



**WHAT YOU
"DON'T"
KNOW
"WILL"
HURT YOU!**

"We need to find out what real education is, understanding comes from correct information regarding ourselves, once realized we can say we have seen the light and can move forward with courage knowing that what we see is not real, we really do create our own lives whether we realize it or not, fear is learnt and it cripples us in moving ahead, there are no limits we are infinite."

SAMUEL BENTA

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The author does not claim that techniques and information in this book will change the reader's life; the author strictly reiterates that it's the individual's actions upon the information presented that will determine his/her results.

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ACKNOWLEDGEMENTS

I would like to thank my parents Leroy and Jasmin Benta for making me and bringing me into this world of opportunities and for always being there for me when it was needed. My three wonderful brothers: Leroy, Eric and Leyton. Marjorie Ernestine Benta, my grandmother R.I.P. The funniest and most influential musical man I've known Tony Adez, may you also rest in peace and harmony. How can I forget my long-time friends Arnold and Ian? We have known each other for years on end and I will always commit to helping you both shine.

I can never forget where I came from in school so a big thanks to the teachers that invested their time in me at Vicars Green Primary, Copland Community School, and West Thames College. Angela, the mysterious woman across the road who inspired me to write this book in the first place, you will be blessed as this book will bless others.

Save the best till last, I thank the overall creator of this universe for his patience, forgiveness and everlasting understanding to put up with me with all my wrong-doings and especially for allowing me to comprehend the laws that govern every person, event, thing or circumstance.... The **Omnipotent** GOD.

INTRODUCTION

It is no accident or chance that you are reading this right now. You were meant to come across this book because it was time for you to read it. Have you ever said to yourself that you want to be successful? Or you want to become someone big no matter what you do? I'm sure lots of these statements have come out of your mouths at some point of time in your life. There are some of you that don't really know what you want to do with your life; some of you just live day after day like a normal routine without any kind of direction to where it is you are going. I have written this for you so you can understand a bit more about yourself and how powerful you truly are. We tend to look around and see other people shine and think to ourselves we can never be that big, I can't do that, I can't afford it, or my personal favorite it's who you know. Let me start off by saying that the most important person you need to know is YOURSELF, because once you know this then you will take more responsibility in your life. Knowing yourself is an ongoing process of unfoldment of what is already within you to be the greatest version you can be.

I want to share with you some important information that will dramatically change your life if you desire to. This is information that you won't be taught in school and most likely will not be taught by your parents as they may not have been taught themselves. I have tried my best to write this as simplistic and straight to the point as possible for everybody to **comprehend**. Do yourself a favor whenever you come across a word you do not understand, please look it up in a dictionary and make sure you understand its meaning before you read on otherwise nothing else will make sense to you. I have highlighted certain words in red and put their definitions at the back of this book to make it easier. I have included pictures where necessary as they say a thousand words.

Take a look at your hands right now; really take a look at them. Analyze it look at it closely. Can you see the detail? Can you see the lines? Can you see the veins? Have you ever questioned why you are designed the way you are? Have you ever given thought to why you have 5 fingers and not 4? I'm not a palm reader, I could have asked you to look at your feet but it

wouldn't be convenient especially if you are sitting on public transport at this very moment. We take our bodies for granted and just accept them as "normal" which is true however you are a magnificent being above all creation. You are above all animals because you can create things with your wonderful mind. Take a look at the sky right now. Have you ever wondered why night comes after day or why there is a moon and stars? What is their purpose? Why do we have four seasons? Some people do not give these things any thought.

Think about it... for generations, people are born and people die but very few people are remembered. I'm sure you have heard of men such as William Shakespeare, Albert Einstein, Vincent Van Gogh, Isaac Newton, and the list goes on and on... These men have been gone for years but will always remain alive today in educational establishments because they brought to the world something great that left an impression on all of us. Did you know that you have the potential to be just as big as these historical giants? The question I should ask is do you *believe* you can be someone just as big? Whoever you are who's reading this, you may be tall, short, fat, skinny, black, white, Asian or whatever... you can have it all and live the life you want! Why? Because YOU said so!

I want to talk about YOU. Who are YOU and why are YOU here? If you look at every job role there are thousands! You have gymnasts, painters, carpenters, actors, singers, dancers, athletes etc. Look at what your amazing body can do. We are all unique and have something to offer this world. I'm sure you have many talents that you are bursting to show everybody, but there are many of you who are very talented but do not have the confidence to push forward so you choose to **conform** to be classed as "normal" to suit society and give yourself and others excuses for why you can't do it. Many of you don't know HOW to achieve what it is you desire so you make no attempt at eventrying.

We live in a world of television, radio and Internet. Once upon a time we never used to have such a thing. Everything around you is a thing. Look around you right now and tell me something that someone did not think of. Look at what you are wearing, the device you are reading this book from,

and the shoes you have on... someone thought of it and made it. You never really gave that much thought did you? You just went out and bought it because it either looked good or because everyone has it. Are you a bit more aware now? Time and time again I ask people *“can you tell me something that was never thought of?”* And they remain silent or there are a few that say to me, the trees or water. I totally understand their response but believe me when I say trees and water are a creation just as you are. Everything has a part to play in this wonderful experience called life.

Before reading the remainder of this book I want you to put the word impossible aside, remove all skepticism and be open minded as I explain to you why you CAN have what it is you desire regardless of what everybody says to you. My intention is for you to become enlightened and be more confident to go out there and do what it is you love and make better choices. You have a choice to believe or not believe what it is I'm about to present to you. As I recall there was a man who did say *“To be or not to be...”*

WHO IS SAMUELL BENTA AND WHY SHOULD I READ THIS BOOK?

Who am I? Well my name is Samuell Benta. I was born and bred in London UK with mother and father and 3 siblings all brothers. I'm known as an actor, writer, director, producer, public speaker, life coach just to name a few but there is a lot more to me than that. Other than my physical features and my Jamaican/Antiguan heritage I am no different than any of you. I have a heart, liver, kidneys, brain etc. If you think about it those are organs that you'll find in a dog, but what makes me differ is my mind and choices. From around the age of 21, I started to become curious to why things were the way they were in life. I knew there was something about me that was special and that I deserved the best. I was fed up of having a normal job where I was working at a desk answering telephones. It was boring and my life was wasting away (*not that I'm disrespecting or putting down those that do these jobs*). It wasn't for me so I quit and was then on the pursuit of self-discovery. My search began in books; I wanted to research the greatest people that ever lived, the people who made a difference to the world whether it was a writer, inventor or any occupation.



From reading up on these people I asked myself the question what made these people so different? How did they become so popular? Why did they become so popular? Why they are still studied up to today? I had a burning desire to be the best I could be so after endless books, CDs, DVDs and seminars, I started to notice a change within myself. I felt myself becoming more confident the more I focused on studying these people. There were lots of times I would lock myself in a room and passionately read for hours because of the **zeal** and enjoyment I had. What I discovered was that these historical figures tapped into something higher. They all believed in a higher

existence than us humans. There are many names for it; Universe, divine power, higher energy, but the most commonly used name is GOD. Now before you switch off on me you need to hear me out. These were the greatest that ever lived and contributed to society massively. This book is in no means of making you believe in anything you don't want to. I am merely just explaining the similarities into the beliefs of these great people. Before I started my path of self-discovery, I was ignorant to the idea of anything other than us dominating this world but as I allowed myself to be open minded and accept new information my whole outlook on life changed.



Never have I been so curious and left unsatisfied with what I know now at the age of 29. I have not stopped studying myself, and never thought the day would come when I would be so fascinated with nature and wanting to know why, why, why and asking questions to how

things happen. How does a person become successful? Is there a formula? Is there assistance from a higher source that helps us? The questions never ceased. The whole reason I have put together this book is to help you understand yourself more than you think and encourage you that nothing is impossible. I want to be real with you and provoke you to think and ask yourself if you are happy with your current results. I can help you if you want to be helped. I'm no expert at what I want to share but with what I do know is that it can transform your life. This information did not come to me by chance but by years of **diligent** seeking for understanding.

Why should you read this book? Interesting question but the choice is yours; this book is merely a compilation of what I have learnt and understood over the course of 9 years. I know that what I'm about to present to you will

NEVER be taught to you in school, and I know how important this info is if you ever want to have an increase in understanding about how you work. I offer this to you, as I believe you NEED to know about how you work so you know you and your responsibilities to having **abundance** in every aspect of your life. The key word here is “choice”. **Persevere** to the end of this book and do not give up until you have finished reading it. I promise you will feel more expanded after it.

This book is for the confused, the hurt, the lost, the curious, the inspired, the hungry, the homeless, the drunk, the drug addict, the murderer, the bully, the bullied, the poor... Are you ready to receive? Are you ready for change? I hope this helps you as it has helped me....

THE AVERAGE DAY

Open your eyes remove the sleep from them and rise up. Are you feeling alive or groggy? Do you know what today is? It's another day of either opportunity or failure. You go downstairs to the bathroom and brush your teeth and have a shower. Now it's time to fix breakfast and if you have kids you'll most probably sort them out and drop them to day-care. You are going to head to work, school, college, or university whichever is your chosen route. You spend roughly 8 hours in those establishments and then now it's time to go home, however you are stuck in rush hour traffic and it takes probably an hour to arrive to your house or pick up your kids from nursery.

Ahhh sigh of relief home sweet home! Oh wait... you need to make dinner, you put the kids to watch TV and go to the kitchen. The second scenario; Home sweet home, let me go onto Facebook, or do my homework, or play computer games. Couple of hours pass and it's that time where it's a date with yourself and the couch because it's soap time. Let's discover people's miserable lives and see who's sleeping with whom and who murdered the villain. Episode over lets watch a bit more TV and then either bath or not. Bedtime now and you're either looking forward to tomorrow or not.

The next day, open your eyes remove the sleep from them and rise up. Are you feeling alive or groggy? Do you know what today is? It's another day of either opportunity or failure. You go downstairs to the bathroom and brush your teeth and have a shower. Now it's time to fix breakfast... does this sound like someone you know? Quite a lot, maybe you have just read your life. Ask yourself; is this really what you want? Is this really what you were born to do? Yes we all need school I'm not going to lie, we all need to know our times tables and adding, subtracting etc. Not a lot of us know where we are going in the long run. If you are a university graduate who is reading this then you may be struggling to get that job which you studied so hard for. You might say it's so hard to get a job. Then what do you do, you probably find any job you can get and eventually your degree meant nothing to you.

Let's really think readers... from when we were little kids to where we are

now we were told we had to go to school, get good grades and get a job, for some of you this worked, for most of you it didn't. Some of you may be working in a profession that you don't like but it pays the bills. Some of you might actually like what you are doing, its *"good pay"* you say so you get comfortable and stay where you are. BEING COMFORTABLE IS A DANGEROUS PLACE TO BE! Your days are most probably no different than any other day. Are you comfortable with that?

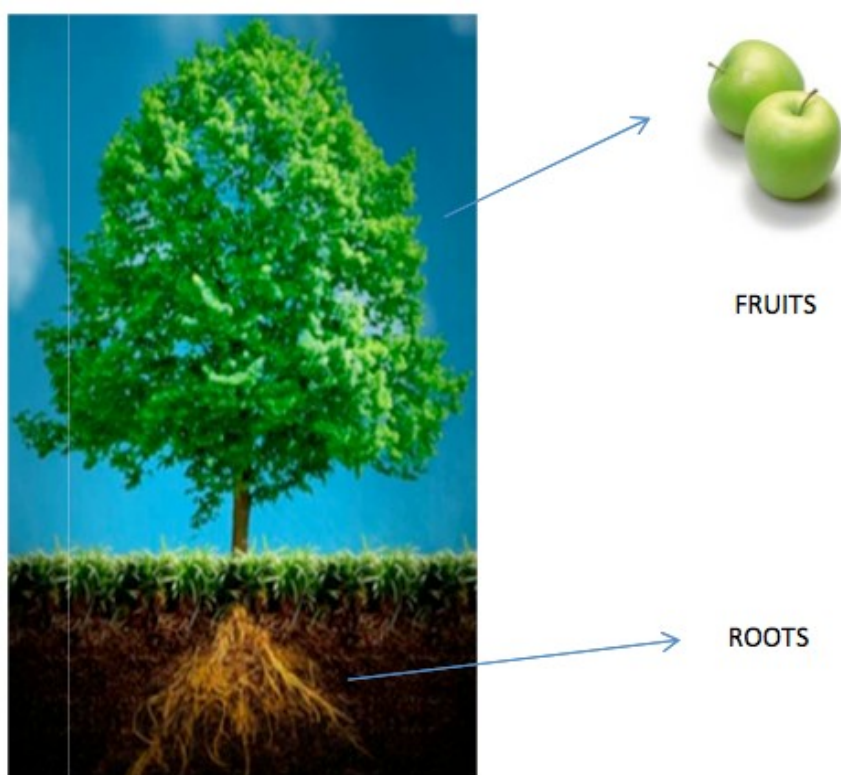
Are you looking for a way out? Do you *believe* there is a way out? Have you ever heard anybody say *"only you can make it happen?"* *"Only you can make yourself successful?"* We hear it all the time and it's great that people can say that to us, I totally agree with the statements but hardly anybody explains or shows us *"how"* it happens, *"how do we become successful?"* I'm going to show you how and it all begins with you and what you are. Notice I never said who I said *"what"*.

You know everything there is to know, you just need to remember. So much is going on in the outside world, the media etc. We are surrounded by a multitude of different beliefs, opinions, and suggestions that it is complete mind chatter. What do you believe? What's right to you? Look at your life right now and if it's not the way you wanted it to be ask yourself... *"Are you right?"* We all have something great in all of us, there is **dormant** power in you waiting to be tapped and activated. You are here to serve the world with your talents and live a happy abundant life. Be humble and remain as a student when reading the remainder of this book.

THE TREE OF LIFE

When compiling bits of information for this book I was baffled as to where to start so I thought by using the tree of life as a symbol and **metaphor** to what is going on in our heads. I've used pictures to help you visualize what I'm saying. I'm sure I don't need to tell you that we think first before we do anything. Some of us are not even aware of this; we simply react out of instinct foreverything.

Take a look at the picture below:

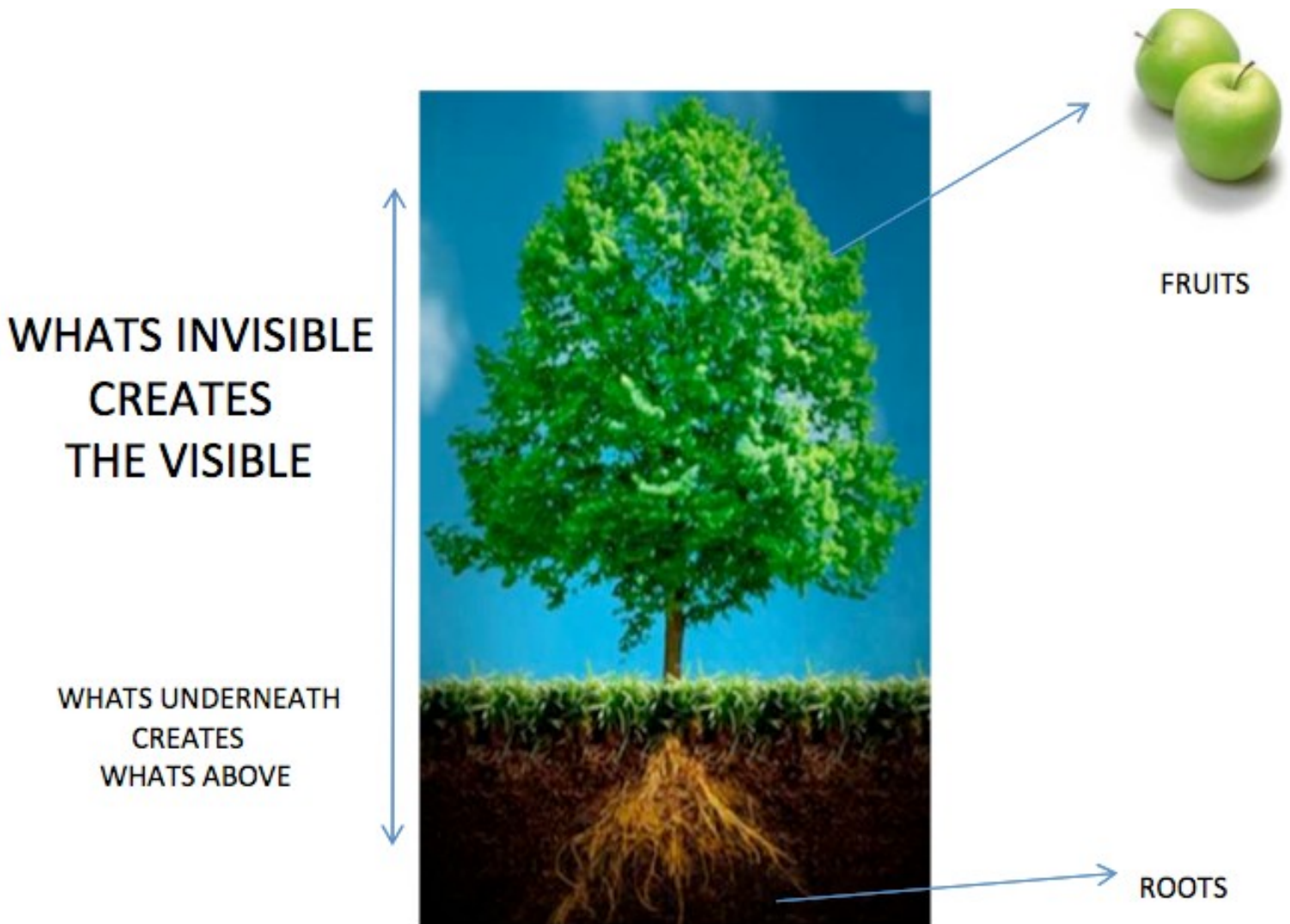


Here you have a tree. We all know that a lot of fruits grow on trees; if you look deep down underneath the soil we will find roots. In terms of creation, this is where it all started for the tree. It was a seed that was planted; it sprouted into roots and grew as a tree. So is it fair to say that what's underneath the ground creates what's above the ground? Yes.

If we look at trees now we wouldn't even give thought to what was underneath we would just look at it and say, *"That's a tree"*. We wouldn't

say “oh, that’s a tree and there are deep roots underneath which determines how the tree will stand”. Do you the reader understand me? We wouldn’t say that because we can’t see the roots, they are invisible to us.

Lets look at the picture again:



So there you have it. What’s invisible creates the visible. The roots are hidden underground and create the tree. The tree is what we see and is what produces the fruit. This is how nature is right? We plant seeds and they grow to produce a tree, which in turn produces fruit. This can go for any kind of tree or plant, or even as babies when they are born they were once inside the womb hidden and then they are born on the outside where we can see

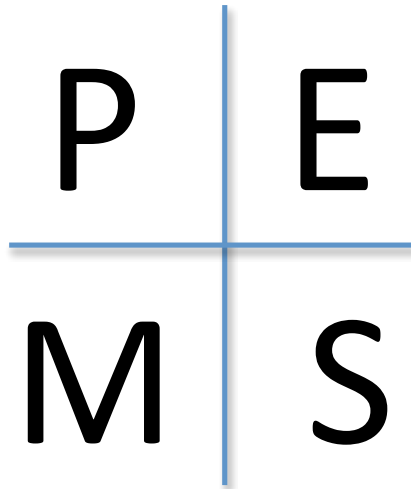
them.

Most people live on a very **superficial** way of life only based on what they see ABOVE the ground or in FRONT of their eyes. I am going to show you how we as humans are similar to a tree. We are no different to nature, we are part of it. There's a huge part of us that exists that we are unaware of but controls every action we do and word we say. Do you the reader understand everything I have just told you? If not don't worry we will dig a little deeper.

I remember when I was in school all we learnt about the human body was how many bones we had, and we had **snippets** of information regarding our organs, a little info on our blood but that was just about it, we then had to move on to a different scientific subject. Very little time was spent on knowledge about ourselves... I wonder why... What we are not taught in schools is that we live in more than one **realm** at the same time.

THE 4 REALMS

Some of you might think, “*What on earth is this guy talking about? Realms! it sounds like a computer game*”. Bear with me as I give you a better understanding. Take a look at the diagram below:



We live in four realms simultaneously.

1. PHYSICAL
2. EMOTIONAL
3. MENTAL
4. SPIRITUAL

PHYSICAL

What most people don't understand is that your material world is your PHYSICAL, your OUTER WORLD i.e. you open your eyes and see everything around you; this is what we are most familiar with. It is everything “above the ground” do you remember the tree? It's visible. Everything you see is a “result” of something or someone that made it. Have you ever heard someone say to you something along the lines of “*by the fruit of your actions you will be punished?*” The key word is “fruit” as it's a result of the tree. Can you the reader read behind the lines?

EMOTIONAL

Emotions are something we feel; we have all had a range of emotions throughout all of our experiences. I won't get into a talk about this much but I'll touch on it a little. Have you ever felt so angry you wanted to smash something or fight somebody? Something triggered "inside" of you and you felt the experience of an angry emotion all over your body. The key word here is "inside". Yes, this emotion was inside of you, you felt it but it wasn't a physical thing like your hand. Emotions are intangible they are in you and not outside of you. You can express an emotion that will make you do something which coverts or crosses over to the physical. An example of this would be to be angry with somebody and physically hit them or feeling lust for somebody and physically having sex with them. It is very important that we learn to control our emotions; I'll talk more about this in a later chapter.

MENTAL

This is an area of study that we know little or nothing about. We take the word for granted but do we actually know what it means? We understand that mental is something to do with the mind "inside" our heads and that's pretty much it. However what you will discover is that the mind at its deepest unconscious level is not in our heads at all. In fact it's our whole body if you break it down to the cellular level. Unless you are a psychologist or scientist you will most probably remain ignorant to this word called "mental". I mean ignorant in terms of "not knowing". I have to tell you that the enormity of this realm is unlimited in terms of information. It is huge and I cannot explain in this book everything about it due to the amount of info but I will explain as much as I can. I am not looking to overload you in a way that you will switch off. You can look at many videos on "the mind" on YouTube and Google.

Whatever you do, do not think of the McDonalds logo!

What happened? You just thought of it didn't you? A picture of the logo popped up in your head, or an experience or memory of McDonalds flashed before your eyes just as you read the word. You don't physically see McDonalds but you saw it mentally. Is it fair to say that you saw it in your "INNER WORLD?" Do you the reader understand where I'm going with this?

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