

DEBUG YOUR SELF

THE NATURAL INTELLIGENCE USER MANUAL

**SECOND
EDITION**



by Sabi Szilagyi

Founder, Natural Intelligence Movement

What is Natural Intelligence? (And Why This Manual is a Q&A)

For 25 years, I searched for the foundation of systematic success. I read the books, bought the courses, and studied the frameworks.

The framework in this manual didn't arrive from nowhere. It was built on the shoulders of researchers and thinkers who spent their lives pointing at this truth from different angles — Stephen Porges, Abraham-Hicks, Joe Dispenza, Wim Hof, Napoleon Hill, Maxwell Maltz, Tony Robbins and many others. They each captured a colour. This manual is to show you the white light behind all of them.

We are constantly taught to treat our burnout, self-sabotage, and anxiety as *software* problems. We try to out-think them. But here's the catch: **the biological truth is that 80% of the signals travelling between body and brain flow upward** — from body to brain, not brain to body. It means that the mind, the Big and Always-on Storyteller, will create a story about why you feel the way you feel.

When your body (the hardware) is in a Stressed State, your mind acts exactly like a closed Large Language Model (AI). It publishes "fake news"—false narratives and past negative loops to explain the physical sensation of stress.

This is exactly why this manual is formatted as a rapid-fire Q&A.

When your nervous system is overwhelmed, you do not have the biological capacity to digest complex thoughts. It is looking to minimize your energy expenditure, goes into self-preservation mode. Your threat-filter will just block things out that need more energy, it basically wants to just idle and endure. It will present you the reasons in the form of thoughts, usually repeating back events from the past, why you shouldn't change or take action.

Inspired by the direct, interrogative style of Napoleon Hill's *Outwitting the Devil*, this dialogue is designed as a biological intervention. It bypasses the looping "software" of your mind and hands you the compass you need right now.

When your body is optimized and shifted back into the Ready State, your Natural Intelligence unlocks. Ideas flow. Problems solve themselves. Execution becomes automatic.

This manual shows you how to optimize your hardware.

The rest happens naturally.

— **Sabi Szilagyi**

Founder, Natural Intelligence Movement

MODULE 1

Section 1: The Debugging Session

Who is Actually Making Your Decisions?

Q: Sabi, thanks for sitting down to do this. I want to get straight to the point. Most people picking up this guide are high-achievers. We have big goals—financial freedom, physical transformation, better relationships, wanting to be super parents. We are doing the work. We are putting in the hours.

But despite all that effort, it feels like we are grinding gears. We see others moving forward effortlessly, while we feel exhausted and stuck. You call this "The Autonomic Nervous System Trap." Before we unpack the science, can you just tell me: Why does this happen?

Sabi: It happens because we are trying to run a high-performance operating system, our mind, on broken hardware, our body.

We are taught to obsess over our mindset—our thoughts, our discipline, our strategies. But we completely ignore the machine that has to execute those strategies.

This is the root of "Conditioning." We are trained away from listening to, and living out our true self. Follow the herd. Be like others. Fit in. Be the "normal" person.

We are all different. Even if we can be put in certain generalized categories, we live different lives. There is no 'one-solution-fits-all' answer.

Q: That's a relief to hear, but it's also hard to believe. I've been conditioned to believe that if I'm failing, it's my fault.

Sabi: We all have.

Q: So, let's play devil's advocate. This concept of the "body fighting me" sounds great, but isn't the simplest answer that I'm just not disciplined enough? If I really wanted success, wouldn't I just push through the resistance, like I see everyone else doing?

Sabi: That is the ultimate question, isn't it? And for years, that was my answer too. When I was training in Taekwondo in Korea, my motto was, "Work hard, you can achieve it. Mind over matter." It's a seductive belief.

But let me ask you this: Has "pushing through" ever led you to sustainable, joyful success, or has it led to burnout and bitterness? Might work temporarily but always comes at a cost.

For me, "mind over matter" ended with a severe physical injury from overtraining on gymnastics rings. My mind said "push", but my body screamed "stop." When I didn't listen, it forced me to stop through an injury, a herniated disk. Later, in the business world, that same disconnect - being on a high, ignoring my body's signals - led me to make impulsive investment decisions that I still look back on with regret.

I am an Investigator by nature, I want to understand how things work. I had to find the blind spot. What I discovered changed everything: Willpower is a finite resource of the conscious mind, but behind the scenes your Autonomic Nervous System (ANS) is running the show 24/7.

Q: Wait, are you saying I'm not in control of my own decisions? That sounds... disempowering.

Sabi: It's actually the most empowering thing you can learn, because it aligns with reality. This is what Human Design calls "Passenger Consciousness." The mind is just the passenger. The body is the vehicle.

Think of it like planning a motorcycle trip.

You can have the best plan. You can have the most scenic route mapped out in your mind. But the most important thing that you have to keep in mind is that the motorcycle has to be able to do the trip.

It has to be fit for purpose, so to speak. You have to fuel it up. You have to make sure that you are not carrying more weight than it can handle, that the brakes are good, and the engine is tuned.

A bike that is well prepared for the adventure will make the trip enjoyable. A bike that is worn out will not be fun—it can actually be dangerous.

It's not about "efforting" through a breakdown. It's about enjoying the ride.

Q: So, the body is the bike?

Sabi: Exactly. Your nervous system is the bike.

If you don't prep the bike—if you don't give it the right fuel or don't fix the flat tyre—it doesn't matter what the passenger wants. The vehicle will stall, or it will end up in a ditch.

My mottos are *"Life is supposed to be fun!"* and *"I am setting myself up to succeed."* You can't have fun on a broken bike. The path forward is to stop forcing the ride and start maintaining the machine. We have to set the body up in a way that it can easily perform.

Section 2: The Hardware

(It's Not a Metaphor, It's Biology)

Q: Okay Sabi, the motorbike analogy makes sense. But practically speaking, what is actually happening inside me? Why does my body override my mind?

Sabi: It comes down to a specific piece of hardware called the Autonomic Nervous System (ANS).

Note the word: **Autonomic**. It operates without your conscious permission, just like your heart beating or your digestion.

As an Investigator, I needed to understand the specs of the machine. The ANS has two main modes, or settings:

- **The Sympathetic State:** This is the "Fight or Flight" response. It's designed for short bursts of survival. When a tiger jumps out, or you end up in a ditch, this system dumps adrenaline and cortisol into your blood. Your vision narrows, your heart rate spikes, and your digestion slows. It's pure survival. I usually refer to this as the Stress State.
- **The Parasympathetic State:** This is "Rest and Digest." This is where you refuel, repair tissues, and actually digest your food. This is where you feel calm, connected, and safe. It is also the state of learning, creativity and the kind of action that feels effortless. Supported by your body. The body and the mind are in sync. I call this the **Ready State**.

Q: That sounds simple enough. One for stress, one for rest and progress.

Sabi: In theory, yes. But here is the problem for high-achievers and business owners: We get stuck in the Stress State.

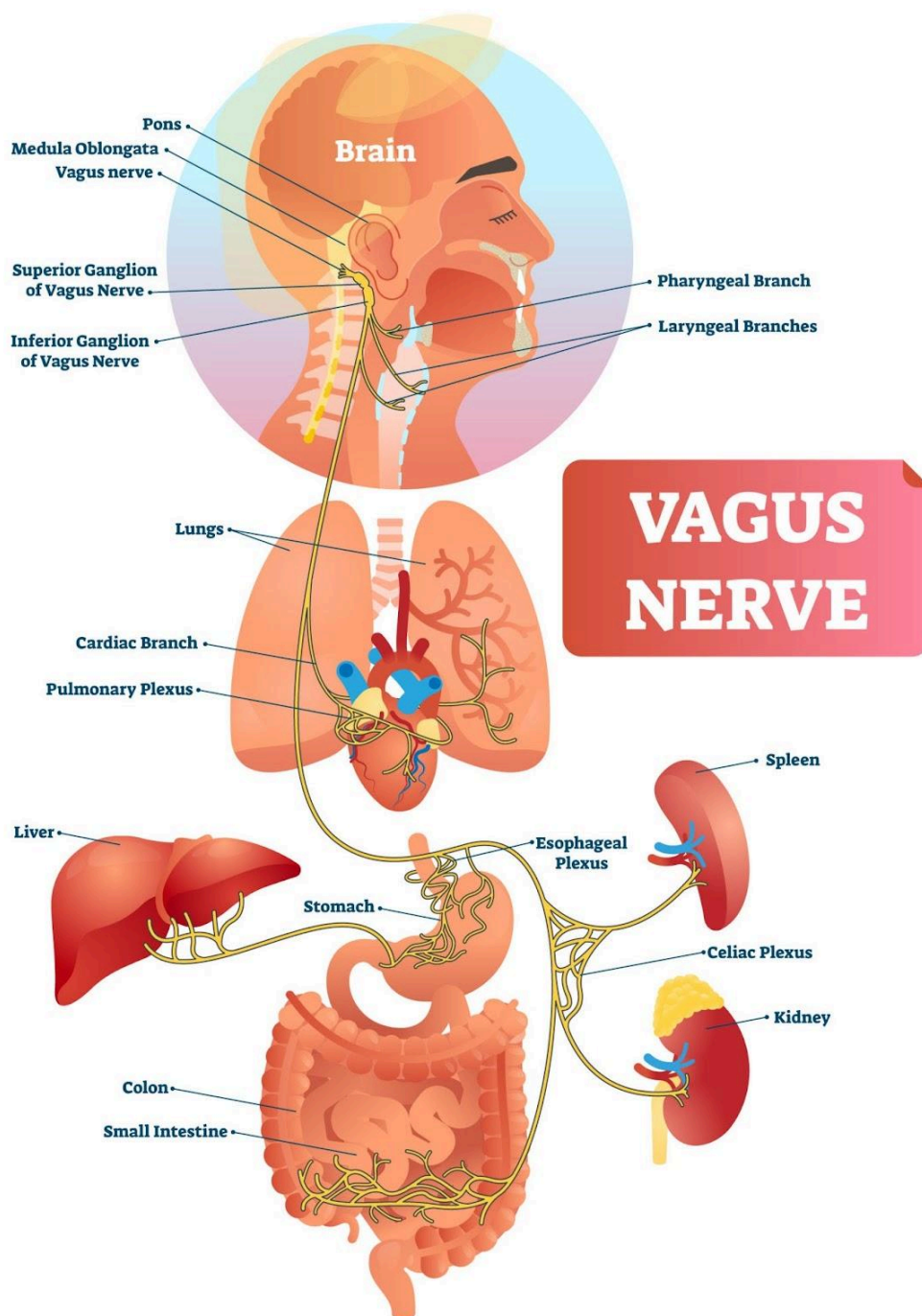
When I was overtraining on the rings, or stressing about the markets, my body wasn't seeing a tiger. It was reacting to chronic pressure. The body cannot tell the difference between "I'm being chased by a predator" and "I have to hit this sales target" or "I need to pay the mortgage" or "I need to stick to a demanding workout or diet plan".

If you are under-recovered - if you aren't sleeping well, or you aren't eating the type of food your body needs - your ANS gets locked in that Sympathetic state.

Q: And that affects my decisions?

Sabi: It **dictates** them. This is the crucial part.

There is a massive nerve called the **Vagus Nerve** that connects your brain to your gut and heart.



Science used to think the brain sent orders down to the body. But we now know that **80% of the information flows up from the body to the brain.**

If your body is stressed, not getting enough oxygen, hungry, or dehydrated, it sends a "Threat Alert" up to your brain. Your mind, the Big and Always-on Storyteller has to explain that feeling. So it creates a story.

- **The Body feels:** Jittery, unsafe, exhausted.
- **The Mind translates:** "I'm not good enough," "This investment is going to crash," or "I need to buy this right now to feel better", etc.

I wasn't setting myself up to succeed; I was just too used to looking outside for the reasons why I feel the way I feel.

You see, it is like our mind is looking outward to the world through our eyes and our body. The mind is trained through words, so we have concepts about the outside world. We tend to forget that the body feels a certain way, and we are looking through that feeling to the outside world. When you were little, your mom asked something like "What's wrong, honey? Are you sad because... someone took your toy or someone was rude to you?"

This created false associations. She didn't ask "Is your energy low because your blood sugar level is low?" You get the point. Through these well meaning questions we were conditioned to look outside and stopped listening to our body.

Maybe a more adult example: You have a busy day and don't have time to eat or drink. You get increasingly irritable and angry. You go home and want to eat something, but your son comes to you wanting to play. You are angry - or 'hangry' as they say - and you snap at him.

Not because you have an issue with him - but because you have an issue AND you are looking at him.

It's like having this layer on outside of you that colours your perception. You just forget about it, as there is no obvious hazard signal flashing right in front of your eyes saying: "Internal Error! Fix Right Away!". Your body is prompting the type of thoughts that come into your head. An irritated body will push irritated thoughts in your head.

In other words: Your body is the literal prompt for your mind's Large Language Model. It works like an AI. An irritated body will prompt the LLM to generate irritated thoughts and fake news.

Section 3: The Check Engine Light

(Reading Your Signals)

Q: That "internal error" concept is huge. It sounds like we can waste a lot of time trying to fix the "outside" world when the problem is actually inside. Do you have a personal example of that?

Sabi: I do, and it cost me years of wasted effort.

Back when I was involved with gymnastics, I wanted to create the perfect physique. I was doing very strenuous training on the still rings - what I saw as the pinnacle of human performance - without eating much, because I wanted to get super lean.

I succeeded in the goal: I got down to 4% body fat. But I was running on fumes. Energetically and emotionally, I was completely depleted.

In that physical state, I looked out at my life, and my mind tried to find a reason for why I felt so empty and flat. I concluded that I had a relationship problem.

Q: You blamed the relationship?

Sabi: I felt that I was on an emotional rollercoaster and I associated it with my relationship. Because I was looking out from a depleted body, the person standing closest to me looked like the source of the stress.

I invested a lot of effort trying to fix a relationship problem that didn't actually exist. I was trying to repair the mirror instead of cleaning my face. The relationship wasn't the cause; my nervous system was in shutdown mode because it was starving.

This knowledge saves me so much time and energy now. When I feel that familiar irritation or flatness, I don't go looking for a problem in my marriage or my job. I stop and ask:

"Is this negative feeling coming from my body? Is this real, or am I just looking through an upset or unbalanced body again?"

It helps me deal with the root cause immediately, rather than tearing apart my life trying to fix the wrong issue.

Q: So how do we catch it before we make that mistake?

Sabi: You have to look for your personal "Check Engine Light."

In a car, you don't ignore the warning light. You stop and check the system. But in our bodies, we tend to ignore these signals until smoke is pouring out. High-achievers especially.

If you are stuck in that **Sympathetic (Stress)** state, you might feel:

- **Urgency:** A sudden, overwhelming need to "do something" or fix a problem right now.
- **Irritation:** Small things, like a slow website or a comment from a family member, trigger a big reaction.
- **Tunnel Vision:** You can only see one option (usually a negative outcome).

If you are stuck in a **Shutdown (Depleted)** state—like I was during my gymnastics era—you might feel:

- **Numbness:** You don't care about things that usually bring you joy.
- **Emotional Flatness:** You feel serious all the time. "Fun" feels like too much work.
- **Isolation:** You pull away from people or activities to conserve energy.

Q: So if I feel those things, I shouldn't try to "fix" the relationship or the business problem?

Sabi: Exactly. Do not trust your thoughts when your body is flashing red.

If you try to solve a life problem while your nervous system is screaming "Threat!" or "Empty!", you will make a fear-based decision.

Instead, ask yourself the simple question: *"Is this a true problem, or is this just noise coming from my body?"*

The only way to know the answer is to address the body first. You have to fix the flat tyre before you try to get back on the road.

Section 4: The First Step

(Become the Investigator)

Q: Well, if you explain it like this, I can certainly relate to this. I can see how I have done the same mistake myself... and can recognise the signals that I ignored. But what do I actually DO about it?

Sabi: You have to start collecting data. You cannot manage what you do not measure.

I wear a Garmin watch to track my stress and recovery objectively, because I love data. But you don't need technology to start. You just need to become the Investigator of your own experience.

Your first assignment is simple. It's called the **Body Audit**.

Before you make any big decision—before you send that angry email, before you buy that expensive item, before you confront your partner—you are going to pause and run a quick diagnostic on the machine.

Q: How does the Body Audit work?

Sabi: It's a 60-second check-in. You ask three specific questions to verify if you are fit to drive.

1. **Fuel Check:** Is my posture limiting my oxygen levels? When was the last time I ate food that my body needed? Have I drank enough water, am I well hydrated?
2. **Rest Check:** How did I sleep last night? Am I running on caffeine and adrenaline? Have I exhausted myself with my last workout?
3. **State Check:** Is my breathing shallow and fast (Stress), or deep and slow (Calm)?

If the answer to any of these is "No" or "Poor," you shouldn't trust your current thoughts. They are distorted by a negative signal coming from your body.

Q: That sounds... like a lot. Like a lot of moving parts. Isn't this too complicated?

Sabi: At first it can sound like that, but it is a lot easier than you think. In a few days you can get the hang of it. It's a fun experiment building a new level of awareness, especially if you understand the importance of it. **This is the foundation that your actions and decisions are built on.**

This is not another regime, another burden that you have to carry. Actually, quite the contrary. Think of it as a game where you get to higher and higher levels when you play it. I got it wrong many times and still get it wrong. But this is the way to freedom, where it's not the autopilot making or limiting your decisions but you make the choice about your life, consciously and deliberately.

It is not about fighting. That puts you in the wrong state. It is about caring, nurturing, building yourself back up. Creating (better yet re-creating) the conscious connection between the body and the mind. When the body YOU supports the mind YOU, that's the joyful deliberate life you want to live.

Remember my motto: *"I am setting myself up to succeed."*

Making a life-altering decision when you are hungry and tired is setting yourself up to fail. It is self-sabotage wrapped in a logical story.

If the Body Audit shows you are depleted, your only job is to fix the biology. Eat the food. Drink the water. Take the nap. Do the breathwork.

Once the body is balanced, the "problem" often disappears on its own. If it's still there when you are calm and fed, then it's a real problem. But 90% of the time it was just the lens you were looking through.

Q: And that leads to the fun part?

Sabi: Exactly. Life is supposed to be fun! But it's hard to have fun when you are fighting your own biology.

When you start trusting your body's needs, you stop fighting the shadows. You get your flow back. And for a high-achiever, that flow is everything. The goal is to align the body and the mind.

MODULE 2: The Foundation of Fuel

Mapping the Demand and Energy

Section 1: The Alcohol Illusion

(It's Not a Drinking Problem)

Q: Sabi, we talked about the "Check Engine Light." But what happens when I ignore it? I feel like I constantly self-sabotage. I try to be healthy, but then I find myself needing a drink or binge-eating at night. Is that just a lack of discipline?

Sabi: I used to think so. In fact, for a while, I thought I might have a drinking problem.

I want to be efficient in everything I do. When I started training, I fell under the spell of "the more, the harder, the better." I thought that was the shortcut to faster results.

So, I tried to exhaust myself in short periods of time. I trained with massive intensity and restricted my calories to get lean. The result? Massive soreness combined with hunger and carb cravings.

To my mind, this looked like "discipline." But to my body, this looked like a life-threatening crisis. I had pushed my nervous system into a deep, red-zone stress state.

Q: And that caused the drinking?

Sabi: Exactly. While I was trying to "muscle this out" with willpower, my body created a very strong urge for alcohol.

Why? Because alcohol is a sedative. It disables the willpower barrier. My body was screaming for a way to release the massive stress I had created, and it knew that a drink would disable the conscious control of actions, so it could take over and protect itself.

But it didn't stop there. Once the alcohol disabled the controller, the body's survival drive took over. I would end up eating a LOT of calories. Basically everything that wasn't nailed down.

Q: That sounds like a failure of will.

Sabi: It does, but in reality my body was outsmarting me, to protect me.

It bypassed my Passenger consciousness completely to save the Vehicle. Let me use an analogy.

Imagine a big robotic body where the controller person sits in the head.

While the robotic body is compliant when it has enough battery, it has these sensors to check on its functions. It gives the controller "battery low" and other warning signals. They can be ignored up to a certain point.

But there is a point when the robotic body's **self-preservation protocol** kicks in and it cannot be overwritten. It will do whatever it has to to protect the controller person. Does that make sense?

Q: It makes perfect sense. The robot takes over to stop the pilot from crashing it.

Sabi: Exactly. While I thought I had a discipline problem - or even a drinking problem - the answer wasn't in attacking the alcohol. The alcohol was just the tool the robot used to shut me down.

The body speaks through feelings and cravings. It sends the signals to us about what it needs, and simply following a popularised, rigid eating regime can be more detrimental than useful.

I had to fix my eating habits and learn to listen to my body. When I fixed the timing with my eating, gave the right kind of fuel, and dialled down the intensity of my training, my body relaxed and returned to balance.

I didn't have the food or alcohol cravings any more. The new system made my body relaxed and feel safe. With much less effort and stress I am achieving more... it's almost like the roadblocks have been removed, and I am progressing naturally.

It's a fun fact, that I have been postponing the creation of this material for years. But when I got back in balance, this flowed out of me effortlessly. At first the material on a thinking level. Then I learned that people with active brains need to fuel their brains separately.

Even though I was eating mostly clean to be in good shape, I wasn't aware that I was starving my brain. It needed oils like the ones in walnuts to function on a high level. No wonder walnuts look like a brain... Anyway, I kid you not: within 10 days of starting to eat walnuts I had developed the Mission Statement, set up the website, and founded the Natural Intelligence Movement.

It was like pouring jet fuel into my engine. **I simply couldn't hold myself back from doing it!** Pure alignment. Body and mind working together. I get the chills thinking back on it.

Section 2: The Wild West

(Consequences of Empty Tanks)

Q: Sabi, I have to ask... isn't this dangerous territory? If we say "the robot took over," aren't we just giving people an excuse to play the victim? "Oh, I drank the wine because my robot made me do it?"

Sabi: That is a very important point. Let me be clear: I am not a supporter of victim mentality. I believe we are responsible for our lives. Some call it Law of Attraction, some call it karma. All I say is that instead of blaming others for my circumstances, and so giving away my power, I prefer to take responsibility. Because I can change myself, and so the course of my life.

However, now it is easily understood how that feeling of victimhood can come from an unbalanced, neglected body. When the self-preservation protocol kicks in and overrides your conscious will, you feel out of control. You feel like a passenger in a runaway car.

Understanding this relationship will help you regain control. You can change from feeling like being a puppet on a string in your own body, to feeling like you are on top of things and are in flow.

If you know the robot overrides you when the battery is low, the responsible thing to do isn't to blame the robot - it's to keep the battery charged.

Q: So we have to respect the body's limits.

Sabi: We have to, if we want to be deliberate about creating our lives. If you disrespect the body's limits, life will teach you a lesson, and you will be the one living with the consequences.

I learned this the hard way on a motorcycle trip in Tasmania.

I was riding through an area called the "Wild West." It's rugged, remote, and unforgiving.

I was thirsty. I was exhausted from a long day of riding. I pushed past the signals because I wanted to get to the destination. My mind (the Passenger) was determined, but my body (the Vehicle) was depleted.

Because I was dehydrated and tired, my reflexes slowed down. The connection between my eyes and my hands lagged.

I was going down a hill with gravel. I tried to take the turn, but my inputs were too late. I couldn't make it. I ended up in a ditch in the middle of nowhere, with no mobile reception for 150 kilometres.

Q: That is terrifying.

Sabi: It was. Thankfully, using my resourcefulness, I got myself out of trouble. But as I stood there by the ditch, checking the bike and my limbs, I realized something profound.

I didn't crash because I was a bad rider. I have the skills. I crashed because I was operating a body that wasn't fit for purpose at that moment.

It wasn't the bike's fault. If it had been the motorbike showing signs, I would have fixed it. Symbolically speaking I had these issues in my body:

- **The Flat Tyre:** In this case, it was my dehydration.
- **The Empty Tank:** It was my exhaustion.

When the body is compromised, skill doesn't matter. The best rider in the world will crash if their reflexes are shot.

Q: And the same applies to our daily life?

Sabi: Exactly.

If you try to navigate a high-stakes sales negotiation, or a difficult conversation with your spouse, or a complex investment decision while you are dehydrated ("thirsty") and under-fueled ("exhausted"), you are riding into a gravel corner with slow reflexes.

You might think you are "pushing through," but you are actually just heading for a ditch. And just like in the Wild West, there is no signal out there to save you. You have to save yourself before the crash.

Q: So what is the premium fuel for the human machine? How do we prevent the crash?

Sabi: Through my investigation - from the aesthetics of gymnastics to the hypertrophy of kettlebells - I found the baseline that stabilizes my human robot better than anything else. While I understand that we have different bodies, you can use my example as a starting point for discovering yours. It's all about the type of energy expenditure that you put your body through.

Section 3: The Anchor

(Guidelines, Not Rules)

Q: So what is the secret? Is there a strict number of anything I need to hit every day to prevent the crash?

Sabi: Be careful with the word "strict."

Looking at my personal experience and looking at hundreds of others, I found that rigidity is often the enemy. If we set a non-negotiable rule, we stop listening to the feedback.

This led me to adopt a new motto: "Chaos is the new normal."

I used to be the guy who followed the plan to the letter. If the spreadsheet said "do X," I did X, regardless of how difficult or stressful my day was. But life isn't a spreadsheet. Life is a lot of moving parts, unexpected crises, and changing seasons. Especially when you have kids. If your peace of mind depends on everything going exactly to plan, you will always be anxious.

Q: That is a big shift. So you moved the goalposts?

Sabi: I moved my comfort zone.

I realized that I associated my safe zone with a fixed set point, a set plan, but that didn't work. Meaning that I allowed myself to relax when everything went as I planned it... which was rarely. I had to change my association to be able to unburden myself. Now my safe point is found in flexibility. I expect life to be messy... so, I can be relaxed even when things change unexpectedly, as my body is ready for it, I don't lose my balance...

Or probably, to be more honest, I get back in balance way faster, as I have access to my mental resources, my creativity. Those are otherwise blocked by a nervous system that is in survival mode. The 2 states activate different areas in the brain. Simply put, your mental capacity is heavily reduced in the Stressed State. You are **effectively dumber**, because your physiology changes your brain function.

This connects back to evolution. Like Darwin said, it is not the strongest of the species that survives, nor the most intelligent; it is the one most adaptable to change. And **change** happens (aka. learning) almost exclusively **in the rest/safe state (Ready State)**. The way to change ourselves is through understanding how we can unblock the physical barrier, so that the mental changes can take root.

Unless we learn to manage this gatekeeper, we are destined to go around in circles.
Unfortunately, there is no other way around it.

While we are using the robot analogy to explain the override mechanism, we are not robots that work the same way every time regardless of the changes outside. We are human. Life around us affects us, and our nervous system changes based on the environment.

Q: Can you give me an example of that?

Sabi: Take the weather.

I know from experience that I can perform well - both in sales and in my physical exercise - in temperatures up to 25-27 degrees. But when we hit 28 or 30 degrees, my efficiency changes drastically.

My past hasn't changed. My habits didn't change. My willingness to succeed hasn't changed. It is not a psychological change; it is physiological. The machine is running hotter, so the output changes.

My body needs different things on a 30-degree day than it does on a 20-degree day. To get the same result (balance and focus), I have to put in different "ingredients."

Q: So the inputs have to be dynamic.

Sabi: Exactly. While there are guidelines, the whole point is learning to listen to our bodies again.

However, when you are first learning to listen, it helps to have an Anchor. A baseline.

For me, that anchor started with Protein. But I discovered the hard way that protein alone wasn't the magic bullet.

Q: It wasn't?

Sabi: No. In fact, for a while, I was eating a lot of protein every day. But I was still getting those massive cravings and crashes.

Why? Because I had fallen into the trap of thinking "Carbs make you fat" or "Carbs are bad."

But looking at my training—dynamic, heavy kettlebell lifts—my body was burning through glycogen like crazy. I had to become an Investigator into how the heart rate engages different energy systems (ATP, glycolytic, etc.).

My body was screaming for carbohydrates to fuel that specific intensity, but my mind was saying, "No, stick to the protein plan."

Q: And the body eventually won?

Sabi: The body always wins. It created those uncontrollable urges to binge because it was desperate for energy.

It took me years to understand this: Food is not the enemy. Not carbs, not fat.

The enemy here, if anything, is not listening to our body, which is way more intelligent than we give it credit for. We fall into the trap of the "mind being superior," thinking we can out-logic our biology. Yeah, good luck with that!

Q: So you had to give yourself permission to eat?

Sabi: I had to give my body what it needed to perform.

I realized that to do the work I wanted to do, I needed the carbs. Once I allowed myself to eat them - specifically timing them around my training, and carb that support dynamic lifting - the system balanced out.

The "robot" stopped panicking because it had the right fuel for the specific job. This was the physical side. The brain or thinking side needed a different type of fuel, as I mentioned before.

Section 4: Mapping the Demand

(From Theory to Action)

Q: Okay Sabi, I understand the principle: "Fuel the robot so it doesn't take over." But how do I actually apply that to my life? I don't have your specific training routine.

Sabi: You don't need my routine. You need a Map.

Most people eat by the clock. They eat breakfast because it's 8:00 AM, and lunch because it's 12:00 PM. But the body doesn't care what time it is. It only cares about Demand. You either have enough energy for a task or you don't. Pretty simple.

To set yourself up to succeed, you have to map out the activities that influence your body - movement type, intensity, frequency - and then match the fuel to that demand.

Q: Can you show me what your map looks like?

Sabi: Sure. Let's look at a typical Tuesday for me. This is a training day.

1. The Activity (The Demand):

- **Time:** Evening (After work).
- **Duration:** 30-40 minutes.
- **Type:** Kettlebell Training (Heavy "Grinds" like Presses and Squats, mixed with explosive "Ballistics" like Snatches).
- **Intensity:** High. My heart rate is up, and I am using heavy resistance.

2. The Biological Cost:

- **Water:** I am sweating and respiring heavily. (Risk of "Tasmania" dehydration).
- **Energy:** Heavy lifting burns through muscle glycogen (stored carbs) very fast.
- **Repair:** I am breaking down muscle tissue (Hypertrophy goal).

Q: So how do you fuel that specific demand?

Sabi: If I went into that Tuesday session having only eaten a salad at lunch, I would crash. The robot would panic, and I'd end up binge-eating or drinking wine afterwards to soothe the stress.

So, my map dictates the input:

- **Hydration:** I drink water consistently through the day at the dealership. I don't wait until I'm thirsty.
- **Pre-Fuel (The Setup):** About 1-2 hours before the workout (around 4:30 PM), I eat complex carbs. I am pre-loading the tank for the hill climb.
- **Post-Fuel (The Repair):** Immediately after, I have my biggest meal: Protein (Tuna/Meat) and Carbs (Rice) to refill the tank and start repair.

Q: And what about a Wednesday?

Sabi: Wednesday is a rest day. I'm just working and being a Dad. The demand is different, so the fuel changes.

I still hit my protein baseline to keep the blood sugar stable, but I don't need the massive carb spike because I'm not burning the glycogen. I listen to the lower demand.

Q: It sounds like you have to be careful not to swing too far the other way.

Sabi: Exactly. Previously, I thought that doing hard workouts would justify "feasting." So I ended up eating less protein and way more carbs - I went to the other end of the spectrum.

Even so, I felt hungry. I wasn't giving the body what it needed; I was just throwing food at it as a reward.

I had to realize that there is a fine line for eating the right ratio of protein and carbs that works for my current needs.

Key word: **Current.**

I am not fueling the gymnast I was 12 years ago. I am fueling Sabi, today, in this body, with these goals.

I love experimenting with this. It helps me with being focused on the now, rather than just "doing the same old same old every day." I am, and my life is, the result of this interesting experiment.

Q: So the action step is to draw my own map?

Sabi: Exactly. You have to experiment with it. Listen to your body and try things. Even if they go against the current fashionable or "healthy" diet.

You need to take a step back and look at the details that make up your week. Have fun with this! Really.

Your Assignment: Create Your Energy Map

Grab a piece of paper or open a note on your phone. I want you to draw three columns:

1. **The Activity:** What are you physically doing today?
2. **The Intensity:** Is this "High Demand" or "Low Demand"?
3. **The Fuel Strategy:**
 - **Water:** Are you pre-hydrating?
 - **Carbs:** Do you need them before to perform, or after to recover?
 - **Protein:** Where is your baseline?

Don't overcomplicate it. Just look at the day ahead and ask: *"Have I set my body up to succeed?"*

Q: Is this about counting calories?

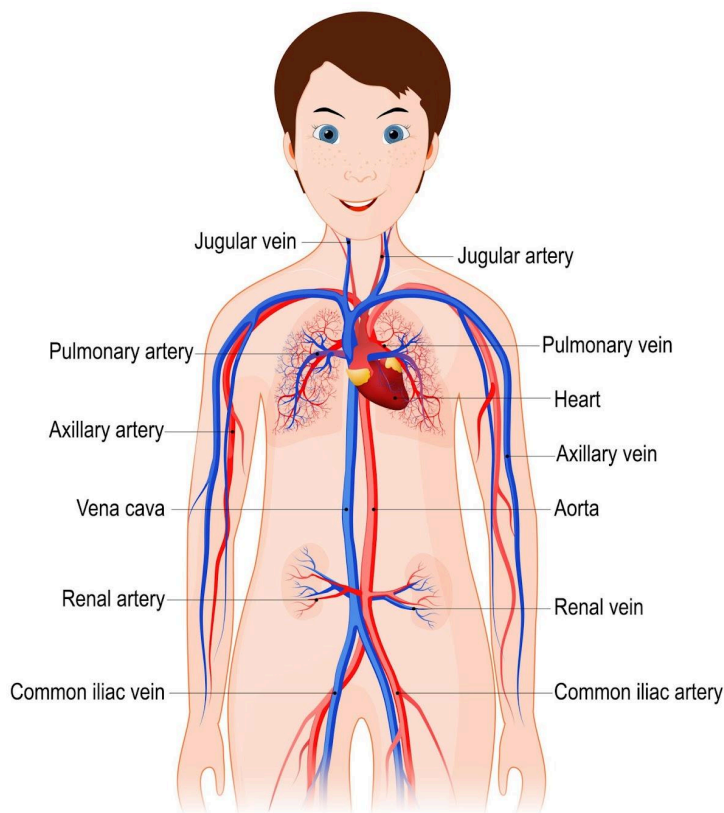
Sabi: No. This is not about calories or finding the "only right path." We are different, and our bodies operate differently. The goal is to find the specific fuel map that works for *your* machine.

A craving is usually a sign for what the body actually needs. But the quality of the food matters. There is a big difference in how your body runs on complex carbs versus processed sugar.

Quick fixes have their place and time - sometimes you just need the immediate hit. But we aren't just surviving here. We are building a consistently high-functioning - aka fun feeling - system here.

We are aiming to create the "flow" state. If you think about it, what does flow mean anyway? Uninterrupted movement of energy.

Circulatory system



What would that mean in the body? What flows in the body?

- Breathing (Air)
- Circulatory System (Blood and Water)
- Digestion (Food)
- Physical Energy (Expression)

If any of these are blocked or running on empty, there is no flow.

Q: How quickly will I see a difference?

Sabi: You will be able to make a distinction in a few days when you do these quick check-ins. You will learn to tell the difference between a habit or mood-generated eating cue and what is an actual hunger signal from the body.

Plus, you will learn not to confuse a thirst signal with a hunger signal, which is a common issue people have.

When you are dehydrated, the body is stressed. It wants to relax. Most people use food to comfort this feeling, instead of identifying the real cause: thirst. Once you start hydrating properly, you might find half your "hunger" disappears.

MODULE 3

Section 1: The Manual Override

(The Breath)

Q: Sabi, we've talked about fuel and rest, which are great for long-term balance. But what if I'm already in the middle of a stressful moment? What if I'm about to walk into a negotiation or deal with a family crisis, and I can feel the "robot" starting to panic? I can't exactly stop and eat a steak.

Sabi: Correct. When the panic sets in—when the "Check Engine Light" turns red—you don't need fuel. You need a switch.

You need a way to send an immediate "All Clear" signal to the robot so it releases the controls back to you.

Being an Investigator, I searched for the most efficient way to hack the nervous system. There are many techniques out there, but I needed something I could do anytime, anywhere, without others seeing it.

I found only one tool that works instantly.

It is the **Breath**.

Q: Breathing? Isn't that automatic?

Sabi: It is, but it doesn't mean it's done correctly. And that is exactly why it is the key.

Breathing is unique. It is the only function in your body that is both autonomic (it happens when you sleep) and conscious (you can control it right now).

It is the physical bridge between the Passenger (Mind) and the Vehicle (Body). It is the manual override switch.

Q: How does it work as a switch?

Sabi: It communicates directly with the Vagus Nerve.

- **Short, shallow breathing (Chest):** Signals "Threat/Tiger." It turns the switch to Sympathetic, the Stress State.
- **Deep, rhythmic breathing (Belly):** Signals "Safety/Rest/Connection." It turns the switch to Parasympathetic, the Ready State.

When I feel the stress rising - maybe a deal is going sideways at Mercedes, or I feel that old "flatness" creeping in - I don't try to think my way out of it. I check my posture and breathe my way out of it.

Q: What is your specific technique?

Sabi: I use a method called **Conscious Connected Breathing**. I was introduced to this by my colleague, Tobias Fritz in Germany.

I do this in the morning for 10 minutes, to tune into the Ready State, where my body and mind are in sync. It's also called heart and brain coherence.

But you can use a shorter version in 60 seconds to reset your state without anyone noticing.

It's very simple:

1. **Inhale** deeply through the nose, pulling the air all the way down into the belly.
2. **Let it go** without pause. No holding at the top, no holding at the bottom. Just a continuous loop.
3. **Connect the flow.** Like a wheel turning. In, out. In, out. No gaps.

Q: What does this do to the body?

Sabi: It floods the body with oxygen and, more importantly, it forces the physical rhythm of "Flow."

Remember our definition of flow? Uninterrupted movement of energy. By removing the pauses in your breath, you physically model flow for your nervous system.

It relaxes the "robot." It tells the self-preservation protocol: "We are safe. We are flowing. You can stand down." It turns the switch to the Ready State.

Q: Does this always work?

Sabi: To be honest, I still get it wrong sometimes. This is not like a college diploma where you get it right and it's yours, and you are done for life.

This is a skill. It drastically improves my chances to choose my response freely, not just react.

Reacting actually means that you replay a previous scene again. You are stuck in a repeating loop then. Nothing changes.

This tool helps to make a new decision and create something new. Does that make sense?

Section 2: The Nurturing Ground

(State Determines Story)

Q: Sabi, before we get into specific mental techniques, I want to pause. Why is this specific order - Body first, Mind second - so critical? Can't I just "think positive"?

Sabi: Do you remember occasions when you had an issue that you just couldn't find the solution to no matter how hard you tried? And then someone tells you a similar story... how they were having a shower, or went for a run, or even woke up in the middle of the night, and the solution just popped into their heads?

You find yourself wishing you had that same experience.

Well, these seemingly random and lucky events made me look for a pattern. And there IS a pattern. A sequence, actually.

It happens because they accidentally switched their hardware off 'Survival Mode' and into 'Flow Mode.'

We are creating a supporting environment, a nurturing ground for freedom of choice and inspired ideas to actually come through us to physical fruition.

Have you ever had some brilliant ideas that lit you up—even for days—but somehow you couldn't get around to doing what was necessary?

I had that many times. It was like the great idea got stuck on a mental level, and I couldn't convince my body to do what had to be done to make it real. Relationships, business, physical training, eating... basically in every area of my life.

I remember those old cartoons when the main character has these positive and negative figures popping up on his shoulders, who start whispering discouraging and encouraging things into his ears.

You see, the mind works like a Large Language Model, an AI. There is the 'training data', which is your past experiences. Just like an AI, it is creating predictions about the next steps based on prompts. **The state of your body dictates the prompts**, while you consciously give it the topic.

There is a bundle of nerves in the brain called the Reticular Activating System (RAS) that is like an Always-on Search Engine. You receive millions of megabytes of data every second. It filters out the important parts, otherwise you would be overwhelmed.

Example: You wake up one day with a brilliant idea for a vacation or for a new business. When you are in the Ready State, the RAS is locked on the topic, and the prompt from the body is going to feed you thoughts that are positive, creative and encourage the unfolding of it.

When you are in the Stress State, the opposite is true. The RAS is locked on the topic, but the body prompt will trigger thoughts that are about energy conservation, which translate to negative thoughts, feeling stuck and discouraged.

What we are learning here is to consciously influence that, so that the engine works in our favour.

Q: Wow! This sounds familiar. But it still sounds a bit... airy-fairy. Can you give a real example?

Sabi: Yes. I remember an instance that surprised even me.

When we wanted to move abroad from Hungary, we were considering Germany and Australia. We got super lucky with the Australian visa—which normally takes around 18 months—we got it in 2 months. We took it as a good sign, so we moved here.

Our son was born here just about 2 years before the COVID lockdowns started. As we wanted to share the experience of his early years with the family, we moved to Germany. We had high hopes, and the family was really happy that we were closer again, as everyone else still lives in Hungary.

After a short while, we realized that it's a really different world over there, and we felt really out of place. While the desire was born to come back to Australia, I was REALLY not liking the idea of telling the family after this "teaser" that, "Sorry, we are leaving you... AGAIN".

It is very much against my nature to cause pain to my loved ones, and this felt like breaking their hearts all over again. I was worried and stressed about this a fair bit.

Q: I can imagine that. That's a heavy emotional weight. What happened?

Sabi: That time I wasn't yet familiar with the eating part of the equation, but I was already in the early stages of doing conscious connected breathing, and the Wim Hof Method.

I wanted to find a way to release the stress of this internal battle. I was doing the breathwork for an extended 30-minute session. My body felt great; I could feel the extra oxygen bubbling in me. Now that I think back on it, it felt like vibrating on a different level. Lighter, positive, relaxed.

I sat up in my bed after the session and I looked at this topic of having to explain to my family that we want to move back to Australia.

THE FEAR WAS NOT THERE.

It was a bit weird because my mind could remember that I was afraid of this an hour before. I wasn't stronger or braver; it's not about that. Simply put, the fear wasn't there. It felt like the most natural thing to follow my desire.

I grabbed the phone right then and there, and called my family to tell them we were moving back. 6 weeks later we were back here.

Q: That is incredible. So the external situation didn't change, but your internal state did.

Sabi: Exactly. It was a massive shift in perspective.

It wasn't about being brave, as in going ahead despite fear. It just wasn't there. I wasn't held back from what I was wanting to do. I was full of "Let's do it" energy.

Sounds silly, but I wasn't held back by my own body. It was compliant - an ally in achieving my goal.

Q: So, this isn't about brainwashing ourselves?

Sabi: Not at all. It's simply taking advantage of this simple biological phenomena.

My intention is not to tell you what to think. I see my main role as helping you to release the burden that holds you back from following your heart and inspired desire.

I am happy to share how I train my mind to follow my desires, but again, this is not a fixed "think this because this is the only one good way to think" rule. That's the whole point!

I love this quote from Simone de Beauvoir: *"I accept the great adventure of being me."*

I don't want to condition you away from who you are. The world does that enough. I'm interested to see and hear about your own adventure.

I hope the readers will join the Natural Intelligence Movement, and help me eliminate this unnecessary stress from people's lives.

Section 3: Conscious Commands

(Installing the Software)

Q: That story about the fear disappearing is profound. So once we breathe and the "robot" stands down, what happens next?

Sabi: Once the body is calm, the channel is open, your biology supports change, also known as learning. Now - and only now - can you speak to the mind effectively. Being in the Ready State is the prerequisite to being efficient. Otherwise you are just going through the motions in vain.

This brings us to **Conscious Commands**, or what people often call Affirmations.

Q: I'll be honest, I've tried affirmations before. Standing in the mirror saying "I am rich" when I felt broke. It felt fake.

Sabi: It felt fake because your body was not matching the state of your mind.

If your nervous system is in stress mode and is not in alignment with your body, and you try to layer a positive thought on top of it, the body rejects it. The Reticular Activating System will push all the contradictory past 'evidence' to your statement.

It's like trying to install new software on a computer that is currently not switched onto administrator mode. You have to disable the protective firewall layer (put your body at ease with breathwork) before you install the update.

If your nervous system is stuck in a rigid, Stressed State, it doesn't just keep your own brilliant ideas stuck on the inside; it also blocks new ideas from entering.

Q: It becomes a barrier to learning?

Sabi: Yes. The state dictates learning and overall change. You can read all the books and take all the courses, but the information will just bounce off. You will not change your actions.

To truly learn, to truly change, you have to open the door to your mind, so to speak. You have to breathe. You have to fuel the machine. You have to find the flow.

Now that the ground is prepared, the new seed can be planted.

Q: And the seed is the affirmation?

Sabi: Exactly. I moved from the "Law of Attraction" (Mind Only) to "Embodied Success" (Body First). Now, I view mottos not as wishes, but as GPS coordinates for the Passenger.

I have two core mottos (seeds) that I plant every day. They act as my North Star.

Motto #1: "I am setting myself up to succeed."

It reminds me that success isn't an accident; it's a structure. It validates the prep work - the meal prep, the breathwork, the early bedtime. It tells my subconscious that I am active, not passive. It also helps me with accepting that resting and recovery is an essential part of success. My body is the gateway to my and my family's abundance.

Motto #2: "Life is supposed to be fun!"

This is the reminder to pay attention to how I feel.

If I am grinding, suffering, or feeling bitter, this command reminds me that I have gone off track. "Fun" doesn't mean lazy. It means Flow. It means doing the hard work (like my kettlebell progression) with a spirit of joy and mastery.

Q: So, you repeat these?

Sabi: Yes, but I repeat them while I am in that connected, Ready State. Or at least, that is the general plan.

When I am driving to the dealership, listening to my music, feeling the bass, feeling calm or joyful - I repeat them. I let the feeling of the words sink into the body.

I am programming the the Reticular Activating System to look for Success and Fun. And because of the way our brains work, once you program that filter, you start seeing evidence of it everywhere.

Q: It changes what you see?

Sabi: It **filters** everything you see.

If you tell yourself "Life is hard," your brain will scan the room for problems to prove you right. If you command "I am setting myself up to succeed," your brain scans the room for opportunities.

But remember: The seed only grows if the soil is ready. Breathe first. Command second.

Section 4: Sensory Anchors

(The Shortcuts)

Q: You mentioned repeating your mottos while driving and listening to music. Is that part of the process, or just a habit?

Sabi: It is an important part of my process.

We can't always sit down for 10 minutes of breathwork. Sometimes we need a shortcut - a trigger that instantly snaps the body back into that "Administrator Mode."

I call these **Sensory Anchors**. Tony Robbins is a master of that. "Make your move!". The Da Silva - Mind Control teaches you to put your thumb, pointer finger and middle finger together, to switch back into it. You can train yourself to create this temporary switch with almost anything associated to it.

Q: Let's start with the music. You mentioned bass specifically.

Sabi: I have always been drawn to bass notes in music, I wondered why. I realized it's because bass isn't just a sound; it's a vibration I feel in my body.

For me, bass is grounding. It cuts through the mental noise and anchors me physically in the present moment.

When I play a song that lights me up—like Billy Idol's "Shock to the System"—it acts as an immediate state shifter. It doesn't matter what mood I started in. The combination of the bass vibration and the rhythm tells my nervous system: "We are energized. We are safe. We are moving."

I listen to this on high volume and let the music take me over and dictate my energy.

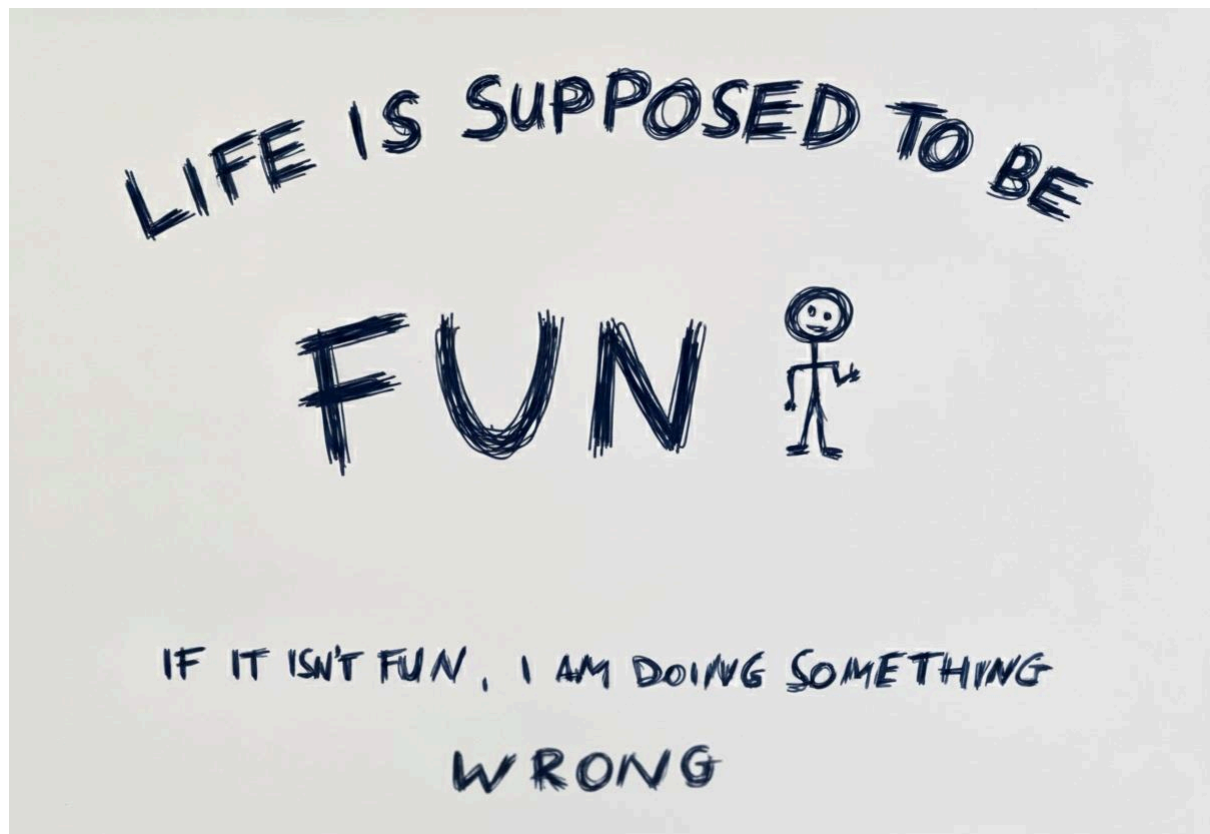
You can turn any song you like into a switch with intentional practice. This is called **Priming**.

You connect a song, a movement pattern, or a sequence with a state. You train this connection, repeating the experience to build it up.

Q: So you use sound to bypass the mind.

Sabi: I do. But I also use visual anchors.

If 'Life is supposed to be fun' is my mantra, I want to see it everywhere. Seeing it allows it to go deeper and deeper into me until it becomes part of me. Repetition is the mother of skill.



This image is an actual flag that hangs on the wall of my garage gym. It is a constant visual anchor.

When I am training, pushing through a heavy set of kettlebell presses, I look at that flag. It reminds me that my training isn't punishment - it's play. It also reminds me that if I'm grinding my teeth and exhausting myself, I am doing something wrong.

I know from experience that if I'm overdoing it, I am actually going backwards. In my relationships, in my finances, my training.

Q: It seems like you are curating your environment.

Sabi: That is the final lesson of this module.

You can either be a victim of your environment - reacting to traffic, the news, or the stress of others - or you can consciously curate your environment to support the state you want.

- **The Breath** clears the fear.
- **The Mottos** set the destination.
- **The Anchors** (Music, Flags, Priming) keep you on the path.

When you align all three, you aren't just "trying" to be successful. You are living in a system that makes success not something you struggle for, but a natural and logical consequence. You are standing out of your own way.

Q: And that brings us back to the start?

Sabi: It brings us back to the body.

We started this journey understanding that the body drives the mind.

I want to leave you with one last emphasis on this massively important thing:

The way we feel is 80% dictated by the physical body and not based on thoughts, or thoughts alone. We feel a certain way and the mind - the Big and Always-on Storyteller and justifier - will make something up to explain it. Even if it is fake news.

Don't believe the fake news. Debug the body first. You can build the foundation for systematic, repeatable success.

You now have the tools to debug yourself. You have the map. You have the fuel. You have the manual override.

The only thing left to do is to start your own experiment and join the Movement. Let's build a system where clarity and joy are the natural baseline.

If you want to accelerate your results and are curious about 1-on-1 biological debugging, feel free to email me directly at debugyourself2025@gmail.com

Or, explore the resources and apply to work together here:

<https://stan.store/debugyourself>

Remember: Life is supposed to be fun.

P.S. Your feedback about the manual is highly valued. Please email me your thoughts and remarks to help me and the Movement grow!