

SUPER
LIFE
Secret Codes

THE
FOUNTAIN
OF
HEALING



IF YOU ARE WILLING, THE WORDS FROM THIS BOOK WILL
OPEN UP YOUR MIND TO AN ABUNDANCE OF SUCCESS

TED SUN

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RichestLife



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Introduction

During Chinese New Year and other festivals throughout the year, the Chinese have the tradition of saying lucky greetings to wish each other good luck and offer blessings. On New Year's Day, we like to offer incense at the temple as a sign to start the year with good luck, to ensure that we are safe and sound for the whole year.

As we progress through life and encounter problems, we do our best to solve these problems. For instance, we see a doctor when we do not feel well and hope the doctor will prescribe something that will help us heal. In recent decades, healing is not exclusively physical anymore, it has encompassed a holistic approach to treat the body, mind and soul. Many religious groups also believe this.

In reality, our fortunes and well-being are all connected closely to our body, mind and soul; yet, most people do not understand this concept and do not understand the true key to healing. What do we need to pay attention to in order to promote true healing? If we have the correct and holistic understanding to healing, we will have the proper perspective and approach to protect ourselves and the people around us and to avoid misfortunes. In doing this, we will be in a positive mood every day and the blessings and good luck that we strive for will start to happen.

1. Healing Is The Only Way to Promote Good Luck and Avoid Misfortunes.

In the process of healing, people usually hope to get advice and medicine from doctors to help them recover and resolve their illness immediately.

This means that most people rely on medication to solve their physical and psychological problems. But, this approach does not treat the root of the problem. However, treating the symptoms instead of treating the root seems to be the norm. If that is the norm, then who can help us truly heal? Most people believe that we need to rely on medical professionals to help us heal.

The point of emphasis here is that healing depends on yourself. One may ask why do so many people neglect the problems that they can solve themselves. Instead, they rely on others to take care of their problems. The main reason is that ever since we were little, we all have been conditioned to believe that only doctors can help us. In reality, this great responsibility falls upon ourselves. Therefore, in the process of healing, you will play a very important role in your journey to good health.

In reality, this is the only way to promote good luck and to avoid misfortunes. We all want to have a better tomorrow, but you might have sought different solutions or answers in hopes of having certainty in life and creating a brand new future. Unfortunately, you are still going around in circles with

the daily grind, and find yourself unable to find a way out. Therefore, the root of the problem remains because of your lack of understanding to promote healing.

In the past, you might not have thought much about self-healing, but it is imperative that you do it now because your attitude is a vital key to your fortune and health. If we are all able to heal ourselves, the world will become a peaceful place. Things that seem so complicated and unattainable can be accomplished easily and quickly.

2. When You Decide on a Direction, the Force of That Decision Will Follow.

It is normal to feel pain to a certain degree during the process of healing. When we see the doctor for treatment, we may get injections or be prescribed some medication, but will still continue to feel some pain during the process. We should not be afraid of the pain and we should prepare ourselves to experience that pain as a part of our transformation to health.

If you are willing to face reality and seriously take life into your own hands, this deeper understanding of healing will be very significant and meaningful for your future!

For instance, Mary and John are having a heated argument about where to eat. Eventually, Mary wins the argument and both decide to have their meal in a restaurant of her choice.

John may not feel bothered during the meal, but afterwards he feels manipulated by Mary. Even with such a trivial event as where to eat a meal, a negative seed may be planted in his heart.

Eventually, this negative seed, watered by other annoyances of the day, can grow into the cause for another argument between the couple and may turn into a trigger for daily arguments. On the other hand, if John takes a different approach and adjusts his emotions by diffusing that negative feeling, he can avoid future confrontations.

Let us observe the friends around us. Those people who argue frequently and regularly have confrontations with others. Repeated arguments accumulated over months and years will be remembered in the consciousness, and gradually become a habit. Therefore, even if there is peace in their lives, they are not accustomed to that sense of peace, because peaceful living is not their style of living and this is very sad.

A person's fate, whether good or bad, is determined in the blink of an eye. Once you decide on a direction, the force of that decision will follow you. It will be implanted into your consciousness and deep into your soul. When that force of decision enters your subconscious mind, the data- recording black box of your soul, all the fortune or misfortune in your life will manifest accordingly.

3. A Minor Change in Our Thought or Action May Create a Huge Difference in the Outcome.

Those who have studied Buddhism or Taoism probably know a verse from the Goddess of Mercy Mantra “The gods in heaven, the gods on earth, humans apart from calamities, calamities apart from our bodies. All misfortune be reduced to dust.” This is a mantra to protect ourselves, it can also promote good fortunes. Some people recite this mantra frequently in hopes of avoiding calamities, yet problems still come knocking on their doors. If we modify this mantra to “The gods in heaven, the gods on earth, humans apart from calamities, calamities apart from our bodies. All burdens become ashes, all worries are reduced to dust.” Then the course of your life may be changed by your interpretation of this modified mantra.

Whether you need to be healed or not depends on yourself, and a simple thought, word, or action, may change your fate and bring about a positive or negative outcome. If you are constantly in doubt or hanging on to grudges, and you cannot let go of any of these thoughts and anger, but you truly want to heal yourself, then you need to tell yourself to “Let it go.”

Yet, there are so many people in this world who fail to comprehend and see through things in order to let go. Failing to let it go will create undesirable consequences. If you can simplify things and just let it go, then you have already begun healing! Therefore, if you understand that the decision to heal lies within you, then you must try to seize

every opportunity to heal yourself. Keep things simple and avoid complicated thoughts that may cause confusion and prevent you from understanding the truth.

4. A Blessed Life Is Achieved on the Premise of Self-Healing.

Try to recall important events that have happened to your family or friends. Had they known how to apply self-healing at the inception of their problem, and chose to let go, their story would not be so negative. Knowing this, you must remind yourself that you have important choices to make in order to have a better tomorrow. Put self-healing into practice immediately. Accept that you can heal yourself and open the door to a brighter future.

We all hope to lead a better life. We want to be safe and peaceful, and we also hope to have good luck and fortune. But, the catalyst of these good things is self-healing. If you put this into practice, all good fortune will come to you. However, if you merely listen to these words of wisdom without taking the action to heal yourself, all these possible fortunes will be short-lived and will fade away.

The struggle in life is to face the different challenges presented by the various points in life. If you do not have a solid foundation of principles, how will you be able to make sound decisions when situations arise that require a rapid response? Your true

perspective on life is manifested in your everyday language and actions. Therefore, healing is a very important aspect of your being, it is the fountain of your life! This healing force resembles spring water and it accompanies you continuously throughout life and can be effortlessly deployed on command.

5. Be a Fully-charged Battery.

We all know from a young age that practice is the only way to perfect a skill. In order to receive good luck and have a good life we must incorporate this concept into every second of our life. Unfortunately, people always look for comfort and tend to be undisciplined about carrying out actual tasks. Others lack motivation and neglect the practice.

Therefore, you need to be a fully-charged battery always energized with a sense of self-competence to avoid being influenced by external forces beyond your control. If you only practice being fully charged with positive energy and attitude when certain situations arise, instead of practicing consistently; this may result in the inability to make proper decisions when necessary, and in turn, could create a space for misfortune to creep into your life. Because of this, you must be firm and maintain a state of a fully-charged battery, at all times.

For example, there was a widening project on the 60 freeway a few years ago. During the process of expanding the route,

the traffic delays caused many inconveniences and people complained. If this project was stopped because of those complaints, then we would not have the improved capacity and smooth traffic flow we have now. In hindsight, short-term inconvenience delivered a smoother traffic flow for many years to come.

This public endeavor involved a lot of consideration from different departments and organizations which created challenges that could have stopped the project but everyone involved pushed through and in the end they finished it quickly. The same can be applied to your own issues. If you make things too complicated and give yourself too many excuses, this will often halt the healing process. The result will be a partial fix. You may be happy for a moment, but the happiness will fade. You must push on and complete the healing process so that you can reap the long term benefits.

Even if we have a profound understanding of life, we must still return to actual practice. Even though you may have attended classes taught by famous gurus or scholars, but if you cannot apply these simple concepts, then these understandings of life will only be transitory. When you are able to change your fate by diligent practice and self-healing, you will shine in society and influence those around you by helping them advance. In turn, society will change due to the change in your perspective, and make heaven on Earth.

6. Learn to Disembody from Any Situation.

When facing the uncertainties of the future, people always hope to have the control necessary to have a better tomorrow. To achieve this aspiration, we must do our best to grasp any opportunity to practice and adjust our mind to explore more options, and increase the capacity to truly live a prosperous life. These days, everyone is busy, regardless of their age. We all have a million excuses of being busy, especially in this internet-dominant world where people are preoccupied with all the information online. Everyone may work hard and diligently in their life, trying to expand their future, but with the different priorities and hectic lifestyles many goals are not achieved. At this point, worrying occurs and things work against our will, which is not our original expectation. However, if you can understand the concept of having control of your future through actual practice, your life will improve tremendously.

People may be afflicted by physical or psychological ailments that doctors do not know how to treat. Some people may have a strange disease and rely on their doctors to be their saviors, but when the doctor declares the disease is not treatable, their only hope vanishes. Even though there are many other suitable treatment methods available their busy lifestyle may prevent them from finding these treatments.

First, you need to determine what is not constructive to your future in terms of your use of time. Then you need to learn to refine your use of time, and to separate yourself from any

situation during or after the occurrence of such an event. You need to disembody yourself, and switch to a third-person perspective to understand the course of the event.

If you can put this into practice, and disembody yourself from any situation to examine an event clearly and gradually, then all past experiences will become clear to you. When you practice diligently, you will be able to slowly filter out negative events, and transform these situations into stepping-stones for progress. This practice can also prevent problems from reoccurring in the future. This is a preventative measure to block problems from happening in your life.

If there is still a karmic connection, by doing this practice, you will gradually bring back memories from a decade ago, two decades ago or a century ago. If it occurred a century ago, it is a memory from your past life. This is very possible. It all depends on whether you choose to dive into this practice deeply or not. Therefore you must understand this concept in order to experience it.

When you understand the root of the problem, you can then prescribe the correct remedy. Once you have this understanding, you will be able to grasp the important aspects of your life to advance, excell, and transcend. The ultimate transcendence is a complete understanding of life. Therefore, healing is the fundamental prelude to transcendence and transformation.

7. True Healing is the Deep Healing of the Soul.

Some people, regardless of the organization or devotion they belong to, boast about having practiced spiritual development for many years. Yet, they remain mired in their previous difficulties. Deeper probing reveals that they have not achieved healing, and have only superficially pursued their ideology. Due to this lack of healing, an important link is missing. Despite significant commitment of time and energy on spiritual practice, they are still stuck, and time continues to slip away.

Spiritual development does not correlate well with the duration or quantity of religious study, rather, it depends on the actual practice of the spiritual doctrine. Even though one might have only been exposed to the doctrine for a month, one may, through diligent practice and action, surpass those who have studied for years. Therefore, we must promote self-healing within us and practice it.

Physical healing is common to all people. By the time we become adults we understand that our body repairs itself. Yet, the most crucial process of healing is the recovery; the deep spiritual healing of the soul, that may be missed during the weeks or days of physical healing. Furthermore, many untreatable diseases, and sufferings originate from the spiritual aspect. If you fail to grasp this concept, you will aimlessly search for solutions. Therefore, true healing is focused on the spiritual aspect of your being. Be kind to your soul, protect it, and simultaneously open a bright path for your soul.

8. You and Your Soul Create Everything in Life.

To achieve ultimate healing, we must possess the correct understanding of life. From childhood, we have heard of many interpretations about the concept of a past life. These interpretations vary. They are indeterminate and people feel that these interpretations do not provide a constructive basis for discussion. Nonetheless, past life is real. Since ancient time, many schools of thought have debated the true existence of reincarnation. We have discovered that it is true from a scientific perspective. It is believed that human beings have souls.

So where is your soul located? It is a bundle of energy behind our stomach, even though we cannot see it. This bundle of energy determines many aspects of our life; for example, our cognition, our fortune, the people, events, and things that we encounter in life. The soul plays an integral part in our life events. Through serendipity, events will occur. We meet what is destined in our life. This is called fate.

Skillful fortune-tellers can predict that a certain event will occur, and it does happen. How is it possible? How can such a precise computer system exist? This is the formula in your soul, when the time comes, the program will materialize into an object or a vision, or a situation. It will also develop in all scenarios stored in the program from past to present, which often times makes people lose control over events in their life and they simply succumb to fate.

The concepts of astrology and stellar influences are only the garnish of this phenomenon. The crucial point is whether you realize that all life events are the outcome of the collaborative interactions between you and your soul. If you acknowledge that your soul accompanies you side-by-side then you must treat it well. With this joint operation you can co-direct your life together with your soul and be in control to become the master of your future.

Even if you do not agree that you have a soul, your soul is still with you and it exists independently of your understanding of the concept of past lives. No matter what, your soul will always follow you. When you do not believe this concept, all accumulated karma will dictate your life.

Therefore, from now on you do not have to seek fortune-tellers and you do not have to believe what others tell you about when and what will happen. From today on, if you are willing, you have the ability to tell yourself that your future will be better than your present. If we examine the soul in a scientific manner we will see that the program in the soul can be altered. It may be difficult to alter the past, but when you encounter the Super Life Secret Codes system, altering your life can become a reality. Many people have changed their destiny beyond their belief after learning Super Life Secret Codes.

If you still have a lot of questions at present, it is not your fault, you simply need to give yourself more time and patience to

understand the validity of this truth. Once you agree, many things will start to change, and many difficulties will begin to resolve. You may have many worries and questions, which are memories from your past lives because your soul never dies. These pieces of memory are stored in our cognitive field, following us day after day, life after life, and continues to accumulate data up to this point.

There is a popular trend, where reincarnation is associated with hypnosis. The myth about hypnosis makes many people believe that past life regression could only be attained by hypnosis. Hypnosis originated as a trick to alter the state of awareness in Daoism. It was studied and gradually adopted in the West and has developed into an intellectual theory labeled “Hypnosis.”

Most people believe that it is only through hypnosis that we can regress into our past lives. Is this really the case? Not really! Many people can see their past lives during their meditation and this comes naturally without seeking. The reason being is that your soul is always with you and if you are willing, and with the right technique, you can explore this profound aspect of your being. Once you discover the way to access the data, you will know how to retrieve it and then the many scenes of your past great deeds, await your exploration.

9. Unresolved Life Lessons Are Stored in the Soul.

Some people jump on the bandwagon and are willing to be

hypnotized because they are interested in their past lives. Then there are those who are able to get rid of some minor problems and ailments, and they believe that through hypnosis problems in life can be resolved. But is it really this easy? If you think so, then you are underestimating the wisdom of the Universe. All that we have discussed and are pursuing is absolute and complete, it is not a game, do not follow blindly without an understanding of the concept of the soul.

If you acknowledge the concept of reincarnation, then a serious question follows:

In your past lives, how many unkind deeds have you done that had possibly led to dire consequences? The memories of such deeds are buried deep in your subconscious, soul, and cognitive field. Could you have forsaken those who loved you? Could you have broken vows and promises? The possibilities are endless. These are the memories of unfinished business, deep in your cognitive field, stored in your soul.

The soul carries these unresolved life lessons to your present life. The unfinished business, the imperfections, and things you owed others, are all to be completed and finished in the present and future lives. This is a very serious topic. Do you know how many imperfections you have had in the past that you need to perfect and complete now? If you realize the importance and necessity of this topic, do not underestimate it and do not wait for New Year's Day to go to the temple to

offer the first incense of the year, because even if you do so, you will still not be able to resolve the cumulative unfinished business of your past lives.

Do you want to have a complete overhaul of your soul? If you comprehend this, then it is as if you are burning the New Year's Day incense every day to generate good luck. Why are some people so ill-fated with bad luck in this life? Everyone knows that the soul is related to your present life. Then why is it that some of us are so fortunate and some are so unlucky. And yet, we all exist in the same dimension? The difference lies within the individual amount of incompleteness and unfulfilled business in the soul, carried over from your past lives awaiting to be completed in the present life.

10. Your Soul Dictates Your Luck in the Present Life.

In reality, there is no need to complain about life because all is preordained and all is the consequence of our past actions. More importantly, you must realize that the present you is creating the future you as we speak. This is the relationship with the past, present, and future.

A lot of people have a misconception when discussing the past, present, and future. They think that this is a Buddhist concept. The system of Super Life Secret Codes does not preach religion, only science, only the truth. It all depends on your own choice. If you believe in the past, present and the future,

then starting from this moment, you must conscientiously live your present life to pave the way for a good future. You are not someone being suppressed by life, nor someone who succumbs to all the good and bad of life, you are the creator of your future.

Many beliefs can affect your thoughts and influence your attitude when trying to resolve problems, thereby affecting your future. Ask yourself, what can you do and change at this moment? What can you create in your future? You must be responsible for your own future, instead of following superstitions blindly. You should be able to keep good luck in your life at all times. When you are lucid, you will cast away superstitious thoughts and not be bound by them, and will not lose the opportunities to expand and grow. If you can accept this concept, starting from this moment, good fortune will be with you every day.

11. Unresolved Negative Energy from Past Lives Are Lessons in the Healing Practice of This Life.

When you believe that the concept of reincarnation is very important, then you will understand that you created negative energy from the many unfinished deeds in past lives, and that this negative energy has followed you into your present life. Therefore, the book, *Super Life Secret Codes*, and the *Richest Life* have taken on the mission of helping you

and others to eliminate negative energy through special techniques. With a new found life and mission, you will be able to help those in need to achieve similar goals.

Understanding the concept of negative energy is imperative in the process of healing. Why do we get sick? Why do we have so many problems? Healing involves treatment and repair. Unresolved issues from past lives become lessons in your healing process. People have many problems, untied knots, that accumulate and carry forward into the present. These past deeds will only fuel current problems and lead to an eventual point of no return which will become the root of your endless suffering in your life.

You are the master of your destiny. Therefore, starting from today, you have no excuse, no way to blame others. Some problems are not very serious, but if your negative energy is stronger than the positive energy, the problem will multiply and get worse. Some people do not have the right mindset, and only want to gain sympathy from others by complaining to others about their problems instead of truly resolving them. In the end, the vicious cycle continues.

12. The Struggle Between Positive and Negative Energy Results in Your Luck or Misfortune.

If you understand that good luck or misfortune is derived from

the struggle between positive and negative energy, then you will change the way you look at your life. This prompts you to do more meaningful things. It leads you toward a positive life, to create a better tomorrow.

When you understand the relationship between positive and negative energy, you will not seek fortune-telling any more. This is because you will already have the confidence and understanding of having control of your life. As long as you move boldly in a positive direction, everything will turn out well. It is so simple. Do not hesitate or over think; just move in a positive direction. People wonder how good fortune could be so simple. Don't worry, it is.

Remember, it is this simple! Why are so many people still preaching complicated theories? Great theories fail in comparison to those that preach a practical application. These accessible techniques will enrich and benefit your life. The book, Super Life Secret Codes, shows you the techniques to apply positive energy to create good karma. You can be assured that you will reach your goal. There is no need to seek anything else. As long as you take the action, you will see the result. Perhaps you were unsettled in the past, but now, you should be assured.

If you allow your life to be like a movie that not only shows what you can see in life, but also shows the illusions that you cannot see, then you will realize that all things in life are the result of the change and transfer of energy. For example, you

want to take a warm shower on a winter morning, but the water heater broke down, so you have to take a cold shower instead. Due to the difference in the energy between cold and hot water, your emotion and energy response to the shower will be different.

If you prefer a hot shower because it benefits you, the lack of this energy may cause a bad mood throughout the day, just because of the shower. The energy from the hot water is derived from the energy in the gas, and in turn is transferred onto your body. When your body picks up such energy, a certain feeling will be reflected in your mind. This energy sequence is real.

All events that occur in your life are generated by changes in energy even though you may not be able to see the energy during the process of energy transformation. But, not seeing it does not mean it does not exist. When you understand the simplicity of this principle, don't hesitate to embrace it, and don't underestimate the power of positive and negative energy.

The book, *Super Life Secret Codes*, also mentions that our moods can be affected by music and songs. While you are listening to a happy song, you may feel very calm and relaxing, but if you listen to a sad song, your mood might be tainted and you might start mingling that sadness with your own life experiences and generate negative energy in your life. Repeated occurrences will cause negative energy to accumulate to a point that it suffocates you.

When you are asked why you are so depressed, you may reply that you are facing many troubling events and worries that cannot be resolved. When asked what cannot be resolved, your reply may be that you are not the deciding factor in these life events. Yet, the reality is that you are responsible for everything that happens in your life. In this Universe, you encounter these situations because you created negative energy which is affecting the development of the situation.

If you have a thorough understanding of this concept, in the future, when you encounter any uncontrollable and uncomfortable situations, what should you do? The proper approach is to summon the positive energy immediately and not be drowned in the negative energy. Do not suffer in the negative situation. Do not complain. Do not wave your hands about hoping that someone will come to your rescue. No one but you, can rescue you! The methods to save yourself are all clearly stated in the book, *Super Life Secret Codes*.

There is no reason to blame the people around you. Even though life events may bring dire consequences, the source of these problems still trace back to you. All of your problems originate from yourself. There is no hiding this fact. At this moment, you must agree with and accept this concept and begin to experiment with it and put it into practice instead of just being a spectator in your life.

There are so many things we need to understand in life that require wisdom in order to propel us forward. No one can

help you. Only you can help yourself.

When you understand your ultimate responsibility, but are still unable to resolve the problems and still feel overwhelmed by them, you are at risk of complaining and blaming your fate. It is only through constant learning that you can truly solve the problems surrounding you. The accumulation of these problems and negative energy can drag you down and inundate you. Perhaps a flash of hope can break through and inspire you to make progress for a moment, but if you fail to take action even though you know it is the only way to resolve your issue, you have become very unfair to yourself. To resolve a problem through imagining instead of actual doing, will further create fear, and it will be stored in the same memory bank and the endless cycle will start again.

Starting now, you possess the absolute ability to resolve the pain and suffering in your life. It is up to you to say yes or no, to be willing or not. Do not give yourself excuses anymore. This is the key to having control of your life. If you can master this, instead waking to the feeling that life's problems are drowning you, every morning when you open your eyes, you will be greeted by life's opportunities and bold challenges.

13. Constant Abundant Learning Is Your Way Out.

Learn the essence in all experiences in life, and remind yourself to be free from precarious predicaments. If you can

enrich yourself daily, you will discover that the Universe will give you many lessons to help build and shape you, to enhance your growth, to increase your sense of perception, and understanding with an acute ability for observation.

Regardless of your age, you have the ability to control the uncertainties of your future. This perceptive ability is not exclusive to older people. A twenty year old person, with sufficient practice and the attainment of certain concepts, may excel his senior in various aspects of life. If you are willing, you will be presented with abundant results from your learning. You will make your life better, smoother and make your every dream come true.

All your learnings have laid the footwork to prepare you for the healing path ahead. This is what you have been seeking all along. This makes you a winner, not a follower; and there is no other conclusion, but that the hard work you do is not for others, but for yourself.

In regards to healing the soul, the incompleteness of the soul is mostly due to the deficiency of positive energy. Maybe in a certain past life, a negative situation was not resolved, and the negative energy was stored in our memory bank and carried over into this life. When the right time comes, as predicted by astrologers and fortune-tellers, the negative energy will start to unravel and manifest as problems in your life. If there is a large amount of negative energy, your problems will be big and numerous.

14. Increase Positive Energy to Complete Unfinished Lessons.

Soul healing, simply put, is to invite more positive energy to help you perfect and complete the scenarios containing negative energy in your past life. More importantly, you must employ positive energy to supplement the incomplete events before they threaten you with misfortunes in this lifetime.

That is why soul healing is very important, it can affect every moment of your life and the future. Your thoughts become a concept. Putting this realization into practice will lead to an awakening. What is the difference between pre and post healing? Some students discovered that after post-healing, their problems gradually resolve. They discover that they are able to face problems and take the necessary actions to heal before other problems happen.

For those who have yet to try the healing techniques, once you are willing, you can experience the marvels of soul healing. It is not a myth nor just a theory. By taking a step toward soul healing, you will instantly notice the difference. In the book, *Super Life Secret Codes*, there are many exercises to help you receive positive energy. When trouble and worries arise in life, they will reflect the negative energy from your past lives, and will manifest in the present life due to the lack of positive energy.

When you understand this principle, you will understand that

all problems can be resolved. This will depend on whether you are able to change the negative energy to positive energy. It will also determine whether you can put your thoughts and learning into action to achieve your desired goals.

From that moment, there will be less agonizing events in your life because you are now a master of your own destiny. No more drifting with the perils of life. You are the compilation of many essences in the Universe and the beneficiary of abundant positive energy. Therefore, soul healing brings the positive energy into your soul to release the negative energy. The release of the negative and the influx of the positive energy is the result of healing.

The important point is whether or not you have put the healing into practice. If you have, all your problems will be resolved. If you are just a bystander, even simple problems will not be resolved. Not only that, the problems will become more serious. The choice between a problem-ridden and problem-free life should be a easy for you to pick.

15. It Is an Art to Use the Resources from Your Soul.

Do not come to a premature conclusion for all things in life. A lot of people often say, "This is fate and I cannot change it." Before you read the book, "Super Life Secret Codes," that might be the case, but after reading it, your life story will be very different. If we agree that the soul is everlasting, then

we know that everything is proceeding with time. All of the lessons, understandings, and instincts learned in your past lives are stored in the soul's memory. Retrieving what you learned and understood in the past would be a wonderful thing to assist you in your present life

For example, picture yourself as a small tree in this life. People around you can only see you as this budding seedling. How are they going to know that you have learned so many things in your past lives? In reality, what you truly possess is the big tree in the ground underneath this seedling. At this moment, the seedling may be five or ten, or a tree of eighty years old, yet it does not represent what it contains. The important point is whether you have discovered all the good things you have learned in your past lives.

Once you rediscover the treasures from your past, they will become the riches and securities in this life. If you have bad habits or wrong logic in your past lives, they can be hiding in this tree, too. The ground is the demarcation line, the seedling represents the present, the big tree underground is your past wisdom. The demarcation line represents your decision-making based on your wisdom. Do you want to bring the previous bad habits into this life, or do you want to bring your past wisdom into this life? You are the decision-maker and executioner of your life.

Maybe you want to ask: "How do I know what I have learned from past lives?" We frequently meet people with great talents.

What is talent? Talent resemble the big tree underneath the seedling, it is the skill and knowledge you have practiced and learned in your past life. Do not be superstitious, and do not believe that talent is something that is given to you by fate. Talent is the big tree under the seedling in the picture. You must remember this picture. What you possess is in the big tree and you can bring it up to your seedling. A lot of people live to be eighty years old yet the seedling is still not fully grown, because they have not brought the learning from their past lives into this life.

Practice this every day in your busy life. Find some quiet time to calm down, and think about the talents you have. Concentrate on the good and get rid of the unwanted ones while you are thinking about your attributes. Over time, learn to visualize the seedling reaching beneath the ground to retrieve the treasures from the big tree of the past. With time and practice, and if you believe and are willing, all the resources from the past can be retrieved.

Some writers are arrogant. They think they are very creative. This is not the right attitude since they may only be creative because they were a poet in their past lives. Being able to dance well should not make you arrogant because you might have been a courtesan in previous life. When you understand that all things past and present are connected, you will be able to look at things in your life with ease. Gradually, you will come to some conclusions about life. For example, we should forego all events and circumstances because the soul is everlasting.

Let your inner wisdom guide you to the good and positive. Release the bad and the negative, in order to avoid regrets in the next life.

Why do we grow by searching for our spiritual origin? Why do we advance through our studies and arrive at conclusions about life? What do we truly have in life? What have you brought to this life? What are you going to bring into your next life? These are not myths or fairy tales anymore. These are very serious questions. Nowadays, people can die at any age. Dying is not reserved only for old people anymore. Therefore, no matter how old you are, you should really think about the topic of life and death. If you have not yet mastered what you need to master in life before you die, your soul will keep everything in its memory, whether good or bad. Referring to the image of you being the seedling, if your tree is not green but is yellow and wilted, what should you do? This is a serious question. A green tree versus a yellow tree is not a mere difference in color, it represents a life of prosperity versus a life without direction, and that difference is the effort and hard work you put into your soul, life after life.

Therefore, in every minute of your pursuit of happiness, strive for the good and constructive and follow things that can help you on your way to enlightenment. Never go with the flow and follow blindly. In this life, you may live for a hundred years, but how much have you actually accomplished? When you look back to your past and reflect into the future, you should be very clear with where your life is, and what you need to do.

This is what most religious organizations emphasize on when talking about finding the meaning of life: Live life to the fullest with meaning, and do not carry regrets into the future.

16. Grasp the Important Concepts and Changes Will Happen.

You might be wishing for the same good life that your friends have, hoping that similar luck will come your way. A good life and good luck is the ultimate result of the process of healing. A simple analogy to depict the concept of a past life's link to present life is an electric circuit. The events in life resemble the wires and circuits where everything is already programmed. The complicated circuit loops with different pathways and eventually all lead to the same outlet.

Imagine that there are many microchips inside your phone that contain large amounts of data. Similarly, there are many events and data stored in the data bank of your past lives, constantly running and operating. This stored data influences your life every day, therefore do not ignore or underestimate your soul.

All the emphasis of body, mind and soul is in the soul, and your body and mind will create many events imprinted into your soul. This data is intertwined in a complicated way and if you are confused then it will lead to more confusion and complication. On the other hand, if you have a clear focus on your soul, everything will become very simple. This is the key

point presented in the book, Super Life Secret Codes.

17. The Wounds in the Soul Await Your Healing.

In the cycle of reincarnation, the soul carries a lot of negative data in its memory. When you are reincarnated into this life, this negative data and wounds are waiting for you to actively seek the right recovery method to be healed.

Often times, people with mental disorders are regarded as having psychological confusion and dysfunction. Almost all, if not 90% of the cases stem invariably from past life traumas. A normal person today might become a mental patient tomorrow because he cannot resolve problems in his life immediately.

Therefore, you must caution yourself to try your best to heal those past life traumas. Doing so will ensure peace in your future; otherwise, any future aspirations and dreams will simply burst and vanish. The healing happens when we exchange negative energy with positive energy, retain what is needed and discard what is not needed, this is healing.

18. The Problems in This Life Represent the Resurfacing of Traumas from Your past Lives.

The problems you encounter in this life are the traumas that

happened to you in your past lives. There are so many problems in front of you. The most common problems are spousal and parental issues. If you understand karma, and the relationship between positive and negative energy, then you already realize that the only way for a better tomorrow is through changing yourself and through healing yourself.

If you want to heal yourself in the case of spousal problems: perhaps in your past life, you might have been mean, cruel, impatient with your spouse. Start the change this moment with a nice gesture, bring your spouse the soup at dinner. Your spouse may not be able to accept it initially, but do not allow that to hinder your intention to heal. This is because your spouse may be surprised by your nice action. Use your wisdom to adapt. If your spouse is especially temperamental toward you, you have to look at this past life connection with urgency and get down to work. Give yourself a timeline. Repair the relationship step by step, to heal the origin of the trauma.

Think about it this way. Whether a person is nice to you or not in this life is directly linked to whether you were nice to the person in your last life. If someone owes you something from your past life, for the benefit of the next life, forgive him and let it all go! If you understand this principle, then start changing your attitude of mistreating your spouse, instead, treat him/her with love and respect so that you may begin to construct a beautiful memory in your soul for a lovely future.

The Buddhist saying: “Revenge is sustained in endless cycles”

is a reality not only for Buddhists, but by people in other religions. Your many mistreatments of a person which causes negative feelings in his heart, will accumulate into negative energy. This will eventually have an effect on you because the turmoil and hatred harbored in him will be deflected on to you. If you understand this phenomenon, will you still do bad deeds to others? Instead, you will want to mend the traumas. When you are willing, all these traumas can be treated and healed. But if you are not willing, you may come up with millions of reasons to refrain from healing. This depends on your karma. Many suggestions for healing traumas can be found in the Super Life Secret Codes.

19. Love Is a Secret Potion for Healing. Life Will Find the Way.

Those who have been blessed to encounter Super Life Secret Codes, and have devoted themselves to resolving problems in their lives through the techniques described in the book have all seen results. But those who have neglected the book and the techniques, will not be able to use the techniques to help themselves. What is the elixir of healing? The most powerful healing energy in this Universe is love, no matter which planet you are on. If you have not seized this energy, you must seize it now from the Universe, and turn it into your own energy.

Experiment and see if these words are true, because it is not

fair to force you to believe without proof. Hence, I am inviting those who have yet to try the visualization methods described in Super Life Secret Codes, to employ an open attitude and to experiment with them. If one visualization method struck a chord with you, the second and third techniques will also resonate with you. Then you will realize how you have been blinded by barriers that have been stopping you from making progress in the past.

Love is the elixir of healing. Real love begins with gratitude. Being grateful is the only way to love and to heal. Love without gratitude is not real love. When you actually feel that love truly heals, to your amazement, your life will start to change in unimaginable ways.

Life is this simple. Don't make it too complicated. Irrespective of your origin and race, life is this simple. Just know that complexity is created by yourself. When you are convinced of this phenomenon through your self-experiment, remember to share this joy and understanding with others. Let them experience this wonderful healing power to heal their soul.

20. Give Yourself and Your Soul a Fair Chance.

Dear friends, you must give your soul a fair chance. People nowadays tend to neglect their soul, they believe "if I want to, why not?" But when you are alone, take the time to ask yourself if your actions reflect the true intentions of your soul.

Many people will give a million reasons to defend their course of action, but do your actions truly echo your soul?

If you have some indescribable troubles, and things have been bugging you for some time, this could be an indication that your actions are against your soul's intention. Whether it is right or wrong, you must rely on your subjective reflections to find out what your soul truly wants.

Are you congruent with your soul? People often describe someone as "out of it," indicating that your spirit is not there, your physical being is not in unison with your soul. If you are experiencing this feeling, you have driven your soul into a dark corner. You have been disconnected from your soul, and you have failed to listen to what it wants to say to you. The most important thing now is for you to be one with your soul, working together to create your future.

What we experienced in the past becomes the present. What we experience now will become our future. There is no need to make it complicated. Simply think about it as yesterday, today and tomorrow. For example, what you did not complete yesterday creates worries for you today, and it will explode in your face tomorrow. On the other hand, if yesterday's business was done perfectly, it creates joy in your heart today and good fortune will happen to you tomorrow.

Therefore at this moment, you can trash all the uncertainties from your past lives, and hold on to what you can have

total control of. Give yourself a chance and give your soul a chance. When you read Super Life Secret Codes, there will be many opportunities for you and your soul to realize the many missions and purposes of your life from the past and in the future. If you manage your life carefully this way, you will discover new experiences and be able to take control of your own fate.

21. Scan Your Life Daily for Incompleteness.

On the stage of life, there is still an important lesson revealing itself, life after life. In our soul, there are many scenes accumulating in the memory bank and our life scenes are played on this stage. If you are going to die in the next minute, what would be your greatest worry? What would you not let go of? There are many things that could have been done, but were left undone. There may be promises that were left unfulfilled, things that were not done.

At the moment of your death, they surface to your consciousness. This is because the memory bank or the black box is not just a word. It is an actual mechanism. There may be a day when science is advanced enough to decipher this black box, the numerous concepts in that memory bank may rival a computer. At the moment of death, the things that you can do, but have left undone will turn into regrets. So, why not prevent those regrets while you can?

Therefore, you are encouraged from now on to scan the unfinished business everyday like a radar, and do your best to complete them. If you wish to try an alternative avenue or another method to complete these events, by all means, get into action. If you have completed these deeds, your life will start turning for the better.

Therefore, this method of completing your deeds is not a superstition, its validity is based on you taking the action or not. Whether you choose to offer incense on New Year's Day, or go to the church, what you put into practice and the amount of effort you exert is determined by you.

22. *Nobody Can Make the Choice for You, Except You.*

All things must be simple, do not complicate them. Whenever you encounter a problem, and you do not know what to do, the simple reflex is to take a deep breath, and make that a habit. Why do so many people pass out when they are in shock? This is because when a sudden event happens, the brain needs to operate quickly and intensely, and requires more oxygen. Without breathing the person may faint.

You will know the truth of this only after you practice. Try to grasp what you can, do what you can with your knowledge. Do not fall behind, because you never know what will happen tomorrow. In this world, things are in constant motion and

ever changing. If things on earth can change, then your fate can also be easily changed.

The big things on this planet can be changed. Our personal fate, in comparison, is much smaller and therefore much easier to alter. For this reason, it is all up to you, and to your perspective. Whether you want it to be simple or complicated, no one can help you, but you.

Buddhism preaches finding equanimity in change, meaning to calm your mind amidst all the changes in life. The calmness and equanimity bring about wisdom which helps you resolve your problems easier. This is what Buddha taught, but it is also a Universal truth. Understand and appreciate this teaching from an artistic perspective instead of a religious perspective.

People today are busy bees, flying here, flying there, flying everywhere, simply too busy. If you ask them why they are so busy, they will give you many reasons, but when they return home at night, they are surrounded by loneliness and solitude. If you are one of these people, I can tell you that this is because your soul does not have a sense of completeness.

A lifetime can pass away in a glimpse. When you look back, many decades have already passed. Nevertheless, if we can control our present, why do we still allow ourselves to live with such emptiness? All scenes in life come and go, whether they are illusions or reality is determined by your perspective. Yet, the consequences of these scenes, the meanings and

morals, will be stored in your memory bank and you must understand this relationship thoroughly.

Employ your wisdom to understand how to repeatedly store positive data into your memory bank and make this into a virtuous cycle, instead of storing scenes of blame, regret, grief, and sadness. The storage of undesirable memories will manifest as imperfections in the present life. If this accumulation happens life after life, when is it going to end? Therefore, is it not imminent that you end the cycle now?

The concept of reincarnation encourages us to have a thorough understanding in this life so that happiness may come in the future. This form of happiness is not weighed down by debts. When you have paid these deeds in this life, you become lighter so you float to heaven and not sink down into hell. Where you want to go after you die is up to you. You make that choice. It is never too late. It all depends on whether you commit all understanding into actions or not.

The concept is simple: Love and gratitude. It has been taught for thousands of years and has been written in many books. Love and gratitude have been circulating in our souls for thousands of years. In this life, we still have the potential to perfect our life. When you put this concept into practice and experience it in your daily living, feel the joy and share it with others, then you will head towards a positive direction and be on your way to heaven. Otherwise, if you have too much unfinished business in this life, then it may be hard for you to

go to heaven. This is not a myth, but an unwavering Universal law, the soul is living with you in reality.

23. Love and Gratitude Are the Two Precious Jewels in the Vault of Life.

You must treasure the vault of life, for yourself and for your soul. What is the vault? It is a place where you can solve your problems, pioneer your future and find the true way. Love and gratitude are the two precious jewels in this vault. Do not alienate yourself from it, because things in the future may become derailed if you deviate from love and gratitude.

From now on, if you practice gratitude every minute, the love generated from gratitude will nourish your life, nourish your family, and nourish the people around you. Then it will not matter if the world is coming to an end because we will all be able to face the changing world by accepting it with peace in our hearts. If the human race is lost with many unanswered questions in life, this negative energy will form a collective consciousness that will manifest on this planet.

If we move towards this direction, we will form a vicious cycle. Therefore, I hope we see ourselves as seeds of our society who spread love and gratitude to the heart of each person. Put this great teaching into daily practice, and bear witness that this is the only way to completeness.

Love and gratitude have been mentioned in some religions, but when push comes to shove, it all comes down to putting it in action by practicing being grateful every minute of our lives. In this vast Universe, the prosperity of the past has become history. A new era is coming. During the interim period, disasters and calamities in various places and the unimaginable events may appear. Yet, at this moment, many people still believe that money is the most important thing. As we move from our present to our future life, the two most important things that will protect us are light and virtue.

24. Light Is Generated by Virtue, Nourished by Love.

When calamities happen, if you have light on your body, the calamities will pass you by. If you do not have light, even if you hide in a safe place or are protected by the latest protective inventions, you will still be adversely affected. What will be will be. Light is generated by your virtue. Virtue is what you must possess and is nourished by the love inside you. They influence each other synergistically.

In the future, you will see a lot of unimaginable things happening in this world. If you do not realize the importance of the concept mentioned above, disaster will happen to you. If you are wise, you will learn to protect and transcend yourself by diligently working towards that goal. We know that love and gratitude are our rights, and we must

help others around us to join us, to welcome the new era.

We must be grateful for the opportunities given to us by the Universe. This allows us to step onto a blessed path and be able to accomplish what we desired in the past, so we can complete them in this life with a perfect conclusion. If you are willing, things will happen as I described; things will manifest in your life. When you give yourself a chance, give the people around you a chance, give your loved ones a chance, you will feel the abundance of the world.

In the past, people may have been too busy or too tired and much of their feelings became an illusion. Hopefully, good fate will come your way to open a new chapter in your life. Continue bringing good things to greater heights, and to cast away the bad ones. Say “No” to the negative influences without any doubt, as it is the only way to a continuous prosperous future.

25. The Fountain of Healing Flows Endlessly.

All in all, we hope that this life is perfect. If you walk this path alone, it may be quite lonely and your power alone is limited. There are so many challenges knocking on your door each day. The smart you, the precious you, will not be divided by religion, politics or race. We can stay together and help those in need. The important thing is to help ourselves and heal ourselves.

May this healing power become a fountain, ever flowing, allowing us to receive good luck, and to become better and better each day. May this moment be the beginning of abundant joy, achievements and a meaningful life.

About the Author

Master Ted Sun is a world-leading expert in energy management, a renowned speaker, a top-selling author, a humanitarian, and a Nobel Peace Prize Nominee. He is also the founder of Richest Life, a personal and professional growth and wellness center that teaches people self-healing and life mastery. Master Ted Sun has trained hi-tech executives, CEOs, government officials, doctors, and tens of thousands of people worldwide.

In 2010, he wrote his first book, *Super Life Secret Codes*, a life manual that reveals the secret codes for managing energy to create a super extraordinary life. This book has become a global sensation, transforming people's lives all over the world.

Since then, Master Sun has written over 50 books and given tens of thousands of lectures and consultations. His book *Say No To Depression* represents a breakthrough in mental health, recognized and endorsed by Western and Chinese doctors to help people overcome chronic depression, anxiety, insomnia, and other mental health issues.

Master Sun's energy management system teaches people to mobilize their innate natural ability to become self-generators of positive energy, enabling them to recharge and take control of their lives.

About Super Life Secret Codes

In a world where financial management often takes center stage, another crucial factor in achieving true success and happiness is often overlooked—our energy. Beyond material wealth, the way we manage our personal energy plays a vital role in shaping our experiences, relationships, and overall well-being.

At its core, Super Life Secret Codes reveals how energy influences every aspect of life—from health and emotional balance to financial stability and meaningful relationships. It introduces a deeper understanding of the unseen forces that govern our reality and provides the tools to align with them, allowing us to break free from limiting patterns and unlock our full potential for success.

When our energy is in balance, the impact is profound. Health no longer feels like a struggle but a natural state of vitality. Wealth becomes more than just financial gain—it is the ability to attract opportunities, cultivate wisdom, and live with purpose. Relationships transform as deeper connections are formed through genuine understanding and positive energy exchange.

By integrating these principles into daily life, individuals

experience a shift—from feeling stuck or uncertain to living with clarity, confidence, and empowerment. Instead of being controlled by external circumstances, they gain the ability to shape their own destiny with ease and resilience.

Written by Master Ted Sun, an internationally recognized mentor and author, *Super Life Secret Codes* has guided countless individuals worldwide toward a more fulfilled, prosperous, and harmonious life. Through its insights, you are invited to explore the deeper connection between energy and life's most important aspects, embarking on a journey toward true transformation.

Beyond the *Super Life Secret Codes* book, an entire comprehensive system awaits, offering online membership programs, webinars, workshops, special lectures, and exclusive classes designed to deepen your understanding and practice.

To explore these opportunities and learn more, please contact:

English language:

www.RichestLifeUSA.com

www.SuperLifeSecretCodes.com

Chinese language:

www.RichestLife.com

About Richest Life

Richest Life, founded by Master Ted Sun in 2011, is a global personal and professional growth, development, and training center, that teaches people how to take control of their lives to achieve endless abundance and success.

Richest Life's energy management system helps individuals reset, reprogram, and supercharge their lives, thus becoming a positive magnet for good health, balanced relationships, and abundant wealth.

We offer programs and tools for people from all walks of life and have helped hundreds of thousands across the globe attain a meaningful and purposeful life.

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