

Light

(Life System)

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Foreword

Welcome, nice and I'm delighted that the book has reached you. Please bring your coffee, tea or favorite drink, and I wish you a peaceful and enjoyable reading.

1-Light (Life System)

Contains a general life system for a beautiful successful intelligent life, as a present.

2 2-Light (Life System + Life Program + Life Project)

Contains the first book + a general life program for the daily tasks + general life projects in various fields such as commerce, marketing, health, environment, and technology, if you are looking for your life project your passion or your dream job.

Also includes how to find it easier and how I found it (own experience).

The books will be available as e-books in several languages, and maybe they will be printed

Life System

Based on the information you have, your purposes, goals, thoughts, visualizations, feelings, words, speech, and actions are formed, which, whether good or bad, come back to you, one can't know exactly how, but in some way, at some time, in a certain way, in a certain proportion, and also after life, and so your whole life is formed.

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There are different opinions about who programmed it that way, chance, the universe, or the creator.

That's why I try to mention general important infos from my point of view, (I give a lecture or how), so after that you can try with time, your purposes, ... , and actions as good (clear positive honest beautiful) as possible (and most important is the purpose), that means bad (unclear negative dishonest unbeautiful) things will be avoided automatically, and as a result:

you will know the reasons for your problems challenges complaints and mistakes, everything will reflect well internally externally (good effects on body mood and everything), and you should have a

beautiful successful intelligent life right after reading understanding and applying.

Important: don't look for this life, don't slow down, don't hurry and get attached to it, don't wait until everything comes, many people do that unconsciously, and wait for the results and only short moments, instead of living everything right away with nice patience (patience doesn't mean waiting unwillingly, but with calmness and enjoyment, so you don't miss much, and get more), to let the whole life shape like this all the time.

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Try to release very strong attachments to all situations, things and people in life: status, possessions, bad habits, power, emotions, money, negative opinions of others, happiness, satisfaction, success, and people (here I mean excessive attachments).

For example, if you think a lot about money and run after it a lot, and see that money brings and does everything, then it would be harder to get it, and you lose or miss out on many higher energies values principles morals and feelings, because the money, being something physical, is a means or tool, is not a goal, and has low energy. So with money you can't achieve everything, and appreciating it is good, collecting it is ok, having a lot of money is also ok, but not having a strong attachment to it from within and spending it properly. But how without attachment? Until you get to the point, but it's easy.

If you want, write or scribble down your problems challenges complaints and mistakes on a piece of paper to get to know yourself and your situation better, later throw the paper away.

(I recommend doing it once in life, I wrote it once, but look for the sheet to throw it away).

5 And accept them first, because they happened, and everyone has them, but all that was the result of your purposes, ..., and actions, was for your benefit to learn from them and fix them as possible and not repeat them intentionally, to expand your consciousness, to define and differentiate things properly, to see life from proper perspective, to understand the lessons, to make you wiser, to qualify you for the next level of the best (in short: you are taught).

Then please also accept your present scientific, practical, material, health and social situation, your mood, the situation around you, the people around you, even the weather, and forget all the circumstances that you see as negative, and forget the negative words of people and accept everything that is happening to you now, even if you are sick, then you will feel a great relief. (It's much better than rejection because it doesn't help).

Look at yourself in a good light, you are already complete, be grateful and feel it all from within so that it adds up and shows on the outside, and don't wait for someone to tell you and validate it, (natural and genuine praise and compliments are desired and we all like that), and all this means natural and humble self-confidence and self-love, and beware of arrogance perfection and negative ego, then go.

6 For example, you want to learn a science or a specialty at a center, institute, college, or university, your purposes shouldn't be just the following: Just for bragging, just to get a certificate, or just to earn money from it later, is not bad if you want so.

But it would be much better to choose a suitable subject first, learn with motivation, gain knowledge, benefit yourself, people and the nature by finding a solution or relief through this subject, do good work with quality later, have fun and enjoy yourself, and then get money from it.

In the universe there are laws that have been discovered, such as gravity, the boiling point of water, the composition of matter from atoms with nuclei and electrons, some planets, electricity, human DNA, eye prints, ...

I mean, why not be one of the discoverers of other things to motivate yourself and maybe get prizes (so far I try, but see that everything has already been discovered, they didn't leave anything).

When you go to work, or look for one, remember to deliver a quality product or service to customers, minimize mistakes so as not to increase the cost the effort and time for the employer, suggest improvements, share necessary important infos with colleagues, work conscientiously, don't cheat and manipulate, don't cause trouble, be helpful, follow work rules, don't be a newscaster or reporter, don't waste as much time as possible, and that the work is fun.

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It's not bad if all you think about is money, but you'll just wait for it.

What is your purpose in raising your child?

You want that your child learn, play, feel good, be educated properly, and have a beautiful life (I know someone who buys his child toys just so he doesn't cry).

If you don't want your child to eat on the bed, you shouldn't say to him: "Please don't eat on the bed", but "Please eat at the table".

So try to give him the solution without denial (there are exceptions).

You should find out about your children's upbringing before you get them.

Posting a picture of yourself on social media, not just to get attention from others, or to showcase your personality, but to simply spread joy and positive energy, to share something good polite useful beautiful and harmless with others without any other negative purposes, or is not mandatory to post it, but that's up to you.

You want to buy clothes, the good purpose would be: to fulfill the purpose of warmth, fitting on you, they are new or stylish, you look good, you have no negative purposes.

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You want to build a strong body, not to show it to people and affect them badly, but to gain health and strength, to be able to do your work and things in life with great ability and better endurance, and to set a good example to people that it is possible to achieve this, and indirectly encourage them to be healthy, and of course avoid diseases and weaknesses, and then the results and feelings are different.

You want to go to a party or meeting or extend an invitation, would be better: share good news, exchange useful stories, share joy, maybe give gifts, greet each other, help, entertain, learn, and have fun, not for showing off clothes and bodies, bravado, curiosity, talking bad about people, even at a wedding (is difficult at first yes).

If you build a friendship with someone, do not pursue negative interests, take advantage of them, or ..., then this friendship will not last, it would be better: to give and take, to thank each other, to talk in your free time, to support each other, to exchange ideas, things and information, to give advices, to travel together, to eat and drink, ...

You see a dispute somewhere between people and you had to intervene, then resolve the dispute in a good way.

You were in the case to advise, correct or point out a mistake: Just politely point out the mistake to him, only because you want him to stay out of trouble and avoid bad consequences.

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Some people don't accept correction advice or criticism, so don't intervene except in necessary cases and be polite, in my opinion, thank the person who criticizes and advises you if you realize this person wants you well, because we can't see some things in our personalities.

(So nobody likes that, but try to take the issue with understanding).

If you want to buy a luxury car, your good purposes are: Mobility, quality, staying with you longer, more protection, you enjoy driving it, after having planned to show people that it is possible to reach any destination, using the car for good purposes, not showing off.

The same goes for buying electronic gadgets like cell phones, computers and other possessions.

You take care of your life partner or vice versa, is good if you do so that he helps you or invites you to dinner or ..., and would be much better to make him happy, and first expect nothing, because if your life partner is happy, he will usually automatically do all the things you like and love, he will pay attention to you, ...so the purpose is very important.

10 When you beautify and perfume yourself, it is good if you do it without exaggeration, and for yourself to look good (you are top anyway as you are).

The search (or attraction or encounter) for a life partner for marriage: The purposes of many people are: To not be lonely, because it's late and you have to hurry, because you just want children, because you just want to try it out, because you are influenced by society's opinion that you should find a partner, you just want to achieve your missing feelings or fulfill your desires and be selfish ...

(If a woman/ or a man focuses on the negative qualities, for example, she wants a partner who is not bad, then often she will only attract or meet the bad men, so the way of thinking is wrong, she should focus on the positive qualities, and imagine them, and before that of course she should be good herself).

In general would be much better: You should do well or improve your qualities first, as you want a partner, you are developing your life, you want to share the path with the appropriate person, continue to build together, respectfully with love and compassion (in words, feelings, and actions), make each other happy, maybe share good future goals, accept the different personalities, not criticize and blame, but with advices, discover something together, travel together, maybe work together, of course eat and drink together, support each other, talk and communicate, clarify thoughts, what bothers you, don't hurt each other mentally and physically, live in peace, and so on.

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You are now good yourself and think about the good purposes, ..., and actions and imagine everything, then you are really ready, and marriage is a way not a destination.

And when you meet her or him, your life becomes more peaceful, even better, more merciful. Love, affection, pleasure, happiness, success and all good things increase (come on exaggerate, people will write poetry for you, build sculptures, and be envious).

Most say falsely that love is decreasing, but good true love is increasing, why is it believed so, I don't know.

If you have already decided on a partner, you can start with the correction dialog talking and learning.

12 Some women and men do not do good things, such as flaunting money and possessions or showing off their body and figure in a bad way, showing the opposite of who they really are, and many other methods, and therefore the results are not as desired.

Sometimes you can't show your emotions and feelings, that's ok, but in general you should be clear with it, so if you are happy, just show it, even with other feelings.

The more you are clear with yourself, then your inside and outside will be the same, and is much better.

But often people pay attention to the opinions of others.

The more women and men understand each other, the fewer misunderstandings there will be, there are differences and similarities, or everyone has own characteristics.

Women are programmed by their genes to conceive and reproduce, and take care differently from men, a woman feels faster when her child cries and she wakes up directly, and the man stays in his dreams (some men do not wake up even during earthquakes).

Women are generally more ruled by their emotions, men more by logic and focus more on constructions building and external protection, ...

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The woman speaks indirectly, unlike the man, and the man should get to the point.

The woman can generally express herself more than the man, and the man in return has other things, and so on, each party has its peculiarities.

Many believe that many women and men are only looking for their own interests and are picky, but this is a wrong interpretation, they are so genetically because they want to build a family later in society and settle down, and this is the normality, there are other purposes by women and men, here I mean in general.

If the woman understands her feminine energy and the man his masculine energy correctly, they will both live happier lives.

That was just brief information, there is a lot more.

If you are explaining a topic to someone, it would be better to provide the sufficient correct infos, explain clearly politely, and without any negative interests.

If someone asks you for help, offer as best you can, and never regret a good deed you have done in your life, even if it is not appreciated and valued by others, and no matter what people say, you are doing what is best.

There are people who don't appreciate your favor, you can stop, ok, but don't regret yourself.

There are also many people who appreciate and value everything you do.

And don't let anyone change your good character for the worse, even if you had a bad experience, and keep your strong beautiful heart (everything will come back to you).

Treat all people with respect, never harbor feelings of hate (more hate, then bad effects on health and everything), wish everyone well,

if you can't wish others well or are perhaps too jealous, then perhaps you should love yourself more, and think about it why? Avoid prejudice, especially negative judgments (this is bad and that is good, everyone does good and bad things, but the proportions vary, and everyone should focus on the good deeds).

15 If someone likes you, either he/she is just being nice to you and doesn't want anything, or he/she wants something from you without giving anything or saying thank you, or he/she wants to help you and do something good, and wants nothing and expects nothing, or you are attractive or you have qualities and she/he wants you to do something together: work relationship project travel conversation ...

You can't always know what others want, but if you always have good purposes, ..., and actions, then no more worries, the universe will only give you something good, guaranteed.

Sometimes people interpret your kindness, affection, compliments and giving as: Weakness, clinginess and neediness, but no matter and ok, doesn't have to, everyone understand you correctly, but try to find excuses as possible for people.

Anything that starts off wrong, without correction, will not definitely bring success.

If someone is causing you problems, maybe you can do the same to him, but would be much better to understand him first, help him and give advices, try to correct something, if it doesn't help, then you've tried.

If you hear something you don't like, ignore it as much as possible or find a good solution.

16 Don't pretend to be something you are not, no trait no characteristic, because eventually it will be exposed. Act as you are and if something changes for the better in you, act accordingly and don't pay too much attention to what people say, you are getting better and that is the most important thing.

Don't neglect negative events that happen to you repeatedly because that is a sign that something is wrong.

If you have a bad habit, new doors will open for you if you break it.

Try to travel, discover new and old civilizations and other cultures, this will broaden your thinking horizon and change your view, if not, then at least by reading and watching.

Don't hold on to your opinion on everything, try to be open-minded and listen to other opinions.

Routine and sticking to one thing for a long time reduces creativity and the mind becomes almost static, and normal good positive thinking is good and has good effects.

If you don't achieve a goal your way, know that there is a better way or the goal wasn't good for you and that there is a better goal and maybe the first goal will be achieved but at a different time.

17 If your cell phone screen breaks, you can get upset and curse and then damage your nerves for no reason, and that won't help you, or you can take it funny and pay attention next time and be grateful that you didn't get hurt, go and fix it, or it's an opportunity to buy a new cell phone.

If your car breaks down and you're stuck, you're either stressed and upset or you accept it and know it's for your best but you don't know how, and you try to fix it while staying calm and not harming your body.

If you can apply this principle, you will live very well.

There is misinformation on some radio stations, TV, internet and social media, so you should check the source of your infos.

Don't be shy or arrogant when you learn something, all people learn and no end to it.

All humans are responsible for protecting and preserving the earth by keeping it clean and habitable by not only cutting down trees but planting trees in return, using less energy as possible, using all possible sustainable sources, not polluting the air the earth and the water, we are almost 8 billion people and if everyone says, that is not their business, it will cause big problems, heat increases, animals die, glaciers melt, floods occur, wars for natural resources increase, ecological imbalances and population distribution occur, and other consequences that we do not know, and all this starts with just one thought and one conviction.

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Appreciate the things you have with practical gratitude:

Appreciate the knowledge you have by using it properly, and you can use it as a job or as a good source of income.

Appreciate your health, ...

(I thought about publishing the books by hand, then nobody understands anything, me too, that's why I appreciate the technique so much :)).

(My friend and I have been trying to value our friendship since around 2014 and find a project and then travel the world ..., just theory).

Always be aware of the problem of waste and stinginess in everything, the more balanced you are with things, the better, but good deeds always more.

Do not force anyone to follow you and your opinion, the issue of coercion goes against the human instinct which is freedom of thought and choice in everything, if she/he makes a mistake, she/he is responsible, and if you care about the thing or the person, then only with polite advices.

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Every physical thing invented by man started with an idea and this idea was written down on paper as a first step and then gradually implemented until it materialized and became a reality, for example: think of changing the decor of your house, you start by writing down on paper all the ideas you can think of, then you start implementing them and after a short time you see that the idea has become a reality, there are many simple things that do not need to be written down.

It is also one of the laws of the universe that when you intend to change something, just at the beginning the obstacles appear, and you get a little rejection from your subconscious, or from some people and even from other things too, which prevent you from going ahead.

Take care of your body and yourself as much as possible by getting enough and deep sleep, eating healthy, exercising, living by principles and ethics, and staying away from distractions like social media, improper gaming, and bad habits as much as possible.

20 Try to drink enough water every day, cooked food, preferably every day, because with time and heating, food loses some of its nutritional value or can spoil.

Stay away as much as possible from fast food, sugar, sweets, white pastry, energy drinks, and don't skip fruits, vegetables, red and white meat and seafood, look for complete and healthy meals that combine all nutritional values. What we eat has an impact on our choices body figure feelings thoughts moods or on our lives.

When you prepare food at home, it tastes different and much better. The explanation is not fully known, but it is likely that the biological system, the atoms in the room and the invisible energy of emotions influence food.

Go for a walk for about half an hour every day, and if you don't have money and time to go to the gym, you can exercise at home, exercise strengthens the body and soul, as many happiness hormones are released, and makes you easy to move, always active, and a lot of benefits.

If you want to build muscle, pay attention, because it also harms if you exceed the limits, pay attention to your diet, pay attention to wrong exercises and get advices from a trainer or learn it before you start, do not exercise before the blood circulation and muscles are warmed up, give the muscles two or three days to recover, do not exercise when you are tired, and start exercising two or three hours after eating, so after the digestive process.

Don't forget to drink water when exercising.

Do not hurt people, neither physically nor psychologically, neither with your tongue nor with your actions, and treat them well, treat your mother, your father, your wife, your husband, your children well, do not steal, do not watch and spy, do not lie, keep people's secrets to yourself, do not play with people's feelings and do not take advantage of them, stay away from wrong and forbidden relationships, do not harm nature, do not be a cause of corruption and evil, give help when you can, say good words to people, offend the one who offends you as little as possible and try to do him good,

perhaps he will change. (Following high and noble principles and morals in life requires a little effort).

Avoid any kind of entertainment and fun that harms you, others, and nature, and enjoy everything else:

22 Sleeping, eating, drinking, talents, learning, exploring, sports, traveling, watching TV, listening to music, drawing, reading, writing, going into nature, jogging, relaxing, meditating, learning about other cultures, talking, debating, laughing, having fun, spending time with your partner, family and friends, changing the decor of your home, creativity, cooking, biking, climbing, swimming, painting, visiting museums, movies, theater, basketball, soccer, handball, skiing, playing musical instruments, photography, crafting, animals, and much more ...

Full commitment and organization or flexibility, which system is better? In between is the best, some things can be organized and planned and others depend on circumstances, and leaving it flexible and creating it is much better.

If you give someone money, a service, a house, a car, a favor, info, treatment or anything and then he tells you:

"That was a chance coincidence",

"Someone else gave it to me",

then you will generally feel angry as a human being because he has attributed it to chance, or someone else, and denied your existence, similar to when a person attributes things to chance, or the universe, and denies and rejects the existence of the creator (the higher intelligence, God, Allah, by various names).

23 If a person runs a red light, it doesn't mean that there is no more traffic light or that the law is wrong, but that this person has made a mistake or misunderstood.

All people, whether believers or unbelievers, do good and bad things, and they will get everything back.

Over time, the meaning of faith has been distorted, a lot of false information superstitions and myths have been added to, there are believers everywhere who unfortunately believe in it without checking.

Belief is voluntary and can only work with inner conviction, you can search and find it yourself, in nature, sun, sky, stars, physics, chemistry, cells, human structure, animals, energy, and everywhere, I once saw how you can see the Aura with your eyes, although you need a device like Auramed to see it, and there are many interesting things.

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Faith or Belief means: you do not harm people or anything in nature, you are open to other opinions, you respect and accept other beliefs, you do not force anyone to follow your opinion, you do not follow all interpretations or fairy tales, you do not blindly follow others, you do not mix faith with politics but everyone for himself, you avoid bad things, you know that God has given us the freedom to believe in him or not, faith makes your body soul heart mentality character vista and everything purer better stronger and more beautiful, broadens your consciousness and horizon.

Therefore, if you do your purposes, ..., and actions and everything good or well, so that God would have consent or would be satisfied or happy (he does not need us, but we him), that is to say, to summarize everything into one intention, then you will get much more from him than you can think of:

You will have No more worries, you will save much effort and time, you will know that everything is for your best, if an illness comes to

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you, you'll know that you are the cause and your mistakes will be erased, you will know that all good and beautiful things will come to you and multiply, you may achieve the impossible, and if all good things do not come to you, you know that they will come one day, you will live life with peace of mind and not run after it, because life is a big test, you work to increase the good works and deeds and increase your balance, you help people without waiting for a reward, you see ease in your life affairs, you act people not as they are but with your high morals, you find a solution to every problem, negative things disappear automatically and gradually, if you have any question or request, you ask God, you live clearly, with security, protection, gratitude, strength, happiness, wealth, contentment, tranquility, intelligence, love, peace and great success in this temporary life, and you may know your true future (the paradise hopefully) in eternal life).

I found that out after time.

So you can make all your purposes, ..., and actions good, and live your life as desired, or summarize everything to one intention, then you live completely right and you are one of the biggest winners in the universe.

You have the freedom to choose and everything is voluntary, hope it would not be too late when you realize the truth.

I wish all people and the world peace, the very best and most beautiful.

Everyone should start from themselves, it will take a long time for Batman Superman Spiderman or Jackie Chan to come, or for Elon Musk to bring us a peace plan or solution from other planets, many greetings to them anyway.

I am very happy once again that I could pass this general important information to you as light for your life (is also my honor).

Lots of cordial best greetings like the sun's rays from afar.

Conclusion

Thank you for reading.

I thank the One for whom everything in the universe is a mirror and proof, thank you dear mother, thank you dear father, thank you family, thank you friends, thanks for every person who has taught me and every person from whom I have learned.

Please understand and forgive me if there are mistakes.

27 Year 2024

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