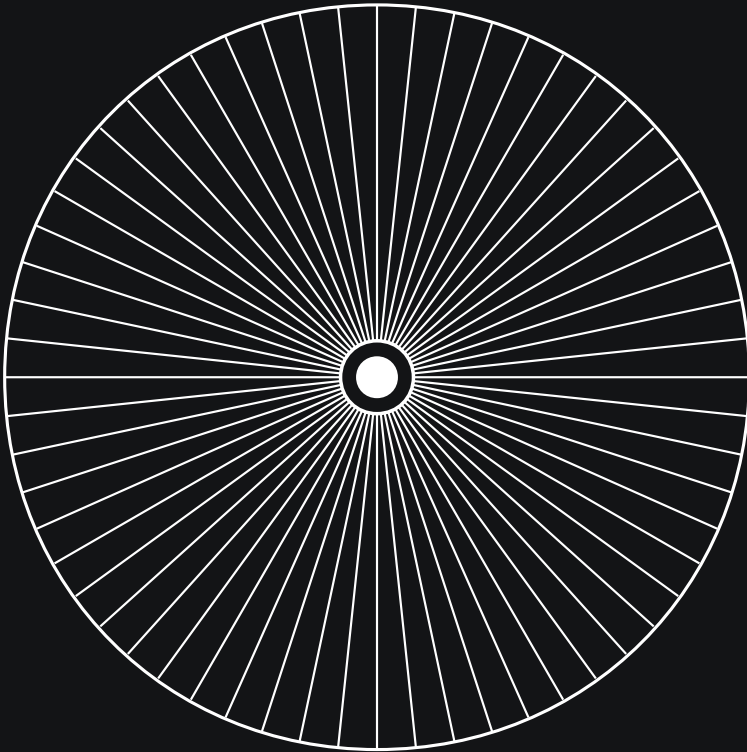




YOU ARE NOT YOU



THE ART OF TAKING ONE'S LIFE BACK



PART ONE · CHAPTERS 1 TO 3 · FREE WORKBOOK EDITION

LEONARD JACOB

Read This Part Free



This is Part One of *You Are Not You*, complete. Chapters 1, 2, and 3, word for word as they appear in the book. It is not a sample and nothing has been cut.

Part One is the setup. It shows you the program you have been running, where it came from, and why your own mind stopped taking your word seriously. Everything else in the book stands on these three chapters.

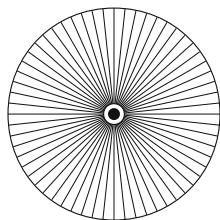
How to use this

Print it, or open it on a tablet where you can write on it. Every exercise has room to write, and the writing is the work. Reading this without doing the exercises is the same as not reading it.

When you reach Exercise 3.1, start it that day. One promise, small enough that you cannot fail it, kept for thirty days. There is a tracker for it at the end.

PART ONE

THE SETUP



CHAPTER 1

You Are Not You



Let me be straight with you before we start.

I am not a guru. I am not a mystic. I am not some scientist who is going to claim I cracked the code and here is the one true path.

I do not have the robes. I do not have the letters after my name.

And I am not going to pretend I invented a single thing in this book.

I am an art school dropout who barely made it out of high school. On paper I am about as ordinary as it gets, and that is the least of the things I have done.

And everything in this book is old anyway. As above, so below. The kingdom is within you. What you assume is what you become. The greats have been pointing at the same thing for thousands of years. I did not discover it. I just lived it, almost died getting it, and wrote it down in language that sounds like an actual human being instead of a sermon.

So if some part of you is already looking for a reason to throw this book across the room, here is the easy one. The guy who wrote it has no business writing it. No credentials. No authority. Nothing but a life that changed when he figured this out, and a refusal to keep it to himself.

That is exactly why it might work for you. If an ordinary dropout can take his whole life back, then the bar was never where they told you it was. Take what works. Leave the rest.

And hear this part clearly, because I mean it. These are tools. Neutral tools. I am not here to make you good or holy or transcendent or any of that. I am not preaching morality at you, and I am sure as hell not transcending into some saint version of myself. I like what I like. You can use everything in this book to become a monk or a mogul, a devoted family man or a guy who goes to the strip club on Friday and does not apologize for it. Celibate or wild. A pastor or a tattoo artist. Build an empire or sell everything and live on a beach. Quiet and spiritual or loud and savage. I do not care. That is not my job. My job is to hand you the controls. What you drive toward once you have them is none of my business. Be whoever the hell you actually are, not whoever you were told you were supposed to be.

This is not your typical self-help book where we are going to promise you the world but you just have to keep reaching. This is a book without the typical bullshit telling you that if you just keep pushing forward, just keep bearing it, just keep thinking positive thoughts without doing anything, your dreams will finally come true.

This book is about helping you create a vision, follow your passion, grow as a human being, adapt to different situations, and reprogram your patterns with the things you want in life. If you want more money, you don't need to work harder. You need to change what your unconscious assumes about money. Some of the hardest-working people I know are broke. Some of the laziest are rich. The difference is not effort. The difference is what they assume.

If you have practiced meditation, watched the videos, listened to the audio, done it all and nothing has changed. Why do you think that is? Do you think the universe just doesn't like you, or is it that you have to change something in your life?

The way you think and what you constantly think about determines the reality you live in. Most of us believe we are consciously in charge of our thoughts. Bullshit. That is far from the truth. Your decisions, your actions, your emotions, your behavior, almost all of it depends on the deep, automatic part of your mind that runs underneath everything. The part you never see. The part you were never taught to touch.

A lot of the conscious choices you make in life, the cars you drive, the people you associate with, the people you sleep with, the ethics you live by, the life you chose, are influenced by your past conditioning, your experiences, and the collective cultural mindset you inherited. In other words, your conscious choices may not really be your choice. It is your unconscious mind working the gears and influencing who you are.

If you are not consciously aware of this, it is more than likely that you are living in someone else's program.

So let me tell you the one sentence this book turns on.

You are not you.

Read that again. Sit with it. Because everything you are about to learn rests on this one sentence, and if you skip past it, the rest of this book won't work on you.

The thoughts in your head, the ones that wake you up at three in the morning, the ones that tell you you are not enough, the ones that decide what you eat and who you sleep with and what you are willing to chase, those thoughts are not yours.

They were given to you.

Some came from your mother. Some from your father. Some from a teacher who told you, at seven years old, that you were not good at math, and you have quietly believed it ever since. Some came from a friend who left. Some came from a culture that needed you docile, broke, and distracted so it could keep selling you shit.

You walk around assuming the voice in your head is you. It's not. It's a committee. And the committee has been holding meetings in your head, without your permission, for as long as you have been alive.

Look at the life that committee has built.

Living for the country that turns you into a slave. Living for the family that pretends to care but doesn't. Living to buy the car you'll be in debt for. Liv-

ing to impress the friends who don't even give a shit about you. Who wouldn't return your call if your life depended on it. You're performing for an audience that isn't even watching.

Everyone owns a piece of you. Except you.

And so you arrive at a place where nothing makes sense anymore. Cycles repeating. The same fight with a different face. The same job with a different title. The same loneliness in a different city. You feel like you are pacing inside a cage, brushing the bars just to feel something, and you can't even name what the something is.

You have had glimpses. You know you have. A morning where the light hit different and you understood, for ten fucking seconds, exactly who you were supposed to be. Then it was gone. And the guilt came back. The shame. The disappointment.

You are living in the past. You keep thinking and thinking until you have driven yourself half-mad with voices. Voices of people who do not exist anymore, who only exist as ghosts, telling you that you are not enough, that you will never change, that you should not even bother.

These people are not in the room. They have not been in the room for years. Some of them are dead. Some of them have forgotten you. But they live rent-free in your head and you keep feeding them, three meals a day, every day, like a tenant you forgot to evict twenty years ago.

So you reach for the escapes. The drink. The scroll. The hookup. The next idea, the next plan, the next reset button. You build something just to burn it down. You let people in just to push them out. You destroy the relationships, the trust, the love. And then you sit there alone, crying quietly, and you wonder why this keeps happening.

It keeps happening because you are not you.

You are a recording. And until you learn to stop the tape, the tape will keep playing.

Here is the trick that keeps people stuck their whole lives: they believe their thoughts are truth. They believe their reactions are personality. They believe their patterns are fate.

They are not.

They are programming. And anything that was programmed in can be programmed out.

But pay attention here. Programming is not just running your behavior. It's running your reality. The world you see when you open your eyes in the morning is the output of a program running in a place you've never been taught to look. Change the program, change the output.

There is no guru coming to save you. There is no god that is going to descend and clean this up. There is only you, and the question is whether you are going to keep running someone else's program, or take the controls back.

The good news, the only news that matters, is this: the controls were always yours. You just forgot where they were.

This book is going to remind you.

If You Are Carrying Other People

If you are reading this and you are a mother, a father, a caregiver, someone holding a whole life together with your bare hands, I want to tell you something straight.

I know you feel like you do not have time. Kids to feed, bills that do not stop, work that does not end. Twenty minutes a day sounds like a luxury for people with easier lives.

But hear me on this. The discipline it takes to raise a child, to show up every single day whether you feel like it or not, to pour your love and your hours into growing a whole human being, that is the exact same discipline it takes to build a life. It is the same act. You place an order, you hold it through the years when you cannot see the result yet, and you keep showing up anyway.

You are already the most advanced version of everything this book teaches. You just aimed all of it at the child instead of yourself.

And let me say something here. I don't have kids yet. Still working on me, if I'm honest, and maybe that's exactly why. So I'm not going to pretend I know what your days cost you. But I can see it from here, and I'll say it plainly. Growing one healthy human being is the deepest work there is. It's not the lesser version of building something. It is the thing. So I am not here to tell you to pour less into your kids. Pour everything. But here is the thing we do.

We give up on ourselves, and then we have a child, and we pour into them the energy we should have kept some of for us. And that is okay. It is human. But you are allowed to aim some of that same energy back at you. Not instead of them. So that there is more of you to give.

The twenty minutes is not selfish. It is the well you are pouring from getting refilled. A parent running the right program raises children who run the right program. A person who assumes they are worthy raises children who assume they are worthy. You already have the discipline. You proved it. Now keep a little of it for yourself.

This is not about finding time. This is about deciding you are worth it too. And you are.

If You Already Made It and It Felt Empty

And if you are reading this from the other side, if you already did the thing, climbed all the way up the profession, got the money, the title, the recognition, the life that was supposed to be the answer, and you got there and felt nothing, this is for you.

I know that feeling. I traveled all over the world. I'm no fucking Rick James, no Elon Musk, I'm not going to sit here and pretend I'm in that league. But I hit the things I aimed at. The music, the businesses I built that have kept me alive a long time. I was successful in ways most people chase their whole lives and never touch.

I remember playing a festival in South Africa, standing up there staring out at all the people, and I wasn't even enjoying it anymore. That's when it hit me. What the fuck am I doing? Of course I loved seeing people have fun. That part was real. But something underneath didn't feel right, and I couldn't name it.

And somewhere in the middle of all of it I realized something that put me in check. A lot of what I had chased so hard, I hadn't chased for me. Maybe I was trying to prove to my father that I could be the professional musician he always wanted to be. He was a jazz musician in the Navy, and he never got to chase it the way I did. Maybe I was trying to spite the girlfriend who told me I'd never do shit with my music. I don't know exactly which. But I knew something was off. I had chased it out of spite, out of proving something, out of a program someone else installed in me before I could choose. I placed the order, I held it, the printout arrived exactly as ordered. And it was someone else's order the whole time.

That is the trap nobody warns the successful about. You can run this entire mechanic perfectly, place the order, live in the end, hold through the gap, get the result, and still wake up in a life that was never yours, because the assumption underneath it was borrowed. You proved you can manifest. You are living proof.

You just pointed it at a target someone else painted.

So this is not about taking your power back for the first time. You already have power. You have used it. This is about aiming it, this time, at the life that is actually yours. Whatever that is. A farm. A quiet house. A movement. A family. Something smaller, or something completely different. The work is the same. You just place the order from your own desire instead of the inherited one. You already know how. Now do it for you.

EXERCISE 1.1**The List**

Take ten minutes. Write down every sentence that has run in your head this week that starts with one of these phrases:

“I’m just...”

“I always...”

“I never...”

“I’m the kind of person who...”

“I can’t...”

Do not edit. Do not be nice to yourself. Get the recording onto paper where you can see it.

Keep this list. You are going to use it later.

EXERCISE 1.2

Whose Voice

Pick the top three sentences from your list. For each one, ask: whose voice does this actually sound like?

Not who said it once. Whose tone, whose vocabulary, whose flavor. A parent. A teacher. An ex. A culture. A specific person.

Write the name next to each sentence.

You are about to realize you have been carrying other people’s voices around as if they were your own. That realization alone is worth more than most therapy.

EXERCISE 1.3**The Eviction**

Name the three ghosts loudest in your head right now. Not “people who hurt me” generically. Specifically. Three names. Three voices.

Now write a single sentence to each one: You don’t live here anymore.

You don’t have to forgive them. You don’t have to call them. You don’t have to do anything except mark in writing that the lease is up. The unconscious mind responds to declarations. Make the declaration.

CHAPTER 2

The Hidden Mind and the Borrowed Life



Here is the part nobody tells you, because the people running the world prefer you not know it.

The vast majority of what your mind does runs underneath you, in the dark, automatic, never asking your permission. Almost all of it, and you don't see a fucking second of it.

That means the thoughts you think you are thinking, the decisions you think you are making, the will you think you are exercising. Almost none of it is happening at the level you can see. The conscious mind, the part of you reading this sentence right now, is the tip of an iceberg drifting in a vast dark ocean.

The ocean is running the show.

Read that again.

When you “decide” to eat the second slice of pizza, you did not decide. The ocean decided, and the conscious mind invented a reason afterward. When you “fall” for the same kind of partner for the fifth time, you did not fall. You were programmed to walk straight toward them, eyes open, like a soldier following orders.

This is not a metaphor. This is the architecture of being human.

And here is where it gets dangerous. If you are not consciously programming the unconscious, then someone else is.

Advertising programs it. Your parents programmed it. The kid who bullied you in fourth grade programmed it. The first heartbreak programmed it. Every time you watched a screen in a relaxed state, something got written into you, and you did not get to vote on it.

You are not running your life. Your programming is running your life. And your programming was installed by people who never had your permission.

This is why willpower fails. Willpower is a conscious tool, and you are trying to use it against an unconscious system many times more powerful, one that has been running far longer. It is like swinging a stick at a moving truck. You can swing the stick until your arms fall off. The truck doesn't give a shit.

You don't beat the unconscious by force. You beat it by learning how to talk to it.

Most of this book is how you learn to talk to it. But first you have to see what's already been written in.

The Borrowed Life

Look around your life. Right now. Pause.

The car you drive. The clothes you wear. The career you chose. The food you eat. The friends you keep. The political opinions you defend at dinner. The ethics you live by. The version of love you are looking for. The version of success you are chasing.

How much of it did you actually choose? Honestly.

Most people, if they are brave enough to answer truthfully, will admit that ninety percent of what they call "their life" is a hand-me-down. Inherited from family. Absorbed from culture. Borrowed from a friend group. Picked up off a screen.

You were told what success looks like, and you signed the contract before you knew you were signing anything. You were told what beauty looks like, what wealth looks like, what a man is supposed to do, what a woman is supposed to do, what is acceptable, what is shameful. You took it all in. Most of it was installed before you turned twelve.

Now you are an adult chasing things you never actually chose, suffering when you can't get them, suffering more when you do.

This is the borrowed life. The default setting for almost every human walking this planet.

Here's the brutal part. The borrowed life is not always installed maliciously. Your parents were not trying to ruin you. The teacher who said you sucked at math was not plotting. Your culture is not personally targeting you. They were all just passing on the programming that was passed on to them.

That's what programming does. It replicates.

Which means nobody is coming to apologize. Nobody is going to send you a letter explaining what happened. The people who installed your operating system are still running theirs. Most of them will live and die without ever realizing it.

So the work is yours. Not because it's fair. Because it's the only way out.

You did not choose the program you were given. But you can choose the program you keep.

EXERCISE 2.1**Catch the Autopilot**

For the next twenty-four hours, every time you catch yourself doing something automatic, reaching for your phone, opening the fridge when you're not hungry, scrolling without deciding to, saying yes when you meant no, pause for three seconds and ask: who decided this?

You won't be able to answer. That's the point. The exercise is to feel, in your body, how much of your life is being run by something you cannot see.

EXERCISE 2.2

The Inventory

Pick five major areas of your life: career, money, relationships, body, identity.

For each one, answer two questions in writing:

- 1. What do I currently believe is true about this area?
- 2. Where did that belief come from?

Be specific. “Money is hard to keep.” Where did that come from? Was it your dad muttering about bills at the kitchen table? Your mom’s anxiety every December? A teacher saying rich people are corrupt?

You’re auditing the install log. You can’t uninstall what you can’t see.

CAREER

What I believe

Where it came from

MONEY

What I believe

Where it came from

RELATIONSHIPS

What I believe

Where it came from

BODY

What I believe

Where it came from

IDENTITY

What I believe

Where it came from

CHAPTER 3

Why Your Mind Stopped Trusting You



Before we go any further, you need to understand something that almost every book on this subject leaves out.

Every time you tell yourself you're going to do something and then don't, your mind takes note. Not as an isolated failure. As evidence.

You said you would. You didn't. You said it again. You didn't again.

Your unconscious keeps the record, quietly adding one broken promise to the next. And after enough repetitions, something changes. It stops treating your words as intentions and starts treating them as noise. Eventually you don't just fail to keep the promise. You stop believing the person who made it.

Why would your unconscious believe you? You've shown it, hundreds of times, that your word doesn't mean anything. So when you sit down later in this book to do the breath work, drop in your scripts, place a new order into the unconscious, the unconscious will file it under probably won't follow through. It doesn't take the new assumption seriously. The order doesn't print. You wonder why nothing is changing.

You do not have to believe there is a ledger in there. Call it confidence. Call it self-trust. Call it whatever fits in your head. The observable part is the same either way. People who keep small promises to themselves keep the bigger ones. People who don't, don't.

This is the silent killer of every transformation. Not lack of knowledge. Not lack of effort in the moment. Lack of self-trust, eroded one broken promise at a time over the course of a decade or two.

The world doesn't trust you because you don't trust you. And the world is just running on the signal you're broadcasting.

I'm putting this chapter here, before any of the techniques, because if you skip this, none of the techniques will work. You can have the best protocols on earth. They will all bounce off a mind that has a hundred broken promises against you.

The Fix Is Brutal and Simple

Stop making promises you don't keep. Even tiny ones. Especially tiny ones.

If you say you'll meditate for ten minutes, meditate for ten minutes. If you can't do ten, say five and do five. If you can't do five, say one and do one. Lower the commitment until it's idiotically achievable. Then keep it. Every single day.

The promise size is irrelevant. The keep is everything.

This is how you rebuild internal trust. Not with grand declarations. With micro-promises kept, daily, for months. The unconscious starts to notice. Oh. This one means it. And when you sit down later to place a bigger order, a new identity or a new income or a new life, the unconscious finally takes it seriously, because you've shown you can be trusted with your own word.

Fix the trust. Everything else gets easier.

Why Most People Skip This

Because it's boring. Because it's small. Because keeping a five-minute promise to yourself for thirty days doesn't feel like transformation. It feels like nothing.

That's exactly why it works. The unconscious is not impressed by drama. It does not respond to declarations made on New Year's Eve. It responds to evidence. And evidence is built one quiet, unwitnessed, unimpressive day at a time. Thirty days of doing what you said you would do won't look like anything from the outside. Inside, the thing that changed is that you believe yourself again.

Most people want to skip this step and go straight to the script-writing, the breath work, the visualization. Their unconscious is sitting back with arms crossed, watching the new effort and waiting to see if it will be abandoned like all the others.

Two weeks later, when the practice gets skipped, the unconscious nods. *Called it.* And the old programming continues, undisturbed.

The reason this book is structured the way it is, is because I refuse to let you do that to yourself again.

Build the trust first. Then everything else in this book becomes a key that actually turns in the lock.

EXERCISE 3.1

The One Promise

Make one promise to yourself for tomorrow. Just one. Tiny. Stupid-tiny. Five minutes of breath. Read one page. Drink one glass of water before coffee.

Do it. No matter what. Even if the day burns down. Even if you don't feel like it. Especially if you don't feel like it.

Then do it again the day after. And the day after.

Don't add more. Don't get fancy. Hold the one promise for thirty days, unbroken, before you add anything else.

This is the foundation. Skip it and nothing else in this book will fully land.

One more thing, so there's no confusion later. These thirty days are not a separate program you finish and leave behind before the real work starts. They are the on-ramp. When you reach the daily protocol near the end of this book, that protocol becomes the promise. Showing up for the breath and the scripts every morning and every night is how you keep your word to yourself. The trust you start building now with one small promise is the same trust the entire protocol depends on. You are not doing thirty days of one thing and then sixty days of something else. You are building one continuous habit of keeping your word, and the protocol is what that habit grows into.

So start the one promise now. Hold it. And when the protocol arrives, let it become the promise you keep.

MY ONE PROMISE

START DATE

YOU ARE NOT YOU

THIRTY DAYS. MARK EACH DAY YOU KEPT IT.

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

That Was Part One



You have seen the program, you know where it came from, and you have made one promise to yourself. That is the foundation. Here is what the rest of the book builds on it.

Part Two. How Reality Actually Works. The printout, the press, frequency first and action after, and why you keep printing what you don't want.

Part Three. Taking the Controls Back. Living in the end, the two minds, the theta doorway, breath, suggestion, and writing the scripts your unconscious will accept.

Part Four. The Practice. The daily protocol, twenty minutes a day, and the full Day 1 to Day 60 log.

THE FULL BOOK LANDS LATE 2026

No upsells. No course behind it. One book, the whole protocol.

Take it back.

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