



Blossomwood foundation finds a critical need to educate adolescents and everyone who want to get in touch with their authentic self and reality they live in.

This program is based on scientific facts and positive psychology principals, ancient and modern philosophy teachings and their practical applications in life. It's easy, but laser beam sharp and ultra effective model to teach about thinking itself.

A course for schools consist of 30 one hour classes. Each class will be recorded for our inner evaluation and as a resource to progress with future teachings.

Rules and requirements to attend this course:

1. Short authentic and honest self evaluation essay.
2. No one can be present in class without completed homework from the previous class.
3. Willingness to be attentive and respectful participant. Discussions not related to the topic in class are not welcomed and will be immediately stopped.
4. Everyone is absolutely equal. Race, gender, social, sexual, economic, appearance and other differences will be considered and loved equally. Bullying of any kind is strictly forbidden. If someone will brake this rule we guarantee to take an unconventional measures to address it firmly and in the same manner it started.



Class I

Introduction

Most of us agree with a statement: I strive to live a life full of love, success, fulfillment and happiness. In short - I just want to feel great!

It sounds so simple and put me into thinking that is readily accessible, but is that so? I want to feel extraordinarily, but I just don't. How should I being to understand the whole counter-intuitiveness of myself?

How paradoxical that my home and my personal life what's meant to be my hideaway heaven are attracting so much chaos. It's a biggest magnet of negative and self-destructive thoughts and feelings! As I'm growing up and developing understanding of my place in this society I feel that I'm getting stuck more and going further away from my life dream of feeling great...

I'm so ready for this course what will prevent me from becoming another "hamster in a wheel" trying to find my happiness where it cannot be found! This course will teach me how to THINK about life, other people, reality and myself.

Each class will give me unique opportunity to share my own experience doing life enhancing homework. I will be learning on the spot about challenges and success other peers experienced performing the same tasks.

This program is filled with fascinating concepts, scientific knowledge and proof what works and what does not work. I will also learn highly useful ancient wisdom and how successfully apply it to my life.

Gradually I will stop my inner chaos and create a change.

By seeing a big picture of my life I will regain my long lost inner peace and clear thinking. I will learn to discover and to understand my authenticity - my true self.

By learning WHY and HOW I'll be able to find my grounded life purpose. I'll set the right goals and habits to lead me to experience my life gracefully. I want to live a life full of joy and good emotions. I don't want to be just another mediocre person in this society. I want to be a classy human! It's my vision and this will motivate me to invest my energy through the process of fighting my lower self, inner obstacles and traps. I know it will require effort and consistency, but I'm ready to try to do my best! I'm still just a child, but I'm also a FUTURE of this world. By taking critical steps of change I'll push myself to **become a better version of myself**. I will also become a part of better version of society & everything else in my life becomes better because of my inner growth.

WHAT DO I WANT TO LEARN?

Today I want to learn what kind of obstacles and my lower self traps I'm creating to prevent myself from completing this course effectively. What is the definition of "classy human"?



PRACTICAL TASK

Observe what makes you feel absolutely great. Every day document every little thing what made you smile inside and gave you an uplifting feeling.
Don't forget to bring your homework to the next class!

Class II

I am nothing less than a hero with magical powers

If I am a hero of my life why do I struggle so much?

Simple answer: I have a thing called EGO. It just so happens that this strange thing has developed extremely strong sense of personal importance. My self-importance aka egotistic self got into my inner world so early, that now I perceive it as it is me. I make assumptions that everything is about “me”. Me, me, me and of course, always ME!

Because of this huge misunderstanding and misuse of myself, I take EVERYTHING so darn personal! I get insulted so easily. I react to the slightest positive or negative comment about me. I fight and turn myself into fearless dragon blaming and belittling other people, circumstances and other outer things, and even myself! I haven't learned to understand this concept: NOTHING other people do is because of me. All they do is to please and get an extra brag for themselves same as I do it to please my fragile, weak and egocentric self.

It appears that even before my actual birth there was already preplanned grounds for my domestication. Society I was born into had certain dogmas in place way before my arrival. My parents already had their value systems in place through their own domestication process. It was not up to me to choose in which country to be born in to. It was not up to me to choose my parent and their teachings, my language, my race, gender and economic status. All that was predisposition without my intervention. I was not able to change any of it. Through this process I was adjusted to conform with norms and societal dogmas.

Since everyone of us running into the same problem and are domesticated in the different ways I understand that everyone has very different values a beliefs. Yet everyone has such a strong sense of EGO (separate identity) and a need to fight to protect it! It seems that this might be a root of most of mine and everyone else problems! I know that I need to stop outsourcing my own happiness and unhappiness! It's that simple! I am a hero of my life! Everything is up to me and I'll be ready to challenge my lower self. I decide to choose to correct and start experiencing my life as a totally new living being! I want to get to the bottom of my deepest fears and misfortunes! I am a hero with magical powers. I just don't know it yet. I need to learn what they are and how to use it correctly. Only then I could really grasp my true essence - my AUTHENTIC SELF.

WHAT DO I WANT TO LEARN?

Today I want to learn to be a true hero of my life. I'm sick and tired of being a spectator on the seat! This is a core for me to feel happy and to feel great. I promise I will claim the ownership of it and practice it for the rest of my life!

My 11 magical powers:

1. Love
2. Peace
3. Silence
4. Respect
5. Honesty
6. Freedom
7. Humility
8. Harmony
9. Friendship
10. Enthusiasm
11. Vulnerability



PRACTICAL TASK

Observe and document which magical powers you're naturally using. Notice which powers you're would like, or should use more. Document everything.
Don't forget to bring your homework to the next class!

Class III

Understanding REALITY and my place in it

Okay... so I am a living being and let's assume I live somewhere in the world where modern society exist. I have a roof over my head and I'm not starving to death. I live in a place where I can walk outside without a fear of being killed. I can speak my mind freely and openly without a fear to be put in the jail. I don't need to fight to stay alive every single day.

Using all my powers and weakening my sense of self-importance will I still be me?? If so, what is happening to the reality I'm living in? Hmm... Interesting question. I guess it should improve and turn into something better... I want to play my part right! In my daily life I'll focus on my superpower of GOODNESS to create a positive outcome in my life. This way I'll successfully prevent my lower self from nagging chatter in my ear. My petty lower self will become of the lesser matter while the IMPACT of my superpower of GOODNESS will lead to success in my life! How empowering is that!!! Shifting my focus from petty self to the impact I want to create in my lifetime. My perception aka MY REALITY changes dramatically while reality itself remains the same. I'm learning new concepts and changing my understanding about myself and my outlook to the reality. All good and all bad existed in reality before will stay untouched. What will be different is my perception of it.. Reality itself is like it should be - untouchable. I cannot change other people, occurring circumstances and the reality itself. It's fine with me. I'm ready to work hard to lessen my self-destructive part of myself - egocentric self. Up till now it only caused me sufferings, chaos and it created a hurricane inside. I'm done with that craziness and I am ready to better myself. From now on this is my priority. I'm finding my authentic self and my place on Earth by practicing powers of Humility, Honesty, Respect, Freedom, Silence, Peace and Love. The impact of CHANGING my PERCEPTION is inevitable and is magical power on it's own! I feel my hero in me. I'm starting to believe that I can create a life 100% I want to be in!

Anything I desire out of it - it is ONLY in MY HANDS in MY MIND and in MY HEART. I claim 100% of responsibility to live a life of my dreams! Fundamentally understanding and feeling a sense of ONENESS brings me on the doorsteps to realize that I am not some kind of small part of my reality. I am the WHOLE thing. I am IT!!! I am my whole reality I'm creating!

WHAT DO I WANT TO LEARN?

Wow! This is a different universe to me! How to stay detached from my lower self?
What is self-enquiry?



PRACTICAL TASK

Analyze and document every little action of yours which was born out of superpower of GOODNESS.

Don't forget to bring your homework to the next class!

Class IV

Superpower of AWARENESS

I'm learning to understand, feel and use my magical powers at a greater extend every day. I'm also realizing(ouch, it hurts like crazy!) that I am not the center of the universe! It's not what I have expected and I'm feeling such a strong resistance! Sometimes it seem I'm being thrown out of the train of becoming a **better version of myself**. It feels I'm confused and frustrated like I have never been before! Why it is so hard? I want it to be an easy process, but it is definitely not what I have expected!

The doubts I'm having are my lower self traps. My mind is such a complicated mechanism! It's a machine that works flawlessly and efficiently by developing tons of complicated schemas and distractions for me. It attaches itself to outside world so easily. In order to conform with existing dogmas and societal views it creates false value and belief system. My self-importance protects it so fearlessly from me in order not to get closer to my authentic being. I'm not able to utilize my superpower of AWARENESS! My mind is so fixated on the final result that I just cannot stop and simply observe the process. I am a doer. I have to be actively involved in everything! By doing so I'm not even aware about me being unaware!! The life I live now is based on wasting all my inner resources trying to get the result I want. It leaves me frustrated, anxious, and angry at the end. I want perfection, but I only get to mediocrity level.

I wonder if there is a better way to approach my life and my reality?

The simple answer: yes, it is AWARENESS. It's a moment to moment a non judgmental OBSERVATION of reality. Though it seems so simple and might even look like an easy thing to practice it actually is one of the most difficult and complex superpowers I can imagine!

Being aware is not the same as knowing. That for awareness is not a knowledge.

Being aware is not the same as believing. That for awareness is not a belief.

Being aware is not the same as thinking. That for awareness is not a thought.

Being aware is not the same as moralization, ideology and dogma.

I have no idea what it is, but I'll do my best to learn to use it! By analyzing it deeper now I understand that I have been asleep and simply wasted my time without awareness under my belt. From now on I will work tirelessly to keep my eyes open. I'll learn to gain more traction and sharpness through my awareness!

WHAT DO I WANT TO LEARN?

How AWARENESS can help MY PHYSICAL BEING to make better decisions and to get better outcomes in my life? I can feel the importance of AWARENESS and need to understand more in depth of versatile usage of this superpower!



PRACTICAL TASK

- 1) Listen 3 times(!) to this episode by Leo Gura on Youtube:
Awareness Alone Is Curative - How To Auto-Correct Unwanted Behaviors
 - 2) Pick one of your unwanted behavior and apply this technique.
Document the progress and the final outcome.
- Don't forget to bring your homework to the next class!**

Class V

Rock the world with positive thinking

So by now I've learned that I'm not who I thought I am. I learned that I am basically everything I choose to be! My life is in my hands and I feel amazing knowing it! I want to know which way continue to go toward my personal development.

Science helps me with the broad study of nuns: several decades study found that genuinely optimistic life approach can add 9.4 years for us to live longer, healthier and happier life. Also 80% of nun's with least positive thinking traits developed Alzheimer's disease and only 10% the ones with the most positive attitude. That's simply WOW! I'm sold here. I want to live longer and healthier life for sure!

I need to look into power of positive visualization. A research shown that our brain does not know the difference between the real thing and the imaginary one. It means I can fool my mind into thinking that it already happened and it is real now. Since mind does not like inconsistency it will try hard to bring external reality to match my internal schema. I need to take my time to imagine positive things and I will attract positive results. I need to stay away from negative thinking, because that won't make me happy. It will make me miserable and it will attract negative course in my life. I need to learn how to perceive all negative situations in my life as an opportunities and lessons instead of an obstacles or a problems!

There is a dogma wrapped around this subject: pessimistic people are more grounded and have more realistic views about life. I think it's not true. I think it's very dangerous and awful lie! Negative thoughts create negative results. According to Harvard professor Tal Ben Shahar: "Negative emotions narrows and constricts! Positive emotions broadens and build up".

I need to start looking at myself as a benefit finder not a fault finder! Instead of constant blames I gear toward others I need to learn how to cope with situations in my life. Usually I just avoid and hide my pain deep inside me. Coping skill will improve higher levels of my self-esteem and it will make me courageous. By not taking my lower self so serious I'll stop being afraid to fail. I'll open myself to be okay by being vulnerable. Such attitude will eliminate the root of human fears: a) fear of failure; b) fear of shame. It also boost my integrity and resilience. I need to prime myself with positive environment, but more importantly I have to PERCEIVE my environment as a positive one!

WHAT DO I WANT TO LEARN?

This is big and I really want to learn how to improve my positive thinking. I want to know what to do, when everything seems falling apart and nothing going my way no matter how hard I'd try. How exactly my positive thinking would help to stay detached from friends and relatives who have obnoxious negative thinking habits?



PRACTICAL TASK

7 day 60 sec AWARENESS test.

After every incoming negative thought you have 60 sec = 1min to shift your attention from it. Immediately concentrate on something positive. Keep doing and keep documenting the process!

Don't forget to bring your homework to the next class!

Class VI

Why resultless judgment is a perfect example of evil?

Resultless judgment is a form of judgment then I judge something or someone without an intention to get an actual result out of it. The most profound and commonly used practice is gossip. I often talk this way with my family and friends. I also judge myself. Whether is a negative or a positive judgment if it is not geared to produce result, it is considered an unnecessary judgment.

Happiness and judgment cannot co-exist. Happiness is a state of mind when I'm fully satisfied with WHO I AM and HOW THINGS ARE. Judgment is quite opposite. It's all about a war inside me with army of "Good" vs army of "Bad". My fears have created a perfect self-destructive mechanism called "VICTIM". It's made out of zillions illusional thoughts and beliefs that I AM NOT ENOUGH. That creates a confusion, because down deep inside authentic me believes that I am perfect just the way I am and I have a self-worth as well. So just in case... to be on the safe side I have created a tornado from all those destructive thoughts and beliefs so I can use it to blame and judge others before they would dare to judge me! It works flawlessly to prevent me from being happy and fulfilled. I want to feel great, but my precious "VICTIM" will instantly fight back if I'll step outside its boundaries.

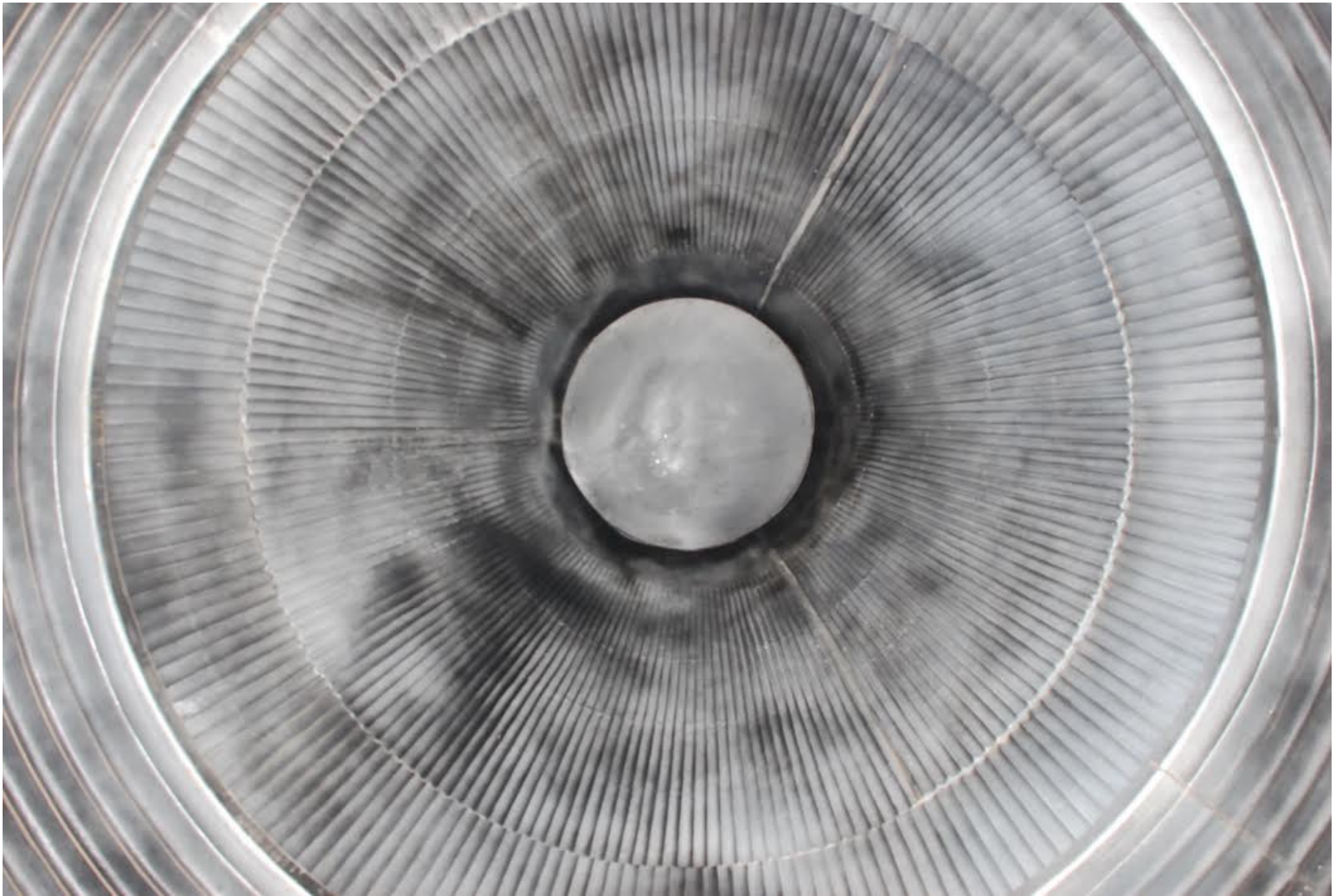
Judgment, not based on result is nothing else than my ego trap.

My ego is on the lookout for "what's better". It doesn't have a peace and never will. My ego won't be satisfied and won't appreciate what I already have and what is already IS!

What's why it is so difficult to overcome with my addictions! I always look for excuses to validate things what are harmful for me. I am attacking myself and creating turmoil inside. My body shoots out doses of "fight and fear" hormones - cortisol and adrenaline. In this state of being I cannot be at peace with myself and reach higher states of fulfillment. I am being attacked and I am also an attacker! The best way to become less judgmental is to be AWARE at the moment of every judgment. I need to notice that exact moment of my judgment and stop it from running away without a leash! I need to remember and constantly tell myself that if judgment is not driven to produce a result, it is totally unnecessary judgment. I need to start be impeccable with my words and have conversations based on my knowledge and known facts. I need to remember that world runs on results!

WHAT DO I WANT TO LEARN?

I want to be happy. Period. Not just short term petty entertaining joys! I want to be happy ALWAYS! What would be the ABC to eliminate judgments from my life? How not to get involved into gossips? How to stop judging myself?



PRACTICAL TASK

- 1) Observe and document as many gossips as you can. Gossips are assumptions and opinions about others not based on facts. It can come from different sources.
 - 2) Document your daily resultless judgments.
- Don't forget to bring your homework to the next class!**

Class VII

Superpower of GOODNESS

Superpower of GOODNESS is the core root of tree, called fulfillment. Without it there is no way for me to ever achieve a true long term happiness.

GOODNESS is my essence. It's been given to me at the time of my birth. I have been born in to this life to use it as a main power of mine, but why I misuse and fake it so much?? The answer lies in my domestication process. This superpower has been cluttered deeply with so many false, unnecessary, harmful self created values, thoughts and beliefs. It lies somewhere in the middle of this huge pile of garbage. The shortest and the best way to get to it is again... through AWARENESS. In order for me to learn how to use it whenever I can (I ALWAYS can!!!), I need to observe, detect and delete my resultless and wrong choices first. I need to start by evaluating quality of my thoughts. It's not an easy thing to do, but it is such an effective way! I need to find that tiny thread what leads to the other end of the huge messy pile of threads! I'm starting a habit and dedicating "alone time" to be with myself without ANY distractions whatsoever. I mean no TV, PC, laptop, gaming, phone, etc... Just be in total solitude for an hour at a time. I need to examine each of coming in thought. Through the elimination process I need to get rid of all dusty crappy ones and only leave the ones which are high quality, full of positivity and genuine drive of goodness. Soon I will learn to fix my thoughts any time of my life: being alone or surrounded with tons of other people and other distractions. I will also evaluate my daily habits and doings in the same manner as I'm working with my thoughts. My ultimate goal is to feel great and be happy so I really need that main root - my superpower of GOODNESS. I am on the mission to master my essence core! When cleaning process will be completed I could teach others of what I've learned on my heroic way by dramatically improving my state of being and my happiness. I need to put tons of effort and hard work to go through this process with 0 assumptions about it ahead of time.

To master something means to set a goal and become an example. It will do my best of every given moment to be aline with my goal.

From now on I have a huge desire to make this world a better place using my superpower of GOODNESS. This will allow me to look for and find other living beings who could benefit from my experience of bettering myself.

WHAT DO I WANT TO LERN?

I want to learn the exact process of how to clear my mind. I want to learn what things I should do on a daily basis to get my GOODNESS power back ASAP?? Why sometime I'm choosing not to practice GOODNESS around people who are closest to me?



PRACTICAL TASK

Every day find total solitude to sit down and think in stillness. For the whole 5-10 min don't think about anything else, but GOODNESS. Use power of VISUALIZATION. Imagine situations where you could change something with power of GOODNESS. Document your work.
Don't forget to bring your homework to the next class!

Class VIII

Understanding GRATITUDE, APPRECIATION and COMPASSION

I have been told and blamed over and over again regarding those subjects. I get it. I have to be grateful, appreciative and I also have to be a compassionate human... but I am not! Well... what if I really truly don't understand WHY exactly those are suppose to be so important in my life? I even don't know WHAT results I should expect be using it? Since I already learned that I'm not an egotistic person with the inflated self-importance disorder I'm learning to improve my skills of caring for others in a more genuine ways. I believe that now like never before it will be a good time for me to grasp this big G A C concept!

It appears that:

anti-gratitude; anti-compassion; anti-humility = SELF-IMPORTANCE

Being of service to others gets me out of my self-centered tendencies and puts me in touch with the greater purpose. Deeper kind of happiness and fulfillment is born out of greater purpose! Even science backs us up on that! Research has shown that in order to feel good we need to give away 10% of our earnings purposely. If I'm not earning money I need to give away 10% of my time to help others. It's that simple! I guess I need to look for ways to learn how to express my compassion to others. I need to position myself to be grateful and appreciate the little things. That way I could also practice to use my superpower of GOODNESS. It is also very important to investigate the concept of self-compassion. By truly loving and genuinely caring about myself I will be able to provide an effective care to others. The smallest things matter. I'm willing to stop my life to help other living being if I notice a struggle of any kind. I want to evolve and become a human full of bright light and smile through my open heart! I'm trying to grasp the importance of gift to have an experience to be a living thing. Pure awesomeness! Not just any living thing, but the best kind - the one with ability to use a brain in such profound and extraordinary ways. It's close to impossible to try to explain GRATITUDE , APPRECIATION and COMPASSION in a simple wording format. I have to learn to feel it deep down at my core - my authentic self - my essence of being. I will dedicate my time to learn to experience it through realization and feeling. Next time I will say "thank you" I'll try to feel what specific deeper meaning this simple phrase holds to the person I'm saying to.

WHAT DO I WANT TO LEARN?

I really want to learn how to be grateful and appreciate the things what are part of my daily life routine. How to express gratitude and love to the closest people in my life: day after day, month after month, year after year...



PRACTICAL TASK

Every evening before your go to sleep start writing down 5 things you are grateful for that day. Be specific. Please, continue writing it indefinitely.

Don't forget to bring your homework to the next class!

CLASS IX

Concepts of Self-Esteem and Self-Sufficiency

Self-Esteem is composed of equal parts of initiative, resourcefulness, imagination, autonomy and determination. Self-Esteem is my attitude of “I can do it myself!”. This kind of attitude I can only develop by taking full responsibility on the road to pursue my happiness.

By becoming 100% responsible of my words, choices and actions I will move up the ladder from the step 1 - Dependent Self-Esteem on to step 2 - Independent Self-Esteem. Dependent Self-Esteem is a place where I need to compete to prove to others that I am better than them. It's a place where I deeply care what other people think and say about me. I put a lot of effort to please others just to receive a positive opinion and praise in return. I'm working hard to please my Lower Self.

Independent Self-Esteem is a place on the second floor. I already learn to take a responsibility and strongly believe in my abilities to succeed. I don't have a need to rely on the crowd from the bottom floor to come and cheer for me. I moved up and away from my lower self. I only care what I have to say and cheer for myself. I am my own master of progress and success.

There is one more step of Self-Esteem. Only few people have a required amount of devotion and determination and intentional self-discipline to reach the highest level of Self-Esteem - Unconditional.

It is a divine terrace on the roof, where I am reaching for the higher goals. At this point everything I do it is not to please others and not to please myself. I do things because it is a right thing to do: regardless how I feel about it or how others feel about it. Pure GOODNESS is the rightest thing of all. It's only up to me to choose to seek for the best of the best and divinity.

It's fascinating to know that Self-Sufficiency is a birthplace of Unconditional Self-Esteem! It is a road full of frustration, disappointment, anxiety, fear, shame, vulnerability and other uneasy experiences. At the end of this road though there is a key with a note: you have worked very hard and have made tremendous effort to learn to overcome your EGO traps and obstacles successfully. Now you are completely free from praises and judgments of others and yourself. You won a main prize - a life of freedom and independency from others and your lower self!

WHAT DO I WANT TO LEARN?

I can't wrap my head around this subject! How should I behave if someone is mean toward me? How can stop myself from being frustrating and immediately reacting back? Also, please more info about Self-Sufficiency.



PRACTICAL TASK

- 1) Notice everyday application of your higher self-esteem. Write it down.
 - 2) Observe where you're using your Dependent self-esteem. Use a superpower of AWARENESS and CHOICE to detect and move yourself up to the second floor - your Independent self-esteem. Document the process.
- Don't forget to bring your homework to the next class!**

Class X

How to be a BOSS of my emotions?

Sometimes it feels like I am a giant sponge and the purpose of my life is to absorb all kinds of emotions! And of course like a sponge I get a clean fragrant soap (positive emotions) not as often as the dirt (negative emotions) on me...

It also seems that my positive emotions are weaker and last a shorter period of time. Negative emotions are more frequent and much stronger. It also takes longer time to get rid of these dark unwanted emotions. What should I do not to allow to bother me so deeply? I actually want to eliminate it from my life completely! Unfortunately, usually opposite happens: the harder I try not to think about it, the stronger it's coming back and coming back and coming back!! So what is happening and WHY? Of course, my inner mechanism of lower self plays the biggest role by putting gasoline into fire. Instead of permitting me to simply be a human and experience these emotions freely without any constraints, egocentric me want to resist, deny and run away. It only wants to satisfy it's agenda of instant gratification and pleasures. It wants a sweet, but unhealthy cookie instead of healthy raw, but tasteless vegetable.

I need to stand tall and start approaching my emotions with complete ownership. I cannot blame others nor circumstances for my emotions. Period. I cannot employ my self-destructive mechanism "VICTIM" ether, because that will only allow others to determine how I feel. It's my life and it's my responsibility to choose how to deal with my overloaded emotions! I need to find an authentic strength inside me to stop an immediate reaction to that emotion. Then, I need to make myself to relax and allow to fully experience and understand the specifics of what that emotion mean. My mind need to stop creating a random stories about the emotion and preventing me from overcoming it.

I spent so much time and energy of being afraid to simply be a human. I need my courage and bravery to guide me through the process of experiencing all my emotions without a single fear and resistance. The more I resist it the more I will fall deeper in the sinkhole. I need to learn to be open minded to realize that vulnerability is actually my ally, my friend and helper. Vulnerability, detachment and AWARENESS is a key to overcome any kind of difficult and unwanted emotion and negative reaction to it.

WHAT DO I WANT TO LEARN?

I would like to learn more specific details how to overcome my negative emotions? What should I do if I'm experiencing positive emotion? What can I do to keep positive emotions with me for the longer time?



PRACTICAL TASK

1) Use the self-worth and self-enquiry to lessen the influence of positive praises and negative personal comments. Be ultra polite, determinately detached from both of influences.

2) Use the superpower of AWARENESS to detect your inner "VICTIM".

Document specific struggles and the progress.

Don't forget to bring your homework to the next class!

Class XI

Need to be important

So, I've already learned that I am this living thing who is here to experience life. Somehow still a very big part of me is seeking to belong somewhere and be needed. This part of me is strongly attached to this web of beliefs about Self-Importance that it looks like a mount of Everest that I need to climb to get to the other side!

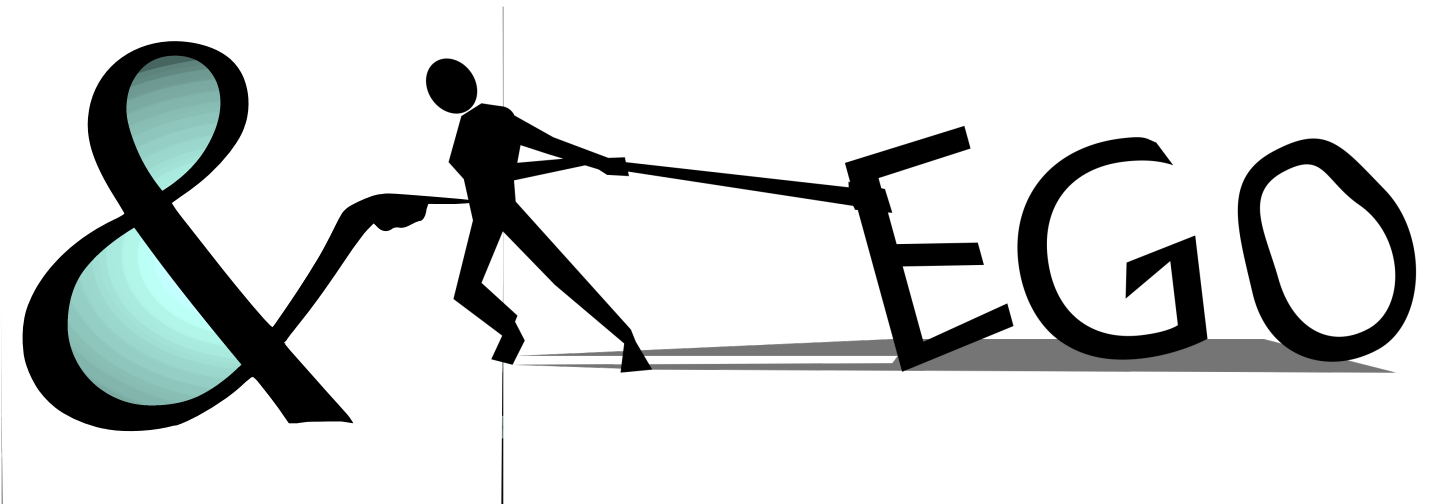
I figured that Self-Importance has a strong sense of entitlement. When I don't receive a special treatment I may quickly become impatient and angry lower self. That sense of entitlement makes me see myself as more deserving than others. I cannot view myself critically from the different angle at all! Every time I'll try to experiment with it it leaves me frustrated and I'm finding myself looking for tons of excuses and immediate blame toward others and my own self. I usually believe and see myself as "very special wonderful person". That belief makes me to be so judgmental and I feel a blast blaming other and myself. I'm so into self centered me that I'm not able to notice how much I ignore, irritate and make others feel simply uncomfortable.

It would help me greatly if I would be able not to take that Self-Importance model too seriously. I need to start questioning myself and ask others to give me a genuine feedback on my thoughts, actions and reactions.

I need to start playing a role of observer and use my AWARENESS superpower more often! I just have to detach my authentic self from my lower self! I also need to practice HUMILITY power in my views and during communication to others. I'll try to listen to others without opening my mouth too often. I will try hard to be genuinely interested in the conversation. I'll be a mindful(stay in that moment) participant and won't silently judge it either. It's so difficult to separate my healthy identity such my strengths, competence, passions, knowledge and my lower self aka Self-Importance. I know I have tons of troubles handling the criticism too. Unfortunately my deeply hidden feelings of insecurity, shame, vulnerability and humiliation are part of me. To feel better I react with rage and try to belittle others to make myself appear superior. The truth what hopefully will set me free: I'm not a person. I am constantly changing living being. My Self-Importance it's nothing else than just my imagination! Best way to fight with it is to detach from it.

WHAT DO I WANT TO LEARN?

I want to learn how to make myself to cultivate intimacy with the core of my being?
How to learn to be modest in my behaviors and don't monopolize conversations?
How to talk to my fragile EGO and tell it to "man up" and stop being constantly offended?!



PRACTICAL TASK

Every day find specific aspects of your self-importance what makes you to think and act angrily toward others and yourself. Write everything down.
Don't forget to bring your homework to the next class!

Class XII

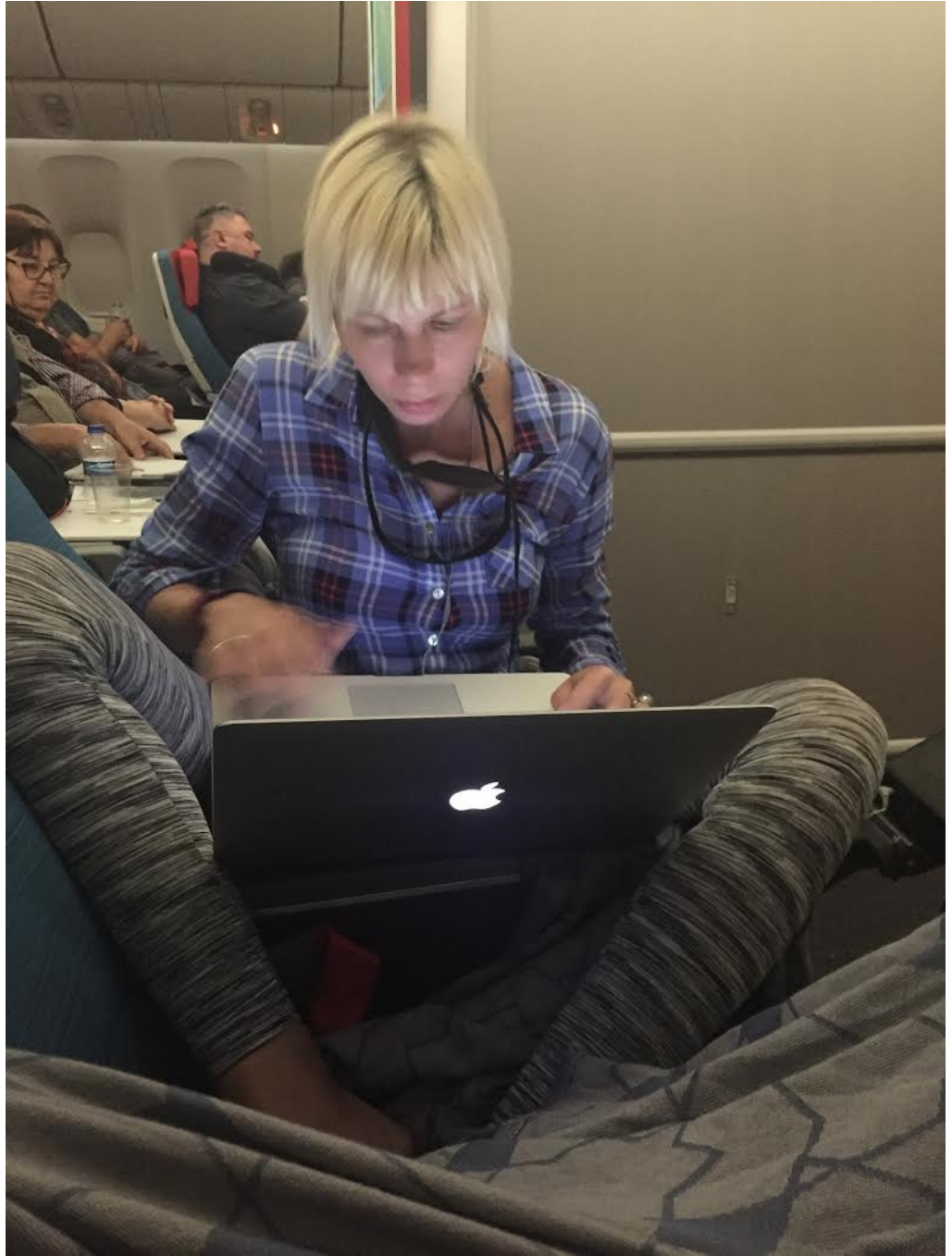
World runs on results

I come up with a conclusion that World Runs On Results. Everything what is happening to me it is a result of some action I took or didn't take. I had a dream earlier in my life and I formed good strategies and showed initiative to act persistently on it = I got the result I wanted to have. I wonder what kind of result I would end up getting if instead of acting persistently with great strategy I would expect things somehow to happen on itself? I bet that would lead to complete failure...

According to *Dale Carnegie*: act enthusiastic and you will be enthusiastic. I think sometimes my lazy mind traps me into very simplistic thinking that prevent me from thinking and acting agile toward my goals. Most popular model of that kind of thinking is "if only...". That term awakens my self-destructive mechanism "VICTIM" which jumps in saying: if only I had more money.... if only I had better education... if only I would be smarter... if only I had different social status, skin color, parents, etc... Those "if only's" preventing me from taking self improvement actions and I cannot accomplish anything! Now I'm learning that all those "if only's" are ONLY in my head! It's me and ONLY me who is responsible for those voices in my own head! I need to stop gossiping, overthinking and overanalyzing about things. This way I'm only sabotaging my own success and burning brides to my happiness. To achieve anything in life I need to become a great strategist. By doing that it doesn't mean that I will become a super egotistic mean person. No! My personality and my powers and superpowers will be utilized on a daily basis and it is my authentic priority. But regardless of what is obvious I need to find my strategic strengths and then find a niche how to utilize it in the best possible way. I shouldn't spend a lot of time trying to eliminate my weaknesses, because at the end I will only get a mediocre result. I better need to concentrate on my strengths and reach the highest point of mastery with it. I need to make huge positive goals for my life. It has to be big, bold and exiting! It has to be something that will motivate me every single day. I also need to set a timeframe with specific details: when and what kind of result do I want to accomplish? My huge positive live goals will create positive life perspective. Realistic goals will not have enough force to move me and soon I'll stop trying to push forward. I need to teach myself to love what I do every single day!

WHAT DO I WANT TO LEARN?

What would be the best model to get the results I want? Pushing hard through all good and all bad or use my superpower of AWARENESS? I also want to learn more how to set up my life goals correctly so I won't forget what they are.



PRACTICAL TASK

- 1) Become a CREATOR. Imagine a life of your dreams.
- 2) Create a strategy of how to get there. Take your time to think and write specific!
Don't forget to bring your homework to the next class!

Class XIII

Ultimate purpose

I was thinking what would happen if tomorrow I would wake up and win the main lottery prize of 1000 million = 1 billion dollars? What would I do with all this money? Okay, let's say I'll buy a house and new car and a boat and a plane and I would travel around the world 3 times, spend money on expensive accessories and clothing... but for how long I'll be ranting like this? The day will come when I'll find myself at the highest point of stress, anxiety and depression. I will learn that I cannot genuine trust anyone anymore. People around me are not seeing me... They are here for my money only! They see me as a "big bag of money" and expect my financial support for everything! Those funds haven't brought me deeply expected happiness and satisfaction as I thought it would. It gave me short termed joys and the experience of the a shallow model of existence - fake friends, fake manipulative opposite gender marriage proposals, fake business partners, etc...

A famous old saying across the nations that money cannot buy happiness is actually scientifically valid too! The deep authentic ultimate purpose to experience life and be fully satisfied with it is to live by being at service to others rather than yourself! By setting my focus on others will help me to choose a career what will be alienated with my life purpose. It would be easier to detach myself from dogmas and wrongful belief system what I've acquired during my societal domestication process. By concentrating toward bringing value to others I'll change my inner chatter from: me, me, me and only me into: how can I improve my help to you? My authentic self wants to produce GOODNESS in this world, but I just don't know how to start and which direction to go. By understanding the importance of this lifelong mission it will give me new ideas to look for ways and opportunities I never thought of before. I feel my egotistic part of self starting to shrink just by this new model of thinking. I can almost feel a tiny wings are trying to appear on my back!:) By exploring this idea more intensively I'm finding ways how to be proactive and looking forward to my future. I'm noticing asking a better quality of questions in my head. I've started more to help my parents, friends and just some random strangers without even being asked! It sounds paradoxical, but the more I'm helping others the more I feel happy. That empowers me to look for even better ways to be at service to others! I feel a power of COMPASSION and EMPATHY at its best!

WHAT DO I WANT TO LEARN?

I want to learn what professional careers will help me to help others? If being at service to others is an ultimate purpose I wonder why majority of people are choosing to do something else?



PRACTICAL TASK

Wishing alone will not produce expected results. Observe. Think. Come up with ideas how exactly you will be at service to others by pursuing your professional calling. Write it all down.

Don't forget to bring your homework to the next class!

Class XIV

How do I perceive myself, others and the world?

Since my hero's journey began and I understand and connect to my authentic true self I find this question very counterintuitive! Before my immediate answer would sound something like that: I see myself as a normal good person. I'm doing my best(now I know I'm not doing my best all the time, but I just need to say something nice about myself). I see others differently though: some of them are good some of them are bad(of course - resultless judgment. I even don't know all the people, but my clever mind is finding ways how to instantly belittle others and put myself onto pedestal). When I even rant about the world: is a challenging place to be in. Life is unfair, but I'm hanging in there...bla bla bla...

Now it sounds so ridiculous and untrue! It was pure "VICTIM" and my self-importance speaking. Understanding how reality works and that it is unmovable and it is perfect just the way it is now! I see how much energy I was wasting and cluttering my mind with useless judgments! One level downhill there is a problem called Self-Disrespect. Tis is a birthplace of "VICTIM" and a death-place of Self-Compassion aka Self-Love. When I truly respect myself I have a strong sense of authentic self and my virtues flows from there. By respecting myself I know to respect others too. I don't see a need to fight with each opposing opinion. I take in account ONLY critiques what can help me to learn and grow. The useless and resultless other notions geared to purposely insult or to praise me is totally irrelevant to my existence and my experience of life. If I would consider all the other peoples' judgments I will clutter and confuse my mind with other people's perspectives, based on their value and belief systems, not my own. That will bring me more anxiety, confusion and negativity. I have to understand that other peoples's remarks are only their opinions and that has nothing to do with me at all. I'm learning to be open minded and perceive myself, others and the world without a rigid perception model. Everyone and everything is the way it all should be. There is no such a thing as good or bad. Reality itself is unmovable and not changeable.

I'm learning the difference between useless moralizing and useful knowledge sharing between people. It appears that all my "should" and "shouldn't" statements have no sense! It is used ether to create another false domestication layer or to shame or belittle others or myself. Again, reality exist just as IT IS. To practice this model I will use FACTS and authentic ideas instead of assumptions.

WHAT DO I WANT TO LEARN?

I would like to learn how to eliminate “should” and “shouldn’t” statements. I also would like to learn what to do when my mind cannot stop contemplating and creating stories of perception?



PRACTICAL TASK

Write it down your biggest perceptions of yourself, others and the world. Question yourself why exactly do you feel this way? Keep observing yourself creating new perceptions and keep writing it all.

Don't forget to bring your homework to the next class!

CLASS XV

Best way to express myself and get positive results from life

So what's the best way for me to approach this world?

Understanding existence of untouchable reality opened my natural explorative interest to the kingdom within me.

I need to take a full responsibility and initiative to construct a positive intend. This stem will allow me to express myself from within. I'm finding a connection to my higher self by reducing the amount of negative thoughts, actions and reactions. I feel an ultimate freedom and inner peace while using my magical powers to experience my gift - my life. By unlocking my authentic desires and passions I'm creating a gust of motivation. That motivation will lead me to result only if I'll learn the importance of effort, patience and hard work. If I'll apply those steps I will be able to build the life I want to have.

I have wrongful and destructive expectations that other people own me something and I deserve their compassion, help and love. Miseries, misfortunes and "if only's..." are only in my perception of the reality. It's time to start healing my mind with a medicine of stillness and inner peace. I'm a hero with a mission and I'm not afraid of failure. I will fall and rise and will continue to move forward without hesitation. I will be learning from my mistakes and will find the new ways to succeed. I see my failures as a progress to success!

I feel great when I do my best. By doing my best I'm building up my resilience and exploring depth of my essence - my authentic self. I'm living and planting seeds of my superpower of GOODNESS and LOVE. I found the best way to live a fulfilled and happy life. It's my choice and my strength. I want to express myself in a form of light that brings a smile and containment to other living beings and myself.

I will always do my best no matter of circumstances. I don't need to do my best. I want to do and to perform at my best! This understanding is born from connection of my superpowers of AWARENESS and CHOICE.

I acknowledge that I'm always changing living being. My best is never going to be the same. When I'm waken up in the morning all refreshed and well rested my best will be better than I'm after an intense hard day full of challenging experiences. My best also be different when I'm healthy and when I am sick, but regardless of the quality of my state of being I will continue doing no more and no less - just my best!

WHAT DO I WANT TO LEARN?

What is the ABC of how to get the positive results from my life? How desire, passions and motivation works to help me to achieve the results I want?



PRACTICAL TASK

Put a clear goal in front of you: every day to increase a level of motivation to do your best in every small daily action. Do your best regardless of your lazy mind traps. It's a task for the rest of your life, but start with 7 days! Document your struggles and achievements. Keep focus on increasing levels of your motivation every single day!

Don't forget to bring your homework to the next class!

CLASS XVI

How to love and not to hate myself?

I often made judgments of my appearance: my eyes are okay, but my nose is too huge for my face; my legs are too short; I'm too fat or too skinny, not enough muscles; I'm too short or too tall... I also judged my inner world: I'm too sissy; I'm too weak; I'm too shy; my attitude is bad...

These judgments won't allow me to feel good about myself. I'm feel like drowning myself into illusion of limiting beliefs of being not good enough, not worth to create a wonderful life for myself. I take myself too seriously! I need to loosen up and even be okay by being silly and laugh at! I need to learn concepts of Self-Love and Self-Compassion. It is very important to use it every moment of my life. In order to get the best results I need to see a bigger picture. I need to look at myself from the perspective of building up and strengthen my internal kingdom of higher self.

I need to realize that every negative self judgment can be changed into positive encouragement. Positive affirmations and visualization will hold an ultimate power of CHANGE. Since I'm a very responsible and independent hero I find myself using a superpower of CHOICE quite often. Right Choice create right CHANGE. My judgments about myself good and bad creates an agreement between my authentic self and my mind. That moment it becomes my reality of myself. With one hand I'm petting myself with another one I'm scalding myself. I simply cannot accept myself naturally as I am. My fear of being a object of joke is putting me into state where I want to hide myself away from everyone. I want to be good to myself, but usually opposite happens. I simple cannot see, because my mind is in a deep fog and confusion. I'm blindly believing judgments and remarks from others which pushes me deeper in the sinkhole of illusional reality.

The best way out of this self created mess is to assess each judgment and judge it through the perspective of the model of my Self-Compassion and Self-Love. I need to start learning how to deeply care about myself and only then I will have a clear understanding and be able to separate between the true statements of myself and the illusionary perceptions. Only then I will will be able to effectively improve my outer appearance and inner qualities. The biggest secrets of all: I need to accept myself just the way I am now, in this present moment. No matter what was before and what's going to come after. In this present moment I am the way I am. Now I'm ready to start my improvements toward better version of myself!

WHAT DO I WANT TO LEARN?

How can I forget what was before and move forward with self-love? I want to get more clarification about the superpower of CHOICE. I also would like to understand what is the use of self-compassion?



PRACTICAL TASK

Observe and document other people's lack of self-love and self-compassion. Don't judge and don't teach them at this point. Be very detailed in listening to those people rant against themselves. Document even the smallest details.
Don't forget to bring your homework to the next class!

CLASS XVII

What stresses me and HOW does it work?

To experience great and happy life I need to reduce my stress and potentially stop stressing at all. That will give me liberation and I will be who I want to be and achieve anything I want to achieve. I'm limiting myself by using my fixed mindset, self-constructed constraints and beliefs.

List of my common stress activators:

1. My fear of failure and fear of shame
2. Negative emotions
3. Self-doubt
4. Hopelessness
5. Wrongful expectations
6. Lack of mindfulness aka AWARENESS
7. Blames using self-destructive "VICTIM" mechanism
8. Not knowing my authentic self

Now I'm getting at the point of understanding that everything depends solely on me. It is 100% me who will decide to use a superpower of CHOICE and with it I will willingly choose to activate or not to activate those stress activators! It is a scary truth to me that throws me out from my imaginary fairy-tale world into the reality of what's real. Even though some stress activators will seem very real and important I have to raise above all to make a CHOICE to listen to my inner needs rather playing by societal rules of my domestication. To gain a strength and to protect myself from doing wrongful choice I need to learn to apply skill of coping and stillness habit. Before I leave a house every morning I will need to do a few deep breaths and sit still for a couple minutes to allow my thoughts to sink into a more peaceful place. Scattered morning thoughts will only cause more confusion and stress throughout my day. I will also make sure to repeat this short exercise a few times a day, especially when I feel that stress is starting to build up. By believing in my ability to control my emotions I will free myself up from negative experiences what stress is offering. I don't need to actively fight with stressful situations and their triggers. I only need to learn to understand it very well and use a superpower of AWARENESS.

WHAT DO I WANT TO LEARN?

How to eliminate fear from my life? I also would like to learn what to do when I already feel stress? What is skill of coping and stillness habit?



PRACTICAL TASK

Observe the tiniest agitation you're creating for yourself. Don't give a credit to the source of your stress! Observe and document your reaction to it. Employ your coping skill and document how precisely is helping the progress eliminating your stress.

Don't forget to bring your homework to the next class!

CLASS XVIII

Understanding 5 C's

Since I constantly evaluating myself and others it would be interesting to know how to do it in the best possible way. Probably measuring scale of 5 C's is the most practical and clearly explainable model I could find:

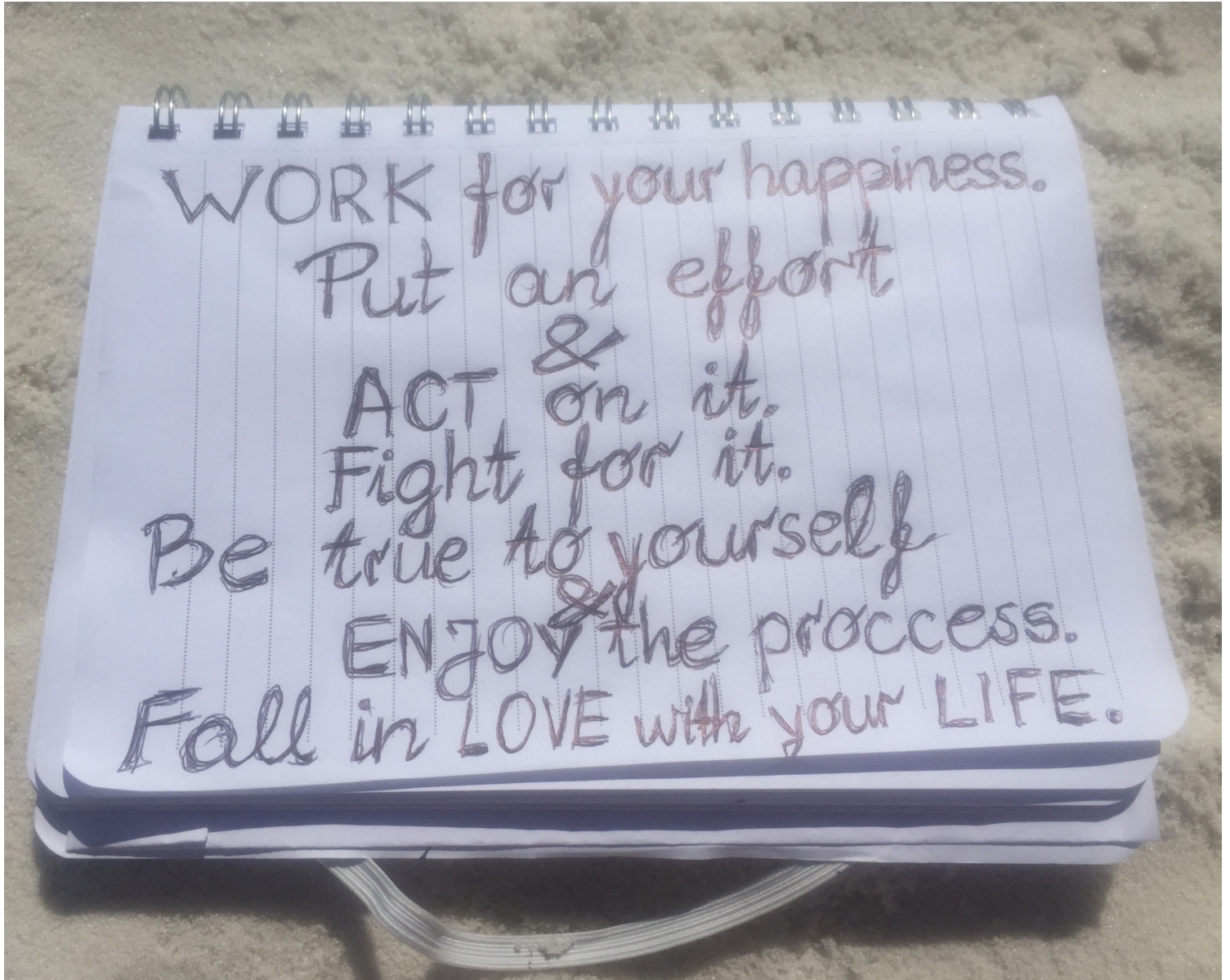
1. Competence
2. Confidence
3. Connection
4. Character
5. Caring

To become competent at something means to master new skill whenever I can. Since now I have a better understanding and control of my life I see how I'm hurting myself by doing things in mediocre way. Unfortunately this society is very anti mastery and very anti skill built. I'm so use to just "slide by". I have to understand that by choosing to act this way I'm pushing myself away from being a true hero of my life. Agreeing with mediocrity I prevent myself from polishing my magical power of EXCELLENCE. I need to start to appreciate learning process as a whole. Only then, my lower self excuses "I don't have ability to learn this, because..." will disappear from my head. I need to use my power of CURIOSITY more often to develop new skill. I'll find all desires of mine by using this power! I'm striving to connect and be liked by others. The sense if Self-Importance is still there. We are a sociable creatures so naturally I want to be accepted by other humans. Since I want to be liked I need to position myself to be likable. I'm finding out that that VULNERABILITY is actually a good power and by using it I'll start living a wholehearted life. Since I have learned that the ultimate purpose of my live is to be at service to others I will use my overall superpower of GOODNESS to show me a way to other people's heart. Inner peace and learning how to think increases my confidence tremendously!

I'm getting much better at forming my character by using virtues and magical powers. It seems that something deep inside me is transforming my shallow version of me into someone so much better! It's shockingly amazing to observe that change! I'm starting to shift my focus away from selfish "me" into other people. I observe and jump to help others if I notice a struggle of any kind. It's much more than just a simple politeness. The source of caring comes out of the depth of my heart.

WHAT DO I WANT TO LEARN?

What other questions I could ask myself to see where else I need to improve? Some people using their confidence in a wrongful ways. How to explain this phenomena? How to prevent my attitude from jumping in front of my character and messing up everything? What is willpower and how to use it correctly?



PRACTICAL TASK

Use the model of 5C's and document specific events where you've used it. Make sure to use all of it every single day. Learn one new skill.

Don't forget to bring your homework to the next class!

Class IXX

Forming good habits while eliminating bad ones

Addiction is evolution of bad habit. I know that to form a new habit takes 3-4 weeks of daily effort. It is not a very easy breezy process. The alternative to stay in my comfort zone without new growth and improvement is not a way for bettering myself, so... I'm ready to start to stretch my thinking and learn new cool habits to improve my state of being! It's still not easy to see a bigger picture and the longterm benefits though. This will be my biggest challenges. On a hero journey to transform bad habit into a good habit starts from the quality of my thoughts. I need to change one small habit at a time. I cannot just drop one habit and leave a hollow space instead. I need to fill it in immediately with a new - good habit. The best way to look at it is to start having a new positive rituals. My superpower of AWARENESS will auto-correct those bad habits. Also I need to create a strategy what works the best uniquely for me. For the upcoming 3 weeks I'll need to watch myself like a hog to make sure I'm not backsliding into the old habit patterns. Some of bad habits are:

1. Procrastination
2. Gossip
3. Shopping to buy unnecessary stuff
4. TV, Internet abuse
5. Video games, phone games
6. Overeating
7. Pessimism
8. Drugs, alcohol, tobacco
9. Production of low quality thoughts
10. Being passively-aggressive

I might have a bad habit which was not listed here, but one thing is clear: to get rid of it I need to employ my superpower of AWARENESS and before that I need to get desire, passion and my motivation on board. I need to start questioning habit to understand it from the point of my authentic self. Why do I have it? When did I start having it? I need to understand and answer to myself with full honesty: why exactly do I want to drop this habit? How this habit is holding me back on my journey? I need to have an emotional leverage to help me to do it. I also need to take a full responsibility for it. I need to stop blaming others. I need to commit to the change 100%! When I am the ONLY BOSS to eliminate that habit for good!

WHAT DO I WANT TO LEARN?

How I can practically eliminate my bad habit forever? How not to fall back after 3-4 weeks?



PRACTICAL TASK

1. Pick the habit you want to get rid of the most.
 2. Write down a title of the final result. Be specific!
 3. Use power of AWARENESS and continuously document the process of progress.
 4. Continue progressing for the total of 1 month.
- Don't forget to bring your homework to the next class!**

Class XX

The best time of my life is... NOW

Mindfulness means to maintain a moment to moment AWARENESS of my thoughts, bodily sensations and surrounding environment. It is an acceptance. It is moment to moment attention to my thoughts and feelings without a single judgment. Without believing that there is “right” or “wrong” way to think or feel in a given moment. When I practice mindfulness my thoughts are tuned to what I sense in the present moment. I’m not reliving the past or imagining the future. Mindfulness is the presence of the heart. It cultivates intimacy with the core of my living being - with my authentic self. It cultivates the appreciation of my life.

I tend to believe that I’m too busy to enjoy my daily life... My busy version of self is not bothering to look around to find the beauty what is waiting to be appreciated. I need to change my way of seeing things. I need to look at things and living beings like I see it for the last time... I need to feel it like I’m feeling it for the last time... I need to touch it like I’m touching it for the last time... To experience things, people places emotions, circumstances is a privilege! This mindset will help me to live a fulfilled happy life. I need to remember: every day is A GIFT!!! Jon Kabat-Zinn - Professor of Medicine Emeritus and creator of mindfulness science pointed out that we have become “human doings” instead of what we naturally are - “human beings”. Now I’m noticing that I “do” much more than allow myself just “be”. I should also step outside self-created boundaries and start developing bravery and daring positive attitude... now. I should be not afraid to approach and talk to strangers. That forms a short, but genuine connection and bring that person’s authentic self closer to mine. There are no expectations. No judgments. Just a present moment with a true intimate small talk. I can share my deepest secrets more easily with the person I most likely won’t ever meet again. It gives me such a great relief and freedom! It forms a little bond and gives me positive affirmation of my emotional courage. I also feel like I just became noticed! That is a very important uplifting experience for my need to be important without a large damaging effect. It gives me an opportunity to use my senses while eliminating my fears. Of course I don’t need to go to extremes and approach strangers in the dark corners of the night, but during the day time at the public places could become my playground to practice a small talk to strangers and my mindfulness within. By having moment to moment experience I could definitely say that I’ve found a Heaven here on Earth!

WHAT DO I WANT TO LEARN?

I am intrigued and I want to learn more about how to approach the strangers. Is there any key phrase I could use? Why the best time is now. Why is bad to have good memories and dream about the future?



PRACTICAL TASK

Every day approach two strangers - 1 adult and 1 peer at school. Engage in small talk. Be polite and friendly. Make them smile and make their day! Compliments about appearance doesn't count! Document the event, reaction of strangers and your feeling during and after fact.

Don't forget to bring your homework to the next class!

Class XXI

My move from my dream of hell into my dream of heaven on Earth

Even though it seems I'm learning so many new principals and concepts I still cannot fully grasp it to help myself to live a life of my dreams.

Maybe my domestication process engraved in me so deeply that it is holding me back unconsciously? It seems like it, especially when I'm trying to use my superpower of AWARENESS! I also feel that I'm not able to be grateful enough for my life and everything and everyone yet. It's hard, because I have never experienced a dramatic shortage of any kind! I've always had food in my mouth and roof over my head and I never had to work hard for those things. Of course I'm taking it for granted! I never had to really fight for my survival and that made me weak inside and slowly but surely it turned me into sissy unprepared for challenges human. I'm afraid to talk to the strangers. I'm afraid to fail. I'm afraid of the night. I'm afraid of the daylight. I'm afraid of the cow and a dog and a cat and a mice... I'm even afraid of myself!!! I'm trying to fight back, but I really don't know how, so instead I just developed that VICTIM mentality and blame anything I can in hope that no one will detect my weak egocentric self. That's why I'm belittling others. I'm expressing my hopelessness and despair through the anger, rage, ignorance and impatience. I want to be good. In fact I secretly dream about becoming strong and positive hero who has all the luck and happiness in his hands... but then I'm waking up and my situation and my life is still in the same place where I left it... in hell on Earth. It seems nothing is going wright. No one understands me and cares about me. I'm thankful beyond believes for this set of teaching, because it has given me a valid hope and understanding that everything I was looking for was always in front of my nose! It is not the hell where I'm living now. It is ONLY my own dream of it! I have created a negative environment for myself by myself.

It's a mind-blowing revelation to grasp the power of the whole thing. The power of CHOICE where to move next: dream of heaven or stay in the dream of hell?

I probably would have lived all my life struggling and bitching about my life on a daily basis. Now I can see that I am A CREATOR of my thoughts and I can create and change anything I want. My life is mine to create! It's a power of my mind and full responsibility to commit to produce a good quality thoughts that will lead to the dramatic positive changes in my future. By changing my mentality and position to the overall experience of my life I will live in the best place on Earth - my heaven.

WHAT DO I WANT TO LEARN?

How to be persistent during the hardest times and resistance? I also want to know what actions I should take to eliminate the toxic people in my life?



PRACTICAL TASK

Observe yourself and document every blame, excuse and reason you're creating in order to validate that you are living in a dream of hell. Trick your mind to **CHANGE** each smallest such thought into positive one. Document specific struggles and progress.

Don't forget to bring your homework to the next class!

Class XXII

I live in a world full of other people and their attitudes... WOW!

Just to put into perspective... I live on the planet Earth together with other 7,125 billion humans. They appear to be the same species as I am. Some of them live in the different countries, some of them live in the same country as me. They eat and breed same way as I do. They also have very similar + and - as I have. Same as me, they have inner ups and downs and a need to be important! They judge and talk to me about themselves and subjects I'm not even interested about! They also won't listen what I have to say and want to brag about! They simply are oblivious and perform a flat ignorance toward my feelings! Everyone wants primarily their opinion to be heard and get accepted by others. Everyone is in the race of the lifetime to get their point of view across first.

If I think I am different... well, I'm deeply mistaken!

So how do I behave toward others? With my family and friends do I talk about my problems aka assumptions aka illusions and have no patience to listen to theirs?

It's funny how it works: the more I learn and the more of a leader I am, the more I want to talk without listening to others. I believe that I know better. I believe that I have a right to talk and they need to listen to my opinions. I'm very arrogant and ignorant, but do I see it this way? My EGO put out a spell of Self-Importance on me so I could only see my egotistic interest in this game. I know that if I will make a personal agreement with a statement how knowledgeable and important now I am that this will become a part of my image and me.

Knowledge is far not enough for me. I need to pull out wisdom part from it. Wisdom of importance of silence.

I really need to wisely change to become a better version of myself! I need to remember that my ultimate life purpose is to be at service to others. I need to teach myself to learn to listen even to not very interesting topics. I'm realizing that my attitude toward others need to change. I need to learn a great amount of PATIENCE. I need to become genuinely friendly in a non judgmental way. I need to simply be CONSIDERATE of other people feelings and opinions. I don't have to agree with it, but I need to practice my powers of RESPECT and POLITENESS toward others. And most definitely I need to stop myself from gossiping about others in order to lift myself onto the cloud. Learning and grasping this topic in more depth will allow me to be a CONSIDERATE and EMPATHIC human being.

WHAT DO I WANT TO LEARN?

I want to learn how to work to improve my PATIENCE. How to become a CONSIDERATE and EMPATHIC human? Is there ABC of how to fight with Self-importance?



PRACTICAL TASK

- 1) Learn to become a great listener. During each conversation with your family members, peers and strangers don't jump in with your: "and I had the same...bla la la", "I know, because I was...bla la la", "my thinking of this is...", "no, I know this, because..." Just sit tight and listen **WITHOUT ANY** interruption.
 - 2) Observe others who do interrupt led by their self importance. Document behavioral specifics of other interrupters.
- Don't forget to bring your homework to the next class!**

Class XXIII

Work toward mastery and success

Everyone is saying: motivate yourself! Have a drive to do it! Multitask and push forward to be successful! But I really don't understand what ALL THAT mean and how to help myself to reach a mastery and success? First I want to learn what's preventing me from getting my mastery and success.

According to *Napoleon Hill* these are some of the things what holding me back:

1. Lack of well-defined purpose in life.
2. Lack of ambition to aim above mediocrity.
3. Insufficient education.
4. Lack of self-discipline.
5. Ill self-induced health.
6. Unfavorable environmental influences during childhood.
7. Procrastination.
8. Lack of persistence.
9. Negative personality.
10. Lack of control of sexual urge.
11. Uncontrolled desire for "something for nothing".
12. Lack of well-defined power of decision.
13. Your fears.
14. Wrong selection of a mate in marriage.
15. Overreaction.
16. Wrong selection of associates in business.
17. Superstition and prejudice.
18. Wrong selection of vocation.
19. Lack of concentration of effort.
20. The habit of indiscriminate spending.
21. Lack of enthusiasm.
22. Intolerance.
23. Intemperance.
24. Inability to cooperate with others.
25. Possession of power that was not acquired through self-effort.
26. Intentional dishonesty.
27. Egotism and vanity.
28. Guessing instead of thinking.
29. Lack of capital.
30. Impatience.

Okay now... so where even to start fixing ALL THAT? I think almost all of it applies to me.

I need to pick one by one and learn to eliminate those badnesses I hold to be true. I know how my clever mind forced by self-importance will rebel against it! It will create a web of stories around it to make me to believe that I'm better than I actually am. It seems I really need to focus to outsmart my EGO and its another trap for me. I really want to succeed and I want to become better than just a mediocre person. I wanna create and experience of outstanding life.

I need to be with experience of PEACE and be with myself without busyness and domesticated thoughts about how everything should be. Honest evaluation of my flaws need to start by being an open minded and generating an quality thoughts within. EVERYTHING starts with my thinking!

Outside environment is a secondary matter. I need to focus to fix the source first!

WHAT DO I WANT TO LEARN?

How to create a masterplan for my success? How to understand when my EGO plays games with my mind? How exactly the concept of time management helps me to achieve my goals?



PRACTICAL TASK

In 7 days commit to master one new skill. Dedicate time and put your authentic effort to polish it to the heights of excellence!

Don't forget to bring your homework to the next class!

Class XXIV

My life is my sky and I'm looking at it with adore

I'm so grateful to experience a life I am creating from the perspective of my authentic self. My intellect is the link between my body, mind and soul. I need to observe and allow that connection. It's not easy, because my mind just can't be silent. It won't settle down. It takes a lot of determination, focus and patience to practice silence. At the moment of silence, which operates according to my personality traits, my mind has slowly finding it's way to settle. I'm getting into a mode of inner peace and learning to use my intellect to boost my emotional intelligence - EQ. According to science, EQ is about 10times(!) more impactful toward our work and personal relationships than a very well known IQ. I'm learning how to properly talk to myself. How to be truthfully self-loving in the event of accidentally performed mistake. Want to recognize my divinity instead of negative nature of sorrow! By showing a positive example to others and myself I'm planting seeds of GOODNESS. I don't get caught up with people who criticize, complain and compete for attention. I'm genuinely experiencing self-worth and lessen my need to compete with others for attention.

My life is full of surprises and unexpected circumstances, both positive and negative. I just use my superpower of AWARENESS and CHANGE. I'm able to experience life in the format of "feel" rather than "do". I use the kingdom of my heart. By living wholehearted life I feel I'm becoming a calmer being and it's getting easier to understand and relate to others in the most unexpected ways! It is very beautiful and empowering. Now I can definitely see how my main purpose can be to be at service to others. All my gained powers and superpowers made me to realize and believe in myself as a true hero and a CREATOR. I'm not asking others to show me how to live. I'm learning to evolve to experience a miracle of my life! First thing what's coming out of my mouth is a sound. It's a word. I need to watch it closely and take a full control and responsibility of words which will come out next. Words are the most profound and most widely used way of communication between people. It is a very powerful tool which can do both: give a birth and kill something beautiful. It can cause joy and happiness, but it can also be a source of anger, sadness and despair. Clear thinking and high quality of my thoughts will make me to be impeccable with my words! It's a divine gift and I honestly promise to cherish it every single moment of my life.

WHAT DO I WANT TO LEARN?

I want to learn how to understand emotional intelligence and intellect. What should I do when I'm angry and I want to talk to people not in a very impeccable way?
How to deepen my desire to adore and ow for the little things in my life?



PRACTICAL TASK

- 1) Observe and document what you adore and ow the most in our life.
 - 2) What is the purpose of your life?
 - 3) Create a strategy and steps how you're going to get there.
- Don't forget to bring your homework to the next class!**

Class XXV

Body + Mind + Soul + Ego = HUMAN BEING

Science backs me up on this model of human being. To understand a bit deeper of how this model works, I need to use my power of IMAGINATION...

Let's say, I am a snail. A body is my house. I'm taking it with me everywhere I go, I'm sleeping with it, I'm eating with it. It's going to be a part of me till the rest of my life. I'm moving slowly, but steadily through my life and one day I see a tiny bottle in front of me. I accidentally touched it and a jinn comes out of it. Jinn represents my mind. There are different jinnes to existing out there. Some of them are strong and very persuasive, some of them look very weak on the surface, soft and good, but can turn into devilish creatures in no time. Some of them are truly good. Mind has a power to produce all kinds of thoughts. Let's say I want my jinn to create a plan to repair my house aka my body. If my jinn is caring about my house, he will create a great plan and will participate tirelessly during the repair process. If my jinn appears to be a lousy one, bad plan will lead to bad improvement quality what will eventually will destroy my house. My heart aka consciousness aka soul is a nature. The purpose and the bigger picture of nature is to keep a balance. It's running it's own course and just observing the process of renovation at it's own pace and superpower of AWARENESS. So who has a control over my jinn? Who is holding a power to choose what kind of jinn I'm going to find on the road? The answer to this question is both: simple and complicated. The master of my jinn is my selfish self aka my self-importance. The quality of my life and the choices I'm making all depend on one little creature within me, who is only a part of me, but pretends to the the whole thing - compete me! If my sneaky selfish self is driven by rage and anger, my jinn will always produce stressful and fearful thoughts which leads to the same intend and actions toward my house - my body. If my EGO is childish girl, irresponsible and pure attention seeker, my thoughts will circled only around those matters. As a result, my body probably will suffer from constant cookie, cakes and other unhealthy food indulgences and drastic diets with only a short term or no result at all.

I want to have a wise master who takes full 100% of responsibility of what jinn is doing to my precious house of my lifetime! Bottom line: my superpower of AWARENESS need to be super alert to watch like a hog over my selfish self and lessen it to the minimum!!!

WHAT DO I WANT TO LEARN?

How to keep my house in great shape? I want to learn the ABC of how to take care of myself?



PRACTICAL TASK

Observe and document your EGO's(separateness)="master's" orders to your mind=jinn what lead to actions toward your body's="house" destruction. Use your superpower of AWARENESS to detect and control that process.

Don't forget to bring your homework to the next class!

Class XXVI

Understanding the importance of nonsexual intimacy

If touch is a language, it seems we instinctively know how to use it. But apparently it's a skill we take for granted. Touch-phobic society. This is how researcher psychologist, Matthew Hertenstein presented society in America. He meet a huge resistance and fear of being touched by strangers from the participants of his study. It took him a long time to convince people to participate. His research shows that touch can communicate multiple positive emotions: joy, love, gratitude, and sympathy. Scientists used to believe touch was simply a mean of enhancing messages signaled through speech or body language, "but it seems instead that touch is a much more nuanced, sophisticated, and precise way to communicate emotions". It appears that touch is a physical need just like sleep or exercise. Our immune system strengthens with enough touch and weakens when touch is not present. It helps to overcome injuries, lessens stress, anxiety and depression. In most cases eating disorders are associated with lack of touch as well. Researcher Virginia Satir: "We need 4 hugs a day for survival. We need 8 hugs a day for maintenance. We need 12 hugs a day for growth".

Next time someone will try to hug me I won't run away. I'll try to control my feeling of being uncomfortable instead. I have a fear that something bad will happen if someone come ant tries to touch me. That fear is only my imagination!

A deep caring look and a warm smile can also represent nonsexual intimacy. I can also talk intimately with any other human being. To express myself and hold a conversation in such manner means nothing else than simply being sincere and honest without any hesitation. Intimate conversation mean that I'm open to converse about any matter not by societal rules of politeness, but simply from the depth of my authentic self and my heart.

Nonsexual intimate communication via touch or verbal conversations has a strong bonding effect even between people with the opposite views to some most sensitive matters. Maybe this is a big answer I was looking for of why I don't feel enough closeness to my family and friends. I feel like it is something missing there.

Something was not said till the end, not felt till the end...

I believe that intimate conversation and hugs is the answer to better relationships between people. It ties closely to compassion and overall GOODNESS and LOVE. I'm on board with it and I'm starting my journey toward nonsexual intimacy right now!

WHAT DO I WANT TO LEARN?

I would like to learn how to separate sexual from nonsexual intimacy. How can I touch someone in a nonsexual way? How long a hug should last?



PRACTICAL TASK

- 1) Practice nonsexual intimacy. Document your struggles, feelings(both, good and uncomfortable) and progress.
 - 2) Document the number of hugs you are giving every single day.
- Don't forget to bring your homework to the next class!**

Class XXVII

Garbage in = Garbage out

If I am a typical XXI century living being living in the modern society I do watch TV, listen to the radio, browse internet, play some video games. The books I read(if I do read it at all!) are most likely a fiction type of entertainment which has nothing to do with my personal growth.

What do I learn from watching TV? It had terrifying amounts of advertisements just to get my eye balls and attention on the product they are trying to sell. I don't need to buy this stuff, but I'm inclined to just because they cleverly convincing me of its need. Very creative TV adds of unhealthy foods trains me to crave for it!

News channels. Most information shown there is negative and it is a professional game to trigger my most secret fears. Sometimes I even afraid to fall asleep, because of something horrible I saw on the news that day. I'm afraid that something similar can happen in my neighborhood! Intriguing TV shows? What exactly I'm learning from those? They only exist to distract my attention while I'm eating my gallon of ice cream! I never knew it's actually humanly possible to eat a full gallon of stuff until my favorite TV show comes up. I'm forgetting about everything in this world. Even my own house aka my body!

Scientists held a study across the world to find out the effects of TV to humans. They results were shocking: the nations with the most hours spent watching TV had the lowest intellectual rankings. USA was a country who was on the top of that list. So, scientifically TV makes me dumber. Period. So what will I do knowing this information? I have a superpower of CHOICE. I need to use it. It is hard. I don't like it at all, but... I have to STOP allowing negative sources of entertainment to entertain me! I need to STOP watching TV and stay away from it at all costs!

When I'm meeting with my friends or acquaintances what kind of information we are sharing with each other? How do I benefit and grow from it? Do I grow or do I slide backwards? I have to constantly reevaluate my surroundings and outer influences. I need to make sure I'm on the right track to success and my heaven - to the life of my dreams. I need to choose to surround myself with quality friends. I also need to track my thinking patterns. Low quality thoughts will produce wrongful intent and messy actions and even messier reactions!

Lastly... I need to stop putting unlimited amount of garbage into my body! It's MY HOUSE. I care tremendously and I love my house as I love myself!

WHAT DO I WANT TO LEARN?

Everything! I want to learn everything! How to make myself to stop watching TV, browsing useless internet gossips? I feel like I'm stressing myself out! I want to be like those wonderful celebrities out there, but how can I reach that level?



PRACTICAL TASK

Biggest challenge of all! For the full week - 7days you are taking full 100% responsibility pledge:

No TV; no radio; no listening to songs(you can do music ONLY!); internet usage ONLY for the educational purpose; no video and phone games(including GO Pokemon!). Go outside ONLY with the need to experience sounds and beauty of nature. Watch clouds and stars. Be in solitude with yourself. Uncluttered your mind and document the process.

You've pledged. It's your word. How much meaning YOUR word has to YOU?
Don't forget to bring your homework to the next class!

Class XXVIII

Ladies and Gentlemen...

Why do I feel like all the technologies and science are moving forward except human beings who are standing behind all those inventions! In fact my communication skills are getting lost somewhere in between of this technological progress. I'm losing a simple ability to know how to be around the other human being. I constantly judge myself and that other person. I'm constantly watching over my shoulder. I don't know the true meaning of word "lady" and "gentlemen". I don't know what to say, how to act and how to behave. It feels like a rollercoaster of stress, fear and anxiety. A lot of times when I'm casually interacting with another human being most of the time my hand is reaching for the phone. It's my safety. It's my world. My alternative reality what comforts me. There I don't need to think how to behave. I don't need to shame myself. I'm losing a sense of fear to look and act stupid. I'm unaware that I live a life so far away from my authentic self.

The worse and most humiliating situations are, when I really like someone. I start feeling the affection and the only way I dare to approach this person is in a virtual reality. It seems I'm succeeding and all is good until the actual meeting point. This is where I'm going crazy! What should I say to that person? How should I hold myself? what kind of moves to use to not be perceived as a weirdo?

I even don't know how to properly dress up for this "special" first meeting occasion. I don't even know how to properly dress up at all! I don't feel very comfortable to talk about it with my parents, because they usually would say something typical and express themselves in their own little ways...

I also don't want my friends to find out about my struggles to look just perfect for that first impression thingy...

Centuries ago it was the whole science about the etiquette. It used to be taught by the parents from the early childhood. Also it was a discipline at some schools too. I wish that trend will come back. I need a help not to be a joke with blue jeans up to my chest, white socks and white sneakers, a trend called "fashion disaster".

I would like to come up with various tiny cool impressive tricks, but I don't have time to read the all that literature about etiquette and stuff. I just need that someone will show me and give me little tips. That would be a great compromise and I would also devote some effort and time to learn communication skills with the opposite gender.

WHAT DO I WANT TO LEARN?

I want to learn how to be able to absolutely impress the person I like? I also would like to learn what should and shouldn't be said or done during first few important dates. I want to learn small tips of how to be charming.



PRACTICAL TASK

- 1) Observe yourself and document when you're acting like a lady/gentlemen.
 - 2) Observe yourself and document when you're NOT acting like a lady/gentlemen.
- Don't forget to bring your homework to the next class!**

Class XXIX

Practical etiquette tips for guys

1. Never go through the door first if you notice (you can always turn around before you'll open a door) a woman walking behind you toward it.
2. Offer your help to a woman if you'll notice her struggle with anything.
3. Respect your parents. Especially your mother or whoever is in her place.
4. Take responsibility to be a part of your family and find ways to offer your help.
5. Take shower every day and use a deodorant. Have one in your glovebox as well.
6. Correct your posture! It says a lot about you.
7. If you're with someone having a meal never start it first. If eating outside your dish comes first, don't eat until others have theirs. Then offer to start eating together.
8. Don't talk with mouth full of food.
9. Give specific and meaningful compliments.
10. Don't interrupt the conversation, unless the house is on fire.
11. Be honest whenever you can.
12. Gentlemen is always trustworthy. He knows how to keep a secret.
13. Honor above self. Gentlemen will never betray a woman, no matter of the circumstances and failed relationships!
14. When walking together with a woman on the street always take a side closer the the road.
15. Socks, underwear, shoes, hair, nails and body has to be impeccably well maintained.
16. Loosen up! Forget yourself and concentrate and be considered of others.
17. Respect yourself.. Respect others. RESPECT EVERYTHING.
18. Being right doesn't excuse your behavior.
19. Never promise more than you can deliver.
20. Hard work is good for the soul.
21. It's disrespectful to look away while talking to another human being.
22. Remember that you are not always right. Apologies immediately if you end up in this situation.
23. Stay humble. ALWAYS.
24. Think twice before you give a compliment. Insincerity

Class XXIX

Practical etiquette tips for girls

1. Be gracious, friendly, kind and warmhearted.
2. No rude or shocking language, especially at the table. Your language is a representation of your mind and heart.
3. Make sure to say: “yes, please” or “no, thank you.” Please, don’t say: “yep” or “nope.”
4. Offer to help whenever possible! Being a lady starts with how you treat yourself and others.
5. Never arrive empty handed. Bringing a small hostess gift shows your appreciation for the preparation your host has done.
6. ALWAYS keep your promise. If you cannot do what you’ve promised don’t promise at all.
7. When walking with a guy toward the door, stand on the side and wait till he’ll consider to open it.
8. Being a lady and acting lady-like does not mean that you are entitled or snobby. Practice having a heart of gratitude and always say thank you for specific actions or generosity.
9. Be a good listener and conversationalist. Put your phone away and be present. A lady is not boring, rude or dismissive.
10. Make sure to ALWAYS dress appropriate for the occasion.
11. Silence your phone at the dinner, meeting, concert, museum or any other event.
12. To embarrass others is an opposite from being a lady!
13. If invited to date make your gentleman wait for you no longer than 10-15min.
14. Viking days are over: don’t yell and don’t be loud under any circumstances.
15. Behave. Don’t fake compliments, don’t fabricate stories and don't create drama.
16. Smile from your heart. It’s easier than you think to detect an artificial gesture.
17. Learn to use an etiquette of fine dining. Learn to use chopsticks.
18. Don’t look and act cheaply. Real gentleman adore real lady.
19. Be spontaneous, and learn to converse about various subjects. Be humorous, but not reckless with it.
20. Be generous, but allow your gentleman to take care of you.

Class XXX

Finding a partner of my life

Once more my self importance tricks me into wrongful fixated thinking. I'm determined. I need a mate to create a family and find a happiness there. I'm so possessed with the idea of feeling in love and being loved in return. And I want it to happen NOW! That is not allowing me to step back to evaluate a bigger picture of my future life. I'm rushing to find someone "special" to put a stamp "MINE". Since I already have an inner value and belief systems formed, I do require my life partner to conform and adjust accordingly. I'm blind to notice that my partner also has his/hers value and belief systems formed. It is so different from mine. I have a first major conflict. I want to change the other human accordingly to match my dream of love and happiness. He/she wants to accomplish the same task. We are making a storm in the ocean. It settles for a while, but with any external circumstances change, it arises again and again, and again. Our mutual unrealistic expectations for each other are killing our imaginary perfect love.

Greek culture has six words for love: 1. Eros, or sexual passion; 2. Philia, or deep friendship; 3. Ludus, or playful love; 4. Agape, or love for everyone; 5. Pragma, or longstanding love; 6. Philautia, or love of the self.

I think I have more than one kind of love as well, but which kind I would need to find a partner of my life? It helps to use a concept of big picture and view my partnership with another person through the lenses of my far future. I really don't want to think about my future in 10, 20 or even 40, 50 years from now. I'm in love now and it's probably a beautiful Eros love! This person attracts me so much! He/she is so different than I am! He/she has all the inner things I don't have. We're complementing each other well! Unfortunately, Eros is the most fragile love of all...

The TRUTH finding my dream partner:

1. **I'm looking for my BEST FRIEND!** I want to share my life with someone who understands my silly me. Life is fun, not a constant fights about superiority and differences!
2. **My partner has to be my PARTNER!** I need someone who will understand my priorities and not just be a silent observer. I need someone to push me when I need that push!
3. **We need to find a similar REALITY!** Some lives a life running and jumping through it. Some - likes to make this experience in a slower mode. I have to make sure that my partner is on the same page with me so we can both equally enjoy it!

WHAT DO I WANT TO LEARN?

I want to learn more about 6 different forms of love. How to learn to be patient and don't jump on the first hot looking person? How not to create false dreams in my head?



PRACTICAL TASK

Read a book by *Sean Covey* "The 6 Most Important Decisions You'll Ever Make"

