

What is my Passion?

Author: Saeed Nia

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Self-esteem
Is the first step for becoming successful

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Dedicated to
Those who believe in humanity

Alooche Publication
Author: Saeed Hekmati Nia (Saeed Nia)
Editor: Khadije Saraf Razavi
Designer and Page Designer: Mehri Risman baf
Quantity :200
ISBN: 978-622-6234-6-2

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Authors words:

Writer: My name is Saeed Nia; I was the first child of a traditional family and was born in one of the southern cities of Khorasan province. During my childhood I was not satisfied, not my toys, not our small house, not even our neighborhood. From the beginning, I wanted to be the best in everything and be far away from what I had not chosen. Every time that I spoke to anyone about my dreams, they made fun of me. But I had believed in myself and wanted to follow my dreams. Although no one cared about my dreams, I knew I deserved a good life. So, I tried to reach a good life for myself.

I left my bachelor's degree unfinished, came to Mashhad, and found a new life and business I tried different and many different things, but it was not enough for me . Eager for knowing Myself and the world around me made me immigrate to Australia. I endured migration with all its hardships, unemployment, and lack of money, as well as seeing racism. Pursuing my goals with the hope of realizing my dreams and understanding myself was the only source of brightness in my life.

At the beginning of my arrival in Australia, I chose Perth as my place of residence. Everything was good, I had normal amenities and a comfortable life. However, everything collapsed in a storm.

At that time, I felt emptiness from inside, and to compensate, I moved from Perth to Melbourne. Meanwhile, one of my friends suggested me to read a book. He also recommended that to work on my soul and body at the same time. It was the time I realized it's not all about money, Passion is more important. I realized my passion and reality about myself. Reading several books helped me to understand my inner world differently, I tried to get to know my body and soul at the same time. For this purpose, I started the journey back to my childhood. Contemplation in my life made it beautiful for me.

Each person's talent is special and unique. If that talent is not discovered by a person, his unfinished life will end with regret.

This time I followed the whispers of my heart. In my opinion, when follow the desires of the heart and inner peace, the ways of success become like a staircase for your success. This time, I followed my instincts because I believe that when you pursue what you love, and listen to your heart, money and wealth will follow. Remember that you can find peace simply by following your heart.

This knowledge is a little of my wealth that I present to my dear readers.

Introduction

Only a dead fish moves with the flow of water.

"Buddha "

There is nothing more beautiful and pleasant than a person living with passion. And always enjoy his life. In this hope, his night's sleep will be shortened so that he can start his new day beautifully.

The inside of people is like a big ocean full of surprises and mysteries. Therefore, with all you might, use your efforts to deeply explore the ocean inside you. That's the end of your existence You arrive, you see that there is no more mystery and everything is clear. You have discovered everything you need to know about your inner self. Of course, this is hard work. In this book, you will see how your true interests becomes Known and follow them.

In fact, interest is something undiscovered inside us. Each of us have a special interest or interests. Also, we are good in one field but not doing so well in another field. For example, one is a musician and the other a singer. Someone designs well and the other is a good tailor.

In this infinite world, no human has been born without art. Many Humans step into this existence and after traveling a short or long journey leave this world regretfully without even knowing their talent and interests.

But where is the problem? How we can discover our talents and interests?

After research and examination and various studies in the field of cognition, talents and interests, I came to several important and practical solutions that I hope Be the light of your path.

Why should we spend time for ourselves?

Take care of our communication, our first-person.

“Tony Robbins”

When we are with our friends or in social groups and among relatives, we don't have a chance to focus and be with ourselves. We get away from ourselves. Even when we watch TV or have fun with the Internet, we are distancing ourselves and getting lost in the virtual world. Perhaps our mind is under the control of the unreal world (virtual media), It affects our beliefs.

Vain and aimless works are like weeds that hinder the growth of the soul. So, spending time with yourself and sometimes being alone will help our inner growth a lot. For example, sometimes you should buy a cup of coffee for yourself or even dinner, you will see how enjoyable it is. Moreover, it is sweet when we cook alone and for ourselves.

To better understand our expectations, we should talk to ourselves occasionally. What Do we want from life? And what do we like?

What things make us happy and what do we enjoy? By finding answers to them, we can gain more control over ourselves and our lives. We do not have control over the external environment and environmental conditions, we can only control ourselves. Depression appears when we cannot control ourselves. So, with self-knowledge, We can gain control over ourselves. Meditation can be very calming to the soul and our thoughts as well. Moreover, for a long time, the monks have been the elders in meditation. They spend a lot of time doing meditation and yoga. And in this way, a special energy to discover the inside. They get to discover the truth of their existence.

Meditation is a real art that relaxes the body and soul It forgives and reduces stress.

Researchers at the University of California have found that people who practice meditation, perform better in subjects that require verbal arguments.

Also, they have experienced positive effects on their active memory. Doing meditation professionally is an effective and efficient technique. Improving cognitive performance, as well as achieving valuable achievements among other things, it changes the protective function of your brain, resulting in better sleep.

It can be strongly said that meditation is a collection of techniques, whose purpose is to encourage an increase or change in the level of awareness. and indicating many benefits in people's psychological well-being.

The origin of meditation is thousands of years ago (about 5000 years). it came from great rituals, and religions such as Buddhism and Hinduism have had a significant impact on expanding it. Sometimes even religious religions like Christianity, Judaism, and Islam use meditation practices. Now many people do this practice regardless of any religious or spiritual beliefs. Meditation was used throughout Asia, but Finally, In the 20th century, it opened its way to other parts of the world. In the 1960s and 1970s, it was noticed by different cultures in the West. Even medical science in the last few decades considers Meditation as an approach that involves mind over body-awareness for Treatment and reduction of mental illnesses such as stress, depression, and anxiety benefits.

Although meditation has different methods, here is meditation in my style and my words.

How to meditate?

Meditation in the style of Saeed Nia

Take ten deep breaths, while exhaling, raise your hands to the sky, and remove negative thoughts from your mind while exhaling.

Focusing the mind on a rose, imagine slowly inside a rose You have penetrated and visualize yourself sitting in the center of the flower.

Appreciate every single thing that you have.

sending love to all the people living on the planet and wishing for them that they can fulfill all their wishes.

Focus on your dreams and all your small and big, short-term, and long-term goals. Visualize yourself achieving your goals and dreams. Having more motivation and better decisions than the days you've had.

Having detailed planning to start a good day.

Why should we be curious?

Life always has two states, either we grow or we go towards destruction.

‘Tony Robbins’

Always try to be curious and inquisitive. Of course, not in others’ lives, but in relation to the universe and the nature of our existence. Let's find out what art we have and what makes us happy.

Be curious, get out of your safe zone so you can experience new things. If possible, travel and meet different people. Let's pay attention to everything we observe or feel and do not forget to note everything interesting.

Humans are born with several potential personal and career paths to succeed in this world. Some of us may never find a specific path suitable for us, but some of us may find many jobs in several fields that we are interested in and feel satisfied doing.

Self-knowledge can be the first step to knowing your interests and desires. And it makes possible the way for our next step, which is setting goals.

We find what we are looking for. ‘Saeed Nia’

For many years I was confused and indecisive about how to manage and prioritize my talents and interests.

Usually, each of us has special talents and interests in many different fields. I use talent and interest together because interest in an activity or subject is

usually a sign of talent in that field. When most people discover their multiple talents, they are unable to prioritize and manage them, or they get confused and indecisive. It took me more than twenty years to get out of this confusion. Probably, if I had known, it would not have taken 20 years. Lack of knowledge and information in the field caused my confusion in life, and I reached the results by searching and reading books and training and making mistakes.

Success is on the other side of fear. ‘Saeed Nia’

Curious people look everywhere and are usually more successful. Don't they?

Being curious means engaging with the world around you and not being a shallow person. It means getting the most out of your life, so don't sit because there are plenty of things in the world to explore. Pay attention to our inner child and do whatever we love, for example, Let's experience new things and explore more and deeper. play, draw, etc. we are still the children who will improve by these things.

Curiosity helps us have an active and healthy brain.

Curious people are people who ask questions and look for solutions. Their mind is never calm. The brain is like a muscle that can only become stronger with daily and continuous use. By examining and challenging your ideas, make your brain a fighting and reactive machine. Curiosity makes your relationships stronger.

Being curious about people and the world around you make your social life more prosperous. Curiosity opens new doors and ideas to you.

When you are curious about a topic, your mind starts to generate ideas around that topic. Curiosity helps the mind to create and focus on new ideas and then you can expand your idea as well.

Many phenomena around us remain hidden from the naked eye. on the other hand, we have to search with different weapons to realize their truth. It is a way that creates opportunities for you. By being curious, you are able to see

opportunities easily that you have not seen before. An inquisitive mind wants to explore beyond everything and look for possibilities and impossibilities. Curiosity is excitement.

Always being curious helps you avoid boredom and feeling stuck. There are lots of new things that interest curious minds. Being curious makes life more exciting and stops it from being dull. Curious people create their own adventures and keep away from a boring life.

If we really love it like me, we should pursue it every day. The big moment does not come to lazy people. Keep your mind alive and stay curious. In my opinion, boring people are also talentless people. For example, I exercise first thing in the morning and meditate I raise my energy level take 10 to 15 deep breaths daily, and have a walk in the green space in my daily schedule.

A person who loves his safe place stays like a person who lives in a room, eats three meals a day feels safe, and lives for a hundred years. In your opinion, how is this life? Is it that you like?

Why research and books?

One day I read a book and my whole life changed.

‘Orhan Pamuk’

Our mind is formed based on our beliefs and philosophies. Continuous reading of books, of course, not just any book, but books that help enrich our soul and mind, leads us to our true life. And the more fruitful the mind, the easier life we will have.

For those who are unsure about their interests and feel confused, books can be their best friends, and spending time with successful people can be helpful. Keep in mind that reading books is a fantastic way to discover our interests and goals. Additionally, we can read about things that genuinely interest us or delve into the biographies of successful individuals to learn from their experiences.

By reading about the lessons, they've learned over the years, we can progress and avoid repeating their mistakes, ensuring a better life for ourselves.

Valuable books have been written about nurturing the soul and body It is useful to read them. In the meantime, from reading general information books Don't forget and if we want to be a literate and well-informed person, just We have to read books.

People who read books are often interesting and appealing, while those who don't may not be as likable or enjoyable to be around. Spending time with non-readers can be dull. The more information and knowledge we acquire, the better equipped we are to handle life's challenges, and our ability to empathize with others grows. Books open doors to a broader world beyond our immediate surroundings, exposing us to life's realities and diverse experiences. Through reading, we can step into the shoes of others. Some books possess such great power and influence that they can reshape our thoughts and perspectives.

Author's suggestion:

Book; The monk who sold his Ferrari car. Author: Robin Sharma

Why childhood?

Childhood memories are dreams that stay with us and appear when we wake up.

Do you have any memories of your childhood and your hobbies? What did you wish for? What games did you play? When were you laughing and happy about something? Game machine? Singing? Engineering? And...so let's try to find our childhood dreams by reviewing our childhood.

We must take a deep look inside ourselves. Our brain changes a lot during our lifetime. Some of these changes are caused by the surrounding environment and others are the result of genetics. Normally, that our tastes, behavioral characteristics, values, beliefs, and especially our interests have changed a lot in these years.

During my childhood, I had a strong passion for drawing and painting. I would create various houses using colored pencils, watercolors, and crayons. Often, I built houses with flowers and solved puzzles, both small and large. However, as the years passed, my enthusiasm for construction, design, and arrangement slowly diminished. The spark I once had for these creative pursuits made me dream. Eventually, I found myself revisiting my childhood passions, and now, I am a successful designer, engineer, and musician. This transformation is not uncommon; many of us have experienced similar journeys.

Why should I delve into my childhood loves and interests? What's the importance of it? Well, my childhood crush, in a way, is still with me, lingering in the background, even if not as prominently as before.

So, by taking a close look at your childhood, you can get a more accurate understanding of your ancestry.

WHY NOT BE AFRAID?

A person who is afraid of failure will fail for sure.

‘Napoleon Bonaparte’

Don't be afraid to live. When we look into the lives of successful people, we discover that they've faced fear and apprehension multiple times. The turning point for these successful individuals is when they overcome those fears. Opportunities often arise where there is fear, and every fearful situation holds the potential for opportunity. Ultimately, it all comes back to the mental strength we cultivate through reflection and energy gained from our experiences.

Scientific research has proven that there is no such thing as fear, fear is something created by our thoughts, which we magnify.

There is nothing more beautiful than pursuing a goal. A person without a purpose is like a ship in the middle of the sea, which has no purpose and goes in the same direction wherever the waves come.

You have to fight for your goal and desire. A life without a purpose will eventually lead to death and destruction with regret. Therefore, fighting for your goals is much more valuable than dying with regrets.

True success emerges in the face of fear.

We have two choices in life, life with risk and different jobs or life without risk and repetition, but when we reach 90 years old and look back, "Which life is more attractive to us?"

WHY ASK OUR CLOSE FRIENDS OPINION?

Those who win are those who benefit from the advice of friends.

‘William Shakespeare’

Friends, acquaintances, and relatives, as well as companions who have been with us for many years in different situations. They have known us for years. Also, we usually think closely about our friends. Surveys of our friends are a great help to us in knowing ourselves. Of course, this point is worth mentioning and very important that in general, our own logical decision is the criterion.

Sometimes we think we are perfect. We find out that fact with a simple test. It is enough to go in front of the mirror and look at ourselves carefully.

Let's check our clothes, bank card, wife, family, work and job, appearance, and inner self. Are we satisfied with ourselves? Did we do something wrong? We must be honest with ourselves, then the decision is better.

If we are unhappy with the existing conditions, it is clear that we have gone the wrong way and now we should think about changing it.

CONCLUSION

Do not worry; Some interests and talents are acquired along the way of life. Just as I found my way after moving and migrating and many ups and downs, you too will reach your destination one day. If I had understood these things

earlier, then I would have achieved my goals better. If I had found a book about this, I would have concluded sooner. So decided to start writing this book just as this was my light and changed my life, I hope it will change your path as well.

If you couldn't find your interests by reading this book, don't worry, these interests will be found by your search along the way of life. A person who has unknown interests and talents is like a person in life who frequents a room.

Ever since I learned this stuff, I felt busy from the inside and had a commitment, I wanted to share my knowledge with others and I'm glad I did with this book and now I feel free and have no commitment.

What you are looking for is looking for you as well.