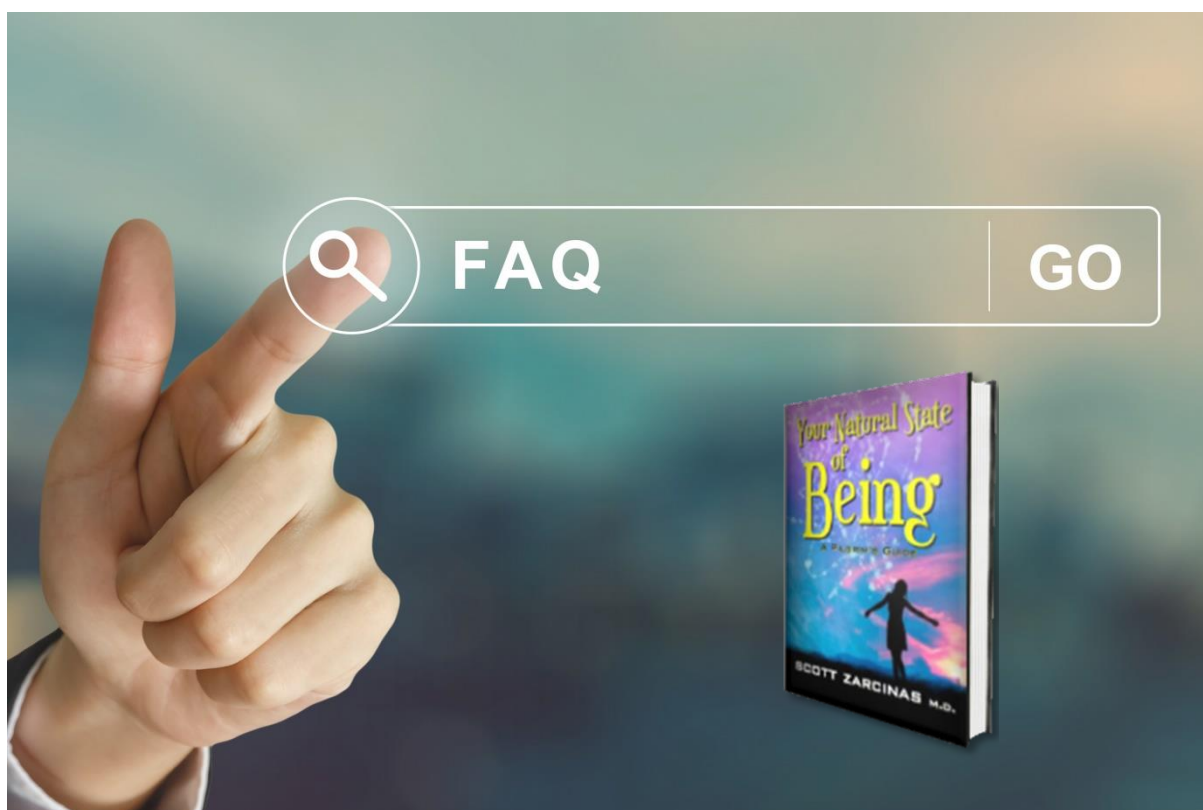


# FAQs: YOUR NATURAL STATE OF BEING

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by Dr. Scott Zarcinas



## *FAQs—Your Natural State of Being by Dr. Scott Zarcinas*

### **What makes this book different from all the other self-help books like this?**

*Your Natural State of Being* is quite unlike other self-help books that only offer 'quick fix' and/or 'step-by-step' guides because it gets to the root cause of your problems and offers real solutions to solving them.

There are no superficial treatments to deep-seated problems in this book, only targeted solutions that treat the root cause.

What's more, only *Your Natural State of Being* can directly enhance your feelings of joy, security, acceptance, peace, and freedom.

This book also does more than offer a rewording of what other books have said—it comes from real life experience.

### **Who or What inspired you to write this book?**

Whilst living in London around the turn of the millennia in 2000, I sat myself down and asked myself a life-changing question: 'Why am I doing what I am doing?'

I was torn between continuing my career as a junior paediatrician and following my dreams and Life Purpose as a writer. In answer to my self-directed question, I honestly had to admit that I was so disillusioned with my job that the only reason I continued to do it was for money.

But the pay packet, albeit reasonable, wasn't enough. I wasn't happy or fulfilled. I was angry and resentful. There had to be something more to life than just earning a few dollars to pay the rent.

I then dug deeper into why I was prepared to sell my soul for a little bit of cash every month. I wanted to pay for food and for a lifestyle I was used to, but what was it that I really wanted in my life?

After much thought and contemplation, I realised that what I really wanted out of my career—out of life—were 5 things: joy, security, acceptance, peace, and freedom.

I wanted to be happy. I wanted to feel safe. I wanted to feel respected and worthy. I wanted to be at peace, and I wanted to be free to do the things I wanted to do.

It was only later, after much soul-searching, that I realised I had all these things I was looking for, that I no longer needed to strive for them in my career, my relationships, my possessions, my money. I already had them as my natural state of being.

### **How long did it take to research this book?**

The short answer: 10 years.

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The convoluted answer is that it took me over a decade to conceive the idea, research the information (Christianity, Islam, Buddhism, Zen, Sufism, Judaism, as well as cosmology, spirituality, psychology, quantum physics, addictions and depression), and then write the book.

It has certainly been a labour of love.

### **What was the main challenge to completing this book?**

Besides the length of time it took to research the information and write the manuscript, the biggest challenge was giving myself the credibility to write something of this nature.

Because this book covers such deep concepts, I doubted for a long period of time whether I had the right credentials to make the statements I was making. Even though I was a medical doctor, I was venturing into quantum physics, religion, spirituality, and the deepest meanings of life, areas that were not my expertise.

Nonetheless, after much self-critique, I finally accepted that because of my extensive research and spiritual experience, I did have the credentials and credibility to write this book and publish it

Once I accepted my own authority and value I could bring to others, the book naturally took on a life of its own.

### **Have you written any other similar books, or do you plan to?**

*Your Natural State of Being* is the first trilogy of books I've planned. I'm currently writing the second book, which I'm calling *The Diamond Triangle: How to Live with Purpose, be Extraordinary and Achieve Success*. I hope to have this published by mid-2018.

### **Do you have any favourite authors or books yourself?**

Certainly. In the self-help/spirituality genre, my favourite authors are Deepak Chopra, Dr. Wayne Dyer, Paulo Coelho, and Eckhart Tolle.

My most favourite books in this genre are *The Alchemist* by Paulo Coelho, *Jonathan Livingston Seagull* by Richard Bach, *The Power of Now* by Eckhart Tolle, and *How To Know God* by Deepak Chopra.

### **What is the one piece of advice in this book that you'd like readers to take home?**

## *FAQs—Your Natural State of Being by Dr. Scott Zarcinas*

You already have what you're looking for!

What we all seek from a job, a house, a new partner, more possessions, more money, is already part of who we are. We don't need to do anything for more joy, security, acceptance, peace, and freedom. We already have it as our natural state of being.

All we need to do is look inside and choose to experience it. All we need to do is choose to experience more of our true selves.