

ÜNAL GÜNER

# THE CODE OF DESTINY



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## ÜNAL GÜNER / THE CODE OF DESTINY

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# THE CODE OF DESTINY

Secret (musical) notes within words,  
events and situations

CATCH THE  
RHYTHM  
OF LIFE

Translated by  
Ebru Gündem  
Edited by  
Don Dungan Jr.

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## **As we begin...**

Ever since the day I discovered that the flow of life and most importantly destiny have mathematics, and that this mathematics has a secret language, I have been trying to decode it. I imagine myself as the director of a movie, of which I am the screenwriter, editor and casting director. I strive to understand, within my plot, the place of everything and everyone entering the frame of my camera. Sometimes, I also get the feeling that something is off. In such cases, I ask myself: "Why might this actor have been involved in my story; why might I have invited events to which I would object?"

Although I do not find and figure out the answers right away, I reconsider what has happened and what it has told me.

Things that occur in front of me, the health of my body, the dreams that I have, my expressions and what I feel as a result of all these are in constant conversation with me. In fact, what truly matters is the conversation. Life seems like a foreign language at times... You hear it, listen to it, watch it and speak with it... Yet, you may have difficulty understanding it. If you simply label it as "destiny" and move on, time will pass but events and how they make you feel will linger.

Destiny is the value you assign to your own life.

The geography you were born into has a rhythm, a flavor and a scent that permeates on you. There might be unchangeable codes of the reality you were born into: you might have been raised somewhere far from school; you might have lost a parent; you might have had financial strains. It does not mean that you

will not reach financial abundance or that you will not become a good parent.

Surely, what has brought you to where you have not been your free choices, but the best ones among the choices you were presented with. You may call this “My Invariable Destiny!” However, destiny has variable parameters, as well. The process starting with birth has impacts on the future. Nevertheless, it is up to you whether or not this process will encompass your whole future. This is exactly where the destiny software may be updated.

Only you know your own value. There are things you accept, and things you do not accept in the face of events. What makes you choose something; how do you determine your choices? Could you make your own choices, unleashing yourself from the family in which you grew up, from your surroundings, your culture, or your rote knowledge? Naturally, the projection of the past would reflect your choices whether you realize it or not. This might keep going up to the point where the cover of your past spread on you is elevated. Of course, you cannot fully change the factors that have brought you into existence, yet you can change your perspective on the connection you have with these factors. When you are freed from the cover of the “past,” you become the ruler of your own life and you are sure of your decisions. You are the one holding the responsibility for your life and choices, and you can renew them whenever you like. If you are not sure when you make your decisions, you may object to the results of the events, and feel hindered.

What determines whether a person regrets or is sure of their decisions is whether or not they are in their center while they are making these decisions.

What does being in your center mean?

It is to grasp the rhythm of life and to be able to go forward with it. It is to be able to take heed of the inspirations of the



future through the guidance of the knowledge attained from the roots. It is to approach the new courageously, and to bring knowledge and action together.

You might be asking: “What takes you away from your own center?”

My answer would be: “Holding on tightly to what you already know, wanting to stay in your comfort zone, and resisting change.” As time goes forward, regression would start once you say, “Let me stop for a while.” The repetitive cycle of the past is activated precisely at this point. The belief that you will experience the same creates the perception that destiny will not change. You can see destiny as software loaded onto your computer by your potential.

In this book, I share the language of the software that I have just mentioned. This language will help you to make sense of the things you experience. You will notice that everything that happens has a cause; and that each of those you disregard as a coincidence is a sign. As you learn the secret language of life, you may update your own life’s software. You may reconsider your choices and renew the behavior patterns in which you are stuck. Since everything that reflects from you defines you, the results of even a miniscule change will reflect upon you as major transformations. Sometimes, a word changes and the events you go through, your feelings and even your dreams will undergo a change. When the posture of your body changes, an organ will heal; when you smile, the conflicts that you are experiencing with someone will turn into harmony.

Behind your choices is your potential, and behind your potential is a perfect mathematical system... Now, we start an enjoyable ride with this book. Let us read together the secret language of life.

## **About the Author**

Ünal Güner was born in 1966, in Gaziantep, Turkey, as the only child of a family whose roots trace back to Caucasus on one side and to Egypt on the other. When he was in the third grade of Çapa Primary School, he was enrolled in a judo class by his father who was a former wrestler. In this period, he was trained in judo, aikido and jujutsu by internationally renowned masters who came to Turkey from Japan, Germany and England. He was on the Turkish national judo team for many years, which provided him the opportunity to represent Turkey as well as to get to know different cultures. In time, he started to work on the path to transfer physical power and abilities into emotion and soul.

After graduating from Şehremini High School, he started studying Physical Education and Sports at Marmara University. While still a student, he started teaching judo at the Turkish Naval Academy. Meanwhile, he combined learning with breathing techniques and worked at language education centers on learning through relaxation, focusing and sophrology systems. In 1988, he gave seminars and courses in the area of metaphysics. In 1989, he worked as the Health Director at Turkey's first health and detox hotel. While giving therapy lessons to physiotherapists about body therapy, and magnetism and manual therapy to trainers in different fields of sports, he also conducted breathing and hypnotherapy sessions for people and groups from many different fields.

In 1991, he completed his master's degree from the Faculty of Health Sciences at Marmara University. He wrote his thesis on "Sports Physiology and Psychology." Meanwhile, he gave courses on war, physical education and judo at the Turkish Air Force Academy. He has worked in a variety of fields, including reflexology, shiatsu, hypnotherapy, kinesiology, breathing training, tachyon, sound and color therapies. He continues to give courses in these areas.

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## **What Language Does Life Speak?**

You actually feel how your day will turn out in the morning while you are preparing to start the day. The day has a flavor, a flow, a blockage, an openness, health, rhythm and a sense. It even has a destiny. You may even think that all this consciousness was transmitted to you through a dream. This state is also reflected in your statements from the moment you wake up. You have a demand from the day. You want to greet yourself first and then those around you. Some mornings, for instance, you wake up reticent and you want the day to never start.

Well, what do you think might be the reason for this?

An influence, an energy, the rhythm of life, your experiences...

Whichever it might be, they all follow one another. Life has an unheard, even unknown language, and this language speaks to you at any given moment. The encounters, reunions and the closing of the day are indicated through the feeling you wake up with...

It is just the same as how you know, or you feel like you know someone at first sight although you have not spoken with them yet. When you look into the eyes of a stranger, you sense right away whether they are peaceful, affectionate, grumpy or agreeable. It all surfaces in those few seconds. You are kind of affected by the other person.

Even though you begin to ignore certain things about that person, life will eventually prove how accurate your feelings were in those first few seconds.

Events, too, have a state of being, a starting point and a maturation. As you are signing up for a partnership that will end as of the moment it begins, is it destiny that commands the hand holding the pen? As you lend your phone charger that you know you will not receive back, is it forgotten to be returned each time because you said, “Don’t forget to give it back!”, or do you remind them to return it because you sense that the person will forget it in the first place? Do you believe that the effects occurring in your body following a troublesome event have something to do with you saying, “You’ll make me ill”? In what language does life speak to us, does this language have a name? When do we need this language?

Just as talking is only one means to communicate, along with our feelings, body language and our gazes; many elements come together when we communicate with life. The utterances we use when expressing a request, our evaluations of events, our interpretation of dreams, our bonds with our emotions, our approach to our body, our communication with all other living beings, and even life itself... they are all intertwined and interconnected. When you grasp what is happening in one of these, you also understand the other. The language I am referring to reveals that thing also has a reality beyond what is visible. The orientation toward the call of reality is ignited by the curiosity as to how life works, and by the love you feel inside.

There is a system, a mathematics and an alphabet to meet reality. You can learn them, satisfy your curiosity, and open your eyes. Our endeavor to understand and make sense of life takes us away from lingering, inner unrest, and the crowd of the outside into the homeliness of the inner self. Once you accept and appreciate the gift of life presented to you, you also read the note from the one that gave you the gift. You can even read on that note about your future, about the messages of your body,

your needs, about how you have come to the present moment, what is left of your relationships, what you did, what you could not do, about your obstacles, the holes and the bumps in front of you, and the purpose of your coming to this life.

Just as the first verse of the Qur'an starts with "Read" and has such reminders as 'Don't you read what is spread in front of your eyes,' the center of many religions and philosophies is right at this point. The invitation to unity is to stop separating, to receive the message of what happens, to be enlightened by enlightening your own way with a conceding heart. Contemplation and meditation are, therefore, recommended so that **one** would look inside and listen to **himself/herself**. The mind, which only calms when it is withdrawn, starts to watch and sees much more clearly beyond the visible.

You, too, will experience this clear vision once you begin to read life in the language it speaks. The first prerequisite to reach this point is to free yourself from judgments and be able to come to your center. What will keep you at your center is to get rid of the act of defining yourself through others through the realization that you let others decide who you are, and take this authority from them. This way, you abandon the effort of having their approval and persuading them, and move on to appreciate your own value. When you navigate from the inside to the outside, you become the one holding the reins of the bonds to the outside.

When we are at our center, we begin to 'witness.' There is no aspect to watching, no limitation to the look, and no interpretation of the event. Otherwise, we will no longer be witness, but a party to the event, whereas life's invitation to us is to be a witness. Only then, the balance of the scale is set and we find peace. Trying to be good or attempting to be bad would disrupt the balance of the scale.

Years ago, I used to regard being good as superior. The idea that “people are quintessentially good, so they must be telling the truth” prevented me from understanding who is doing what and why. I was biased towards what was happening around me. Presuming that what people said was actually what they meant, I would fail to receive the message shining beyond what was seen, and I would turn out to be wrong. So, I asked myself, “What should I do?” OK, they might be wrong, incomplete, or on the side of the darkness right now, but maybe they could get on the side of the light if they are helped. Then I tried to save them in my own way.

This approach shows that I still had a judgmental view to life, but I only realized it much later. I did not trust the system, thinking “Solely under my control, if I do, if I intervene,” and acting accordingly. I was trying to correct using my own interpretation of the events and people I described as bad and dark. This act disturbed both me and my reflections, but I was still ignoring it. Many of the events I attempted to control and manage were getting out of hand and always ended up opposite of what I was trying to do. My effort to save people and the world, as it turned out, was actually my effort to free myself from this situation. I was wasting the labor I would put on myself, and the resources I would use for my maturation. As I was trying to lead them to my path, they were coming to show me that I was moving away from my own center. This was the reason for the inner disputes between us; clearly, you could not change someone’s path by forcing them; you could illuminate the path of those who seek the light and are willing to start their journey only when you illuminate your own light.

When you start reading what is beyond the visible, all you need to remember is that what you call ‘outside’ does actually exist to tell you about yourself.