

# UNIFYING DUALITY by Myles Josh

## Bio

**Myles Josh** is a **philosopher and tattoo artist** who has dedicated his life to **understanding the mind and reality**. Through deep observation and experience, he has uncovered **fundamental flaws in how we construct our minds, relationships, and existence itself**—flaws that keep us trapped in cycles of suffering.

His core belief: **Unconditional love is the only real love, and it is impossible to experience it in a conditional relationship**. Most relationships are built on control, attachment, and expectation, which means they are built to fail. True love, the kind that is free from fear, jealousy, and insecurity, can only exist without conditions.

Myles teaches that **our emotions are not caused by other people but by the way we wire our own brains**. Our thoughts, beliefs, and subconscious programming dictate how we feel—not external events. If we **reprogram our minds** and build our reality based on **indisputable truths observed from life itself**, aligning ourselves with the natural flow of existence, then **pain and depression become impossible**. This process leads to **true enlightenment**—a state where suffering no longer controls us.

At the core of his philosophy is this truth: **the only real relationship we can prove to exist—the only one that is not a product of our imagination—is the relationship we have with the present moment**. Every other relationship is a mental construct, existing only in memory or projection. The most beneficial way to engage with life is to **develop an unconditionally loving relationship with the moment itself**—to accept it fully, without resistance, expectation, or control.

This understanding dismantles the illusions we were conditioned to believe, allowing us to experience life, love, and reality in their purest forms.

# Introduction:

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*(Or: Everything You Know About Love and Emotions is a Lie)*

Look around.

How many people do you know who are **truly happy** in their relationships? How many feel **secure, free, and at peace**—without jealousy, control, or insecurity poisoning the bond?

Now, ask yourself:

**Are you truly happy in yours?**

If the answer isn't a **hell yes**, then I have bad news:

You are not experiencing real love.

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## You Can't Have Unconditional Love in a Conditional Relationship

Love, as most people know it, is not love—it's a **contract**.

- "I will love you **if** you never desire anyone else."
- "I will love you **if** you make me feel secure."
- "I will love you **if** you meet my expectations."

This is not love. This is **ownership disguised as romance**.

Real love—**unconditional love**—has no conditions, no contracts, no control.

**And that's why most relationships fail.**

Because the way we were taught to love—**through attachment, jealousy, and possession**—is fundamentally broken.

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## Emotions Don't Come From Other People—They Come From You

If someone flirts with your partner, two people might have completely different reactions:

1. **Person A feels jealous, insecure, and betrayed.**
2. **Person B doesn't care. They feel secure, free, and unaffected.**

Same event, two completely different emotional responses.

## **Why?**

Because emotions are not caused by what happens to us.

They are caused by **the meaning we assign to what happens to us.**

If you feel insecure, jealous, or hurt—it's not because of what someone else did.

It's because of **your own beliefs, your conditioning, and the expectations you place on love.**

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## **This Book Will Give You the Answers**

This book will show you:

- **Why your mind was programmed from birth to misunderstand love and emotions.**
- **How to break free from the conditioning that keeps you trapped in cycles of suffering.**
- **How to experience real love—the kind that is free, fearless, and unconditional.**

If you are ready to **destroy the illusions, rewire your mind, and finally understand yourself**—keep reading.

Because once you see the truth, **there is no going back.**

## **Chapter 1: The Mind is a Program**

*(Or: You Were Never Thinking For Yourself in the First Place)*

### **Your Mind Was Programmed Without Your Consent**

From the moment you were born, your mind was being shaped. Before you could walk, before you could speak, and long before you could think critically, **your brain was absorbing everything**—like a sponge.

You weren't given a choice in what to believe, what to fear, or how to perceive the world. **It was all installed into you.**

- You **didn't choose your name.**
- You **didn't choose your language.**
- You **didn't choose your religion, your culture, or your societal norms.**

All of it was handed to you, pre-packaged, before you ever had a chance to decide for yourself. And because the human brain is **wired for pattern recognition and repetition**, these early experiences and beliefs **became your default programming.**

Now, as an adult, you walk around believing you are making independent choices, forming your own worldview. But in reality? **Most of your thoughts, desires, and fears were planted in you by other people.**

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## **Cultural, Familial, and Societal Conditioning: The Hidden Hand That Shapes You**

Every society has an unspoken rulebook—a **script that tells you what is normal, what is acceptable, and what is possible.**

This script is written long before you're born, and you're expected to follow it without question.

### **1. Family Conditioning: The First Layer of the Program**

Your family was your **first point of exposure** to the world. Before you understood language, you were already **absorbing their emotions, behaviors, and belief systems.**

- If your parents **feared failure**, you learned that mistakes are dangerous.
- If they **stressed about money**, you learned that survival is a struggle.
- If they **argued constantly**, you learned that relationships = conflict.
- If they **lived for others**, you learned that self-sacrifice is expected.

These beliefs became **the foundation of your subconscious mind**—even if you were never directly told these things.

### **2. Cultural Conditioning: The Second Layer of the Program**

Each culture has **ingrained beliefs about life, success, love, and happiness**—and you absorbed these beliefs just by existing in your environment.

- In some cultures, success is measured by **wealth and career**. In others, it's about **family and honor**.
- In some societies, **expressing emotions is seen as weak**. In others, it's encouraged.
- Certain cultures **worship individualism** while others **prioritize the collective**.

But here's the problem: **None of these beliefs are universally true.**

They only feel true **because you've been exposed to them since birth**. If you were born into a different culture, you would believe entirely different things—without ever questioning them.

### 3. Societal Conditioning: The Final Layer of the Program

Beyond your family and culture, there are **larger societal forces that shape your thinking**:

#### The Education System

School teaches obedience **far more than it teaches critical thinking**.

- **Memorization** is rewarded more than curiosity.
- **Following rules** is valued more than independent thought.
- **Success** is defined by external validation (grades, degrees, and job titles).

By the time you graduate, you've been trained to **seek approval, follow orders, and fear failure**.

#### Media and Entertainment

What you consume every day **wires your subconscious**.

- **Songs** repeat messages until they feel like truth (*"Love hurts."* *"You need someone else to complete you."* *"Money = happiness."*)
- **Movies** reinforce ideas about **what love, success, and happiness look like**.
- **Advertisements** are designed to **create desires** you never had before.
- **Social Media** distorts reality, making you **compare your life to curated illusions**.

Have you ever stopped to ask yourself **why you desire the things you do?**

Are your dreams really yours? Or were they fed to you by movies, songs, and influencers?

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## **The Illusion of Free Thought—Are Your Desires Even Yours?**

Most people walk through life believing they are **thinking for themselves**. But in reality?

They are **repeating patterns**, defending beliefs they never actually examined, chasing goals they never truly chose.

### **How the Illusion Works**

Your mind is an **input-output machine**. Whatever it is exposed to the most, it begins to **accept as truth**.

- You see an image of wealth = happiness enough times → You desire wealth.
- You hear “love should look like this” enough times → You expect love to look like that.
- You are told a certain life path is “successful” enough times → You fear deviating from it.

Most people never stop to ask:

- “Where did this belief actually come from?”
- “Have I personally observed this to be true?”
- “Do I actually want this, or was I told I should want this?”

They just accept their programming as **reality**—and they defend it as if they created it themselves.

### **Breaking Free from the Program**

The first step to breaking free is **becoming aware** of the script you’ve been following.

- Start **questioning your automatic thoughts**.
- Start **noticing patterns in your reactions**.
- Start **asking yourself if your desires are truly yours—or if they were implanted into you**.

Because here’s the truth:

**You are not your programming.**

Right now, you are **running a mental program that was installed without your awareness**. But you are not the program.

**You are the observer. The one who sees. The one who chooses.**

And once you realize this, **the illusion breaks**.

And when the illusion breaks—you are finally free.