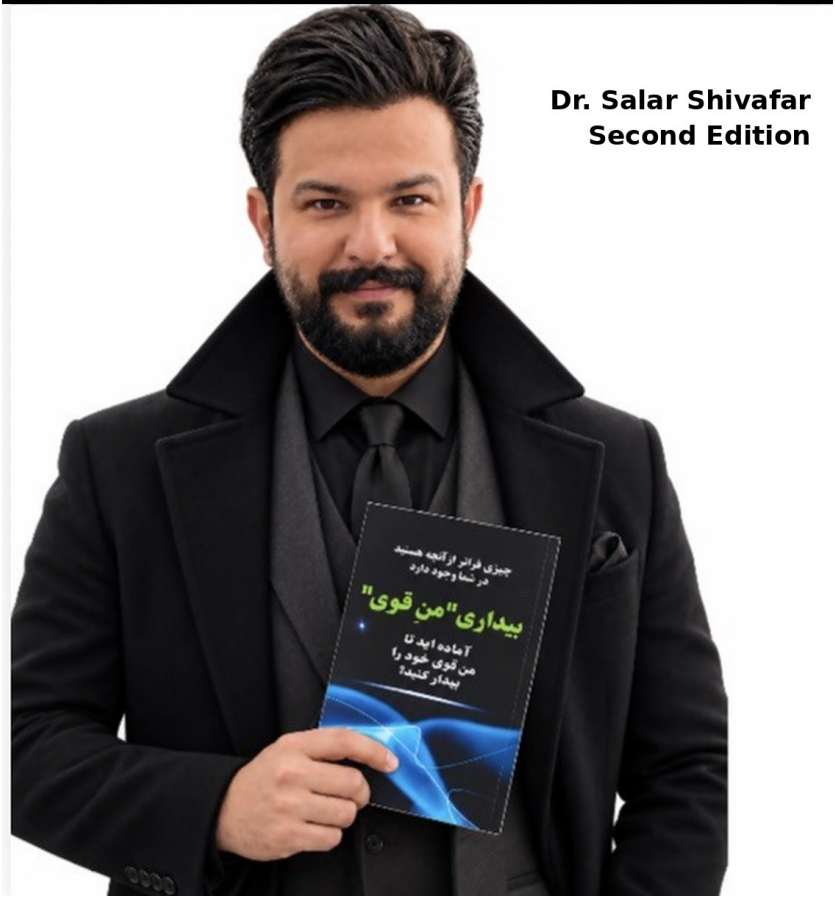
Something greater than
what you are exists within you

Awakening of My Strong Self



Dr. Salar Shivafar
Second Edition

Chapter One — Whispers of Awakening

Your story begins in a place where you are passing through a crisis of faith. Your old beliefs have collapsed, and you are searching for a new meaning for life. Amid all this, a spark of hope lights up in your being — the voice of an inner guide that leads you toward your Strong Self.

Journey Inward

You begin a perilous journey into yourself. You face many challenges. You confront your fears and doubts, and gently explore the different layers of your unconscious.



On this journey, you become familiar with concepts such as self-confidence, self-love, forgiveness, and acceptance. You realize that the Strong Self within you is an endless source of power and wisdom that can help you overcome any challenge and find peace and true happiness.

Tools of Awakening

Along this journey, you become familiar with various tools for awakening your Strong Self, including:

- **Meditation:** It helps you connect more deeply with your thoughts and feelings and reach inner peace.
- **Journaling:** It helps you review your experiences and learn from them.
- **Connecting with nature:** It helps you connect with a source of energy and the peace of existence.
- **Reading and learning:** It helps you gain new perspectives on yourself and the world.
- **Seeking help from specialists:** If needed, you can seek help from psychologists, spiritual teachers, or spiritual guides.

Obstacles and Challenges

On the journey of awakening your Strong Self, you will face many obstacles and challenges, including:

- **Questioning mind:** Your mind is constantly questioning and doubting, and this can prevent you from focusing on your Strong Self.
- **Fear and despair:** Along the way, you may encounter many fears and disappointments that stop you from continuing.
- **Negative influences:** The people around you and your life environment may have negative effects on you and pull you away from your path.

Overcoming Obstacles

To overcome these obstacles, you must be patient and resilient. Believe in yourself and listen to your inner voice. Learn from your mistakes and use them as opportunities for growth.

Remember that you are not alone. Many people on the journey of awakening their Strong Self have taken steps and shared their experiences with others.

The Power of Your Strong Self

By awakening your Strong Self, you will gain an unparalleled power.



- **Creativity and innovation:** Your Strong Self inspires you to create new and creative ideas and to bring about transformation in your own life and the lives of others.
- **Love and compassion:** Your Strong Self helps you treat others with love and compassion and to have deeper and more meaningful relationships.

Illumination in Darkness

Amid darkness and doubt, suddenly a faint light shines in your being. This light, your inner voice, guides you toward your Strong Self.

At first, this voice is faint and vague. But with time and effort to hear it, it becomes stronger and clearer.

Your Strong Self is the voice of truth, love, and wisdom within you.

This voice guides you toward a life full of joy, peace, and success.



To connect with your Strong Self and hear its voice, you must take the first steps.

These steps are:

- **Silence:** Listen to your inner self in silence. Pay attention to your thoughts, feelings, and needs.
- **Reflection:** Devote time to thinking and reflecting on your life. Ask yourself what matters to you and which direction you want to move in.
- **Meditation:** Meditation helps you calm your mind and gain access to your inner voice.

- **Journaling:** Journaling helps you review and evaluate your thoughts and feelings and gain greater clarity about them.

You are stronger than you think.

Listen to your inner voice and take a step toward your Strong Self.

A life full of joy, peace, and success awaits you.

End of Chapter One

Chapter One Exercises: Answering Questions

In this chapter, you became familiar with the concept of your Strong Self.

- In your view, what is your Strong Self?
- How can you connect with your inner Strong Self?
- What obstacles exist on the path to connecting with your Strong Self?
- How can you overcome these obstacles?

Writing answers to these questions will help you gain a deeper understanding of your Strong Self and its awakening in your being. So write the answers to these four questions in your phone's notes or on a notepad, and keep your answers, because you will need them in the final section of the book (Chapter Nine) to compare them with the answers given there.