

CEYHUN ÖZSOYLÜ

Insights For
The Fulfilling
Life

Insights For The Fulfilling Life

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Printed by CreateSpace, An Amazon.com Company

ISBN 978-1-5332-7245-4

Caution!

Quality and awareness can be addictive and life changing;
their long term effects have yet to be explored.

Read it at your own risk.

Note

That you know all of the content here by heart does not guarantee your doing.

It is therefore strongly recommended that you go and make a habit of acting on whatever you find valuable in this book.

To everyone
who meets not only in the middle
but in eternity

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1. *Selfish person is the one who does not have much to offer and therefore cannot help but have to receive.*
2. Whoever does not have much to give needs deception and religion to receive.
3. *Praying indicates one's readiness to let go of resistance and help himself/herself change.*
4. You can do a lot more than you plan or can imagine if you are not obligated to do anything at all.
5. *If we were aware of everything, we would most probably not be able to start anything.*
6. Communication is a weapon of intelligence.
7. Honesty needs deceit to be of value. Thank you liars, we owe it to you.
8. *Honesty grants the individual the power to run to his/her desired destiny.*
9. The honest person is the one who is as self-aware as not being able to fool or manipulate not only others but also himself/herself.
10. Honesty is telling others whatever goes through your mind at the time without filtering or distorting it.
11. Nothing is more illuminant than a naked mind with transparent flow of thoughts, namely honesty.

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12. Mistakes that imitate the truth well are almost inevitable to be fallen for.
13. Seeking truth leads to knowledge and peace of mind by effective communication; seeking only the benefits to shallow power by manipulative deception.
14. *When you reveal the truth, it starts to change, therefore reveal it when you would rather have it changed, let it be when you are happy with it.*
15. There is some truth in despair.
16. Truth is sometimes too clear and obvious light for a naked eye that it takes many thoughts and experiences to ultimately reveal it.
17. Regardless of whether they hold or not for everyone, some truths are valid only for those whose lives are under heavy influence by them. Sun does exist for the part of the flower that receives it unlike the shaded part.
18. It is harder for truth to prevail when benefits are at stake.
19. If you have the truth at your back, nothing can get in your way.
20. Whoever is closer to the truth does not need anything more for a fulfilling life.

21. Paradise has one floor; hell an infinity of them.
22. You had better finish it off the first time you have the chance.
23. *God is your ideal self that calls on you through your prayers to become the person you desire to be.*
24. Act as if you are being watched by someone, because that someone is who you wish to be.
25. Idea of hell is a proof of God's existing evil side.
26. Creator is often surpassed by its art. God is just as amazed by and curious about its own work to come to full consciousness of what being God is.
27. *Everybody is his/her own God.*
28. Every time we manage to help ourselves, we become our own God.
29. Artist creates its work for himself/herself. No one else can value it more than s/he does.
30. Artist creates his/her art and uses it as a growing opportunity whenever s/he feels ready to examine it in the future. In other words, s/he will eventually learn himself/herself from his/her work of art when the right time comes.
31. You are indeed watched over and granted rewards and punishments. That God is you.

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32. God shared with us its creativity so that we would not end up bored in its laboratory.
33. The most needed is the cheapest. A blank page and a pen, basic tools needed to create value out of nothingness. God should not be that rich materially and that could explain why it does not have a visible body either.
34. *People cannot be relied on but only loved since they are subject to change. God is the only one to be relied on because it reacts perfectly to the changing you like the shadow follows its source.*
35. The god in me wants everything and does not want to content itself. It wants to suffice.
36. As you create, you create with and become God.
37. God likes to play games about which both you and it do not know anything yet.
38. There could be nothing else to know than one. Not that I know what that one is.
39. Try escaping to petty affairs for a while, what really matters will eventually get you to pay attention to it.
40. Power belongs to those who can free themselves from “shoulds” of morality to take responsibility and show courage to be themselves even if it sometimes means to be evil.

41. Your ideal self, that is no one but you, knows better what you lack and tests you in the areas of improvement by challenging you to hard situations, conditions and your unique miseries to make you confront your fears and weaknesses. This way your hidden potential is activated turning your weaknesses to be even stronger than your existing strengths and you so be complete. These unique obstacles of yours are there to put a strain on your boundaries so that you are aware of your strengths and weaknesses to improve upon. You are challenged particularly in what you do not know as what you know is already known.
42. *When you learn to love your chains, they set you free.*
43. After resistance, it is necessary for one to surrender to and accept his/her destiny so that his/her free will could only then counterintuitively take over the lead.
44. Destiny kicks in only when free will is not decisive enough to choose one between two conflicting options appearing to be of equal appeal. Following the unconscious decision, free will continues running on the cleared path.
45. Those who were born with fortune tend to believe in destiny whereas those who were not deny it and embrace free will hoping that they can later get more fortunate by producing on their own what was not gifted initially.

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46. Free will is the illusionary painkiller against the disappointment of random turnouts in life. A water drop in river presumes it freely decides to move around; however, the way it moves actually depends largely on the downward slope and the shape of the path it happened to flow by.
47. *Free will and destiny are dance partners; the dance goes well only when partners could allow each other's successive takeover.*
48. Free will lasts as long as one can hold his/her breath, then it has to give way to destiny to take a deep breath. Free will steps in when we are to decide which alternative to pick among the ones destiny offers, that is when to hold the breath.
49. *No matter how much you screw up in life, you will end up where you want to be anyway. What is up to you is to decide how quick you want to get there by not screwing up much.*
50. Whether you believe in fate or free will, you will end up being your ideal self. The ideal self is as predetermined as changing.
51. Besides many trivial mundane preferences, when the chips are down free will gets to make the only decision that matters among 2 options: Dim or Shine.
52. Belief in destiny contradicts making this very choice. You cannot run away from free will.

53. Consciousness and destiny are not opposite, only conscious one can accept and love his/her destiny, the ignorant one will most probably resist and think that future serves absolutely to his/her free will.
54. *Unless you can decide to live forever, do not be ridiculous and dare claim absolute free will. If you want to test its limit, decide and try not to sleep for as long as you can.*
55. Those who are not able to love may be choosing to believe in free will whereas others in fate. It could be possible that God and capacity to love are correlated. If so, God is the creation of those who have excess love. Love has creating power. Love is creativity.
56. Some you cannot avoid and some you cannot reach.
57. You can change people and destiny only through changing your reactions.
58. *We can change the change only by changing with the changing change.*
59. There are 2 ways of designing call functions of elevators. You press the arrow to signal either where you are depending on elevator's location or where you want to go depending on where you are. The perspective you choose to look at life reflects the way you compete. Do you want to passively define your position depending on external conditions or actively set a goal depending on your current state?

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60. There are 2 reasons one cannot get what s/he wants: One is whatever s/he believes s/he wants is actually not what s/he needs. Second s/he is not exerting the needed effort. Otherwise everybody has to get what they want.
61. Greediness stems from boundless imagination. Virtual reality may be taking advantage of the boundless imagination and thereby turn the greediness into real happiness.
62. People tend to want what they do not have, so what does not change is the greed.
63. Greed gives way to peace when you free yourself from the habitual desire to imagine always more than what you have which is most of the time what you can be content with.
64. That we do not have full control over our will is the only way to stop otherwise unrestrained and therefore never peace-making greed.
65. Look at what you have currently got, most probably that is what you have always needed.
66. The source of unhappiness is the feeling of deprivation caused by the dynamic process in which whenever you acquire all what you have wished for, you start wishing for what you could have wanted but did not which therefore now has regained some degree of desirability because greed wants it all.

67. *We hunt our victim for the immediate interest whereas we get eaten by our hunter to take part in his/her otherwise inaccessible power.*
68. Those who possess have to defend whereas those who lack attack. Aim to be self-sufficient and protect yourself against ambitious predators.
69. *Bad incidents cannot prevent its good consequences.*
70. Hardships are there for the subject to deserve and become able to enjoy the rewards.
71. Boundaries and deadlines help you achieve desired goals.
72. Sex is celebration of growth unless it is driven by the motivation to escape from problems.
73. The feeling of being accepted is the most valuable.
74. We basically live to understand and be understood.
75. As long these common features of humanity do not change, one could hold that we are all equal:
1. We all defecate.
 2. We all die.
 3. We all get used to good because of greed.
 4. Life, being of limited time, is the equalizer of every unfairness.
76. If we could live on feces, maybe we could also be reborn.

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77. A smart person is smart because s/he knows there could always be something smarter.
78. Awareness cannot happen in a snap; it begs you to go through and complete its certain sufferings and only then it renders a meaning and value.
79. Awareness is to change, wanting is to get and starting is to finish.
80. Things remain the same until they are fully expressed and understood. A broken computer, a program that does not run, a friendship got distant, a relationship worn out... When you come to the awareness of the message life aims to convey to you, it is highly likely that things at stall go on working out.
81. The worst for the deceiver is to self-deceive and self-destruct without the awareness of corrupting inside.
82. What causes pain is not insufficient knowledge but being unable to react and change despite awareness of the truth.
83. If people have different values and if people change, how superior is really a value? Righteousness is rejected.
84. To eliminate prejudices, best is to resolve past fears, get rid of mental fixedness and be open minded for the sake of forming new healthy relationships.

85. Anything we can recognize outside has to have its roots in us. Hence animals, flowers, human, planets must be all interwoven and no more distant to us than a close friend is.
86. I am in you as much as you see me.
87. One is freed of the pursuit of insatiable needs only after their roots are discovered and healed.
88. *Whoever is foolhardy sure is to expect the contrary soon.*
89. Some of what we criticize we might own and actively perform and some others we criticize because we believe it has to be suppressed for the sake of society.
90. Sometimes the reason why all you get is negative reactions is because you are doing something extremely good. So, what matters is to distinguish whether this is actually the case or you may actually be doing something wrong you do need to fix.
91. You should not silence the intuition that notifies you of danger and attempt to work out what is initially doomed to begin with.
92. Sentimentality is not a trait but a state of helplessness and self-pity the person is in when s/he realizes that s/he is not on the right path heading towards his/her very own growth and development.

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93. Ideals are always out of reach, for they constantly change as we change.
94. Best revenge against life's hardships is to make the most out of your potential to earn successes in any endeavors you initiate and thus be happy.
95. Each time we look in mirror, we revise, change and create our self from scratch. Without mirrors we could never see how we look like; we need externalities like mirrors and other people to define ourselves.
96. Today is tomorrow for yesterday and yesterday for tomorrow; past and future is contained within each other. Past is the back and future is the chest; wherever we turn they adapt to one another accordingly. Therefore, when you change the way you look at things now, both your past and future change. Past adapts to this change to provide future with the required new possibilities. So, people encountered now are both embodiment of past encounters and signals of the future ones.
97. Anything what could have been, it already is. We could have been born as anybody, therefore in a way we are everybody and we should not belong too much to ourselves.
98. Some people are best to be kept in the past, dead where they belong, in the cage of shift + delete.
99. Live and die as if you were never born.

100. *Inevitable sufferings earn one ultimately more freedom.*
101. Freedom expands by cooperating with destiny.
102. *Healthy consumption is that which is fully absorbed.*
103. When you do not know what you need, you start wanting every different thing people around you want. This way you become addicted to consumption and end up with a poor soul.
104. The moment you are content with less than you deserve, you end up getting nothing so that you will finally have to decide to get yourself together and chase your own welfare.
105. Keep your dreams alive as long as they do not imprison you.
106. Dreaming without reality is possible yet the contrary is not.
107. Dreams and imaginations are not there for no reason; they are there to show what we are able to materialize one day if we work hard and put faith in them.
108. What you dream of achieving, you have to first bury and forget before you start working on it.
109. Realizing the dream is no harder than its imagination.

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- 110. We could be dead waiting to be resurrected.
- 111. *Good intentions comprise bad ones under control therefore, they are more powerful and effective.*
- 112. Only way to get + is not only doing what is + but also not doing what is - which could be at times difficult to differentiate. The goal is to collect maximum number of +s.
- 113. *A solid person is one who knows about, is able to and occasionally gets to do the bad but instead prefers to do the good.*
- 114. Sometimes you should do because you can and other times you should not do because you know you can. The difficulty of life is to take the ever-changing right decisions depending on the nature of situations and conditions.
- 115. *If you lack self-confidence, you seek trust in others more often.*
- 116. Right person, right thing at the right place and right time all happen simultaneously; if any one of them is missing it might mean none of them is right.
- 117. *Whatever is not produced consumes.*
- 118. Cheer up because we are limited to imagine the worst. The worst has to have worse.
- 119. You receive as much as you care.

120. People experience only as much as they understand.
121. *Small differences make big ones.*
122. There is no act independent from the pressure of limitedness. Otherwise, we could imagine someone with unlimited money saving but it simply would not happen.
123. *Personality is the unique reactions to the conditions imposed, the most important one being the inevitability of death.*
124. We are who we are not because it is who we are but because it is what is otherwise not represented. In other words, we tend to assume the roles that are not yet occupied and thus arises our personality. Just as each card in the deck fills a unique role in the game in its own right that others cannot claim.
125. Personality owes very much deal to habits. Most of our behaviors are one way or another habits that can be changed if desired.
126. You cannot fight clean for all your life; dirt will surely catch you.
127. If you score, you are hero; if not, you are dismissed. That is how harsh life can treat us sometimes.
128. The only way to be immortal and live in the minds of next generations is to create and advocate the values and morals that will take the society forward.

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- 129. Any feeling felt is better than void.
- 130. *Conditions test the willpower; willpower changes the conditions.*
- 131. Give me the circumstances and I will show you who I am.
- 132. *We introduce ourselves to others by inflicting them the pain we have suffered and expect them to heal our wounds. We call it compatibility.*
- 133. We tend to decide for whatever that balances out the situations and conditions we are involved in.
- 134. We might be choosing the professions that we have ability for but are not yet expert in, which helps us improve on our weaknesses and deficiencies in our personality and the environmental conditions we have grown up in. Whoever is too independent can be prone to a prosocial profession whereas one who lacks affection could be interested in being a musician. Whatever is mastered and complete may not be appearing interesting anymore and therefore have to end.
- 135. No effort is unrewarded. It only takes time for the rewards to come in various forms.
- 136. Bright mind prefers less than striking appearance to emphasize the content instead of package.
- 137. Pace of flow of time has its up and downs.

138. *Not every conscious person is consciously conscious.*
139. If you are looking down, it means you are not able to internalize your higher position yet and thus have to fall down soon before you are strong enough to claim what you once had.
140. *We are honest for long- and liars for short-term goals and benefits.*
141. Answers change; questions do not. Every answer has its question but not every question has an answer. Answer follows the question not the other way around. Answer represents knowledge, question consciousness. Answer constraints, question expands. Future is shaped by those who have visionary questions.
142. *Whoever knows how to behave depending on the situation, either masculinely or femininely, holds the power to step beyond his/her innate limitations.*
143. Potential is the intuitive feeling of the progress you can make, starting from the person you are to the person you will end up being. It allows you to understand the people within the scope of your potential range. However, it should be noted that there is a risk that you can mistake someone beyond your range for someone falling behind. Opposite is not true as you will always be able to detect those whose potential at the time is lower than yours.
144. When you lecture, you too learn something.

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- 145. Purpose leads to means and ends not the other way around.
- 146. You cannot fool yourself forever. At one point, your shadow will destroy your fake self and you will lose the battle of resisting change and will change to your essence.
- 147. *There is only one right time to do something which is as soon as you remember it.*
- 148. The direction of your birth city relative to your country is the same direction on the world map where you are more likely to find your inner peace.
- 149. Less than sheer imagination of something leads to having more concrete of it.
- 150. *Success is the measure of productivity in constant flow of time.*
- 151. Unfortunately, you cannot help people before they are ready to receive. It is personal development as the name implies.
- 152. *Morals should cover benefits.*
- 153. If you want to earn more money, you first have to know how to spend it.
- 154. It is not about being extraordinary, it is about finding the right place and people where you can enjoy being ordinary.

155. *Happiness is the momentary feeling of doing what you exactly mean.*
156. Just like more money brings more interest; the happier you are, the happier you will get.
157. Happiness is enhanced by doing your best and having the least expectations. So produce more, consume less.
158. Being mindful of breathing through the nose could be a sign of peace and happiness.
159. Happiness is within; relationships can only offer self-knowledge and consciousness.
160. *It is not what you do that works but that you do what you believe in.*
161. For some people once they come to a resolution with something, it ceases to exist. That is why they may not marry people they get along very well, namely their allies, but rivalries they wish to learn to come to a mutual understanding in which the process of learning itself makes their relationship last longer.
162. As long as you are not unfair, most of the time you can claim to be right.
163. No single reality can resist change over time.
164. Even the sun has its own shadow.

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- 165. *The person who aims to be independent to the degree that s/he declines help of others ends up being heavily dependent on himself/herself.*
- 166. Doing a job is 99% in the head; the actual work is the rapid embodiment of visualized plans.
- 167. *There are two ways life gets the sufferer to overcome unpleasant memories: Bring about the better or the worse for him/her. Generally, the best recipe is to go through both.*
- 168. Show your teeth when necessary but never bite and lose the game.
- 169. *Accept only what cannot be changed, for the rest never stop pursuing what you have in your mind as the most.*
- 170. If you appreciate what you have as long as you have it, you only cherish the memories rather than feel sorry if and when you lose it.
- 171. Appreciation and gratitude are useful skills for happiness that some innately possess whereas some others need to keep practicing to get better at.
- 172. If you do not appreciate what you have, most probably you are going to lose it.
- 173. If you do not like your partner's smile, you would not want to make him/her smile. So, choose the smile you like in the first place.

174. Opinions and values must clash before their advocates; for that reason, we come under the influence of other's personality and prepare for the matters of mutual interests for our future interactions shortly before the actual encounter.
175. *In some relationships transformation cannot fully happen without breakup because only afterwards partners can open up to adopt some of what they have loved in their partner from the very beginning but been resisting all the way through the relationship.*
176. One can only speak the words of intersecting vocabulary of himself/herself and whoever is involved in the conversation.
177. *The personalities are under heavy influence depending on the personas of the people interacted with. What you cannot know about yourself alone, you get to know through the way the person you are interacting with behaves when you are around. Also, you get to know the other person through how you behave when s/he is around. In short, I know you through whom I become with you, you know me through whom you become with me.*
178. The actions one commit could be contained by the affected parties' potential actions. For instance, in relationships, what we did is generally what the other party could have done. Indeed, for this very similarity we were able to run across each other in the first place.

179. If I were you, I would do the way you do.

180. When you are with another person, you both light a candle in each other's dark spot so that you learn to speak your unspoken language through the other person until it is learned and acquired.

181. Nothing can happen without each affected party's unconscious gain. The unpredictable nature of life eventually works out for the best of everybody regardless of how irreconcilable conflicting interests or how unfair things sometimes may seem.

182. Coincidences are not more random than the random functions.

183. Desires are to be fulfilled and got rid of until we are freed of them. The desire to desire is still the problem behind eternal peace.

184. Immortality is to be in the flow.

185. Possible Dejavu explanations:

1. Experiences of others with shared traits flowing in our mind as if it was us going through it
2. Seeing the event in dream before or after that feeling, in other words linear time is disrupted
3. Tracing the marks of the past and reexperiencing similar events contained in the shared consciousness
4. Perceiving universal consciousness
5. The movie of life being forwarded and rewound back and forth

186. Creativity is the reaction to survival. If you wish to stay creative, you should get used to the occasional whip of the fear of death.
187. You are free to do anything you wish as long as you do not deceive and hurt anybody physically and mentally.
188. Be aware of what you are attracted to in your partner. Is it something that you deeply love or that evokes fear and drags you down? If it is the latter, generally the attraction is much stronger, which is most probably a sign of an upcoming danger.
189. *What is yours to keep is what you cannot manage to lose however hard you try.*
190. Everybody is so distinctly beautiful that there is no way to compare. Among the most beautiful ones especially are those who are able to love.
191. Just as there is no free lunch, there is no free love either. It is not meant for the egocentric depletive people.
192. You are not allowed to love someone more than s/he loves himself/herself.
193. Love is unrequited either because when you love the other party to such a degree that the excess of your love takes over your partner's role and becomes what loves you back or you simply do not love yourself enough.

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194. Love is the effort you exert to obtain what you can hardly reach to absorb.
195. *Do not mix up and love the love, fear the fear.*
196. What is now incompatible is later the best candidate for attraction and love. Because unconsciously we are aware that unifying the once irreconcilable always yields mutually the most beneficial outcomes.
197. Most probably there is no escaping or faking love. At some bitter occasions, one may even wish it was true that s/he did not love his/her significant other.
198. *True love is the one in which how much you ever screw up being completely yourself you are still with that person.*
199. True love emerges when the benefits of each party reconcile with one another. Love cannot exist without benefits.
200. Sharing excess love brings interest of more love just like every other investment. Therefore, love is not just a need but also an investment that makes sense.
201. When you love, you reveal how and how much you love yourself by means of your approach towards the other person.
202. Love is like two drops uniting to move faster and firmer.

203. Love is not used up; it is people who love drama determined to cause problems only to use them as excuses to break up.
204. *The good comes to end not because it is limited but because we have used up the limited good and good will within.*
205. Love aims to instill a small dose of feeling of loss to help us endure the thought of inevitable end of life. When we dare to lose the once indispensable partner, we not only experience despair but also the joy of freedom over needing it. That we have contradicting feelings signals that we are climbing up to a more advanced state of growth. It might hence lead one to infer that death might also be some kind of freedom over the energy required by the will to hold on to life.
206. The reasons we love the people who do not love us are two. One is that we do not love ourselves at that time and we need to see it proven by exposing ourselves to wrongdoings of the partner until we cannot stand anymore and start working on loving ourselves. Second is that we are curious to learn and manage our needs and deficiencies that lead us to find certain qualities in our partner attractive so that with that knowledge we can work on ourselves and end up being stronger and less vulnerable. Apparently, love is very much about striving towards being powerful and self-sufficient. One who is fully content with self may not need love anymore.

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207. You are able to love someone more when you do not need him/her.
208. Love is to discover one of the secret parts of your personality in the other and internalize it and thereby transcend yourself. Love is exhausted when you feel self-sufficient, having acquired what you needed to form your wholeness.
209. Love necessitates self-love. Self-love depends on whether and the degree to which one acts in a manner s/he approves and realizes his/her expectations of himself/herself. The person who is content with himself/herself is ready to unfold his/her potential by spreading out to look for the other who bears a resemblance to his/her unfolding potential self just like his/her partner. For lovers, love is the ultimate expression of the permanent desire to transform into the person one has ever desired to become.
210. What we love is the effort we exert that makes us proud of our progress. The more we are considerate of the significant other, the more we feel capable and enough for the other and this feeling of contentedness with ourselves is the love we can transfer to the significant other. So, the order is not that we first love and then be considerate but first be considerate to find the one who appreciates and deserves our positive attitude and willingness to love. That means love can be produced by simply giving. Laziness and selfishness can only spoil and exhaust the remaining reserve of love.

211. *Love like a human and be reliable like a robot.*
212. When there is love, there is no room for anything else.
213. *You fall in love with the wrong people in order to become self-sufficient.*
214. Longing for the one who has consistently hurt you despite how many chances given is love itself that drives you out of control.
215. *The people who are able to love is those who are happy with the course of their progress of development.*
216. Postponing sex insomuch as it is not one of the basic motivations of togetherness tests partners' true affection towards each other.
217. *Intensity of passion and violence depends on the degree of inaccessibility to the other person.*
218. To my only love:
1. I love you since the day you reminded me of me, folded and unfolded.
 2. My love for you does not depend on yours; it is free and unconditional.
 3. You remind me of how beautiful everything is
 4. You are my wish of all the past times come true.
 5. The greatness of my love for you is so much that I am ready to let you go but at the same time I do not.

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- 219. *For the ignorant what is worth pursuing is power whereas for the wise it is knowledge.*
- 220. Ignorance is expensive, wisdom is free.
- 221. *The consumption that feeds status-quo is the price you pay for ignorance.*
- 222. Wise person is regarded as just another person in an ignorant society.
- 223. Wise person knows how to disguise himself/herself as ordinary when it is not the right time to reveal wisdom.
- 224. *It is quantity for the ignorant; the bigger and more supposedly to be better. As for the wise it is function, the essence meant to be acquired.*
- 225. For one to bear a life where s/he misses out on peace of mind ensured by knowledge, s/he had better not be aware of his/her ignorance.
- 226. *Desires are the signs to unique growth paths which need their desired amount of attention. ;)*
- 227. Resistance and denial lead to suffering, acceptance to relief.
- 228. Visualizing accelerates and masters finishing.
- 229. Unless you believe in your potential, nobody else does.

230. There is always time for the most important matters.
231. What you truly want depends on how well you predict what future holds.
232. *Death might give life its meaning, but it is also what takes it back.*
233. Unknown's limitlessness is more terrifying than known's security therefore, spirit might have preferred dying to living forever. In other words, paradoxically we may be dying out of fear of death. We may one day make use of more courage to face the unknown and undying.
234. We knew the secret of life already so well that we could only come to exist by accepting death and nothingness.
235. *If you can live when you are alive, you can keep living after you die. Now encompasses afterlife. To live the tomorrow, you have to first live today. Procrastinator will always wait for afterlife in every other life. So, start living this one now if you would like to live as well in infinity.*
236. Those who value the borrowed time and dare to live, die once but those who do not, fear the life and death more intensely and die every day. We can pay back the debt of life, which death constantly reminds us of, only by living well and realizing our full potential.

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- 237. Where the wonder ends, begins the boredom. One needs courage to wonder to live. Life is wonder or death.
- 238. Extreme result-oriented people, as the ultimate final outcome, become willing to die too soon.
- 239. *Consciousness is useful in resetting the intensity of currently held set of values. It grants the person the ability to revise them.*
- 240. Enemy is one whose benefits collide with ours, the competitive spirit that functions like us and thus poses a threat to replace our niche position and self.
- 241. Competing against others is an adversity to bear for those who have not yet discovered their unique identity and strengths. The only type of competition that is the most challenging and rewarding in terms of growth and prosperity is the inner one.
- 242. To be and stay free one needs to be little insane.
- 243. What is gifted to you can be lost, therefore one should not count too much on his/her innate advantages but on hard work. Only hard work maintains our innate strengths as well as it can make our weakest sides our strongest.
- 244. Life is like a card game; our personalities are split and handed over to various players and we need to interact with them to find ourselves in others.

245. Life sometimes assigns us the duty to play into others' hands.
246. *We try to change things before changing ourselves gets easier.*
247. Whatever possible has to be real.
248. Life starts, expands and ends with itself.
249. *The scope of mistakes one can commit is unique to the person. Not everybody shares the same vocabulary of wrongdoing.*
250. Some people we deem insignificant today can suddenly play key roles in our future.
251. *A king deserves the kingdom only if s/he drives the society to be as powerful as the king.*
252. Rebelling against the authority is not because authority is unnecessary but because weak authorities are not recognized as being sufficiently powerful, in good faith and capable to manage the concerned ones well who feel therefore compelled to topple and replace them.
253. Thinkers are those who have to think before they ultimately learn to stop thinking.
254. One tends to remain silent about what s/he clearly knows whereas one tends to talk more when s/he himself/herself doubts his/her knowledge.

255. *For the sake of learning more, it would be better for one to seem to not know than to seem know-it-all even when s/he knows the subject quite well.*
256. To cope with life is sometimes to cope with meaninglessness.
257. What makes a person strong character is whether s/he can come out to be stronger in worse circumstances rather than s/he submits to inferior attitudes.
258. *As long as one does not know what s/he does not know, the surest way to wisdom is to be critical of what one thinks s/he surely knows and be modest. We can at best suppose that we know something.*
259. You may not know what you can know.
260. You cannot change what you do not know.
261. Unless simply being lazy, those who postpone final decisions aim to achieve certainty and/or perfection by taking the most recent emerging details into consideration until time does not permit any more effort.
262. If you are one of those who saves the best for last, that is because you want to learn to appreciate by experience rather than waste the best things first and end up unhappy with less than your desired best forever. Good news to those of you, satisfaction of your life has an upward trend.

263. Each consumption sets a higher minimum bar of satisfaction and thus each day same consumption results in less satisfaction. So, consumption cannot be the source of enduring peace and happiness.
264. What is good in not getting whatever you want is that you learn to be more patient. Satisfaction poses the threat of more expectation thus less contentedness. So, in order to be happy you need balanced level of satisfaction and gratitude.
265. *We are supposed as well as free.*
266. Dumper and the dumped are the same person. They must both be aware of mismatch for one to decide to leave.
267. If human is also an animal, animals might as well be human and sometimes even more human than some of us. So, we can try to get to know ourselves in the humanity of animals.
268. The reason why some people hate what they do not understand is their aim to stop those in front and catch up.
269. Focus should be placed on the chosen alternative not the discarded ones.
270. Those who live life to the fullest can have a decent marriage life, but then it falls short of their expectations since they have got used to chasing new experiences with no strings attached.

Insights For The Fulfilling Life

271. Good will stems from despair; evil from power.
272. *Be evil against the evil excluding the evil people you love and the evil within as this will screw yourself.*
273. Angel knows what feels so good about being an angel when it experiences evil, thus it owes to evil a lot deal of respect.
274. *You cannot tame evil to love, you can only refrain.*
275. Evil has to disguise in good to succeed; you cannot expect the murderer to state his/her intentions.
276. Evil stems from:
1. Wishing other and/or more than true needs
 2. Lack of awareness of one's capacity of resourcefulness
 3. Lack of consciousness to change
 4. Laziness that causes reluctance to perform at one's full capacity
 5. Lack of courage to be oneself
 6. Lack of communication.
277. Evil takes its course to compel us to create meaning during otherwise dull period of our lives.
278. Some people do evil so that people with capacity of good will be compelled to realize their productive potential and push their boundaries rather than they remain inhibited and unresponsive.
279. We need evil so as not to be it.

- 280. Some people become destructive to prove themselves how worthy they are but end up only strengthening their inner belief in how they are not.
- 281. To do nothing might be the best answer to any undesired force and trend.
- 282. *Power is the ability to control desire and attraction.*
- 283. Resisting the temptation and attractive enticements makes the person transcend the self which instills self-praise.
- 284. *You had better make use of fears as long as they make you excel at something before they become so toxic that you finally confront and get rid of them.*
- 285. People fear at most of themselves and their unrevealed shadows.
- 286. Actions and behaviors can differ depending on the interacted party. An inappropriate action that is against our inner values might be appropriate to take towards a specific person for which no shame is felt.
- 287. Real quality does not need promotion; it patiently waits hidden for the seekers to earn it just as treasures and mines are not in sight for the masses.
- 288. Mistakes are hardly to be done alone.
- 289. Some people come and leave together.

290. *Some relationships get you to discover your current or potential self whereas some others who you are not and never meant to be.*
291. Sacrificing oneself is in a way an attempt to get rid of the excessive innocence within by paying last dues before the final farewell. Therefore, it is not meant to be persistent but a transition state.
292. *You can neither distrust your intuition nor trust your ego.*
293. Gifts you are freely granted are also the challenges you must carefully manage well.
294. *For what you truly want, you probably have the potential.*
295. More importantly than the object of the pursuit, realizing that there are others on the same journey as well removes the unease of the whole process. Besides the knowledge, growth, power and independence we are nonetheless looking for the feeling of togetherness, oneness, in other words what is not lonely.
296. Deep and good willed people look unconfident and/or neutral because they themselves are sure of their self-worth and thus they do not need demonstration. Pretentious confidence and self-promotion could be the means that those compelled to use to cover up their inner belief of inadequacy.

297. *If you cannot make happy, you should not make unhappy.*
298. When you are poor, it is easier to spend generously and get poorer.
299. *Relationships are not meant to last but meant for growth just as the same is applicable to life.*
300. It is not fault of one or both partners; some relationships are themselves faulty.
301. *Focus extracts the hidden.*
302. Detachment causes much worse suffering than extreme conformity.
303. *Reality evaluates one's beliefs with regards to their validity and converts them to reactions through both positive and negative incidents and signs.*
304. A good prediction should be valued more than post evaluation.
305. Artists resemble a version of philosopher being more popular yet superficial.
306. Timing has either amplifying or degrading influence on consequences of particular action.
307. Some people evoke death; you can do nothing except accept that not everything is meant to be understood.

- 308. *People end up where they are valued the most.***
309. When you pretend as if there were no exit signs along a deadly road, you end up more desperate than at the time of self-deception.
310. Skinnies tend to be selfish, fats maternal.
311. Trust is the hardest thing to be mended once broken.
312. The power majority hold is the ability to pull outliers and add them to its collection. The more inclusive a collection is, the harder for one to resist being part of it.
- 313. *Some people come into our lives to agonize in order to shake off and get us to overcome the stall.***
314. When you abandon your true self, your enemies get to attract you.
315. Act based on who you truly are not on whom you are talking to.
316. To reveal your true self and lead you to your journey, life might sometimes kill you ruthlessly.
317. What flowers smell to us as good smell to them as body odor.
318. In case you have to choose, keep in mind that you are not dispensable.

319. *Nobody thinks that he is inferior if not superior, hence there is no point in looking down on anyone except expecting their retaliation.*
320. The need for superiority is the warning sign that you had better start working harder. Only striving for hard work instead of superiority delivers true benefits.
321. One is superior as long as s/he is content with himself/herself. There is no other true way to feel superior.
322. *You are perfect as long as you are content with who you are. What is constantly perfect is our ability to take any action to convert unrest back to content when disrupted. It is a process of striving for your best self during which you are already at your perfection.*
323. Those who say nobody is perfect say so for they were never meant to be one or even if they were, they were too lazy to care to know that perfection is not only about innate qualities but also about the constant and progressive effort.
324. Nobody is perfect except some.
325. On the way to perfection, any mistakes are of helpful assistance to monitor our progress.
326. The best help is to perform the behaviors to be encouraged.

- 327. *What you see and hear is never irrelevant to you in a futuristic way. Let what you sense carefully.*
- 328. In childhood you play with reality, in adulthood you play that reality.
- 329. *Enemies agonize to foster growth whereas friends support to heal the wounds.*
- 330. If you have 1% chance of winning, it means you have to try at least 100 times.
- 331. *Effort deemed wasted returns as increased faith in the next endeavor.*
- 332. Refraining from a doable favor can make one regret it as much as wrongdoing.
- 333. *Trusting one less than how reliable s/he really is might make him/her want to prove our suspicion right just as trusting more might make him/her take advantage of it.*
- 334. Trusting someone fully from the first encounter is the most dangerous and time consuming but at the same time the most reliable way to see if s/he is worth your time.
- 335. Besides accomplishing as many tasks as possible, determining the correct order of doing them with regards to their importance and meaningfulness increases the productivity exponentially and make us feel a greater sense of accomplishment.

336. *We find certain things wrong not because they are absolute wrongs but because we are not as selfless as to allow what is against our interests.*
337. The reason hedonists need to convert their intense and undisciplined emotions into pleasure is to stabilize their inner pendulum's frequent swings.
338. Overemotional people tend to be hedonists who never miss chance for drama to cover up their wearing self-pity.
339. *What is not to be confessed is experienced as illusion.*
340. There are some times when we have no other choice than to become enemies of people we care for in order to help them regain their self-confidence by proving them right regardless of how much they ever wrong are.
341. *Time is not linear but "decidear". Decisions lead to leaps of time.*
342. When we chase anything either too strongly or loosely, it slips away. Also, weaker teams play better and stronger ones worse against their opponents compared to their potential. Apparently nature is not meant to let any state of imbalance last too long.
343. For the sake of each individual in the society, sharing is more beneficial than owning; the only exception could be the desire to preserve the romantic love of the significant other.

344. *Sometimes people start their sentences with "you" to express the intentions of their unconscious and some other times with "I" to express those of yours.*
345. Good days come only when you feel you truly deserve them.
346. *Beauty heralds prosperity and resourcefulness.*
347. Negativity is useful when it is not static but transforming and creating.
348. *Change is the transformation of inexperience and innocence.*
349. Some phenomenon is going to happen when you expect it the least.
350. *You should make your life worthy of living, worthier than watching it in a movie.*
351. The most violent wars outside are the ones which have their roots within.
352. *If you never give up, you are never given up.*
353. Pride is only as worthy and useful as when swallowed.
354. Longing following a breakup is not mainly because of the loss but of the remorse felt deeply for the times we could have enjoyed more if we could control the interference of the pride.

355. *You end up with undesired consequences when you do not be your best while you can.*
356. Being free is to be content with things that are free and only then you are literally free, in other words what is free makes you free.
357. *Live in a way in which your best day shall be your worst.*
358. Move forward even when it has to be slow.
359. *Whatever you create acquires the liveliness to restructure itself for the best fit.*
360. Some emotional wounds are so deep that they can only be cured by replacing the whole skin with a stronger one.
361. *The universe delivers its messages in surprising ways, mostly in opposite ways to what one expects so that they are by this allusion harder to miss.*
362. Until you acquire the teaching that the universe aims to deliver to you, the message gets in many forms unique to your lifeline.
363. If you keep looking for an answer or an outcome for long enough and then forget it, you will soon find out that you already have it.
364. Pain, learn, forget, happy, pain, learn...

1. If there is an ultimate goal, were we not supposed to arrive at it already once? Or are we now being already there?
2. Is life the reaction to death where some people have weak and some strong ones?
3. *Is consciousness a means of changing and/or protecting ourselves in advance from further pain and grievance? In other words, is its function active or passive?*
4. Can the need to reproduce be an attempt to fix and attain perfection by assigning this task to the offspring? Do most of self-realized individuals have no children?
5. *If what does not kill us makes us stronger, what kills makes us what exactly? The strongest or maybe dead?*
6. Another one could have been your child; just because they could be, are they not so now?
7. Can the possibility that we could be everything mean that we are now in a way everything?
8. *Can universe be only as old as the lifespan of that which experiences it?*
9. Besides the villains, how can superheroes save the universe from themselves? Are they not also a possible threat due to their superiorities?

Insights For The Fulfilling Life

10. *As much it makes sense not being amazed at the fact that we were born to life, isn't it as nonsense to deny the existence of miracles?*
11. If we can imagine the better why are we not there already? If we can never be there why can we imagine? If dreams are not meant to be pursued why do we have them?
12. *Could we exist without creating first?*
13. Does fault come to exist as you look for it or do you find the fault because it exists? Or do both happen simultaneously?
14. *How much gratitude is sufficient to manage everlasting greediness?*
15. What else other than God is there whenever you need it to give you what you need?
16. Does God believe in anything?
17. *Which of the two is more powerful? To do it because you can or manage to not do it because you already can?*
18. Can mutual expectations of both parents have an impact on calling the specific personalities to be born into life?
19. Is what is changing the universe, the time or us? Is time external or internal?

20. *Is it really us that want things we want?*
21. If each card in the deck is valuable depending on the situation of the game, are these unique cards representing different personalities not of equal value before and after the game?
22. Is there an objective hierarchical ranking of consciousness that people live by? Can a person with relatively lower awareness be aware that someone else has higher awareness than s/he has?
23. *Everything happens at the same time. Each one of us being a part of it, are we constituting this whole same time, time being the only thing that exists? Where does this same time go and take us?*
24. Why do we have the need to be superior?
25. *How do free will and destiny work together? Does hair grow long by destiny or free will's permission? Do free will determine or can it only allow or neither?*
26. Can we always rely on our inner voice helping us find our way?
27. *Is suffering preferable to boredom?*
28. Are there more answers to give or more questions to ask? Is the ability to ask good questions more useful than the ability to find answers? Should asking or answering be encouraged more?

29. *How much am I learning and how much am I being taught?*
30. What is the most exciting part during love?
31. *How much should one hold on to life and how much let go of it?*
32. How can we measure the intensity of our desires? Do they increase or decrease over time? How much dependent are they on time?
33. *Can one have more free will than his/her impact on being brought to existence?*
34. We like to have things for free but chase after expensive exclusivities. However, most of the time it seems that what really valuable is what nature offers for free. We do not own a language but use it. Pen and paper is almost free yet so powerful to create structures and energy that inspire, change people. Sex is free as long as you know how to get along well with the opposite sex. Love is free as long as you have some to share. Friendship is free and is maybe the most valuable. If you are content with the bare minimum, even survival should be free. So, what else that are not free do we really need other than these that should matter the most for a fulfilling life?
35. How valuable is personal development when we know that the developed people too will still inevitably be swept by death?

36. *How can I brag about myself without any prior knowledge of why I am who I happened to be?*
37. To what extent of our current knowledge could we still maintain about ourselves without having seen how we look in the mirror? In other words, how much of the total knowledge is dependent on externals?
38. If I did not choose who I become when I was born, can I be sure now that I am indeed someone?
39. *Without the absolute knowledge of what good and bad for me is, how much sense it makes for me to expect much of my wishes?*
40. Is the first love the first explicit confrontation with the underlying self or a sheer coincidence that has a very strong influence on future relationships?
41. *Do we transform to people we dump or dump us?*
42. Does every subject contain its verbs? Does every verb belong to specific subjects?
43. Does what we see necessarily see us?
44. Does what we want necessarily want us? If not, why can we want and do we keep wanting what does not want us?
45. Does every joke contain some truth or is it only means of getting rid of established fears?

46. *Can equality and power reconcile with one another?*
47. Could what we know be meant to be effective only once in a lifetime in a certain situation as opposed to the existing belief that knowledge is power and therefore should be accumulated? Could too much knowledge pose the risk of preventing us from grasping the other side of the truth that is missed with ever less space for instinct?
48. *What do you do when you do not want to do anything? How much of doing nothing is doing something?*
49. Is it true that one thing cannot be everything and vice versa?
50. Is it true that nothing can be everything and vice versa?
51. *How can you accept something you cannot?*
52. Who would not wish to make use of an innate talent?
53. Can there be a relationship not based on interest or is every interaction subject to some sort of trade?

Thanks For Reading

Now that you have read the insights, in order to move on to the future, you would be better off if you now leave them behind. There will be most probably times you will automatically retrieve whatever you acquired from past knowledge to put into practice and make your own meaningful versions of it tailored to your unique experiences. Then you will have to repeat and again leave them behind to keep on living wherever you paused at, each time much lighter and more free and welcome to the ever growing life.

I hope you have enjoyed your time and found some ideas in this book appealing and useful. I am looking forward to having your feedback as to what you liked or what not so I would really appreciate if you could leave a brief review on Amazon.

You can find me on Facebook and LinkedIn and follow my Facebook page to stay updated on my recent music projects.

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Stay with love, peace and light.

Ceyhan Özsoylu

About The Author



Ceyhun Özsoylu graduated from METU Industrial Engineering and Bilkent University MBA programs.

For quite a long time he has been active in creative writing with the ultimate aim of rearranging the latest insights and experiences gained to make better sense of life.

In addition, he writes & records songs, creates their music videos and shares them on the Facebook page. One of his music videos is aired on a popular alternative rock TV channel.

Other activities he enjoys are singing, playing various instruments such as drums, different types of guitars and harmonica, writing basic computer scripts, meeting new people & discovering new cultures, reading, learning languages and playing basketball.

He is just another all-around person aiming to realize the most of any potential he discovers within.