



EDIT YOUR LIFE
—DESIGN YOUR DESTINY—
SAY GOODBYE TO DEPRESSION

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DEDICATION

This book is dedicated to my wife who passed away in a fatal car accident in 1986.

Where my endless pain started and the beginning of trying to do Life Editing

Since our body can work on its own regardless of its state, whether we are awake or asleep, conscious or unconscious, our body never stops working. Life goes on non-stop through any condition to the end.

In this case, no one can refute the truth that there are some systems that control its works beside us! And it is this elusive system that let us live well, it also tries to devour our freedom all the time through different unwanted evil emotions that is so tough for us to strike back. These emotions express themselves as sufferings, pain, fear, sadness, grieve, greed, rage depression or even lovesick.

Our most desirable moments are when we manage to release all of these unwanted evil emotions that affect our happy life.

This book is intended to unveil this elusive system with the most profound guide on how to edit it.

—Veerachai

— PART 1 —
SUBCONSCIOUS

PROLOGUE

Before we can edit our life, the first question is ‘Does our body and mind belong to us?’. If it does, ‘Do we know how it works?’

Without the perusal of Anatomical or Physiological texts, can someone that is not medically inclined instantly describe how many parts or functions inside our body and how it works? If our body is a car, we can relate it as to a normal driver who only knows how to drive but don’t know how it works or how to maintain it in a perfect condition. Though some Scientists or medic may have little knowledge on it, but there are still lots of mystery surrounding our body and mind including fate and destiny of every being, and a lot are still in ignorance. Some great physiologists said that they know everything after graduation, but know less after postgraduate, then lesser after Ph.D. and know nothing after being a Prof.

We may explain how our body works through Anatomy and Physiology, but how it behaves and the effect of behavior on one’s life or destiny may still be in oblivion. Some try to explain it through Psychology but it’s still intangible and ethereal. However, if we look in the way as to how behavior is processed by some sort of self-enhanced software inside our body, even at that it’s still intangible and ethereal, however, we can vaguely see some logic and physic, like DNA coding, Amino, and Protein Programming. And if this is true, we may explain many phenomena in a more

logical way.

In view of programming, basic software of everyone should be more or less the same on a basic factory setting but eventually gets enhanced or evolved according to our environment and lifestyle, like our computer that's more or less the same on ex-factory which have only BIOS (Basic In/Out System) which is the most profound idea of Biology, but later enhanced by Operating System like Windows on PC, IOS for Apple and Android on Mobile, and then with every other necessary software with specified requirements, regardless of Microsoft Office, Adobe or Macromedia.

According to life programming system, some persons develop to fight for everything, doing whatsoever they desire, some could develop in godliness with many morals and principles to follow, while some may develop to abscond from every problem.

To support each others behavior, the physical effect may follow as a chain. One may have good muscle build and functionality if they are farmers, soldiers or labor workers, but one may have better brain functionality, if they are scientists, doctors or even office worker. Skilled work or behavior is being enhanced for more specific functionality on every single moment as its being used or expressed, as the guitar is played consistently it forms bumper on the finger with more sensitivity on sensing the stringed cord that makes us place our finger exactly on the spot without looking.

And this enhancement or evolution is where all kinds problem came from, this evolution develops wrongly when we lose control

of its direction, as it is with Cancer, Stroke, Heart attack, Diabetes, Blood Pressure, Obesity, Parkinson, Alzheimer's including all Mental Illnesses like Depression or any evil emotions.

Now, if the above hypothesis of behavior generated by software is true, the question is "what program it is, who wrote it, how is it being written up, who did the enhancement, can we control its direction, or can we edit it"?

The most potential answer from what we know on today's science should be the 'Subconscious' since it also elusive and complex as a behavioral substance, even in self-developing in term of learning and response on survival instinct that mostly deal with autonomic nervous system through DNA coding, Amino and Protein programming, which is involuntary, and beyond our control, it tends to do everything on its own will, if we have no background on how it works to guide or edit it on a correct path.

Subconscious or Instinct is one of the three systems in our body which consists of Primal System, Subconscious, and Conscious. If Primal System is the operator, then Subconscious can be compared to a Supervisor or Manager whose functionality is direct control over operators.

Subconscious's duty is to conduct operations to work and fit for all situations or circumstances on the purpose of 'Survival' or 'Homeostasis' in term of physiology. The bump that forms on the guitar also started from pains on a fingertip and since this pain is under caution of survival, eventually the subconscious triggers

dead cell from its disposal so as to keep it in, for being bumped instead. And this is one sample of enhancement.

Besides the subconscious, we still have 'Conscious' as Managing Director who is being affected regardless of happiness or pain. Conscious functionality is about learning, analysis, laying down policy and managing from the top. If this Managing Director which is the conscience doesn't do its job well, one will rely more on the subconscious to make a decision which relies mostly on emotion or instinct, instead of logical reasoning, and all disasters may come as the consequence and becomes its Fate.

Fate and Destiny could be in a dull state or foggy, no one exactly knows why someone gets HIV by chance, why someone gets involved in an accident by coincidence or why some do less and get big and some put all efforts, but luck never comes close.

If there is no logic behind through life's long journey, how can we be certain that we can evade all the dangers of fate?

By the way, there is some clue in there, that fate should be related to the subconscious since fate or destiny is the direct causes of our behavior and behavior is generated by the subconscious.

A Fighter will not easily be turned to a peacemaker, their fate is being orchestrated to fight and they may have a high risk of brain cancer, hypertension or heart attack. But for the weak who always are in fear will hardly be turned to fight, however, the rate of depression would be high with them.

In this book, we shall not talk much about 'Primal System' which can find out easily on any anatomy or physiology texts, but we shall focus only on the elusive Subconscious that's fascinating, ambiguous in the relationship with our Consciousness over the control of our body and mind on every single moment.

Cardinally Let me show you some samples of the mysterious operation done by this elusive subconscious which consisting of Ignorance and awareness, so we can have more profound knowledge of how it works and affects our lives.

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