to find," and "People are evil; you can't trust them." You trust your mother, so you believe her. Two clouds appear in your field, and you hook onto them.

Later your father says, "Study, because money doesn't grow on trees," and "Money is everything; without it you are nothing." Two more clouds, two more hooks. Then some friends do something reckless and say, "This is cool, try it," and when you hesitate, "Come on, you're a gangster, it'll make you look cooler." Two more balloons: "I'm a gangster, so I should do cool stuff, and cool stuff makes me happy", even though, by "cool stuff," I mean harmful substances that will wreck your life.

Now this person is hooked onto six beliefs that aren't even his own conclusions about how life works. He adopted them from family and society: men are superior, men must work themselves to the bone, depression isn't real, and so on. Instead of helping, these beliefs suffocate and drain. Why? Go back and look at them. What story do they tell? Are they good for you? Do you want to live in a world where they are true?

When you cling to adopted beliefs, you subconsciously confirm them, and now, on top of everything, you've decided that you are poor and that love is hard to find. The mirror reflects what you hold to be true, and so, instead of manifesting what you want, you become a master manifestor of what you don't. Because you "know" money is scarce and love is hard, the mirror hands it right back. And then you ask, "Why?" Read this book, and remember it.

Here is how I would correct the beliefs above. "I love my life. I am smart. I am reading this book; I want to be better, therefore I love myself. I am love, and if I am love, there's no point searching for it elsewhere. It already exists, right here, right now. It is endless. And I know, thanks to this book, that what I am being, I attract, so love is easy and abundant for me, and it finds me everywhere I go. When I love myself, I'm more open to loving others; and

because they mirror me, now they love me too. I am loveable. I can sustain a relationship."

And on money: "I am smart. I now have the knowledge to transform my life. The necessary skills come to me when I'm in the right state, and those ideas generate real money because I decided it to be true. Dad, if you believe money is hard to find and that you're unworthy of earning it, you'll stay stuck. I don't."

Golden Rule #7 The world of manifestation is illogical to the rational brain

Tomorrow I find a ten-dollar bill on the street. I invest it, or use it for something that helps me grow, or buy my family dinner, depending on the state I want to be in (not everyone wants millions; some just want enough to live comfortably). As for the gangster: doing harmful things won't make you happy long-term, and being a "gangster" doesn't mean doing bad things, says who? Even if a hundred people insist I should do bad things because I'm a "gangster," I have my own truth. I'm not a sheep; I'm the herder.

And so you can rewrite every belief you find untrue about your life. However, and this is important, it isn't as easy as I just made it sound. It took me two years to see which beliefs I'd adopted, and even more effort to kill them at the root. Most people cut their beliefs only at the conscious level ("Okay, I have money"), but the roots remain, and the plant keeps growing back no matter how often you trim it. To truly behead it, you have to go deeper, explore your subconscious beliefs and fears, face them, and pull the whole thing out by the roots. That was, for me, one of the hardest things I've ever faced: myself. Most people are afraid to face themselves, and that's why they stay stuck. Don't be like them. Be a fighter. It's your choice. Are you comfortable where you are right now, reading this book?

Exercise Take a sheet of paper, cut yourself off from people and phones, and start at the beginning, your childhood. Identify which beliefs came from your parents, siblings, friends, society, partner, or children. Then ask: why do I believe this is true for my life? It may be true for them, but you and they live completely different lives, with different experiences, nervous systems, and desires. Work on these beliefs and discard them. Find a way to prove they are illogical and false for you. Good luck, I believe in you.

CHAPTER 7

Normalisation, the Nervous System & Resistance

I hope you're taking some time before each chapter to absorb the material. This one covers three related ideas at once.

Have you ever thought of something you really wanted, a car, a person, and could picture having it effortlessly? Or was there a knot in your stomach, a nervousness? And second: did you believe that having it would massively boost your life and change everything forever? If you answered "yes" to either, you're in trouble, and here's why.

That stomach-knot is resistance. Resistance is the mismatch between your goal, when you load it with too much value and picture it as too grandiose, too unnatural for you (see the chapters on importance and attachment), and what your nervous system has been calibrated to expect across your whole life. That mismatch shows up as anxiety toward the very thing you want.

So what do we do? First, reduce the importance, using the tools from the earlier chapters. Second, start exposing yourself, little by little, to money, to people, to the situations you want. Why? Here's an example with four people: A, B, C, and D. A and B are working on manifesting money; C and D, a partner.

Person A grew up surrounded by money. From childhood he got whatever he wanted, and he never thought much about it. Person B was born in a slum; his parents barely had enough to eat. From childhood he learned that money is scarce and must be fought for. Person C grew up in a huge, social family, constantly around the opposite sex; cousins brought friends home all the time. Person D was an only child in a closed-off household, work, home, no social life, few friends and almost none of the opposite sex.

Now, logically: between A and B, who is more likely to manifest a hundred dollars "quickly," and between C and D, who is more likely to enter a relationship first? In a perfect nervous-system contest, all four manifest equally fast. But in real life, everything that shaped our nervous systems in childhood deeply affects how comfortable and "normal" the desired thing feels

to us.

Say person A, the rich one, wins a million dollars tomorrow. His nervous system is so used to money that it registers, "Oh, another million, great, let's grab a coffee." Now person B, who has never seen real money, somehow manifests the same million (a hypothetical, to illustrate resistance, not the odds). His nervous system can't recover for days; he's never been a millionaire. The most likely outcome: he picks the old stone of being poor back up, the old identity that never learned to manage money, and mismanages it until he's broke again. The less likely outcome: he handles it strategically, with investments and discipline. Compare a sudden millionaire to someone who built knowledge, discipline, and connections over years. Who handles the money better?

Same logic for C and D. Person C is comfortable around the opposite sex and has access, so things are more likely to progress than for person D, who stays home and is anxious at the very thought.

Golden Rule #8 The greyer your desire feels, the less interest and need you have to own it, the closer it is to entering your life.

One more thing: being poor is a state of being, not a fact, because a rich person can lose everything, but staying in the state of richness can build it back. That's how you get people who started with little, like many well-known founders. It isn't pure luck; it's identity shifting.

Exercise Expose yourself to your desires gradually; don't plunge in all at once, because your nervous system won't support it. Use the importance tools to bring the desire back to a "normal" level. Remember: a millionaire isn't impressed by money, and a person with options isn't impressed to have them. That is normalisation.

CHAPTER 8

Self-Worth

Golden Rule #10 Value = You.

Let us talk about self worth. It is tied to your manifestation journey:

Example:

Imagine love were money, and you had a million dollars. Here is what you've been doing with it. A boy smiles at you at the gym, and you think, "I'm worthy if he notices me." So you say, in effect, "Here, stranger, a hundred thousand dollars I earned with my own sweat, just because I don't realise you have no ownership over my feelings."

Later that day, someone attractive smiles at you at work. Since the gym person didn't respond, maybe this is the one. "Here you go, two hundred thousand, free of charge, because I believe you hold the power to make me feel better about myself." Then, before bed, a high-school ex texts about how good things used to be. You soften: maybe you overreacted, maybe they could love you better this time, maybe they're a safety net. "Here, five hundred thousand, because you were the only one who ever loved me." And you're left with two hundred thousand, having given away eight hundred thousand to people who had no right to it, because you believed your worth depended on others.

Do you see how miserable that story is? If love really were money, would you do this, hand a million dollars to people who made little to no effort and probably don't even remember you exist? By now they've moved on, while you sit drowning in sorrow, still romanticising them. I was there. Maybe you are now. Do you enjoy being that person? Then stop, right now. Look at that example. Is it you? Doesn't it disgust you? You're not naive by nature; you were manipulated into thinking this way. It's called social conditioning, the belief that love, opportunity, money, and access live somewhere out there, owned by someone other than you. Take back ownership of your life now. Even when someone does love you, a rose should always remember there is water deep in the soil.

Now the financial side. Most millionaires believe, even silently, that they deserve money, and, more importantly, that they can rely on themselves to earn it. Following that same logic, a millionaire won't say, "I'm worth the money I have." They know they are worthy first, through their ideas, discipline, and effort. Money is only a by-product of that self-worth.

How do you know you've truly changed and no longer need them? What I noticed is that real change is strong and quiet. When I truly changed, I didn't need to ask, "Have I changed yet?", the question didn't even make sense. I simply knew I was a different person, the same way you know you are who you are without needing to prove it. When you change all the way down to the roots, the Universe has no choice but to reflect it.

Allow yourself to have your dream life. When I was 130 kg, someone was mildly interested in me. Wonderful, right? It would have been, if I'd allowed myself to have it. The interest was there, but my nervous system was too damaged, out of shape, no self-esteem, and I couldn't picture myself beside that person, especially anything more intimate. So I missed the opportunity.

Two years and fifty kilograms later, I finally had self-esteem, but my nervous system hadn't updated. Inside, I was still the heavy kid with none. So I was afraid to approach people who were obviously interested. I had to heal the nervous system first, allow myself to have, and stop the self-sabotage. Sometimes you think you're ready, but you're missing that one thing: permission to be happy.

CHAPTER 9

Assumptions

This is something I learned later on my journey; Neville Goddard speaks about it a great deal. An assumption is when you accept something as true or certain to happen, without any evidence. In the manifestation community, it's used like this: "I am X" and is supported by inner knowing of it being true.

But you'll quickly notice that this is exactly what we did with the identity shift. I pick the rock, and I am that person from now on, no matter what. The same concept, just less dramatic in its framing. In short: an assumption is how you regard yourself, the vantage point from which you view your dream reality (from fear and lack and neediness, or from wholeness and not-needing), and what you hold to be true about yourself, the people in your life, and life in general.



CHAPTER 10

Affirmations

Another popular trend is the affirmation: "I am loved, I am chosen," and so on. This differs from an assumption in one key way. An assumption carries an internal acceptance, backed by emotion. An affirmation, too often, is just empty words with no emotional backing.

If you're following my method, forget affirmations; they're a waste of time. I told myself I was loved a hundred times, and rich even more, and nothing happened, because I didn't believe it was true for me. I won't spend your time or mine on this.

Visualisation & Meditation

Now let's have some fun and step into visualisation. Most people in the manifestation community know it well, and I'll share it too, with one important distinction.

Visualisation, in simple terms, is the act of imagining things mentally, using sight, sound, smell, touch, and emotion.

The most important exercise in this book

Play calm meditation music for about five to ten minutes, depending on your needs. Find a quiet place, alone. Lie down comfortably, play the music from your phone (no ads), and close your eyes. Imagine yourself in a white room. See it through your own eyes, not as a 3-D figure of yourself. In front of you are several doors, each representing a point in time: one year from now, two, five, ten. Choose a door and step through.

You are now in your dream reality. Imagine the best possible scenario, your dream life. What do you look like? What are you wearing? How are you acting? Who is with you? Where are you? What are you thinking right now? How do you feel? What will you do tomorrow? What do you smell, taste, hear? Sink into the feeling, and let passion flow through your body. Do whatever you want in this reality, for those five to ten minutes.

When you're ready, send it all visually upward, toward God / the Universe, everything you saw, except yourself. From now on, you and that dream you are one. You try to physically be that person to the best of your ability, every single second, and you never think about the rest of what happened in the dream. That part is on God / the Universe. You simply rest in the energy and passion of being the dream you, and you never stop being them, except to make deliberate adjustments in your favour. And when you adjust, be specific. Not "today I was in Alaska, but now I want India, now a mansion in Italy." Be specific, and stay with it.

This is why I placed the exercise here, and not earlier. I wanted you first to absorb these concepts, so you could see what you truly want and what you were conditioned or thought to want by others. Many things are possible, but

to obtain some of them, you must be ready to pay a price, and that price is change. Change is not comfortable.

One more crucial point: visualisation can actually become your enemy. Do it once, with slight adjustments later if needed; frequent visualisation does nothing useful. Why?

Logic. Does the person who already has the dream life visualise it every night? You feed the mirror with what you are, and it reflects it back, and constant visualising says, "I'm picturing my dream life because I don't have it."

I discourage you from doing it more than a few times at the start. Afterward, you only need to remember the feeling you had in the meditation, nothing more. If you insist on having everything exactly as you pictured it, you limit what God / the Universe can bring, and it may bring something different, even better. Do not assume you know how and when things should happen. You don't. Stop limiting yourself.

Golden Rule #11 Let go, and let God / the Universe.

Back to Chapter 1: with that meditation, you are simply selecting an identity, a stone. That, plus the feeling you keep alive inside (of being in your dream reality), is your compass.

Inner Dialogue

This chapter is more of a manual for staying on the right path. Once you decide on your stone, your identity, you start to change. That's wonderful, but keep an eye on what you say to yourself inside your own head. At the grocery store you see salmon at fifteen dollars and think, "This is insane, why so expensive?" Or eggs have jumped to six-fifty. Did you catch the problem? If so, congratulations; you're on the right path. The person in your vision doesn't upset over prices going up and down.

Keep your thoughts in favour of the new you. This reduces the importance, the pressure, and the neediness to scrape together more money now that eggs cost a little more. I'm not telling you to go spend a large amount of money in the physical world; first fix the inner world, then act in the outer one.

Pulling yourself toward a positive inner dialogue

Here's the problem: you've started, but the mirror takes time to reflect. Today you wake up, bills arrive, your friend cancels the dinner you planned, you're late to work, your father yells at you for not collecting a parcel. On the way to deliver it, your car breaks down, and you curse the whole world, until a stranger stops to help. You have a pleasant conversation, and at last something good has happened today.

Now meet person A (your old self) and person B (your new self). Person A concludes that life is awful, that people can't be relied on, that he's never a priority, that he has no money and parents who don't understand. He surrenders to the mirror, and the mirror reflects more of those beliefs back. Person B concentrates on one thing only: the stranger who helped, the pleasant conversation while fixing the car. B reacts to nothing else emotionally, only quietly, dispassionately.

Because B focuses on the one good thing, the mirror gives B more of it: "People help me when I need it most. My friend cancelled because something urgent came up, and they're already planning a better evening to make it up to me." Instead of letting negative beliefs run your life, replace them with positive ones. It's always a choice. B will experience more of that good thing,

and then more, a friend invites B somewhere better, people make up for their mistakes, and little by little, B climbs out of the mess into a life full of experiences that serve him. The bad thing becomes just one among many good ones, while person A, fixated on the negative, gets more and more of it. That is the logic of pulling yourself up by the rope.

Exercise Tonight, write down everything negative and everything positive that happened today, and count which dominated. Tomorrow, whatever happens, find at least one more positive thing, and give the negative less attention. The day after, do it again, find still more to be grateful for, and don't feed the negatives with energy. Quietly acknowledge them, and smile coldly at them, like an observer.

Golden Rule #12 Learn to see the good in life, the right side of the coin, and life will smile back at you.

Intention

You're on a journey now. But in the physical world, you have to understand that lying in bed all day, knowing your inner world is shifting, won't be enough. Everything is balanced: fifty percent inner work, fifty percent outer work. Why? Imagine you start, like me, at 130 kg, but your dream self is 75 kg. Will a fairy melt fifty-five kilograms off your body overnight? No. You decided you're an entrepreneur, but if you don't know how to influence people, talk to them, and handle money, you'll struggle.

This is where inner and outer intention come in. The inner intention is: I decided on a thing, say, getting in shape, and I will do the work, the gym, while letting the results be whatever they need to be, not how I want them to be. That part is on God / the Universe. I do the process with intention, the way you wake up and check your phone, wash your face, or drink a glass of water: no emotional charge, you just do it. You have a thought, execution follows, energy flows effortlessly.

Now contrast that with seeing your crush. You decide to talk to them, but instead of acting you start thinking: "What will they say? Am I being awkward? Is this the right time?" You introduce thoughts that block the release of energy. Emotional charge, mostly made of thought and worry, disrupts the natural flow. That's why highly emotional people often make poor leaders: they don't act directly on a thought; they overthink, and they stumble. A tightrope walker high in the air, what happens the moment he starts imagining the fall? Or on the day of your big presentation, if you focus on "What if I mess up? What will they think?", you mess it up. Other people's reactions, height, imagined outcomes: those all belong to the realm of outer intention. You have no place there. That is on God / the Universe. Your place is inner intention: you have a thought, you execute. Go talk to the crush. Go run ten kilometres. Go start the business, and don't fixate on what will happen, or how.

When I was 130 kg, I obsessed over the result instead of the process of showing up daily, and I sabotaged myself whenever I didn't see results, or didn't look exactly as I'd imagined after losing ten or twenty kilograms. Then I hit a long plateau, and I was furious; it didn't look the way I'd planned. But I

remembered I had chosen something and committed to the work, so I refocused on the process.

I knew I'd reach 75 kg even if the physical world didn't show it yet. I left the rest to God, to my metabolism, to my sleep, outer intention.

A money example: I'm a successful business owner earning a thousand dollars a month. This month I try a new tactic and read a book, certain I'll double it. But instead of two thousand, I make five hundred. The mind protests: "Why doesn't it work, when I'm more informed than ever?" That's me reaching into the outer intention, where I don't belong. Who's to say that earning five hundred this month won't make me angry enough to read a second book that, combined with the first, eventually quadruples my income? I can't know that.

Golden Rule #13 In the world of manifestation, the shortest distance between two points is not always a straight line.

So I read the second book and adjust my methods. The third month I'm back to a thousand; I keep going. The fourth, fifteen hundred; the fifth, four thousand, thanks to that second book; the sixth, four thousand five hundred. Now do the math. If everything had gone as I first hoped: $1,000 + 2,000 + 2,000 + 2,000 + 2,000 = 11,000$. But by not fixating on the outcome: $1,000 + 500 + 1,000 + 1,000 + 4,000 + 4,500 = 12,000$. This is a made-up example, of course, with many probabilities at play, but it illustrates the logic.

Golden Rule #14: The journey is the destination.

Once you reach your destination, you'll want more. You're never fully satisfied; you always have to keep moving. And who is most comfortable staying perfectly still? The dead. Are you dead yet? Then what's your excuse for not enjoying the journey?

Delays and Tests

As I've said many times, once the mental work is done, the physical catches up. To get there, be ready to face whatever life throws at you, like a hero. How do you know something is a test? It keeps repeating until you respond differently. That is how you prove to God / the Universe that you've changed. Once you do, new challenges arrive, all of them leading toward your dream life.

Let's be honest: even your dream has problems. That's part of life. Don't expect to thrive endlessly without challenge, that isn't what Earth is for. We're here to grow, to learn, and to influence others. Don't expect heaven; on the contrary, because you wished for something, you have to pay the price to have it, and that is not easy work. Some days I didn't want to wake up, but I kept moving, because I'd made myself a promise. And even if you fail, fail with grace, at least you cared enough to try.

Limitations & Health

There are limits to manifestation. We can imagine anything, but we have to recognise that we live in a semi-physical world: some things are possible, others highly improbable. Highly improbable examples: bringing back the dead, being born to different parents, becoming an animal, abolishing all hardship, never needing water again. The more human the wish, and the less it contradicts physics, the higher your chances.

A person with no legs is unlikely to grow new ones, but can manifest prosthetic legs. Someone who wishes to be the opposite gender can't grow new features naturally, but can pursue medical paths. A person with a terminal illness may ease their suffering through love, hope, and medicine.

That kind of healing is hard, compared to, say, an SP losing interest in their current partner and turning toward you, there, desire, priorities, and opinions can shift. Money is just paper; it's relatively easy to manifest. The skills that make you rich can be learned; you're not trying to teleport. Everything in life is possible; whether it's probable is a far harder question to answer as a human.

I do not help people with health problems. I have no personal expertise in that area besides weight loss!

What I do know is that the methods in this book work for changing your personality, learning income-generating skills, easing certain fears and anxieties, finding money unexpectedly, receiving money from people around you, losing weight, changing your appearances through glow-up, and transforming your attitudes, beliefs, actions, words, the way you think, the people you spend time with, and the people you're drawn to. Health is not my domain.

Hope

For those who still don't believe any of this: sadly, you've reached the end of my straightforward book. Perhaps sharing what first set me on this path will help. Go online and watch people recounting their near-death experiences, some are clinically impossible to explain, no matter how hard the mind tries to force them into logic.

And for those who believed and found something here: heartfelt thanks for reaching the end. I hope this book is a strong starting point for you and your dream life. Should you ever feel fear, doubt, hatred, or the urge to give up, know that there are people you can reach out to, myself among them.

Golden Rule #0 You are never alone.

Zero is the forgotten number, but that can never erase the fact that is a number; it has a family, it belongs. God/ the Universe loves you, and will make anything possible to grant your wish.

CHAPTER 17

The Silent Killer

By now you have read through all the chapters, but you probably noticed I barely talked about need directly. The title of the book is called Need: The Silent Killer of Your Dreams. But did I only mention need several times, or was need actually hiding in plain sight throughout the whole book?

Let us answer these questions together.

When you want something, what are you actually saying? When you desire something, what are you saying? Why are you attaching to things in life? Why do you overinflate the thing into importance? Why are some people reciting affirmations and assuming like crazy? Why do they visualise and daydream all day long?

I will tell you why. All of these topics stem from the same problem, the very reason you are even reading my book. It is because you need it to happen, don't you?

The silent killer claimed another victory. But I will not let it roam free forever. I invite you to hunt down this troublemaker together and finally make you live your happily ever after. You deserve it.

I offer a manifestation course, should you be interested. I will leave the link below so you can find more information.

[Course link placeholder]

Oh, and remember the surprise I promised? Since you bought this book and reached the very end, our first session together is on me. Claim your first free lesson today.

Cheers.

The Golden Rules



- 0** You are never alone.

- 1** When you start manifesting, you start from the finish line.

- 2** The only constant thing in life is change.

- 3** Being = Believing + Thinking + Actions.

- 4** You are already complete. You need nothing and no one to complete you.

- 5** The less you need something, the quicker it enters your life.

- 6** Nothing in life has built-in meaning. You are the one who gives it meaning.

- 7** The greyer your desire feels, the closer it is to entering your life.

- 8** The inner world is illogical.

- 9** Now is the only time that exists.

- 10** Value = You.

- 11** Let go, and let God / the Universe.

- 12** Learn to see the good in life, and life will smile back at you.

- 13** In manifestation, the shortest distance between two points is not always a straight line.

- 14** The journey is the destination.