

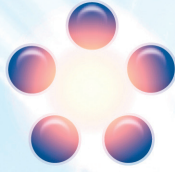
"Tony J. Selimi's new masterpiece A Path to Wisdom is a thought provoking book that can center your soul, touch your heart and heal your bodymind."

Dr John Demartini, International best-selling author of The Values Factor

A PATH TO WISDOM

How to live a **balanced, healthy**
and **peaceful** life

TONY JETON SELIMI



A PATH TO WISDOM

How to live a **balanced, healthy**
and **peaceful** life



This book is dedicated to:

My loving parents Lutvije and Shaqir, my grandparents Akik and Sinan, Linda and her family, my sisters Feleknaz, Hanumsha, Selime, Drita, my brother Selim, their families, children and grandchildren for their unconditional love. To you wise souls who love to expand and choose a path to wisdom that integrates your spiritual and material wealth through love, acceptance and gratitude. Lastly, to my own spirit, who volunteered for this assignment and continues to guide me to its ongoing unfolding and fruition.



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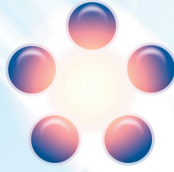
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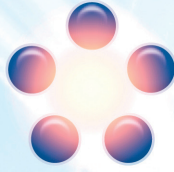


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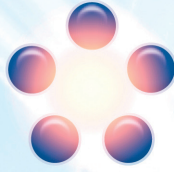
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I love you and thank you for your guidance, keeping me focused, and sharing your wisdom that helped me create the mind maps needed to bring this book to fruition. Without your talents, love and support this book would not have made it to the form it is today.



Foreword

Having known Tony personally, and worked with him as a client of his, I knew that his book would be something special.

I just didn't appreciate or realize just how powerfully Tony would capture the body's internal workings, and introduce it in such a succinct and sophisticated manner as to leave the reader fully empowered to take the reins of their life, and start taking back control of the direction their life is taking them.

Tony's many years of deep personal study, his depth of spiritual perception, as well as his background as a technologist have meant he's been able to weave the science, spirituality and psychology of what makes us human into a manual that helps us unpack and make sense of our inner **ALARMs**.

The subtle nuances and inner workings of our bodies, our minds, and our spirits have been laid out in careful detail, to leave no question unanswered, and to empower each of us to take full control and responsibility for the results we've created in our lives.

If like me, you have spent a lifetime of deep spiritual study, studied NLP, behavioral psychology, and have a deep yearning to understand yourself

better, than you will find reading Tony's book a most enriching and rewarding experience.

If you're completely new to it all, don't worry, Tony's gentle approach and subtle style weaves the most complex topics, and the most cutting edge science into really easy to understand bite-sized chunks that anyone will be able to understand easily, be they a personal development novice, or a seasoned veteran of introspection and self-reflection.

Give yourself the best gift you could possibly wish for, and read this book cover to cover, to unlock your inner wisdom, and access the latent knowledge that already exists in your inner **ALARM**.

Having read and studied for many years the domains of personal development, spiritual development, as well as through personal journeys, I've never come across a book that so powerfully synthesizes the wisdom contained within our body, mind and spirit.

Read this book with a childlike curiosity and your life will be deeply enriched, as mine has already been. Be prepared to go deep within, and get to the root causes, and tackle the true source of your challenges, and you will feel uplifted, inspired, and empowered when you finish, with a set of practical tools and solutions to help you get started on uncovering the Path to your Wisdom within.

To creating order out of the chaos in your inner world.

Farhan Rehman

Entrepreneur and Social Media Expert

Introduction

It is a privilege to be in a role to service humanity, to teach you how to start the revolution inside of you. To help you uncover the intelligence that is within you that you can use to create and live a purposeful life that is pro-evolutionary.

The book you are holding in your hands and the **TJS Evolutionary Method** you are about to learn was born out of the path I walked since I was born. Each path I took created its own lessons, each situation presented to me on this path had its own challenges, and each person I met on this path was my teacher that taught me something different about me. Thank you and I love you.

During all of this time I invested a lot of time, energy and money into my spiritual, personal and professional development. In the process I healed many physical and emotional symptoms, I learned how to do this with others, and in 2009 having faced redundancy I started my entrepreneurial journey.

I set up my own integrated healing-coaching company with a mission:



"I Tony Jeton Selimi declare before myself, others and God that my primary mission in life is to be a master healer, life coach, and teacher through continuously learning and absorbing the knowledge from western psychology and the eastern methodologies of natural healing of the body so that I can serve people in the most efficient and effective way in the shortest period of time. I have in return the opportunity to receive incredible financial and social compensation. In my pursuit of the universal laws of healing and teaching others I am enabled to travel the world, explore ancient healing places, and create healing centers, products and services that are cosmo ethical and pro-evolutionary. I am also learning and meeting the most extraordinary professional healers, coaches and well-being professionals known to mankind."

With this mission in mind I went ahead and integrated and synthesized the essence of all that I have learned so far into the **TJS Evolutionary Method** you are about to read and may choose to learn.

No matter who you are – a young adult, a professional coach, therapist, lawyer, banker, CEO, millionaire, billionaire, or simply curious and young at heart and are seeking greater significance and purpose in your life – you have come to the right place to learn, grow, and empower yourself to be the creator of your life.

Let's face it, life has its ups and downs; what I am about to share with you are the five major breakdowns in my life that created the biggest breakthroughs.

1. Health

In 1980 at the age of 10 I was hospitalized due to severe pneumonia, irregular heartbeat, and a whole range of other illnesses. I spent two years in hospital, for six months of which I was unconscious, heavily medicated, and gained a lot of weight.

One day, my mother was told that I would not make it. It was time for her to take me home, and prepare for the worst. She was informed that the doctors tried all they could and there was no way I would make it. The truth is, the moment she was given the piece of paper that said I only had a few weeks to live, she ripped it up and told them there was no way her son would die. She called my dad and told him to come home immediately as my situation had worsened. The next day when my dad arrived they took me to the state hospital in the capital city Skopje.

They sought the best doctors that could help bring me back to life. They also turned to various healers for help as they already had great results in helping my brother overcome and fully cure his epilepsy, a condition the doctors could not cure. My mum believed I would make it despite what she was told. She slept on a chair by my hospital bed for months, and often fell asleep praying.

She also went to seek help from a lot of healers and priests, and prayed at sacred tombs. Deep in her heart she knew I would be well again. She continued to pray every day.

Two years down the line I got better, my life started to get back to normal, and I was able to get back to school. For years I had to take special medication as my heart, lungs and immune system were too weak. Having spent so much time being with ill people, observing the many hospitals I was being taken to, as well as the many other gifted people who helped me heal, I became curious. What is it that makes us ill? Why is it that some people get ill and others don't?

Why is it that a doctor told my mother I would die, and a simple old man who never went to school knew how to harness the power of nature and energy to heal me?

It simply did not make sense. I started to ask a lot of questions and developed a hunger for a lot of knowledge and answers.

At the point of this realization, a quantum awakening happened and everything I started to experience made complete sense with an utter clarity that changed me forever. This experience led to my first breakthrough in life: to learn and know without a question of a doubt that everything is possible in life when you pray to God and believe in the infinite



wisdom of love. So I would like to take this moment and thank my mum for always believing in me. I love you!

2. Civil War

The next big event that happened to me was back in 1989. You may remember that this was the beginning of the civil war in the former Yugoslav Republic. Having been robbed of my freedom and conscripted by the state to serve in the army, I soon realized that the people's army that I grew up to believe in was not what I started to experience as the civil war broke out.

I was forced to do things that were not aligned to the values I grew up with. I spent 14 months in survival mode, constantly being threatened, and not knowing if I would live to see another day. During my 14 months of service I developed a very close relationship with a senior officer and his wife.

He was the captain I reported to, had no kids, and I used to spend a lot of time with him and his wife. Over time I became the son they never had. As the civil war continued to spread in Croatia, he knew it was only a matter of time before it spread into Bosnia and the rest of the country.

He called me into his office one morning and told me: "Tony, you completed your duty a long time ago. The army I once believed in is disintegrating. It is not a safe place for any of you now, and it's time for you and your unit to go home to your families." He issued a discharge order on the same day that the war started to spread from Croatia into Bosnia. Many of our comrades had already lost their lives in the conflict in Vucovar and other parts of Croatia.

He helped us cross the border into Macedonia and advised us to get out of there as it would be the next place where the war would spread. Just as he predicted, the conflict reached there as well.

The war continued to spread, Macedonia became unsafe too, so once again my mum intervened and saved my life. She borrowed some money and the next morning my cousin and my mum drove me to the airport, got me a ticket and I was told I was going to London until things calmed down and that I would be safe there.

We cried. In each other's eyes we could see the fear. We questioned if we would ever see each other again. She hugged me, kissed me and blessed me as I was passing passport control. She waved and told me not to look back. Her last words I could hear in the distance were: "You are a survivor, do not worry, you will be in a safe place once you get there, I love you."

It was the most heartbreaking experience to once again be separated from my family, not knowing if I would ever see them again. I kissed the land as I boarded the airplane and did not stop crying until the moment when the captain announced that we would be landing in London shortly and that we should fasten our seat belts.

Four hours passed very quickly. Throughout the flight all I could think of was the many friends, family members and all the people I was leaving behind. I felt helpless, emotionally broken and I could not stop thinking: Will I ever see my family again?

I landed at Heathrow airport. Deep inside I was fearful. I had no place to go, no friends, not much money, and I could hardly speak any English. When the immigration officer checked my passport he asked me what I was going to do in the UK. Instantly I became brave and told him I was going to study engineering and that I wanted to make a difference by helping people around the world.

He smiled, told me that I had a great ambition and a big job ahead of me. He put a stamp on my passport and with his nice English accent welcomed me to the UK.

I lived on the streets for a while, with no money, home, job, family or friends I could turn to for help. I knew nothing about any social support or benefit system. Once again, I felt I was left at the mercy of God and my mum's belief that I am a survivor and that I would be okay.

At the age of 20 I lost my sense of belonging and identity. The country I once knew was being destroyed by the hour, and the passport I had became invalid as Yugoslavia ceased to exist as a country. Back at home the situation worsened, the war spread, and there was no end in sight.

I made the trip to the Home Office in Croydon and applied for refugee status. I had no home to go to, no identity, no contact with my family, and

did not know if I would ever see them again. I felt emotionally destroyed and spent many nights crying as I hit rock bottom.

I could not see a way out from what then seemed an impossible mission. I prayed each day. Deep down I believed I would be okay, and I knew the worst had passed and from now on things would just get better.

And so they did. Eventually my path led me to meet my first friend Enisa. She offered me a place to stay in her Earls Court flat for a few days until I found myself a job and accommodation. She wrote down the addresses of a few employment agencies where I could go and register to seek work. Within two days I found myself a job in an Italian restaurant, and a small bedsit to live in.

I remember that day so clearly. I felt so happy, grateful, joyful and full of hope. Once again I knew my mum's prayers and belief that things would turn out okay helped me meet the right person, get a job and put a roof over my head. So, a big thank you to my friend Enisa who was one of the first people to help me get my life back on track. I love you.

The breakthrough: I freed myself of attachments, material possessions, and learned how to survive with nothing while remaining congruent with the values that my parents taught me. I gained trust, confidence, and an understanding of myself as to how I could function in the most effective way.

3. Career

From what you have read so far, you can imagine how thrilled I was. I had a safe roof over my head, a job, and I was alive. I worked an average of 18 hours a day working three to four jobs to pay for my education, support my family back in the war zone, and get my life back on track.

I knew if I wanted to accomplish what I had said to the immigration officer when I entered the country, I needed to save enough money to pay for all the education I needed to reach my goals. Firstly, I enrolled myself on an evening course to learn English for Business.

Three years went by fast. I met some amazing people, made new friends, and my awareness of what is possible by living in a city such as London expanded exponentially.

Once I completed this course, my next step was to look for ways to further my education. I wanted to continue studying engineering which I had started in Zagreb and which was interrupted due to the civil war. I enrolled on a two-year course at City of Westminster Adult Education Centre in Paddington and completed my Higher National Certificate in Electrical and Electronic Engineering with Mathematics with the highest grades possible (straight As).

The next two years passed even faster. I got an award from the Mayor of Westminster for achieving distinctions in all my subjects and for being an exemplary student at the Westminster City College.

My tutors saw my talents, recognized my abilities and encouraged me to apply to the top four universities: Imperial College London, University College of London (UCL), Cambridge and Oxford.

Months later I received a letter telling me I was accepted by three of them. I chose UCL and enrolled for BEng. in Electrical and Electronic Engineering with Management Studies and Organizational Behavior. Three years down the line in 1998 five blessings came to me:

- 1. I received a £500 scholarship from the Engineering Council which helped toward paying my tuition fees as an international student.*
- 2. I achieved my childhood dream and got myself a degree. I graduated with honors from one of the top four universities in the UK.*
- 3. The situation back home improved. After eight years I reconnected with my parents. I had saved enough money and was able to fly them to London to be with me at my graduation ceremony.*
- 4. I got my first IT graduate job at Traffic Directors for London which became part of TfL (Transport for London).*
- 5. The final blessing was receiving my British citizenship. Once again I had an identity, a place to call home, and was able to travel.*

Thank you to everyone who helped me in this journey, some of you I know are reading this book.

Once again I was counting my blessings and felt the luckiest man on earth. I continued to work three jobs, and in 2000, exactly 10 years since arriving in the UK, I had saved enough money for a deposit on a mortgage to buy my studio flat in Pimlico from where this book is written.

For the first time since I left my family, I felt the warmth, the joy, and the happiness of having my own home. I had a roof over my head. I was safe. I had income, friends, an identity to relate to and London became my new home.

I then spent the next 11 years building my IT career working with a range of individuals and businesses, from entrepreneurial start-ups and family-owned companies to big corporations in the city of London, Europe and USA. I became successful, determined, and continued with my professional and personal development.

During this time, many breakthroughs happened; the one that changed the course of my life forever happened in 2009.

Having been made redundant from a secure job that I held for more than nine years, I was forced to reflect and re-evaluate my entire life again. As I sent out thousands of applications, and didn't receive any interviews, once again the foundations of my life were shattered.

Eventually I realized I did not belong in the corporate world. There was more I was meant to do with my life, and deep down this voice became stronger and stronger as time went on.

It was like an inbuilt **ALARM** that kept repeatedly ringing inside awakening me to my life's true calling, telling me I needed to do something different. At the time I did not have the clarity or certainty of what that should be, I just knew I had to make a change and take a different course of action.

Something I knew for sure: I wanted to be an entrepreneur. One who makes a difference by serving a conscious community.

I also knew from everyone around me that I was great with people. I inspired them and helped them feel good about themselves by just talking with them. I also knew many healing techniques and gathered a lot of

knowledge throughout this time. I was already used to coaching, healing, and inspiring people from all walks of life to find acceptance and true love in themselves.

The breakthrough: I let go of the fear that kept me stuck in the rat race and stopped living a life dictated by pay check. I took action. I learned to listen to the true voice that knows. The voice that when silent triggers the **ALARM** to guide you to do what you love and awaken you to your greatness. During this process I got the clarity that I needed to align my life with my true purpose.

4. Identity Crisis

There were many identity crises I faced. The one that caused me the most distress was my sexual identity. Fear, guilt and shame was the coat that I wore for many years. I got married hoping I could fight the feeling, change my identity, and fulfill my own and my family's expectation of self.

I was torn apart between two identities that existed in me. I knew I had to do something about it. I had to overcome the fears, the threats, and the homophobic abuse that first and foremost came from the deepest part of me. It also came from the culture I was born into, the environment I was living in, and to top it all off, my family – the very same people I was loved by and whom I loved the most.

It took me years of inner work to gain the confidence that I now have. Coming to terms with my sexuality and creating the acceptance of myself and others. All of the emotional turmoil, conflict of beliefs and values stifled my own sense of belonging, and I knew it had a major impact on my well-being and my spiritual life. It affected and destabilized all areas of my life, from my career, to my relationships with my family, friends and partners.

Despite the many threats, fears and judgments, I knew I was not living my values. I was not congruent, and was not being true to myself. This had to stop. If it meant I would never see the people who told me they loved me the most and yet could not accept me for who I am, I said so be it.



The breakthrough: I honored my truth, my own feelings and what felt right. I took the decision to come out to my family, to accept myself for the magnificent person I am, and I walked away from a traditional heterosexual marriage in which two great people suffered in silence. I learned to be authentic, to listen to my inner voice that came from the depth of my heart, and to love and accept myself and others unconditionally.

5. Healing

I met Lova during the university days when I started working at Harvey Nichols as a sales assistant for Mulberry. Instantly we became friends, I knew I could trust her; she was a guardian angel in disguise who had come to help me in my journey to accept and overcome my fears of being myself.

She introduced me back into the world of healers and helped me embrace my destiny of being a great healer. She would always give me spiritual books to read that shaped, changed, and helped me reconnect with being a healer.

I read all the volumes of *The Celestine Prophecy*, *Conversations with God*, *The Sedona Method*, and learned about the principles that *The Secret* and the Law of Attraction talked about.

I was fascinated and curious to learn more on how and why the human mind works the way it does. The more I was learning, the more I started to reconnect to the childhood conversations I had with God about how nice it would be to have an instruction manual that I could use to help mankind heal.

Self-help subjects, books and courses were my hobby outside of my professional career in IT. I studied Neuro Linguistic Programing, Cognitive Behavior Therapy, and Life Coaching to help me understand myself and how to be the best manager I could be.

My appetite for wisdom grew stronger. I felt empowered and I created the belief that I could naturally heal all of the residues of my childhood illnesses. I turned east for answers. What helped me to understand in a scientific way the eastern methodologies of natural healing of the body was Barbara Brennan's work and book *Hands of Light*.

Being a scientist myself, her scientific explanation resonated with everything I had learned so far. It opened me up to a whole new way of thinking. The voices and the visions that I saw when I was in a coma started to make sense. I knew the time had come to heal every single illness since childhood and then as I accomplished that, to teach others to do the same.

Everything I was learning started to remind me of what I learned in my early childhood about the mysticism of the Sufi religion. A big shift started to happen as I understood more the spiritual teachings of the Bektashi Sufi order (tariqat) that my parents and grandfather instilled in me since a very young age. I saw clearly how the mysticism I was taught in my childhood related to every discipline I had studied so far.

Everything started to make perfect sense, as if the pieces of this big life puzzle started to slot into the right places. Bektashis hold that the Quran has two levels of meaning: an outer (zahir) and an inner (batin).

They hold the latter to be superior and eternal and this is reflected in their understanding of both the universe and humanity. The very same view can also be found in other religions including Christianity, Buddhism and Judaism.

This helped me establish the foundation I needed to continue to explore the purpose of life and our human potential. I continued to learn more and trained in many healing disciplines including Reiki to master teacher level.

The next shift that happened was when I met my friend Sabine at a party of mutual friends in Munich. We instantly hit it off, we danced all night, and we knew our paths had met before. Years down the line she moved to London and she was the one who introduced me to Martin Brofman's Body Mirror System of healing.

When I met Martin, I suffered from a lot of chronic back pain, tennis elbow, and had a poor immune system. My first healing session with him changed many perceptions I had about healing. I closed my eyes and trusted this great healer to heal my back, and he did. I felt his hand going into my spine, removing my damaged discs and putting in a new one. I opened my eyes and was asked how I felt, I said "great."



I walked, twisted, bended and there was no pain. As if by magic the pain had simply disappeared. I attended many of Martin's workshops and learned about his method which instilled the belief that "anything can be healed."

Thank you Martin for being my teacher. For your help in helping me expand my conscious awareness to the extent that I was able to see the great healer in me, and for helping me find my way back to acceptance. A big thank you to my friends Sabine and Lova for being wonderful friends in my life. I love you guys!

Despite all the evidence around me, I continued to invest time and money to understand the science behind energy healing. I was not alone in this mission. The scientists around the world study the universe and the world that exists within us in search of proof, answers and a greater understanding of the inner world.

This quest also had a knock-on effect: it kept me in the "skeptical" mindset. In a place where you continue to search for answers before you adopt the truth, despite the knowing and the certainty that comes from within that I am going to talk about throughout this entire book.

This idea that you are unworthy, powerless and separate from one another is a misinformation. What you do to yourself is what you do to another person. You know that we are all energy beings. Your energy is with you everywhere you go. All of your thoughts, experiences and emotions travel and are present in your energy field – your aura.

If you are familiar with Dr. Emoto's book *The Hidden Messages in Water* or have watched the documentary-style film *What the Bleep Do We Know*, you will know about the energy of thoughts and its effect on you, other people, and your environment.

The central premise put forward is that human beings can affect the shape and molecular structure of water through conscious intention. Emoto demonstrates this in two ways:

Firstly by showing images of water molecules from the Fujiwara Dam, before and after they have been blessed by a monk.

Secondly he shows the impact of labeling bottles of distilled water with thoughts. Some bottles feature positive thoughts, while others feature negative ones. He then freezes contents from each bottle and photographs them at sub-zero temperatures using a high-powered microscopic camera.

The resulting shape, color and structure of the water crystals shows marked variation. Water from bottles that were labeled with positive messages has intricate structures and shiny, diamond-like reflective qualities. Water from bottles that were labeled with negative thoughts has deformed collapsed structures with black holes and yellow-tinged edges.

If you look for answers and evidence, you will find that there is a lot of scientific evidence on how each one of us is interconnected and how you really affect other people with the power of thought.

It is not the outer world that created the changes I am talking about here, it is the journey I took to look within that created the transformation I was seeking.

After seeing so many healers, coaches, therapists and having so many different experiences that my rational mind could not explain, I reached an inner place of acceptance, I concluded that the rational mind cannot justify the irrational experiences I was having.

All the above helped me in my journey to heal many physical and emotional issues, to find my true self, life purpose, and lead me toward leaving the corporate world and starting my own healing and coaching business.

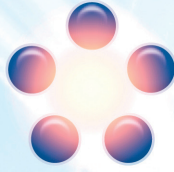
The breakthrough: I healed the physical issues I had since childhood, and restored myself to perfect health. I gained mastery of my emotions. Through my work as a coach and healer I started to share my knowledge and wisdom and used my insights to heal others. I became the change I wanted to see in the world, and continue to learn and grow.

In summary, the five breakthroughs you've just read helped me grow into a successful Elite Life Coach, healer, speaker, mentor and entrepreneur. I put everything I learned into practice and started to work with thousands of individuals from all walks of life who felt their life lacked clarity, direction and purpose.



Throughout *A Path to Wisdom* there are powerful exercises to help you break through your fears, your body's current conditioning, and overcome obstacles that prevent you from living a balanced, healthy, and purposeful life.

I recommend that you take your time and complete these exercises as you go. And finally, congratulations on following your intuition, reasoning and your heart's true voice by picking up *A Path to Wisdom* – and choosing to pursue a life of greatness.



Know Thyself

*“He who knows others is learned;
He who knows himself is wise.”*

Lao-tzu, Tao Te Ching

Spiritual awakening starts by questioning our life’s purpose. Who am I? Where did I come from? Why am I here? Where am I going once I go through the experience of what is commonly referred to as “death”?

Surely there has to be more to our being, our experience, our existence. It is the quest that you, I and humanity have had since its existence. What is this all about? Why am I being pulled into this search for myself?

Whether you acknowledge it or not, you know that inside of you a spiritual alarm clock is going off that no matter how many times you put it on snooze it keeps ringing to tell you that you can no longer ignore the voice that comes from the depth of your being.

The problem is that at some point in your life you made a decision (consciously/ subconsciously) to ignore it, you stopped hearing it, believing in it, trusting it, and listening to it – your soul’s true voice.

So, how do you go about shutting down the noise that stops you from listening to your true voice that knows?

You can no longer use your outer world as an excuse for not doing, for not loving, and for not trying to find solutions to the problems in life that force you to live your life on snooze.



They say that there is no better moment than the present moment. Whoever said it is absolutely right. It is the present moment that creates both your past and your future. It is truly time for you to make that decision right now before you go any further. May this book be your path to acquiring the wisdom that comes from looking within and from knowing yourself at a deeper level.

As you start looking within, you start to be more aware of your body and what is happening in your physical, emotional, mental, astral, etheric, Buddhic (Nirvanic), and Casual pure consciousness body. The more you tune in and listen to what is happening inside of you, the more you become aware of who you are as a consciousness with infinite innate abilities to create, protect, adapt, learn, change, heal, and love.

The moment you decide to recognize and accept that you have been given this God-given gift since birth is the moment you allow this gift to unleash the power you have to change your circumstances, habits, choices, actions, and ultimately your life. This is the very moment you start being the change you want to see in the world.

As you do so, you raise your vibration. You start loving yourself for the dual nature you are, and you see love in the eyes of everyone you meet. You inspire others by becoming more aware of your own values as well as those of others. Your understanding of life changes, and you improve through the feedback your body is giving you about yourself.

As you uncover your many layers, you discover a lot about who you are. You get to know your faults, limits, and the many parts of your personality that you have disowned. Fear not, you also learn everything you love about you. As you let go of the illusion that you are only one side of the coin, you create acceptance of self and others around you. You start to experience inner joy, love and an inner peace from which you can truly listen to the voice that knows.

I am often asked how I got to this place. To the place of knowing, trusting, and believing. I can tell you for sure, it was not easy. I can also tell

you with absolute certainty it is the path I am taking you on as you read this book.

As you read in the introduction, I had many predicaments throughout my life. Each of them taught me about the good and the bad that co-existed in me. The ego and the love. Let me share with you in more detail my personal story. It starts at the age of five.

I knew then that I was different from everyone else around me. I did not know how, but I knew I was. I was a happy curious kid who wanted to know who I am and where I came from.

Until the age of eight, each time I asked my mum the question I was told that a white stork brought me to my parents from very far away. You might have been told similar stories and now laugh about it. Believe me, as you are about to discover, there are so many hidden lies in you. Lies that you learned since childhood that you have not questioned and remain subconsciously true to you.

The truth is, even as a young child you know when something does not feel true to you. Although I was being told a lie, something inside of me told me to reject this information, this belief that a bird brought me into this world. So how did I know this?

At that point in time as a child I didn't process information through logic. As children we develop that part of the brain from the age of seven onwards. Younger children learn about the outer world by listening to their feelings and what they experience within. I did not know this information then, but what I did know was through observing the white storks for eight years and never seeing a single one carrying a baby, I knew that my parents were lying to me and that adults cannot be trusted.

My question was answered years down the line when I started school and studied the anatomy of the human body. It was a eureka moment. I remember I was so happy, I knew where I came from. I ran home, told my parents, and guess what? I was now told that was true, but this time they taught me not to talk about it as it was shameful and disrespectful.



So now I started to think that although my parents taught me not to lie, they were not walking the talk. My appetite to question my existence grew stronger.

Each night I would go to bed thinking I wanted to know who I am. There was something inside of me that was telling me there must be more to life. I knew I was a rebel, a warrior and I had a voice inside of me that was always telling me to learn more, to question the unquestionable, and to go and travel the world to find it.

I grew up on a small farm in the small town of Gostivar in Macedonia. During the hot summer nights I would go outside and stare at the stars. The strange thing was that the more I was doing it, the more connected I was feeling.

I knew each time I saw them shining, I felt happy that I too came from the place where the stars lived at night, the place where God lives. At that point in time I did not know about science, had not seen any *Star Trek* movies, nor learned about geography, history, or quantum physics.

So the question I asked throughout my life is: How did a five-year-old me know about my connection to the universe? How did I know I was part of something bigger than the environment I was living in?

I was certain that each time I would look up, I would know that's where home is, that is where I come from and one day that is where we all go back to.

This is the time I started to have transparent conversations with God. Having learned that my parents would occasionally tell me little lies, I knew he was the only one who does not lie.

I would ask God: Why did you put me here? Why is it that you abandoned me? Why are you not sending someone to bring me back home?

Each day I would experience something different. Each night I would have another conversation with God about the things I would learn during the day and was not clear about.

This continued until the summer of 1978. This is when my dad bought us a Grundig color TV. It was the first one in my entire town. Everyone would come and watch. There were long conversations about the achievements of science.

There were four channels, and there was so much I was learning. It came with an instruction manual in a few different languages. I was given the task to unpack it, set it up, and use the little box (the remote) that came with it to switch it on.

We were all thrilled! It was such an exhilarating experience for everyone. I learned about all the different settings. Within a day I knew how it operated and how to troubleshoot it if anything went wrong.

That evening I took a pillow and a blanket and went up to the terrace. I lay there once again looking up into the sky watching the stars. I remember having another dialogue with God and asking him: Where is my instruction manual?

Everything my parents purchased had operating manuals. Surely since everyone is telling me how powerful you are then why is it that I was born without one?

Just the way that there were manuals to help me fix TVs, radios and the many other electronic devices, why didn't you create an instruction manual for people? A manual I could use to help people who are sick, need replacing body parts, help disabled children, sick people in hospital, and heal the dying.

I kept having this conversation with God each time I needed to question something that adults were too busy to teach me. As life took over I continued to remain curious. Why is it that we don't have a manual that tells us how to fix ourselves?

I remember each time I asked something that grown-ups could not give me an answer to, they would say to me: "Only God knows, and you do not question God's will." Although I had huge respect for God, I knew after



the many conversations we had together that he was happy for me to learn, question and be curious, despite adults telling me that it was not a good thing to question my Creator.

When my uncle taught me about beekeeping, I was fascinated to know how they found their way back home. Back to the same beehive they lived in. How did they know where to go and how to gather the pollen? How then did they produce the honey? The honey that each morning my mum would spread with homemade butter on to freshly baked bread for me to eat on the way to school.

I would have another conversation with God. How do bees know this? Where is their instruction manual? The roads they travel on, who created them? Where are the directions? I concluded God built it into their tiny little heads.

As I am writing this and recalling this moment in time, I can still taste the honey they produced. At an early age in my life I learned to be grateful, respectful and kind to nature and everything that lived in it. Ever since then, knowing about myself and the world I live in became my way of living, and it still is.

So, can you see your own moment when you started to question everything there is to question about yourself?

Right this moment, you know that not much has really changed since that moment in time. You still truly don't even know who you are. But what you do know for sure is that your past mistakes became the lessons of the future.

You also know that when you are young you are not inhibited with other people's values; you are simply living, being curious, experiencing life with freedom that as an adult you forget you had.

You are here to learn and in some cases unlearn. To question everything you do, everything you are and everything you want to have answers for. To know thyself is an old wisdom of the Delphic Oracle, of many religious teachings, and the teachings of science.

At some point in my journey I came to the conclusion that I am okay with not knowing it all. I let go of the illusion of the expectation that I needed to know everything. I started to trust that whatever I needed to know about me and the world I live in would come my way. That the right experiences to teach me what I needed to learn in that moment in time would manifest.

All the experiences I had, the good and the bad, helped me see the bigger vision I now have and share with you. I took meditation as a daily practice. I learned more and more about me. I now live my life with a greater understanding, appreciation, and from a place where my spirit dwells: my heart.

I believe that if you remain open in life, you come to your own conclusion of who you are. At some point in your life, you may experience a moment of truth, a moment of knowing, a moment of trust in which you know without a shadow of a doubt that you are an immortal spirit living and experiencing life in a metaphysical form.

This is the moment that you truly start living. The moment where you see life as the most precious gift you have. It is the moment you free yourself from the cocoon you have kept yourself in. You may have done many things in life, experienced success, love, death, failure, fear, etc. but have you given yourself the permission to experience being free from the cocoon you may be living in?

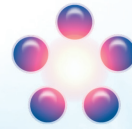
It is your desire to learn and do more that takes you to new ways of thinking, doing, experiencing. If you had another life and were lucid about this life, would you make the same life choices you have done so far, go for the same relationships that failed and left you feeling broken, sad and alone? Would you pursue an education and career that is not aligned to your soul purpose that you already have awareness of?

What I am talking about is that state of awareness in which you consciously choose the reality you create. That state of awareness that you know without a question of a doubt that each path you take has its own wisdom. Each experience that you create leads you to fulfill your soul's existential program.



Exercise for you

Take a moment to write down your answers to the following questions:



1. *What would you change if you knew with certainty that you had past lives and the way you live your life will impact your future lives?*
2. *How would you change the way you live if there was more to life than what you experience through your five senses?*
3. *What would you do differently today, tomorrow, and every day for the rest of your life?*
4. *Who would you be?*

Reflect on your responses. Make a note of what you would change, create an action list and start to act upon it.

Right now you might be on your own soul journey, how much do you truly know about who you are? What is the level of lucidity you have about your inner world? Your soul's voice and your heart's desires? How aware are you of the inner communications that are invisible to the human eye yet you know that they are happening?

You may have heard the phrase "your inner world determines the way you experience your outer world." Why is it that some people know this, and some have doubts? The reason for the latter is that some choose to use the experience as an excuse to needing proof to believe in things.

If you belong in the second category, then know this. As a child, your brain patterns tend to be unique. In the first six years of your life, the patterns of your brain waves are so slow that you function and learn from your subconscious mind. Everything you are told up to the age of six or seven you accept as true, as you have no analytical facilities to be able to process what you are being told.

All of your awareness is on your internal environment and you notice changes and how you feel inside of you. When you feel differently inside of

you it perks your brain up and you pay attention to whatever or whoever caused it. This event in itself creates a memory and the repetition of exposures over time creates a habit, behavior or belief.

Knowing about how you function helps you take control of your life, and creates your inspired destiny. Would you go and drive a car without knowing how to drive, knowing it is simply not safe for you or others around you? No, you would not.

Instead you first decide you want to drive, find a driving school, sign up and learn the theory. Then you take a set number of lessons with a driving instructor who will teach you how to drive safely, first in a test field, then on the roads, and at some point you take a test and get assessed. Once you pass your test you are given a driving license that confirms you have the skills, knowledge, and practical experience to drive safely on public roads.

Now ask yourself the question: Why would I not invest in a coach, therapist, or other professional to help me with taking control of my life?

At some point in your life you may have heard about Einstein and the general theory of relativity – one of the two pillars of modern physics. He concluded that “Energy cannot be created or destroyed, it can only be changed from one form to another.”

You too are energy, a being full of billions of atoms, and you too change from one form to another.

Everything about you – your emotions, your thoughts, your organs, your brain – it is all energy. You are just like a TV signal that carries a lot of information. You are both a transmitter and a receiver, and so is everyone around you. Accept your ability to change at the same speed as the way you flick from one channel to another until you find a program that you love seeing and spending your time on.

Life is exactly the same as that TV channel. Hence, the more you know thyself, the way you think, do, and feel about things, the more you learn about how to switch to another personal life program that you love to watch.



Practice makes perfect. The more you start to open up to love, empathy, and acceptance of the uniqueness that you and each person of this planet has, the more it becomes your default way of being.

As you start to get to know you at a much deeper level, you will instantly start using the infinite wisdom available to you. A wisdom that when acknowledged opens infinite possibilities and ways of living your life.

As you learn to let go of ideas, illusions and fantasies, you start seeing that life is perfect in any given moment in time. You engage all of your senses equally so that you can gain a different perspective from each sense.

You start discovering how you're built, how you have learned to hide, cope, and safeguard yourself from you and the world outside of you. You start identifying everything you have engineered: the coping mechanisms, your attitudes, and the way you give reasons to yourself to keep you in your own self-made prison.

As you continue to discover things about you that you never knew, or that you may have forgotten, you learn more of who you are, and the more you see the wisdom that you are. The greater knowledge you get of your inner world, the greater control of your emotions, thoughts and feelings you develop. You start to reconnect to your own spirit.

This inside revolution then creates the outer evolution you seek, as you tap into your greatness and remain authentic to who you are. You become an inspiration. A person that you and the world can trust. A captain who can safely navigate from a place of isolation to one that instills trust, confidence, balance, success, joy or whatever that person might need. You accept that giving and receiving a service throughout your life is one of your life's purposes.

On my recent trip to Croatia I was talking to Deni, a senior manager for Croatian Telecom, on what it meant to him to "know thyself." To him it was about knowing how to feel, react and what to do in certain situations. As we discussed this further, I asked some of the questions you have been reading about.

He took some time to think and said:

“I don’t really know much about myself. Trying to answer these questions made me think that even what I know now is only a glimpse of what is possible. I see now that it is a constant process that one goes through each and every day.”

As we continued our conversation he recalled a time when, to his surprise, he reacted badly to a certain situation in a way that he never thought he could. The lesson he learned was that at the end of the day what’s important to know is what you truly want from your own life, have the clarity, and make the choices that lead you toward what you truly desire.

Sometimes in certain life situations it becomes a question of whether you really want to know yourself. You fear the idea of questioning yourself as you might uncover things you are ashamed of, things you want to forget about, or discover something that could conflict with all the conditioning you may have had.

In one of our conversations we discussed the importance of subconscious communications. Like me he is also an engineer, but unlike me he is not a great believer in the healing work – though when challenged he could recall times and situations where he knew subconsciously he was sending, receiving and perceiving information about self and others.

Deni doesn’t consciously go about getting to know himself, although when he gets faced with a situation or someone else’s situation in which he might be present, he would subconsciously do the self-analysis, reflect on what was said or done, and learn from each situation.

You too have the same ability to “know thyself.” This can happen through many levels, which include conscious and subconscious behaviors, communications, and signals you give.

Just like Deni’s example above, you may start thinking about your behavior, thoughts and feelings when it’s often too late. When something happens to you, when you are having a go at someone, or when you think someone has wronged you.



If this is the case, you live in a cause and effect world. You get involved in the ego talk as you might end up defending a belief, a way of thinking or you also subconsciously defend your higher values.

To “know thyself” is really a lifelong journey. One that takes you on a path to oneness. The path where “I am...” becomes “We are....” A path worth taking as it helps you open your heart to compassion, empathy and you feel at peace with yourself and the environment around you.

It really is like the house you live in. You keep it clean, you look after it and repair it when something is broken. It’s where you welcome and entertain guests.

Some of you may go to your doctor’s surgery once a year for a full health check-up. If nothing is wrong with you, they will only do specific tests for the most common conditions. They will not do a thorough check-up unless you have a serious illness.

You behave the same with your life: you only tend to pick up and work on areas in your life that you may think need the most frequent check-ups. This way of thinking and treating your life can leave you in danger of not detecting deeper issues that prevent you from living an inspired life.

Jenny, a single mother of two young daughters and a PR and marketing professional, came to see me for healing to help her with her frequent anxiety and panic attacks. After taking many medications she decided to stop and seek alternative methods to help her overcome her illness.

In our first session I took her on an inner journey of self-reflection. We did this through a deep analysis of the eight key areas of life and looked at which situations would cause the symptoms to appear in each part of her life. At the end of the session, she had the clarity of where it all started. She was simply overwhelmed with the number of things she had to do on a daily basis at the expense of her well-being.

Her time was spent looking after her mum, her two kids, and having a demanding job that consumed her. She had no time for herself. She would feel that she was being a bad mother if she said no to all of the demands of her two teenage daughters.

After three months of a combination of healing and coaching work, she learned to pay attention to the various warning signs – the **ALARMS** that her body, feelings and gut instinct were telling her.

The moment she put herself in situations that were at the root cause of her illness, which at times she consciously or subconsciously chose to ignore, the panic attack and anxiety would manifest. This was the reason she feared to leave her house.

From every session, she took the actions that were needed to take ownership of her life. As she continued to learn about herself, she built the confidence required to stop saying and start doing what she always wanted to do, though felt could not find time or the strength to do.

After a year of coaching, her entire life changed. She left the job she was not enjoying, walked away from a controlling relationship, and started to listen to her inner voice. Her relationship with her daughters improved, and she started to give herself permission to love herself.

To “know thyself” is definitely a lifelong process. It is not something that anyone can teach you. It is something that each individual needs to experience. As you grow older you tend to become more comfortable with yourself. Your awareness of what’s possible increases, and you embrace your authentic journey.

Once I was referred to work with a lady who had just become a mother and from her fear she was unable to nurture her own baby. When I asked her when this fear started, she said from the very first moment that she saw her baby.

The fear of the unknown took over her life. As the baby was given to her, she realized she knew much about how to make money, run a business, and engage with adults, but she knew little about being a mother.

Her inner alarms started to ring. Negative self- talk took over, and in time her self-confidence decreased. She gained weight and employed a nanny to help her cope. This also had an impact on her relationship with her partner.



The interesting thing was, as I made her write down all of her fears, by the time she listed them all she smiled and said: “Don’t tell me, I know some of them look stupid and there is no way I would do that.”

I took her through **TJS Evolutionary Method** and she learned everything she needed to learn about her fears, her perceptions and expectations of being a parent. A lot of hidden myths, illusions and traumas were uncovered during this process. One of her deep beliefs was that no matter what she did, she would never be a good mother.

The process of writing all of this down not only uncovered her beliefs, but it also gave her some peace of mind after learning that 99% of her fears had no real evidence attached, nor were there any known statistics that could support her fears.

As she started to allow herself to learn about herself, she started to gain clarity on the skills she needed to develop in order for her to feel that she was a great mum.

She allowed herself to make decisions that supported her new life without feeling guilty or feeling that she was being judged by her employer. She signed up to a course that helped busy city professionals overcome the challenges of parenting. Her personal relationship improved, her confidence increased, and so did her quality of life.

Throughout life you will have different challenges. The coping mechanisms you develop become greater and invisible to you. Your built-in ability to protect yourself creates even more intelligent ways to help you keep yourself in your survival mode. This results in creating a world in which you are a prisoner of your own prison – is this truly what you want?

One of my significant hidden blessings came to me when I started to notice, acknowledge and trust that experiences I had created (good or bad) throughout my life served a higher purpose.

Normally when you experience something good, you are happy, you feel good about yourselves, you thank God, you tell your friends, family, and feel overwhelmed with positive feelings.

Now, what about those moments in life when the experience is negative? When you feel the situation is totally outside of your control, and when deep down you feel helpless, unworthy and see no light at the end of the tunnel? What do you tell yourself? What is your attitude and what does your inner self tell you about you?

The thoughts, the feelings, the attitudes, the actions, the resistance, the choices you make in any given situation are a great feedback mechanism that you create to help you dig deeper inside of yourself. You can use them to unlearn the different coping strategies that you have built over the years, and unpeel the layers that prevent you from seeing the magnificent you.

Your spirit has been through this process many times. If you are like me and have done a lot of self-development work, you know that you know, you have an inner wisdom that has always been there with you.

The problem is that over the years you have become so good in creating many coping strategies, learned to self-sabotage, distrust yourself, and not listen to your inner guidance. You create an environment in which the seeds of distrust of your true power have been planted.

The truth is the more you go within, the more you can discover the seeds that prevent you from seeing your infinite potential. The potential you have in you to heal your body, your mind, and take control of your own destiny.

You are your own best feedback on how much you know and accept the infinite nature of your being. In this journey of “knowing thyself” you also realize that it is not only the most difficult thing to know oneself, but the most inconvenient one too.

No matter where you are right now in this process of “knowing thyself”, you know that you know there is so much you can learn. You can go deeper within and search parts of yourself that lie deep in your subconscious mind.

When I first completed my diving certificate and started to do open water dives, I discovered a whole new world that I was not aware of. As I became more experienced I started to dive to deeper depths, and learned certain life forms were living at different depths.



The depth in which you know yourself determines the width of the life you can experience. This process of “knowing thyself” helps you align your vision, as well as your personal and professional life in fulfilling your existential program.

You may have heard before the aphorism mentioned above, though you cannot acknowledge that unless you know yourself first, you really can’t achieve much in life. If you choose to “know thyself” you need to overcome the barriers that prevent you from knowing yourself. You start to realize you have the immense potential to create amazing things and find lasting happiness.

Yet most people don’t even scratch the surface of knowing who they really are, let alone figuring out what they have the potential to become. You are so confused that you keep oscillating between overconfidence and low self-esteem. One minute you are filled with a definite purpose for life and the next you are completely desolate. It becomes an impossible task to find lasting happiness in this state.

In my quest for clarity, purpose and self-growth, I realized that asking the right questions is sometimes in itself the answer. As I became better at asking better questions, I came to realize the quality of life I was experiencing was directly proportional to the quality of questions I was asking.

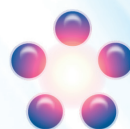
Each path you take in life has its own obstacles, lessons, and the learnings that you go through. Asking the right questions, and learning about the immortal nature of your spirit will help you release the potential that is trapped within and consequently help you find clarity, inner balance and peace.

Years ago I was a very different person, doing a very different job and having relationships that were based on fulfilling a need. I spent years studying many disciplines; I worked with inspired teachers, personal coaches and various healers to help me understand myself at deeper level. Now I do the same. I pass on the knowledge I learned to members of my family, friends, and clients I work with, and through this book to you, the reader.

When you stop searching outwardly for answers to the problems you are experiencing, and start looking inwardly for answers about any obstacles you may face, you start receiving many blessings. Adopt a new way of being, a new way of thinking, and allow yourself to always remain open to learning.

You can ask yourself a simple question or try to understand something that is important in your life and come up with a convenient answer. By asking why, you find a much deeper purpose and meaning.

Exercise for you



Take a day and revisit this chapter to answer questions that you may have always wanted to ask yourself but did not dare to. Remember, each question is just another way of learning about who you are. You may feel more comfortable to work on your own, or you may want to work with someone.

The important thing here is to commit yourself to starting your inner journey to “knowing thyself” through answering some simple yet powerful questions. Make a decision that you are open to start this journey without prejudice, judgment, and fear. Question from the place of being curious about life and about you as you did when you were a kid. Look at each question as a way to make you a better driver of your life.

1. *Where am I in my journey to knowing myself right now?*
2. *Is the way I think about life outward focused, inward focused or a combination of both?*
3. *How can I use the resources I have in my life right now to evolve, to be pro-evolutionary, and to start living a purposeful life?*
4. *What is holding me back, and what options do I have to overcome my challenges?*

5. *Am I fully aware of my “self” and if not why?
Which part do I need to work on?*
6. *If I were to observe my behavior outside of me,
what do I see?*
7. *Am I someone who concentrates on the weeds?
Or am I someone who concentrates on the flowers?*
8. *Identify your key values, and write down the five key
elements that make up your foundation.*
9. *What makes you choose what you do in life?*
10. *Why is it important to you?*

Allow yourself to go through this process to discover more about who you are. As you do so, you go deeper within yourself, uncovering the layers that prevent you from seeing your inner light, your inner love, and your true potential.

This deeper exploration of you takes you to a whole new world, and a more profound level of awareness of self that you never thought existed.

No matter who you are, step forward and get ready to start living your best life - it is what you came here for. Wake up to your true calling, your greatness, your wisdom and learn to:

- *Acknowledge and own your power.*
- *Listen to your body's wisdom and experience life through the infinite wisdom of love.*
- *Accept your authentic self and achieve higher vibrational states of awareness and intelligence.*
- *Reconnect to your life's purpose, have greater clarity, focus and compassion.*
- *Master your life, live your dreams.*

The results you can expect from reading this book: a deeper understanding of self, freedom from old limiting beliefs that keep you stuck in the rut, and you walk a path that leads you to living a meaningful and inspired life.

“Exceptionally powerful and brings together the best of many western and eastern practices.”

Michael Bell, Global Alliance Manager

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Tony J Selimi is an internationally renowned Elite Life Coach, speaker, healer and author. Born in 1969 in the town of Gostivar, Macedonia, he moved to London in 1990 at the age of 20 to find a safe haven from the atrocities of a civil war and build a new life.

Tony is known for creating amazing transformation and leaving his clients feeling inspired, empowered, peaceful, and reconnected to the infinite wisdom of love.

He is living his dream: he heals, coaches, teaches, speaks, inspires, and contributes toward unleashing human potential.

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