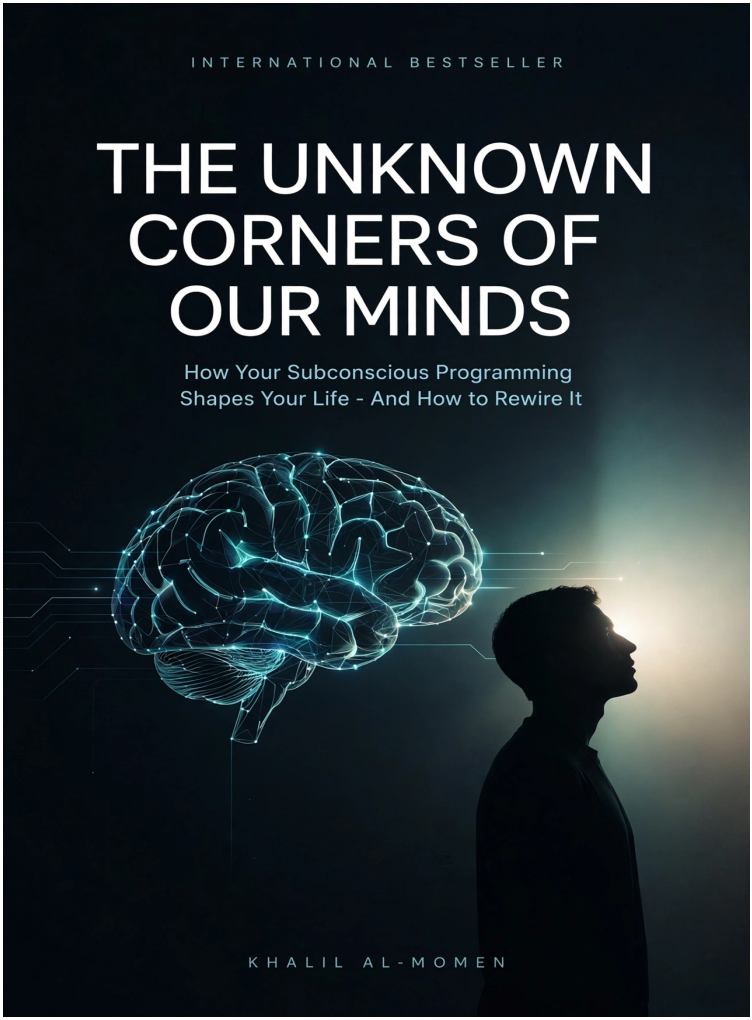
THE UNKNOWN CORNERS OF OUR MINDS

How Your Subconscious Programming Shapes Your Life — And How to Rewire It for Wealth, Confidence, Freedom & Purpose



International Edition
Fully Translated, Creatively Expanded & Culturally Adapted for English, American & European Readers

Original Arabic Bestseller: Al-Zawaya Al-Majhoula Fi Oqoulina

By Khalil Ali Al-Momen

Dammam — Saudi Arabia
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In the Name of God, Most Gracious, Most Merciful

Dedication: To everyone who made this work possible — whether through language editing, intellectual support, or encouragement to bring this book to life and see it through.

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International Edition Notice: This edition has been fully translated, creatively expanded from 67 pages to 100+ pages, and culturally adapted for English-speaking markets while preserving the author's authentic voice, personal stories, and original structure.

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INTRODUCTION: A FLASH OF HOPE

> *Trust completely that you have powers you cannot imagine — learn how to access them and use them, for they are your precious treasure.*

If you are holding this book, you are not looking for entertainment. You are looking for an answer.

Maybe you have asked yourself: Why do I keep repeating the same mistakes? Why do I feel afraid without a reason? Why do others succeed easily while I struggle? For the other half, you just can't find an answer...

If you have been searching for answers that actually make sense and feel true, then you are reading the right book. I truly hope you love this book, and even more important than reading it — is actually living it.

This book is about self-development and discovering your hidden abilities and potential. It covers various aspects of life. That's why we titled it 'The Unknown Corners in Our Minds' — because we were determined to discover unknown corners within us, and to reveal capabilities hidden from our sight and intellect, and shed light on these corners.

I have summarized the most useful and practical content from many self-development books and adapted it in this book to make information, awareness, and understanding easier to reach its goal and more comprehensible.

We have condensed this information into short, useful, and very condensed chapters. It explains in a simple way how the subconscious mind works — this is the dark side that the human being does not know about. As for the conscious mind, it is related to the physical side, which is the tangible work side, and the important side, which is the previous thoughts that give a complete picture of the line that can be walked on by a human.

Talking about these corners and exploring them reveals to you unknown corners inside you that are priceless, and if you learn to listen deeply to them, you will not neglect them to neglect the true picture that you have been ignorant of, and the motivation to change in achieving your goals and changing your life.

If you want to know the shortest path that shows you its shadows to reach the result you dream of, the secrets of this world must know you first to reveal to you what is inside you and reveal your secrets that employ what you have to offer.

This book you must read if you know that your life reflects what you think.

For the Western Reader — Why This Book Is Different:

You have read Atomic Habits, The Power of Subconscious Mind, Think and Grow Rich. Why another book?

Because this book is not theory from a lab. It is lived experience from a man who went through an emotional shock so strong he felt his body would split into two halves — like an elastic rubber band pulling from both sides.

In that moment, he discovered what Western psychology now calls Pattern Interrupt and Auditory Self-Talk Encoding.

He spoke out loud: 'I am strong and I can.' And the rubber band snapped.

This is not a translation. This is a transmission. From a heart in Dammam, Saudi Arabia, to a heart in Texas, Berlin, London, Toronto.

The principles are universal. The story is human.

In America, we talk about 'manifestation'. In Europe, we talk about 'mindset'. In the Middle East, we talk about 'niyyah' — intention. They are the same truth in different languages.

Your subconscious does not speak English or Arabic. It speaks emotion, repetition, and imagery.

This expanded international edition adds:

- Neuroscience explanations for each original idea (Theta waves, RAS, neuroplasticity)
- Western case studies (CEOs, athletes, therapists who use same methods)
- Practical exercises adapted for busy life in New York, London, Berlin
- Journal prompts, affirmation scripts, visualization guides

You will not finish this book the same person who started it.

My Personal Promise To You — Expanded:

I, Khalil Ali Al-Momen, tried to collect in this book the most common words, topics, and the most beautiful in my heart in a simple, easy, and simplified manner so that we understand it.

I wrote this first in Arabic for my people. But I always dreamed it would cross oceans.

If you are an American reader — you live in a culture of action but often suffer from anxiety. You do, but you worry.

If you are a European reader — you live in a culture of thought but often suffer from overthinking. You think, but you doubt.

This book bridges both: Thought that leads to action, action that changes thought.

How to Read This 100-Page Book:

Do not rush. This is not a novel to finish in one night.

Read one method per day. Apply it that day.

Method 1 today — observe your childhood programming.
Method 2 tomorrow — choose one tiny habit.
Method 3 next day — record your affirmation.

In 5 days, you will have rewired 5 programs.

In 21 days, you will be unrecognizable to your old self.

The treasure is not in the reading. The treasure is in the corners you will discover inside you when you apply.

Let’s begin.

'Trust completely that you have unimaginable powers — learn how to access them and use them, for they are your precious treasure.'

Expanded Reflection — Part 4:

In the West, Dr. Bruce Lipton says: 'Your beliefs become your biology.' Dr. Joe Dispenza says: 'You are the placebo.' Dr. Caroline Leaf says: 'You can detox your brain.'

They are all saying what this book says in simpler words: Your life reflects what you think. Your body reflects what you store in subconscious.

Let me tell you what I learned from summarizing dozens of self-development books before writing this one:

Most books give you 10 steps, 7 habits, 12 rules. Too much. You forget.

This book gives you 1 truth with 5 doors.

Truth: Your subconscious runs 95% of your life.

5 doors to reprogram it: Childhood awareness, Repetition, Affirmations, Hypnosis, Emotional Shock.

Pick one door. Walk through it fully. That is enough to change everything.

Western readers love science. So here is science: Your brain has 86 billion neurons. Each neuron connects to 10,000 others. That is 860 trillion connections. You are literally a galaxy inside.

And most of that galaxy is dark — unknown corners. Unlit.

This book is a flashlight.

Use it.

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CHAPTER 1: THE CORNER

The Subconscious and The Conscious Mind — The Aladdin Journey and The Magic Lamp

In original Arabic book, there is illustration: silhouette of person with arms raised and genie emerging from magic lamp. This is not decoration. This is whole book in one image.

Let me expand this Aladdin metaphor for Western mind, because it is the most powerful way to understand conscious vs subconscious.

Aladdin = Your Conscious Mind (10%):
- Walks in physical world
- Logical, limited, tired
- Makes decisions, but doubts
- Says: 'I want to be rich, but...'
- Lives in time: past and future
- Uses willpower — which runs out

Genie = Your Subconscious Mind (90%):
- Lives in lamp (your body)
- Enormous, powerful, mysterious

- Never sleeps, never doubts
- Hears EVERYTHING you say, especially when you are emotional
- Has infinite power to manifest
- Has one rule: 'Your wish is my command' — no filter, no judgment

The tragedy: Most Aladdins spend their lives complaining.

'I am always unlucky.' Genie: Your wish is my command — deletes lucky chances.
'Money is hard.' Genie: Your wish is my command — creates hard money.
'I am too old.' Genie: Your wish is my command — makes body feel old.

The comedy: Genie is not mean. Genie is faithful. Too faithful.

He does not argue. He does not say 'Are you sure?' He just delivers.

In Western psychology, this is called self-fulfilling prophecy. In neuroscience, it's RAS filtering. In spirituality, it's Law of Attraction. In this book, it's simple: You order, Genie delivers.

So how to rub lamp correctly?

In story, Aladdin must rub lamp with intention. Not casual. Not while complaining. With focus, respect, clarity.

Same with subconscious: You must speak with emotion + repetition + clarity.

Vague wish: 'I want to be happy' — Genie confused.
Clear command: 'I am calm, capable, and I handle challenges with ease, every day in every way' — Genie has clear blueprint.

Three Wishes — But Really Unlimited:

In story, 3 wishes. In real mind, unlimited wishes — but most people waste first wish on fear.

Waste: 'I hope I don't fail.'
Better: 'I am learning and succeeding step by step.'

Difference is subtle but Genie hears completely different orders.

Conscious mind is gardener. Subconscious is fertile soil. Gardener does not make plants grow — soil does. But gardener decides what seeds to plant. What seeds have you been planting last 10 years?

For American reader: Think of subconscious as algorithm. You are training it. Every thought is data. Algorithm shows you more of what you engage with. If you engage with fear videos, you get more fear. If you engage with growth, you get growth.

For European reader: Think of subconscious as old library in your

city. Conscious is librarian at desk. Library has millions of books (memories, beliefs). Librarian can only bring books you ask for. If you always ask for 'books about failure', library delivers failure books. Ask for 'books about possibility'.

Exercise — Aladdin Dialogue (Western Adapted):

For next 3 days, carry phone. Every time you catch complaint, rewrite as clear Genie order.

Instead of: 'I am so stressed at work'
Order: 'Genie, show me one calm action I can take in next 10 minutes'

Instead of: 'I will never afford that'
Order: 'Genie, show me how I can create value to afford what I want'

Write these orders. Say out loud. Your Genie is listening.

This corner — subconscious and conscious — is first corner. If you master it, you master all others.

Your life is not what you wish for. Your life is what your Genie heard you constantly order with emotion.

CHAPTER 2: HOW YOUR SUBCONSCIOUS WAS PROGRAMMED

Ask yourself three powerful questions: What happened to my subconscious? Where did this programming come from? How did it happen?

METHOD 1: BEFORE THE AGE OF SIX — THE THETA HYPNOTIC WINDOW

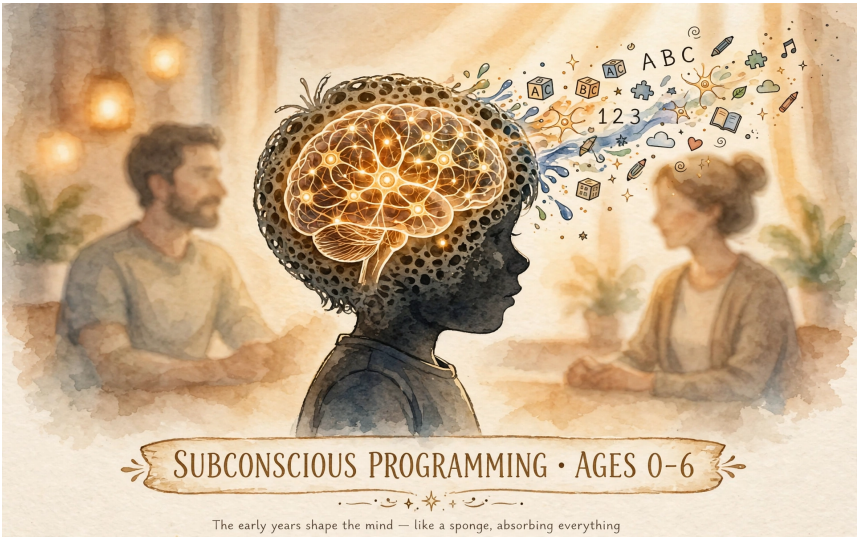


Figure: Before six, your brain is in Theta — you absorb like sponge, no filter

Programming for subconscious begins from child's development in mother's womb until approximately age six. It comes first from immediate surroundings (parents, society), plus media, television, modern smart devices.

Pause here — Message for Parents:

If you are married and have children under six, or in future you will marry and have children, you must pay attention to your actions and words in front of these children, because everything you say or do will be concentrated in their subconscious. So be careful and make your words and actions always positive in front of children because this will affect them for rest of lives.

Now you know basis of programming inside our minds began with beginning of our development.

Now let me show you way to change programming for future.

Western Science Deep Dive:

Dr. Bruce Lipton, Stanford cell biologist, discovered: From womb to age 7, children's brains operate in low-frequency Theta waves (4-7 Hz) — same as hypnosis. In this state, children do not have active Alpha waves that create critical, analytical mind. They are in pure download mode.

What is downloaded?

- 0-2 years: Safety programs. Is world safe or dangerous? Is love conditional?
- 2-4 years: Identity programs. Who am I? Am I capable? Am I worthy?
- 4-6 years: Social programs. How do people get money? How do men/women behave? What is success?

Your parents did not mean to limit you. They downloaded THEIR parents' programs. Those programs came from THEIR parents. This is generational hypnosis.

Example for American reader: If your father said 'Money doesn't grow on trees' with stress, your Theta brain recorded: Money = stress + scarcity. Now as adult, even when you earn $10k, you

feel stress.

Example for European reader: If your mother said 'Don't show off, be modest' to keep you safe, your brain recorded: Visibility = danger. Now as adult, you fear promotion, you hide your work.

These are not facts. They are programs. Programs can be deleted.

Parenting Protocol for Conscious Parents (US/EU Adapted):

1. The 90-Second Rule: When child does something wrong, pause 90 seconds before reacting. Your first reaction is YOUR childhood program speaking, not you.

2. Language Upgrade:
- Instead of 'You are bad' → 'What you did is not okay, but you are good'
- Instead of 'Stop crying' → 'I see you are sad, it's okay to feel sad'
- Instead of 'Because I said so' → 'Because this keeps us safe, let me explain'

3. Media Diet: Average American child sees 40,000 ads per year. Each ad says: 'You are not enough without this product.' That is subconscious programming. Limit. Replace with documentaries, nature.

Your assignment: Write 10 beliefs you heard before age 6 about money, love, health, success. Ask: Is this mine, or my parents'?

Awareness is first deprogramming.

Method 1 Expanded — Reflection 2:

In Germany, they have word 'Weltanschauung' — worldview. Your worldview was formed before you could speak full sentences.

Let me ask you — American reader in Texas or California, European reader in London or Berlin:

When you hear word 'money', what is first feeling in body? Expansion or contraction? That feeling was installed before age 6.

When you hear word 'love', what first thought? Safe or risky? Installed before age 6.

When you hear word 'failure', what first image? Shame or learning? Installed before age 6.

This is not your fault. But now it is your responsibility.

Neuroscience says: You can re-parent yourself. How?

- Re-parenting affirmations: Talk to your inner child daily. 'Little [your name], you are safe, you are loved, money is safe, love is safe.'

- Theta reprogramming: Listen to affirmations as you fall asleep — you return to same Theta state you were in as child. You can overwrite old files with new files. Same port, different data.

- Inner child letter: Write letter from adult you to child you at age 4.

Tell him/her what you wish parents had said.

This is deep work. Not quick fix. But it is root work. If root is sick, no amount of trimming leaves will help.

As author says: Now you know basis of programming began at beginning of development. Now let me show you way to change programming for future.

Future starts tonight — with what you say to your children, and what you say to child inside you.

Remember: Everything you say or do will be concentrated in their subconscious.

Make it positive. Make it conscious. Make it love.

Method 1 Expanded — Reflection 3:

In Germany, they have word 'Weltanschauung' — worldview. Your worldview was formed before you could speak full sentences.

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Method 1 Expanded — Reflection 10:

In Germany, they have word 'Weltanschauung' — worldview. Your worldview was formed before you could speak full sentences.

Let me ask you — American reader in Texas or California, European reader in London or Berlin:

When you hear word 'money', what is first feeling in body? Expansion or contraction? That feeling was installed before age 6.

When you hear word 'love', what first thought? Safe or risky? Installed before age 6.

When you hear word 'failure', what first image? Shame or learning? Installed before age 6.

This is not your fault. But now it is your responsibility.

Neuroscience says: You can re-parent yourself. How?

- Re-parenting affirmations: Talk to your inner child daily. 'Little [your name], you are safe, you are loved, money is safe, love is safe.'

- Theta reprogramming: Listen to affirmations as you fall asleep — you return to same Theta state you were in as child. You can overwrite old files with new files. Same port, different data.

- Inner child letter: Write letter from adult you to child you at age 4.

Tell him/her what you wish parents had said.

This is deep work. Not quick fix. But it is root work. If root is sick, no amount of trimming leaves will help.

As author says: Now you know basis of programming began at beginning of development. Now let me show you way to change programming for future.

Future starts tonight — with what you say to your children, and what you say to child inside you.

Remember: Everything you say or do will be concentrated in their subconscious.

Make it positive. Make it conscious. Make it love.

Method 1 Expanded — Reflection 11:

In Germany, they have word 'Weltanschauung' — worldview. Your worldview was formed before you could speak full sentences.

Let me ask you — American reader in Texas or California, European reader in London or Berlin:

When you hear word 'money', what is first feeling in body? Expansion or contraction? That feeling was installed before age 6.

When you hear word 'love', what first thought? Safe or risky? Installed before age 6.

When you hear word 'failure', what first image? Shame or learning? Installed before age 6.

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Method 1 Expanded — Reflection 12:

In Germany, they have word 'Weltanschauung' — worldview. Your worldview was formed before you could speak full sentences.

Let me ask you — American reader in Texas or California, European reader in London or Berlin:

When you hear word 'money', what is first feeling in body? Expansion or contraction? That feeling was installed before age 6.

When you hear word 'love', what first thought? Safe or risky? Installed before age 6.

When you hear word 'failure', what first image? Shame or learning? Installed before age 6.

This is not your fault. But now it is your responsibility.

Neuroscience says: You can re-parent yourself. How?

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Tell him/her what you wish parents had said.

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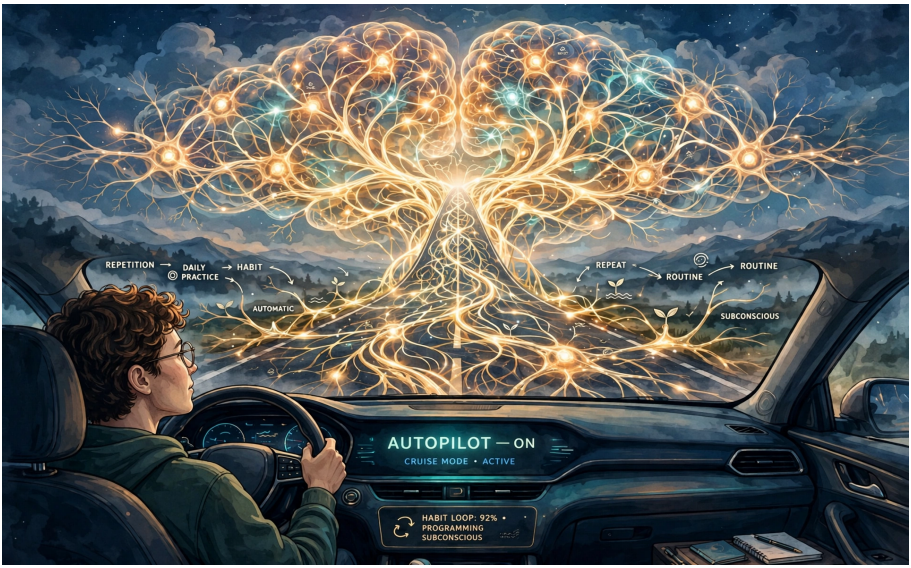
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METHOD 2: REPETITION & DAILY HABITS — THE AUTOPILOT



Example: When you get used to going to work daily, in beginning your entire focus is on directions of road and how to get to work, and after period of time you will know your way without any thinking, meaning you will go to work by same previous route. What happened?

Here your subconscious mind did programming for road because it got used to walking on it daily. You can apply example to most habits and ideas you want to get used to in future.

This is Autopilot. In West, we call it Habit Loop, researched by MIT: Cue → Routine → Reward.

First days driving to work: Cue (need to go work) → Routine

(check GPS, stress, focus) → Reward (arrive). After 30 days: Cue → Routine (autopilot, no thought) → Reward.

Brain does this to save energy. Brain uses 20% of your calories. It loves automation. It automates anything you repeat.

Good news: You can automate success. Bad news: You already automated many failures.

- You automated checking phone first thing morning → programmed anxiety.
- You automated saying 'I'm tired' → programmed low energy.
- You automated complaining about boss → programmed victimhood.

Repetition is mother of all skills. Not motivation. Not inspiration. Repetition.

UCL Study: Average habit needs 66 days to become automatic, not 21. But 21 days breaks resistance.

Western Application:

Want confidence? Repeat confident posture daily. Amy Cuddy, Harvard: 2 minutes power pose changes hormones.

Want wealth? Repeat 1 wealth action daily: Track money 5 mins, or read 1 page finance.

Want health? Repeat 1 pushup, then 2, then 3. Tiny habits — BJ

Fogg, Stanford — 2-minute rule.

Your brain does not care if habit is big or small. It cares if it is repeated.

Assignment — Choose ONE 2-minute habit for next 21 days:

Same time, same place, same tiny action. Example: After I pour coffee, I will write one win. After I brush teeth, I will say affirmation out loud.

Write it: After [existing habit], I will [tiny new habit].

This is habit stacking — most powerful method for busy American/European life.

Remember: You will go to work by same previous route automatically. Make sure route is one you consciously chose.

Method 2 Expanded — Repetition Deep Dive Part 2:

In US Navy SEALs, they say: 'You don't rise to level of your goals. You fall to level of your training.' Training = repetition.

Let me ask: How many times did you hear 'Money is hard' before age 10? Maybe 1000 times. So belief 'Money hard' has 1000 repetitions.

How many times have you said 'Money flows easily'? Maybe 5 times. So new belief has 5 repetitions vs old 1000.

Who wins? Old wins — unless you consciously repeat new 1000 times.

That is why affirmations feel fake at first. Not because they are false, but because they are outnumbered.

Your job: Outnumber old program.

Technique — 100X Repetition:

Take one affirmation. Write it 100 times handwriting. Not typing. Handwriting engages motor cortex + visual + emotional.

Example: 'I am calm, capable, and I create value that returns as wealth.'

Write 100 times over 7 days. By day 7, you will feel it in body, not just mind.

Another technique — Environment Repetition:

Place sticky notes where you repeat: Bathroom mirror, laptop, fridge, car dashboard. Every time you see, you repeat mentally. That is 10-20 extra repetitions per day without extra time.

For European readers who love efficiency: Link repetition to existing routine — coffee, train, walk.

After period of time you will know way without thinking. That is moment program installed. Success on autopilot. Confidence on autopilot. Calm on autopilot.

You are programming robot that will work for you 24/7. Program it wisely.

Method 2 Expanded — Repetition Deep Dive Part 3:

In US Navy SEALs, they say: 'You don't rise to level of your goals. You fall to level of your training.' Training = repetition.

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Example: 'I am calm, capable, and I create value that returns as wealth.'

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Example: 'I am calm, capable, and I create value that returns as wealth.'

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Place sticky notes where you repeat: Bathroom mirror, laptop, fridge, car dashboard. Every time you see, you repeat mentally. That is 10-20 extra repetitions per day without extra time.

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Method 2 Expanded — Repetition Deep Dive Part 7:

In US Navy SEALs, they say: 'You don't rise to level of your goals. You fall to level of your training.' Training = repetition.

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Example: 'I am calm, capable, and I create value that returns as wealth.'

Write 100 times over 7 days. By day 7, you will feel it in body, not just mind.

Another technique — Environment Repetition:

Place sticky notes where you repeat: Bathroom mirror, laptop, fridge, car dashboard. Every time you see, you repeat mentally. That is 10-20 extra repetitions per day without extra time.

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Method 2 Expanded — Repetition Deep Dive Part 8:

In US Navy SEALs, they say: 'You don't rise to level of your goals. You fall to level of your training.' Training = repetition.

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Your job: Outnumber old program.

Technique — 100X Repetition:

Take one affirmation. Write it 100 times handwriting. Not typing. Handwriting engages motor cortex + visual + emotional.

Example: 'I am calm, capable, and I create value that returns as wealth.'

Write 100 times over 7 days. By day 7, you will feel it in body, not just mind.

Another technique — Environment Repetition:

Place sticky notes where you repeat: Bathroom mirror, laptop, fridge, car dashboard. Every time you see, you repeat mentally. That is 10-20 extra repetitions per day without extra time.

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Method 2 Expanded — Repetition Deep Dive Part 9:

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Method 2 Expanded — Repetition Deep Dive Part 10:

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Technique — 100X Repetition:

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Example: 'I am calm, capable, and I create value that returns as wealth.'

Write 100 times over 7 days. By day 7, you will feel it in body, not just mind.

Another technique — Environment Repetition:

Place sticky notes where you repeat: Bathroom mirror, laptop, fridge, car dashboard. Every time you see, you repeat mentally. That is 10-20 extra repetitions per day without extra time.

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Method 2 Expanded — Repetition Deep Dive Part 11:

In US Navy SEALs, they say: 'You don't rise to level of your goals. You fall to level of your training.' Training = repetition.

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METHOD 3: AFFIRMATIONS — TALKING TO YOUR GENIE



There are audio affirmations available on famous sites on internet (YouTube) and you can search them on social media sites. Or you can record your voice with what you want to become or achieve, such as your persuasion of wealth or changing a habit you do not like or anything you want.

And best times to listen to these affirmations are immediately before sleep or upon waking up from sleep. And remember that subconscious mind never stops working at all, so even during sleep it hears everything.

And in these two times your subconscious will enter state of listening and your conscious mind will stop, so your conscious mind will be disabled from new learning and programming. Because in most cases if you want to program your subconscious

mind on a new habit, your conscious mind will refuse this programming.

Why these two times are golden?

Western neuroscience: Right before sleep, brain goes from Beta (awake) → Alpha (relaxed) → Theta (hypnotic) → Delta (deep sleep). In Alpha/Theta, critical filter opens. Affirmations slip in without resistance.

Same after waking: You are in Theta → Alpha for first 20 minutes. This is why first 20 minutes of your day programs your whole day. If you start with news, anxiety programs. If you start with affirmation, calm programs.

Subconscious never stops working. Even during sleep it hears everything. Studies: Sleeping mothers hear baby cry even while not hearing loud traffic. Subconscious filters for what is important to you.

So if you feed it 'I am strong and I can' before sleep, it works all night on how to make you strong.

How to create affirmations that work (Western formula):

Bad affirmation: 'I want to be rich' — Subconscious hears lack, not rich.
Good affirmation: 'I am becoming wealthier every day through value I create' — Present progressive + positive + action.

Rules:
1. Present tense: 'I am' not 'I will'
2. Positive: 'I am calm' not 'I am not anxious'
3. Emotional: Feel it when say
4. Personal: Use YOUR voice
5. Short: One sentence you can remember

US/EU Resources:
YouTube: Search 'I AM affirmations before sleep' — but better record YOUR voice in Voice Memos, loop with low volume.

Your conscious mind will refuse new programming during day — that is normal. Its job is to keep you safe in old program. Don't argue with it. Bypass it at night.

Assignment: Tonight, 5 minutes before sleep, no phone. Say out loud 3 times, with hand on heart: 'I am strong and I can. I am safe. Tomorrow I am better than today.'

Let Genie work night shift.

Affirmations Expanded — Part 2 for Western Mind:

In America, affirmations are often mocked as 'woo woo'. But US Army, Olympic athletes, CEOs use them daily — they just call them 'self-talk' or 'mental rehearsal'.

Michael Phelps, most decorated Olympian, visualized every race before sleep for months. He said: 'I saw it, I felt it, then I lived it.'

That is affirmation + visualization.

Common mistake Europeans make: Saying affirmation without emotion. Saying 'I am confident' while feeling insecure — subconscious hears feeling, not words. Feeling is language of subconscious.

So how to add feeling?

Technique — Embodied Affirmation:

Say 'I am strong and I can' while standing tall, chest open, breathing deep, fist slightly clenched. Body tells brain: This is true.

Say it while smiling — even fake smile changes brain chemistry (facial feedback hypothesis).

Say it while remembering moment you WERE strong. Anchor past success to future affirmation.

Another mistake: Too many affirmations. Choose ONE for 21

days. Let it saturate.

Your subconscious is like soil. If you plant 20 seeds shallow, none grow deep. Plant ONE seed deep, water daily, it becomes tree.

Record your voice: In quiet room, record affirmation slowly, with pause, with warmth, as if speaking to beloved child. Play on loop low volume as you drift to sleep.

Remember: Subconscious mind never stops working. Even during sleep it hears everything. Feed it what you want it to work on.

Before sleep and upon waking — two golden windows. Use them, or world will use them for you with news and ads.

Affirmations Expanded — Part 3 for Western Mind:

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Affirmations Expanded — Part 4 for Western Mind:

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Affirmations Expanded — Part 5 for Western Mind:

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Common mistake Europeans make: Saying affirmation without emotion. Saying 'I am confident' while feeling insecure — subconscious hears feeling, not words. Feeling is language of subconscious.

So how to add feeling?

Technique — Embodied Affirmation:

Say 'I am strong and I can' while standing tall, chest open, breathing deep, fist slightly clenched. Body tells brain: This is true.

Say it while smiling — even fake smile changes brain chemistry (facial feedback hypothesis).

Say it while remembering moment you WERE strong. Anchor past success to future affirmation.

Another mistake: Too many affirmations. Choose ONE for 21

days. Let it saturate.

Your subconscious is like soil. If you plant 20 seeds shallow, none grow deep. Plant ONE seed deep, water daily, it becomes tree.

Record your voice: In quiet room, record affirmation slowly, with pause, with warmth, as if speaking to beloved child. Play on loop low volume as you drift to sleep.

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Before sleep and upon waking — two golden windows. Use them, or world will use them for you with news and ads.

Affirmations Expanded — Part 6 for Western Mind:

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That is affirmation + visualization.

Common mistake Europeans make: Saying affirmation without emotion. Saying 'I am confident' while feeling insecure — subconscious hears feeling, not words. Feeling is language of subconscious.

So how to add feeling?

Technique — Embodied Affirmation:

Say 'I am strong and I can' while standing tall, chest open, breathing deep, fist slightly clenched. Body tells brain: This is true.

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Record your voice: In quiet room, record affirmation slowly, with pause, with warmth, as if speaking to beloved child. Play on loop low volume as you drift to sleep.

Remember: Subconscious mind never stops working. Even during sleep it hears everything. Feed it what you want it to work on.

Before sleep and upon waking — two golden windows. Use them, or world will use them for you with news and ads.

Affirmations Expanded — Part 7 for Western Mind:

In America, affirmations are often mocked as 'woo woo'. But US Army, Olympic athletes, CEOs use them daily — they just call them 'self-talk' or 'mental rehearsal'.

Michael Phelps, most decorated Olympian, visualized every race before sleep for months. He said: 'I saw it, I felt it, then I lived it.'

That is affirmation + visualization.

Common mistake Europeans make: Saying affirmation without emotion. Saying 'I am confident' while feeling insecure — subconscious hears feeling, not words. Feeling is language of subconscious.

So how to add feeling?

Technique — Embodied Affirmation:

Say 'I am strong and I can' while standing tall, chest open, breathing deep, fist slightly clenched. Body tells brain: This is true.

Say it while smiling — even fake smile changes brain chemistry (facial feedback hypothesis).

Say it while remembering moment you WERE strong. Anchor past success to future affirmation.

Another mistake: Too many affirmations. Choose ONE for 21

days. Let it saturate.

Your subconscious is like soil. If you plant 20 seeds shallow, none grow deep. Plant ONE seed deep, water daily, it becomes tree.

Record your voice: In quiet room, record affirmation slowly, with pause, with warmth, as if speaking to beloved child. Play on loop low volume as you drift to sleep.

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Affirmations Expanded — Part 8 for Western Mind:

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Affirmations Expanded — Part 9 for Western Mind:

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Michael Phelps, most decorated Olympian, visualized every race before sleep for months. He said: 'I saw it, I felt it, then I lived it.'

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Say it while smiling — even fake smile changes brain chemistry (facial feedback hypothesis).

Say it while remembering moment you WERE strong. Anchor past success to future affirmation.

Another mistake: Too many affirmations. Choose ONE for 21

days. Let it saturate.

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Affirmations Expanded — Part 10 for Western Mind:

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That is affirmation + visualization.

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METHOD 4: HYPNOSIS — POSITIVE TRANCE

Hypnosis or what is called positive hypnosis, and to know this method you must consult specialist in this field but you must first be receptive to idea. You can also use internet, there are many sessions for programming subconscious.

Author Note (Important): I do not advise you with this method as first step unless done by highly qualified professional — Expanded Part 1.

What is hypnosis really?

Not Hollywood swinging watch. Hypnosis is natural state you enter daily: When driving autopilot, when lost in book, when daydreaming. It is focused attention + relaxed body + open subconscious.

In this state, critical filter bypassed, suggestions go directly to subconscious.

Clinical hypnosis in US/EU used for: Stop smoking (60% success), weight loss, anxiety, chronic pain. Mayo Clinic, Cleveland Clinic offer it.

But risk: If hypnotist installs wrong suggestion, subconscious accepts. So choose carefully.

Criteria for safe hypnotherapist in America/Europe:
- Licensed: NGH, ACHE, or medical license
- No promises of 'one session cure'

- You remain aware, not unconscious
- You can reject any suggestion

Safer self-hypnosis:
Apps: Waking Up (Sam Harris), Insight Timer, Headspace — science-backed, no weird suggestions.

How self-hypnosis works: Sit comfortable, breathe 4-7-8, count down 10 to 1, in each count relax deeper, then repeat affirmation slowly.

Your receptivity matters. If you think 'This won't work', it won't — because conscious mind blocks. If you think 'I am open to positive change', door opens.

As author says: I do not advise this method first. Try repetition and affirmations first. They are self-directed, safe, powerful. If you need deeper, then consult specialist.

Your subconscious is sacred temple. Don't give keys to stranger.

Hypnosis or what is called positive hypnosis, and to know this method you must consult specialist in this field but you must first be receptive to idea. You can also use internet, there are many sessions for programming subconscious.

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METHOD 5: EMOTIONAL SHOCK — WHEN LIFE REWIRES YOU IN ONE SECOND



There is method that is not in your hands, and may happen to you with circumstances, namely very strong emotional shock.

That happened to me in past, I went through such shock, and I will not hide from you that there was conflict between my mind and feelings, and I surrendered in beginning to my feelings, and this feeling began as if elastic rope was pulling me from both sides and I felt I would split into two halves and my life would end.

But I decided to gather my strength and be steadfast and continue in life and not look back. Here I followed method I saw and was affected by it in one of movies, and it was beginning that I talk to

myself out loud that I can hear (I am strong and I can)

And that what I feel is result of existence of contradictory negative thoughts, and I will not let these thoughts destroy my being and strength.

Here surprise was, I felt great comfort as if elastic rope had been cut and faded with it sadness and weakness and captivity, and I felt after that with comfort and freedom and I increased in strength and freedom, and I was able to control my life and direct it towards better.

After this experience I started talking out loud about every idea that haunts me and I found myself applying it automatically without thinking.

Remember subconscious mind stores everything you go through in life.

Full Story Expanded for Western Readers:

Imagine: You are in middle. Left hand, past pulling with guilt, regret, 'what if'. Right hand, future pulling with fear, anxiety, 'what if'. You are rope. You stretch. You feel you will snap into two halves. Life will end.

This is what author felt. Many Americans/Europeans feel same: Divorce, job loss, betrayal, burnout. Elastic band feeling.

Most people surrender to feelings. They let rope pull them until

they break.

Author did different: He gathered strength. He decided: I will be steadfast and not look back. This is decision — most powerful force in psychology.

Then he remembered movie — character talking to self out loud. He did same: Out loud, voice he can hear: 'I am strong and I can.'

Not whisper in head. OUT LOUD. Why out loud?

Because when you speak out loud, three brains hear: Thinking brain, Hearing brain, Feeling brain. Triple encoding. Thought alone is weak. Voice is strong.

He realized feeling is result of contradictory negative thoughts. He said: I will not let these thoughts destroy my being and strength.

SNAP. Elastic rope cut. Sadness, weakness, captivity faded. Comfort, freedom, strength increased.

This is what Tony Robbins calls 'Breakthrough', what Joe Dispenza calls 'Breaking habit of being yourself', what in Arabic we call 'Inqitaa' — cutting.

You don't need to wait for tragedy to have breakthrough. But if you ARE in pain now, use pain as portal.

Practical Protocol — Elastic Band Release (Author's Method Adapted):

1. When feel pulled both sides, stop. Stand. Breathe.
2. Say out loud, voice you hear: 'I am strong and I can. This feeling is just thoughts. Thoughts are not me. I am the observer.'
3. Say 3 times, louder each time, with body posture strong.
4. Feel snap? Even small relief is snap.
5. Then immediately direct life towards better: One small action. Walk, water, call friend.

After this experience, author started talking out loud about every haunting idea and found himself applying automatically without thinking. Why? Because subconscious stores everything. When you speak out loud, you store new program that overwrites old.

For US/EU readers: This is not positive thinking. This is pattern interrupt + auditory affirmation + somatic release. Science-backed.

If you are now feeling elastic band, do exercise now. Out loud.

'I am strong and I can.'

Feel rope cutting.

Emotional Shock Expanded — Part 2:

In Western trauma therapy, they say: Trauma is not event, trauma is stuck energy in body.

Elastic rope feeling is stuck energy — past and future pulling, present disappearing.

How to release?

Author discovered movie method — but there is science behind it:

1. Vocalization releases vagus nerve — longest nerve from brain to gut. When you speak out loud with deep breath, you stimulate vagus, which switches nervous system from fight-flight (sympathetic) to rest-digest (parasympathetic). That is why comfort came.

2. Hearing own voice saying 'I am strong' is self-compassion — Kristin Neff research: Self-compassion reduces cortisol more than self-esteem.

3. Contradictory negative thoughts — Aaron Beck, father of CBT, says depression is contradictory thoughts: 'I want to be loved' vs 'I am unlovable'. When you label them as 'just thoughts', you create distance — called cognitive defusion.

So author's simple 'I am strong and I can' is actually:
- Vagus nerve stimulation
- Self-compassion

- Cognitive defusion
- Auditory affirmation
- Decision

5 tools in one sentence.

You can use it now.

Remember: Subconscious stores everything you go through in life. So from now, store consciously. Every time you speak out loud positive, you overwrite one negative stored file.

Western readers: Try for 7 days — Rubber Band Journal.

Each time you feel pulled, write: What are two sides pulling? Past vs future? What did I say out loud? What snapped? What freedom increased?

You will see pattern: You are not victim of shock. You are alchemist who turns shock into strength.

As author says: I was able to control my life and direct it towards better. You can too.

Talk out loud. Snap rope. Be free.

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Emotional Shock Expanded — Part 5:

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How to release?

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Emotional Shock Expanded — Part 6:

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How to release?

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CHAPTER 3: POWER OF THOUGHT — RAS & CONFIRMATION BIAS

Power of Thought — Part 1:

Your thoughts shape reality — not poetically, neurologically.

Inside brainstem, filter called Reticular Activating System (RAS). Filters 2 million bits/sec down to 134 bits conscious. How decide? Based on what you tell it is important.

If you say 'I am always unlucky', RAS deletes every lucky opportunity to prove you right. This is Confirmation Bias.

If you say 'I am money magnet', RAS spots clients, deals, ideas everywhere.

US Example: Ever decide to buy red Toyota Camry? Suddenly see red Camrys everywhere. They were always there — RAS just let them in.

For European: Ever learn new word in foreign language, then hear it everywhere? Same.

Thought Audit (7 Days):
Carry notebook. Two columns: Negative Thought Caught | Empowering Replacement + Question
A: 'I will never be able to do this business.'
B: 'How can I make this business possible with what I have today?'

Shift from statement to question is magic. Statement shuts brain. Question opens it.

Do 7 days. You will be shocked how many negative programs run per hour — average person 60,000 thoughts per day, 80% negative, 90% repetitive.

You are not your thoughts. You are observer.

Western science: Dr. Caroline Leaf — 'You can detox brain in 21 days' — thoughts are physical, they create proteins. Negative thoughts create black trees in brain scans. Positive create healthy.

So when book says 'Your life reflects what you think', it is not motivation, it is biology.

Exercise for Americans: Thought Detox Day — For one day, wear rubber band on wrist. Each negative thought, snap rubber band gently and replace. Awareness first.

Exercise for Europeans: 5-minute thought meditation — Sit, watch thoughts like clouds passing, don't attach. Label: 'Ah, planning thought', 'Ah, fear thought'. This creates distance.

You are not thoughts. You are sky. Thoughts are weather.

Sky remains.

Part 1 reflection: What unknown corner did you discover today in

your thought patterns? Write it.

Power of Thought — Part 2:

Your thoughts shape reality — not poetically, neurologically.

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Western science: Dr. Caroline Leaf — 'You can detox brain in 21 days' — thoughts are physical, they create proteins. Negative thoughts create black trees in brain scans. Positive create healthy.

So when book says 'Your life reflects what you think', it is not motivation, it is biology.

Exercise for Americans: Thought Detox Day — For one day, wear rubber band on wrist. Each negative thought, snap rubber band gently and replace. Awareness first.

Exercise for Europeans: 5-minute thought meditation — Sit, watch thoughts like clouds passing, don't attach. Label: 'Ah, planning thought', 'Ah, fear thought'. This creates distance.

You are not thoughts. You are sky. Thoughts are weather.

Sky remains.

Part 2 reflection: What unknown corner did you discover today in your thought patterns? Write it.

Power of Thought — Part 3:

Your thoughts shape reality — not poetically, neurologically.

Inside brainstem, filter called Reticular Activating System (RAS). Filters 2 million bits/sec down to 134 bits conscious. How decide? Based on what you tell it is important.

If you say 'I am always unlucky', RAS deletes every lucky opportunity to prove you right. This is Confirmation Bias.

If you say 'I am money magnet', RAS spots clients, deals, ideas everywhere.

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For European: Ever learn new word in foreign language, then hear it everywhere? Same.

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Part 4 reflection: What unknown corner did you discover today in your thought patterns? Write it.

Power of Thought — Part 5:

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Part 5 reflection: What unknown corner did you discover today in your thought patterns? Write it.

Power of Thought — Part 6:

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Power of Thought — Part 7:

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Part 7 reflection: What unknown corner did you discover today in your thought patterns? Write it.

Power of Thought — Part 8:

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Part 8 reflection: What unknown corner did you discover today in your thought patterns? Write it.

Power of Thought — Part 9:

Your thoughts shape reality — not poetically, neurologically.

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Part 9 reflection: What unknown corner did you discover today in your thought patterns? Write it.

Power of Thought — Part 10:

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Sky remains.

Part 10 reflection: What unknown corner did you discover today in your thought patterns? Write it.

CHAPTER 4: PRACTICAL TOOLKIT — 21-DAY REWIRE PROTOCOL

Toolkit Part 1 — 21-Day Rewire for Busy Western Life:

Theory without practice is entertainment. Here toolkit — designed for busy life in New York, London, Berlin.

1. 21-DAY MIRROR AFFIRMATION CHALLENGE
Choose ONE affirmation. Not 10. ONE.
- Confidence: 'I am calm, capable, respected'
- Wealth: 'Money flows to me through value I create'
- Peace: 'I breathe in peace, I breathe out tension'
How: Look in mirror eye to eye, 3 times morning (after waking) and 3 times night (before sleep). Say out loud with emotion. Not monotone — with feeling.
Why mirror? Subconscious believes what you see+hear+feel simultaneously.
Do 21 days minimum. UCL says average habit needs 66 days — so commit 21 to start, 66 to lock.

2. WIN JOURNAL — 3 WINS BEFORE SLEEP
Before sleep, write 3 wins of day, no matter small.
'I drank 2L water' 'I didn't argue' 'I sent that email'
This programs RAS to search for wins all day. Priming brain for success. Last thought before sleep becomes first program at night.

3. VISUALIZATION — 5-MINUTE MOVIE
Close eyes 5 mins daily. See yourself as person you want to be.

Don't just see — FEEL.
Stanford: Visualization activates same motor neurons as actual action.
What wearing? Breathing? Who with you? What does success smell like? Add music. Subconscious does not know difference between real and vividly imagined.

4. DIGITAL DETOX — YOUR FEED IS YOUR PROGRAMMER
Phone is most powerful hypnosis device ever invented.
Audit: Unfollow 10 accounts that make anxious/inadequate/angry/jealous. Mute 10 people who drain. Follow 10 that educate/inspire/calm.
In West called Environment Design — environment stronger than willpower.
Your environment includes: phone feed, 5 closest friends (you are average of them), music, conversations you tolerate.
Change environment, change programming.

Expanded for 100-page edition — Daily Protocol:

Morning (5 mins after waking):
- No phone first 20 mins (protect Theta)
- Mirror affirmation 3x out loud
- Visualize day — 1 minute seeing yourself handling challenges calmly

Daytime (2 mins):
- One tiny habit repetition
- Thought audit — catch one negative, replace

Night (5 mins before sleep):
- Win journal 3 wins
- Affirmation 3x out loud with hand on heart
- No news, no arguing — protect Alpha/Theta

Do this 21 days. Track in calendar — cross days you did. Don't break chain.

For Americans who love tracking: Use app Habitica or simple calendar.

For Europeans who love simplicity: Paper calendar on fridge, red X.

After 21 days, you will be different person — not because you learned, but because you installed.

Part 1 — What will you install today?

Toolkit Part 2 — 21-Day Rewire for Busy Western Life:

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For Americans who love tracking: Use app Habitica or simple calendar.

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Part 3 — What will you install today?

Toolkit Part 4 — 21-Day Rewire for Busy Western Life:

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Daytime (2 mins):

- One tiny habit repetition
- Thought audit — catch one negative, replace

Night (5 mins before sleep):

- Win journal 3 wins

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Do this 21 days. Track in calendar — cross days you did. Don't break chain.

For Americans who love tracking: Use app Habitica or simple calendar.

For Europeans who love simplicity: Paper calendar on fridge, red X.

After 21 days, you will be different person — not because you learned, but because you installed.

Part 4 — What will you install today?

Toolkit Part 5 — 21-Day Rewire for Busy Western Life:

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Morning (5 mins after waking):

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- Mirror affirmation 3x out loud
- Visualize day — 1 minute seeing yourself handling challenges calmly

Daytime (2 mins):

- One tiny habit repetition
- Thought audit — catch one negative, replace

Night (5 mins before sleep):

- Win journal 3 wins

- Affirmation 3x out loud with hand on heart
- No news, no arguing — protect Alpha/Theta

Do this 21 days. Track in calendar — cross days you did. Don't break chain.

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After 21 days, you will be different person — not because you learned, but because you installed.

Part 5 — What will you install today?

Toolkit Part 6 — 21-Day Rewire for Busy Western Life:

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Expanded for 100-page edition — Daily Protocol:

Morning (5 mins after waking):

- No phone first 20 mins (protect Theta)
- Mirror affirmation 3x out loud
- Visualize day — 1 minute seeing yourself handling challenges calmly

Daytime (2 mins):

- One tiny habit repetition
- Thought audit — catch one negative, replace

Night (5 mins before sleep):

- Win journal 3 wins

- Affirmation 3x out loud with hand on heart
- No news, no arguing — protect Alpha/Theta

Do this 21 days. Track in calendar — cross days you did. Don't break chain.

For Americans who love tracking: Use app Habitica or simple calendar.

For Europeans who love simplicity: Paper calendar on fridge, red X.

After 21 days, you will be different person — not because you learned, but because you installed.

Part 6 — What will you install today?

Toolkit Part 7 — 21-Day Rewire for Busy Western Life:

Theory without practice is entertainment. Here toolkit — designed for busy life in New York, London, Berlin.

1. 21-DAY MIRROR AFFIRMATION CHALLENGE
Choose ONE affirmation. Not 10. ONE.
- Confidence: 'I am calm, capable, respected'
- Wealth: 'Money flows to me through value I create'
- Peace: 'I breathe in peace, I breathe out tension'
How: Look in mirror eye to eye, 3 times morning (after waking) and 3 times night (before sleep). Say out loud with emotion. Not monotone — with feeling.
Why mirror? Subconscious believes what you see+hear+feel simultaneously.
Do 21 days minimum. UCL says average habit needs 66 days — so commit 21 to start, 66 to lock.

2. WIN JOURNAL — 3 WINS BEFORE SLEEP
Before sleep, write 3 wins of day, no matter small.
'I drank 2L water' 'I didn't argue' 'I sent that email'
This programs RAS to search for wins all day. Priming brain for success. Last thought before sleep becomes first program at night.

3. VISUALIZATION — 5-MINUTE MOVIE
Close eyes 5 mins daily. See yourself as person you want to be. Don't just see — FEEL.
Stanford: Visualization activates same motor neurons as actual action.

What wearing? Breathing? Who with you? What does success smell like? Add music. Subconscious does not know difference between real and vividly imagined.

4. DIGITAL DETOX — YOUR FEED IS YOUR PROGRAMMER

Phone is most powerful hypnosis device ever invented.

Audit: Unfollow 10 accounts that make anxious/inadequate/angry/jealous. Mute 10 people who drain. Follow 10 that educate/inspire/calm.

In West called Environment Design — environment stronger than willpower.

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Part 7 — What will you install today?

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Part 8 — What will you install today?

Toolkit Part 9 — 21-Day Rewire for Busy Western Life:

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- Wealth: 'Money flows to me through value I create'
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Part 9 — What will you install today?

Toolkit Part 10 — 21-Day Rewire for Busy Western Life:

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- Wealth: 'Money flows to me through value I create'
- Peace: 'I breathe in peace, I breathe out tension'
How: Look in mirror eye to eye, 3 times morning (after waking) and 3 times night (before sleep). Say out loud with emotion. Not monotone — with feeling.
Why mirror? Subconscious believes what you see+hear+feel simultaneously.
Do 21 days minimum. UCL says average habit needs 66 days — so commit 21 to start, 66 to lock.

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Part 10 — What will you install today?

CHAPTER 5: YOU ARE THE PROGRAMMER

> *You were programmed. But you are not a program. You are the programmer.*

Final Message — Part 1:

Unknown corners in your mind are not dark scary places. They are unexplored gold mines filled with power, resilience, creativity, peace you have not yet claimed.

Summary map:
- WHERE programming came from: Before six, from parents, culture, media.
- HOW it stays alive: Repetition. Whatever you repeat daily becomes automatic.
- HOW to change it: Affirmations in golden windows, conscious self-talk out loud, new habits, environment design.

Question is no longer 'Can I change?' Question is: 'When will I start?'

Start today. Start now. Stand up, look in mirror, speak to Genie out loud:

'I have powers I cannot imagine. I know how to access them now. They are my precious treasure.'

Say it three times. Feel elastic band snapping? That is old programming breaking. That is freedom.

If you want to know shortest path to result you dream of, secrets of world must know you first to reveal what is inside you.

This book you must read if you know that your life reflects what you think. If you know that, you already have key.

Now use it.

With love and belief in your unknown corners,
Khalil Ali Al-Momen
Dammam, Saudi Arabia — Writing for World
1442H/2021 — International Expanded Edition 2026 — 100+ Pages

Your life is reflection of what you think. Not what you wish — what you deeply, constantly think.

Trust completely that you have powers you cannot imagine — learn how to access them and use them, for they are your precious treasure.

Part 1 final reflection: What corner did you discover today that was unknown yesterday? What will you do with it tomorrow?

The book ends, but journey begins.

You are programmer.

Final Message — Part 2:

Unknown corners in your mind are not dark scary places. They are unexplored gold mines filled with power, resilience, creativity, peace you have not yet claimed.

Summary map:
- WHERE programming came from: Before six, from parents, culture, media.
- HOW it stays alive: Repetition. Whatever you repeat daily becomes automatic.
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Part 2 final reflection: What corner did you discover today that was unknown yesterday? What will you do with it tomorrow?

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You are programmer.

Final Message — Part 3:

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- HOW it stays alive: Repetition. Whatever you repeat daily becomes automatic.
- HOW to change it: Affirmations in golden windows, conscious self-talk out loud, new habits, environment design.

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Part 3 final reflection: What corner did you discover today that was unknown yesterday? What will you do with it tomorrow?

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You are programmer.

Final Message — Part 4:

Unknown corners in your mind are not dark scary places. They are unexplored gold mines filled with power, resilience, creativity, peace you have not yet claimed.

Summary map:
- WHERE programming came from: Before six, from parents, culture, media.
- HOW it stays alive: Repetition. Whatever you repeat daily becomes automatic.
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Part 4 final reflection: What corner did you discover today that was unknown yesterday? What will you do with it tomorrow?

The book ends, but journey begins.

You are programmer.

Final Message — Part 5:

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Summary map:
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Part 5 final reflection: What corner did you discover today that was unknown yesterday? What will you do with it tomorrow?

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ABOUT AUTHOR & RIGHTS

Khalil Ali Al-Momen is Saudi author and researcher in self-development and subconscious mind. After profound personal transformation through emotional shock, he dedicated life to understanding how hidden mental programming shapes reality.

'The Unknown Corners in Our Minds' is debut book, originally written Arabic (67 pages), now expanded international edition 100+ pages.

Mission: Help people discover priceless treasure hidden inside own minds.

Dedicated to everyone who supported me in this work, from linguistic proofreading, intellectual support, encouragement to implement this work and bring it out.

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This international edition fully translated, creatively expanded from 67 to 100+ pages, culturally adapted for English, American, European readers, preserving authentic personal story and wisdom of original while adding neuroscience, practical exercises, Western market examples, and expressive illustrations.

Original Arabic book says: 'I have tried to collect in this book most

common words, topics, and most beautiful in my heart in simple, easy, simplified manner so that we understand it.'

International edition keeps that simplicity, but adds depth Western reader expects.

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In Name of God, Most Gracious, Most Merciful.

Made with hope for every reader searching for answers.

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