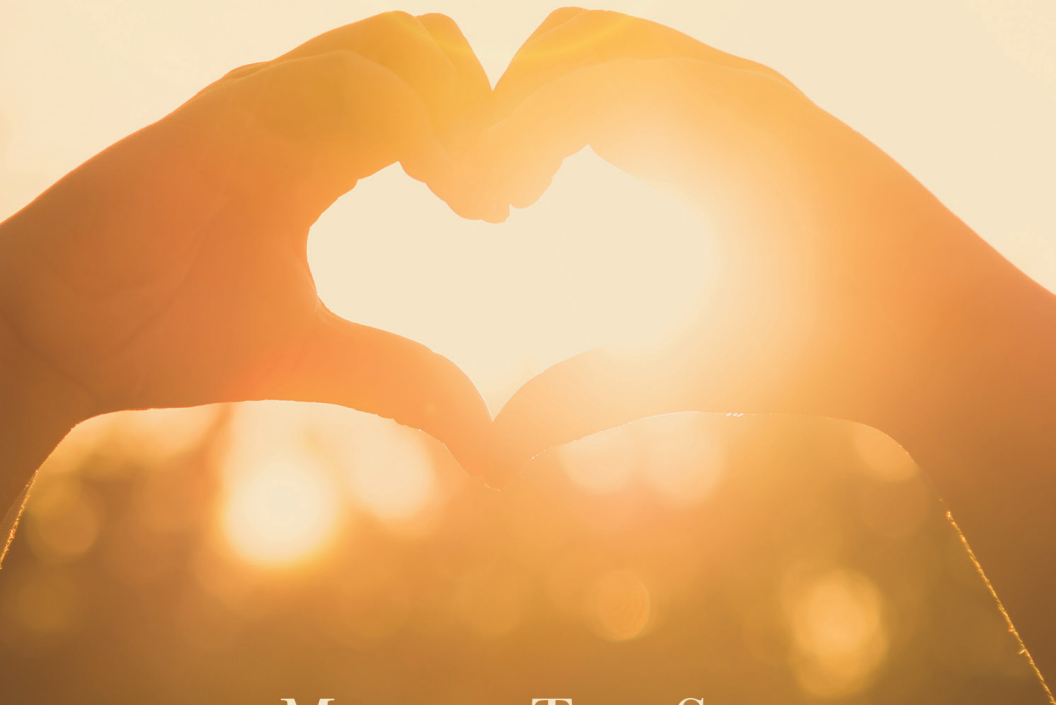


SUPER
LIFE
Secret Codes

15 SECRETS TO HEALING RELATIONSHIPS



MASTER TED SUN

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Introduction

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.

In reality, our relationships are all connected closely to our body, mind and soul; yet, most people do not understand this concept and do not know 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 improve our relationships and to avoid misfortunes. In doing this, we will be in a positive mood every day and the blessings and good relationships that we strive for will start to happen.

– Master Ted Sun
Nevada, USA 2017

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 secret of your life! This healing force is energy and it accompanies you continuously throughout life and can be effortlessly deployed on command.

5. 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, excel, and transcend. The ultimate transcendence is a complete understanding of life. Therefore, healing is the fundamental prelude to transcendence and transformation.

6. 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.

7. 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.

8. 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.

9. 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*.

10. 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.

11. 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.

12. 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.

13. 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.

14. 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.

15. 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.

About the Author

Master Ted Sun is a seeker of the truth, educator, and Nobel Peace Prize Nominee, who started his spiritual journey at the age of 14, learning religious doctrines and philosophies such as Christianity, Taoism, Buddhism, and Confucianism, and over the decades he was spiritually awakened and enlightened. He also passionately studied and experimented with the formulas of life which led to his breakthrough of discovering the secret codes to a super life. With this gift, he felt an obligation and responsibility to share these codes to everyone in the world.

In 2010, he wrote his 1st book, “Super Life Secret Codes,” a life manual. In the book, Master Ted Sun reveals the secret codes to peace and happiness, which are love and gratitude and energy management. By managing and building our energy to align with love and gratitude we will balance our mind, life, family, and eventually society. Energy is the key element of life and determines the positive and negative outcome of all things. Without energy management, humans are vulnerable and have no control over life.

Furthermore, love and gratitude are the most powerful energies in the Universe, so by mastering the implementation of love and gratitude into our daily lives, it will completely

upgrade our energy level. Ted Sun presents his methods and concepts in a simple and natural way helping people quickly learn and transform their life through daily practice. “Super Life Secret Codes,” a life-manual, was released in English and Chinese and has become “a way of life” and household tool, that has improved the lives of hundreds of thousands of people.

Since 2010, Master Ted Sun has given tens of thousands of consultations and has seen all types of human predicaments and miseries, so he has concluded that people need proper training to have a balanced and happy life. Mster Ted Sun established Richest Life, which are personal wellness and development training centers located throughout the world, providing courses and workshops. Through Richest Life, Master Ted Sun has created the Super Life Secret Codes System and has travelled all over the world to give lectures, weekly radio programs, and has written more than 20 books on mind, body, and soul health, educating people on the “secret codes” to happiness.

Master Ted Sun and the “Super Life Secret Codes System” is a beacon of light that pierces through the borders of countries, gender, race, and social class, to achieve individual happiness and help bring all humans world peace and harmony.



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