

Motivation, the change from within

by Viktor Sarosi for [The Zeitgeist Movement](#)

To be able to motivate yourself you need to know yourself. Who are you? Are you just XYZ, a human with an identification number, who will die and disappear from memory? Or are you something much more than that? If you can understand this then you are half way there.

You are not just flesh and bones; you are not only a human being. Just as there is a difference between a tree and a wooden object. Even though those are made up of the same atoms! That life force, call it you will, that is the difference between an inanimate object and a living thing. That is YOU!

That is where the energy comes from. Yourself. You are full of creativity, life and love. And there are others like you. You are not alone. And those are like you as the self has no colour, race, religion or culture. That self can be formed by you.

We want to become a better version of ourselves. So where to start, how to begin? It is easy, just sit in silence and concentrate like a child, when faced with a serious problem. Let the answers come to you based on the information you already know. Then get out there and look for more information and answers. Look for others who are worthy of your respect. Wise and strong people and learn from them.

Our ancestors said that in a sound body there is a sound mind and it is true the other way. A sound mind will have a sound body. Think of Plato, Leonardo da Vinci or Attila the Hun. Follow their example or find someone like them. Let their example motivate you, do not just admire them!!! They were all very intelligent, strong in their minds as well as in their bodies. So bring that balance into your life, to have enough mental as well as physical stimulation. Thinking and physical exercise generates and releases chemicals in your body which will make you feel good.

You also need a purpose to live for. Even if it is just a short term goal which could be replaced by another more grandiose goal. As Nietzsche said it once "He who has a why to live can bear almost any how"! So dream, visualize what you want and it will come to you. This is the first step. Do not wait for a vision to come to you, CREATE IT YOURSELF. Just like when you were little.

Your goals have to be big enough to inspire you! Think big! Be brave and do not think of the possible problems, but ways of overcoming them. Be positive. The sign of positivism is a symbol of the left and right side of the brain working together. The left tells the right what to do and the right provides the energy to do it.

When you are afraid of something it is just the fear of the unknown. With negative reasoning of what can go wrong we actually kill ourselves and our energies. So CHALLENGE yourself, do not be comfortable. That is the only way to stimulate yourself. Think of a lazy person who cannot climb over a wall normally but when wild dogs are on his tail... The energy is there, only the motivation, the self discipline and power of the self, the willpower is not harnessed. But it is there.

So you need to program yourself, just like a computer. Tell your body what to do or your body will tell you what to do. If you know that you should read a book instead of wasting time with unnecessary things, then REASON with yourself. Why do I need to read that book? To know more! Why do I want to know more? To be able to understand the hidden relationships and connections in the world? Why do I want to understand that? To know my place in the world! Why do I want to know my place in the world? To live a full life. And so on. This exercise is called the “motivational ladder”. And can be used for anything. This will help you uncover reasons behind your acts and in turn will lead you to get to know yourself better, hence understand your strength and weaknesses.

Once you know your strengths you can feel good about yourself and work on these good traits to make them stronger and outshine your bad traits. Then you should replace your bad habits. That’s right, not just get rid them of but replace them. Like smokers when they put a packet of healthy nuts in their bags where the cigarettes used to be. Next time your brain wants to revert back to the old bad habit you will do something good instead.

Listen to yourself, but be honest. Who will you fool with your lies? Not yourself, because you are the one who knows the most about YOU!!! And this knowledge is power! The power over yourself. That is the only thing you can change. This is the only power which will not corrupt and cannot be taken away. The more you know, the better questions you can ask and the more you realise there are smarter, stronger others around you, in fact they are ready to help you!!!

What if you don’t know what to do? Then do what you can, just DO SOMETHING!!! Ask questions, search for answer and you will find help when you are ready. You can even help others! Give away some of your motivation and watch what it does for others. The reward is self explanatory. That little energy you used to help others will achieve so much that it will surprise you, make you aware how strong you are, how much your energy and you can do. And don’t forget what goes around comes around!!!

Be your own guide, example and teacher. Do not wait for deliverance, it will never come. “Can there be deliverance when there is eternal justice?”. To believe in saints and redemption is an insult to your own potential. You believe when you place your confidence in a vague idea and that is far from actual knowledge and understanding but it is ultimately more convenient and wrong.

Realise you do not have a lot of time to waste. Plan your work. And do things on time and see how good it makes you feel. This is when you become an achiever not a person who knows about procrastination. If you finish something you will feel energised, proud but if you leave things half done you will not get this burst of energy. So take all the time in the world, but hurry up.