

Who Are We?

We are humans - tiny, fleeting beings living on a planet called Earth, one of 8 planets in a solar system that's just a speck in the Milky Way galaxy. The Milky Way itself? One of 2 trillion galaxies in the observable universe. And beyond that? There may be infinite universes in a multiverse. Let that sink in.

The universe's true size is incomprehensible. The observable part is estimated at 93 billion light-years in diameter, but we don't know what lies beyond. The Big Bang Theory suggests it began 13.8 billion years ago, but what came before? Or does "before" even apply? We can't grasp the scale of existence. Trillions of galaxies, billions of stars, and countless planets - most forever out of our reach. Who or what created all this? If God made the universe, who created God? And why did it all begin?

And what about us? How did humans come to be? Science says evolution, religion says divine creation, mythology offers stories of gods shaping humanity. Yet, none truly answers why we're here - leaving us forever wondering.

If we really stop and think about it - What is all of this, and why does it exist? - we'll feel small. Insignificant. And that's when it hits us: It's nothingness. We have brains powerful enough to imagine trillions of galaxies, yet we can't figure out the mystery of existence. There are endless theories - science, religion, philosophy - and people fight over who's right. But here's the truth: Everyone is right, and everyone is wrong. There is no definitive answer.

So, let's start here: We're a tiny, speck in the cosmos. Our existence is undefined. No theory, no belief, no answer validates

the concept of existence. Terms like soul, energy, God, atoms, elements, vibrations, higher self, the paranormal, reincarnation, horoscopes, black holes, multiverses, and even consciousness - they're all controversial. Always will be.

We can't argue over what's right and what's not. We can't break faith. These are fragile terms - delicate, deeply personal, and often beyond logic. What's true for one may be false for another, and that's okay. We're here for a set of years - completely unknown - with an expiry date. If we can grasp the enormity of existence, even for a moment, the petty things that consume us will dissolve. The depth of the universe - its staggering mystery, its infinite vastness - will overwhelm us. It will strip away the illusions of control and importance we cling to, freeing us from the emotions that chain us: anger, jealousy, pride, greed, obsession, insecurity. In the face of the cosmos, we are laid bare - small, fleeting, and yet profoundly connected to something greater than ourselves.

When we truly understand the bigger picture, we'll stop competing, stop comparing, and start living. We'll realize we're not superior to anyone or anything. We're just humans with endless thinking potential, yet we'll never come close to understanding the full scope of existence.

We're not the center of the universe. We're small, curious parts of something infinitely greater.

Now, let's go live like it.

Think Success Is Expensive? Wait Until Regret Hands You The Bill.

Let's face it - you need to wake up. I mean really wake up. Because right now, you're not seeing it. And it's not your fault. Life is an illusion - a loop that traps you while you're too busy to notice.

You've got responsibilities, right? Work. Family. Bills. Debts. They've become your entire world. They keep you running on autopilot. Day in, day out. Work, sleep, eat, repeat. And years? They vanish like smoke. Poof. Gone.

And here's the dangerous part - you tell yourself it's fine. "I'm doing it for my family. For my kids. For my future." But let me ask you this: whose life are you really living?

Because this life? It's not infinite. It's one. Just one. Those 10, 20, 30 years you gave to the loop? They're erased. Forever. And here's the kicker - you don't even know how much time you have left.

So how can you blindly plan for the next 20 years while living the same cycle that's stealing days from you like seconds? How can you not see what's happening? It's a vicious circle, and it's hypnotizing you. You're trading decades of your life to avoid one thing: Change.

Most people don't see it until they fall. Until life throws them from a height so great, it forces them to wake up. And when they do, they realize their life was fractured. They were living, yes. But they weren't alive.

So, tell me - when will you fall? Because the longer you stay comfortable, the more you hand over to the loop. And trust me, the cost is massive. Comfort is the thief of your dreams. It steals years, and one day, it will leave you with nothing but regret.

No matter how old you are, this is your chance to end the loop. To wake up and reclaim what's left of your ONE life. I'm not telling you this to scare you. I'm telling you because I've been there. I learnt this truth young, and I can't sit here and let you sleep through your life.

This is your wake-up call. Don't wait for regret to shake you awake. Don't wait for life to hand you the bill.

It's time to stop existing.

It's time to start living.

a journey through
battles

Life is a tough climb. Are you dealing with a career shift? Facing family troubles? Whether it's tension with a partner, worry about a parent, challenges guiding children, I feel for you and what you're going through. Maybe you know someone facing a serious illness or have heard about a sudden heart attack - things that remind us how fragile life really is. My thoughts go out to anyone facing these silent battles.

You seem a bit more tense lately. Are you feeling the weight of life's comparisons? There's that friend who found success early, or the couple who's always off on new adventures - those lives can seem so easy, yet they cast shadows that can feel heavy on us. Perhaps you're noticing some changes in yourself too: a grey hair here, a wrinkle there. These little signs of time remind us of what we've lived through, even when life keeps asking more of us.

We're surrounded by stories that stick with us - a young life lost too soon, family struggles that feel unfixable, moments that make us laugh, and memories that bring tears. And while we often laugh at little quirks, we know there's usually something deeper beneath the surface.

If you connect with any of this, remember: none of us live lives free from hardship. Some of us are learning to grow stronger, while others are just trying to hold steady. But each of us is carrying something, each of us searching for peace. Take a deep breath, and trust your journey, however bumpy it feels.

sculpting life

There are days when life feels empty, as if there's nothing left to hold on to. And then there are moments when it feels like the world is bursting with possibilities, so much to do and experience. You'll seek wisdom in quotes, books, podcasts and videos, hoping to find clarity and direction. These words will inspire you, light up your path, but they may also confuse you, leaving you with more questions. You'll wonder, time and again, what is this life? How do we navigate the storm of emotions it brings?

But here's the truth: there isn't one clear answer. Life isn't something to be solved; it's something to be created, moment by moment. Don't search for a definitive answer to what life should be. There is no grand secret waiting to be revealed. Life is simply what you see when you open your eyes - every moment, every emotion, every thought is your creation.

Life is about awareness, acceptance, and the art of letting go. It's about manifesting while staying mindful of each moment. Rooted in self-love, life is about understanding the reason for existence. It's about syncing thoughts with the present, allowing neither the past nor the future to interfere. And sometimes, life is simply about disconnecting from all thoughts and finding peace in silence.

It's a creation of one's own making, and that is the only truth that needs to be known.

give yourself the
approval

Right now, in this very moment, you have the power to flip the script of your life. Stand up. Scream or slap yourself if you need to. Tell yourself: I am ready. I am doing this. Nothing can stop me.

Take control - of your time, your emotions, and your decisions. You don't need anyone's permission to start. The only barriers are the ones you've built in your own mind: self-doubt, fear, and the endless craving for external validation.

Give yourself the approval to start right now. Approve the failures, the setbacks, the moments where everything feels like it's falling apart. Then approve the hustle - the relentless, non-stop grind. Approve the decision to rebuild every single time you fall. Approve the failures again, and again, until they shape you into the person you dream about every second.

The thoughts you choose to believe - shift them, and you'll shift your entire story.