

1

Everything begins with one question

“What do you believe about yourself?”

This is the most important question on the path of the mind, because whether what you desire is wealth, relationships, or your career, all of it is ultimately the result of the beliefs you hold about yourself.

Therefore, believe in your own power and abilities, because they will help you reach your goals no matter what obstacles you face. Even when you encounter exhaustion or discouragement, this belief will support you and push you forward, reminding you that **“I can do it.”**

I have always been someone who believes in my own power. After seeing that my followers on X had reached

millions, many people suggested that I open a Facebook page so I could post content for people who use that social media platform to read. But after running the page for a while, the number of followers did not turn out as expected. Still, I did not give up. I stayed determined to create content that provides positive energy and useful techniques, rather than focusing only on likes or comments.

Eventually, the number of followers on my Facebook page also grew into the millions. This happened because of the full strength of the belief I had in myself.

Every success begins with believing in yourself first. So believe that who you are today does not limit what you can become in the future. When your heart dares to believe, no goal is too far away. I am certain of that.

2

The Traps That Bind Us

In the previous section, I talked about the power of belief that helps us receive the things we desire. But I completely understand that sometimes creating self-confidence can be difficult.

The main reason is probably that, since childhood, we have received false or discouraging beliefs from the society around us. Whether they were taught to us directly by others, or whether we learned them from other people's experiences, they eventually shaped themselves into the beliefs that are deeply embedded in our minds today.

Of course, these things are not necessarily wrong. But if we do not filter them and choose carefully what to believe, they may unknowingly become "traps" that block the power of the mind to shape our lives. The

following are important traps that most people have probably encountered.

1. The Trap of “Being Too Modest”

Being modest helps prevent us from becoming too arrogant. But in the world of energy and attraction, if there is too much of it, it may send a signal to the universe that “I am not worthy.”

For example, when someone compliments us for being talented, we may reject it by saying, “I’m not that good,” or “It was just luck.”

Every time we say something like that, we reject the positive energy someone has sent to us, and we reinforce the belief in our subconscious mind that we are still not good enough.

I do not mean that we need to boast about ourselves all the time. We simply need to learn how to “receive” that positive energy. The next time someone compliments you, try smiling and saying, “Thank you.” That simple

act is already a way of nudging the universe to know that you are ready to receive good things.

2. The Trap of “Being Too Considerate”

Consideration for others makes Thai society pleasant to live in, because it means always thinking about other people’s feelings first. But often, we are so considerate of others that we forget our own feelings. For example, when a friend invites us somewhere we do not want to go, we agree. When someone asks for help with something we are not comfortable doing, we still do it.

Every time we do this, we create “conflicting energy waves” within ourselves. Our mouth says “yes,” but our heart is shouting “no.” So how can the universe recognize our true intention?

A simple way to escape this trap is to gently and sincerely decline things that make us uncomfortable, and to do what we truly want without worrying about what others will think.

Then you will see that even a small decision to be honest with yourself is an unbelievably powerful way to train the mind to attract what it desires.

3. The Trap of “Having No Standpoint”

We are often taught to stay within the rules, follow elders, or go along with others for the sake of peace. When we go out to eat with friends and someone asks, “What do you want to eat?” the most common answer is, “Anything is fine.”

Try being clear with yourself, even in small matters. For example, saying, “Today I want to eat noodles,” will help you become brave enough to be clear about bigger matters in life. It also sends a clear frequency of the life you desire out to the universe.

Our intention carries its own unique energy. Not daring to express our true desires is like lowering our own energy level.

4. The Trap of “Not Being Punctual”

This may sound unrelated to energy, but in truth, it is at the very heart of it. Time is the most equal resource that the universe gives to everyone.

Being late sends a message to the universe that we do not respect our own time and do not respect the opportunities waiting ahead of us.

The energy of rushing, panic, and guilt from being late is a very low and chaotic frequency. It attracts more mistakes and other kinds of chaos into that day.

From now on, try intending to arrive at your destination five minutes early. Just five minutes. You will have time to breathe slowly, sit still, and review what you are about to do. Your energy will shift from chaos into calmness and readiness. This is the frequency of a person who is ready to “receive” the good things the universe sends.

The teachings and culture we grew up with are not wrong. They are the roots that shaped us into who we are today. But our responsibility is to become aware of

which parts of those roots help us grow, and which parts have become branches that bind us and prevent us from spreading our leaves toward the sunlight.

3

The Most Dangerous Enemy of Human Beings

Many people may see me as someone who is good at giving encouragement and seeking happiness. But would you believe that, during my childhood, the feeling that often circled around in my mind was not any of those positive things at all? It was **“fear.”**

I was afraid of many things—change, loss, abandonment, uncertainty—and what I feared most was having to do new things when I was not sure whether I was “worthy” of them. I often imagined bad outcomes in advance, even though they had not happened yet. So it was no surprise that, during that period, my life was not surrounded by very many good things.

Later, after studying the way the mind works more deeply, I came to understand that the greatest obstacle blocking us from receiving what we desire is **“fear.”**

After much trial and error, I finally found ways to remove fear from my heart, creating space for good energy to enter instead. Here are the techniques.

1. Start with what you can control without much effort

Fear often arises because we feel as if we have lost control over something in life. A simple way to ease it is to begin by managing the things we can control first, even if they are small.

I started with something close to me: organizing my wallet. I threw away receipts, expired cards, and anything unnecessary. I arranged my banknotes so they all faced the same direction. This small act of organizing gradually made me feel that my life was still in my own hands, and my heart became calmer.

It was also a way of sending a signal to myself that **“I am ready to welcome new things into my life.”**

2. Remove words that weaken your heart

Sometimes fear is caused by the harmful words we unconsciously use against ourselves. Sometimes they are words that make us feel worthless, or sentences from someone else that wounded us deeply. We tend to keep those negative words and use them to stir up the same wound again and again, hurting ourselves repeatedly.

But in truth, letting go, refusing to give them value, or even deleting hurtful messages from the online world is a better way. It is like telling yourself, **“I will no longer stay in a dirty space filled with fear.”**

When we dare to deal with those fears, we feel lighter, because it reminds us that **“I do not need to carry everything in my heart anymore, including the things that prevent me from loving myself.”**

3. Release what remains stuck in your heart

Sometimes what remains stuck in the heart is not an object or an online message that can be easily removed. It may be words we never said because of fear, whether an apology, a thank-you, the words “I love you,” or even something small. We may be afraid that trying to explain will only make others misunderstand us even more. But if we can unlock those words, we also unlock the fear.

You might send a message to someone, saying, **“I’m sorry I spoke harshly that day,”** or **“I want to explain this to you.”** This is a way of overcoming your own fear and slowly allowing your heart to feel lighter.

Fear will remain with us as long as we continue giving it a place to live. But when we begin by managing what we can control, removing harmful words that weaken the heart, and releasing the small things that remain unresolved within us, it is like opening space for the heart to breathe again and become ready to welcome new things back into life.