

OCD
as Seen by the Soul



JANOS HOMOKI

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*If you are strongly enough committed to the truth,
it will find you one day.*

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PROLOGUE

“I don’t think this is an extraordinary ability, probably it’s encoded in everyone.”

I think I’ve always been prone to obsessive-compulsive disorder. I clearly remember the first time I became aware of my illness. I was watching the movie “As Good as It Gets” and suddenly it hit me hard: “Oh my god, I have the same! I didn’t even know this was an illness.” But I didn’t feel the power of it at that time, not even close. However, something happened about 10 years ago, which was hard to process both on an emotional and a spiritual level. I felt deeply betrayed and disappointed. This single event drastically aggravated my illness. From 10 percent to 90 percent. I guess many of you can relate to this story.

I have read many books about this mental condition, but none of them have taken away the anxiety, the doubt, and the fear. I have always felt that the techniques do not provide a solution, they only reduce the symptoms to a manageable level.

I tried a lot of things in other areas of life, too. Finally, I got to the paleo and ketogenic diets and the primal lifestyle. I was willing to try quite radical things and experiment a lot with myself. My goal was simple: to recover from the illness.

The very first encouraging sign was when I discovered that when I achieve deep ketosis (which is the body’s fat-burning mode and the natural effect of these diets), my fears subside. In fact, it was not uncommon to feel rather euphoric,

which was completely unknown to me at that time. Tears ran down my face.

I was able to boost this feeling by a little fasting, which deepened my ketosis and I reached an even higher mental state. You know, the two key elements of fasting are the full surrender to the processes of nature and the confidence that my body is resting, healing and doing exactly what it needs.

Using these tools, I have achieved very comforting, encouraging and inspired emotional states. As I spent more and more time in this uplifted mood, I was slowly drawn to a completely different perspective than I had lived so far.

It's not a coincidence that fasting is part of every religious tradition. The soul flies high, and you can get easily inspired by the smallest things of life.

One time when I spent several days in nature, I got into a particularly strong intuitive state on the top of a mountain. As I went down the mountain, I quickly noted down my feelings and experiences. I repeated the same process for two more days, and every time I went back to my cottage, I immediately took notes of my experiences. At the end of the third day, I felt like my notes were complete and they could be a good starting point for healing. It was a fantastic experience.

This booklet is the collection of these notes. I call the experiences of the three days the three basic techniques. Later, when I came back to the city, I used these techniques and received further inspirational thoughts. I felt it was worth including them in this booklet, so you can find them in the additions.

This booklet is not too long, you will only find these short documents in it.

But I do believe that the three basic techniques can destroy the foundations of obsessive-compulsive disorder so forcefully that even this short piece of writing is sufficient. That is exactly what I felt at the end of the third day: what I had formulated over these few days was sufficient and complete.

While writing this booklet, my goal was to compose a concise yet complete guidebook for those who want to improve their condition and get rid of their cruel compulsions by getting closer to their souls.

Reading the chapters will require some faith and openness from you. Luckily, as an obsessive-compulsive patient you are most likely to believe in unordinary things because if you did not, you wouldn't be doing your compulsions in the first place. ;)

If you still get stuck somewhere, my advice is to do some fasting and spend time alone in nature. I'm sure that if you really, truly open yourself up in the woods, you're going to have positive and affirmative thoughts as well. Just breathe deeply.

I don't think this is such an extraordinary ability, probably it's encoded in everyone.

Simply because of the hustle and bustle of the city and certain other aspects of our modern lifestyle, you just temporarily forgot about this ability. You wouldn't even imagine the treasures you could easily discover if you were fasting in nature with an open mind and sincere intent.

I hope my book will be a useful travel companion and help you reach your goals!

