

Positive Educational Program To Empower Educators Around The World

Definition of education in Wikipedia

Education is the process of facilitating [learning](#), or the acquisition of [knowledge](#), [skills](#), [values](#), [beliefs](#), and [habits](#).

Educational methods include [storytelling](#), [discussion](#), [teaching](#), [training](#), and directed [research](#).

Education frequently takes place under the guidance of educators, but learners may also [educate themselves](#).

Education can take place in [formal](#) or [informal](#) settings and any [experience](#) that has a formative effect on the way one thinks, feels, or acts may be considered educational.

The methodology of teaching is called [pedagogy](#).

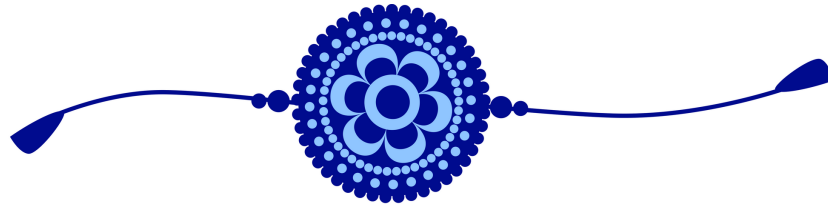
Definition of teacher in Wikipedia

A **teacher** (also called a **school teacher** or, in some contexts, an **educator**) is a person who helps others to acquire knowledge, competences and values.

Definition of teacher in Full Circle

A **teacher** is a non-judgmental positive person who helps others to acquire knowledge, competence and values.

A **teacher** is a community HERO who lives a life above self.



10 RULES

1. A **TEACHER** is in everyone and in everything. Accept that you know almost nothing.
2. There is no difference between loving yourself and loving someone else. **LOVE** is love and is in everything.
3. A flower, fly, animal and a human have the same value to **GOD**. Don't hurt another living being.
4. Angry thought is just a thought. Acknowledge it, feel it and **LET IT GO**.
5. GOD created children. Humans created inequality. Practice **RESPECT** for each other and **CARE** deeply.
6. Your life. Your choice. Your decision. **100%**.
7. Become an example of **GOODNESS** to others & to yourself.
8. Inspire others to be a **BETTER** version of themselves.
9. The biggest wealth is **INNER PEACEFULNESS**. Enjoy the moment and learn to move onto the next NOW. Be ok with what is, but do not keep it.
10. **CONTENTMENT** and judgment cannot co-exist. Drop unnecessary resultless judgments.



INTRODUCTION

This is a beginning of the path to stunning changes in your own and your students life.

Full Circle not only delivers deeper understanding about the role of being a teacher, but also helps you to become a better version of yourself. Full Circle is your pocket guide to address more than just your professional career needs. At the end you not only learn, but rather transform yourself into a more advanced teacher and a better human being.

“I cannot teach anybody anything. I can only make them think”

-Socrates (born 470 bc, Athens [Greece]—died 399 bc)

You will learn how to get to the core of all challenges and build yourself up to become the best educator in your community.

This educational program will help you to find unique solutions and share it with many others.

The expectations from teachers these days are huge making different kinds of stresses more common. Here you'll be taught how to eliminate your worries and difficulties at work and beyond.

You play a critical role for future generations and we are here to help you to excel. Now you'll have a trainer to balance your day to day life and work approach.

Your choice to become a teacher is benevolent and empowering to many. Keep teaching. Keep inspiring others!
Being an excellent teacher is crucial to the future of your community, region and your country.

It is absolutely essential to read this program many times per month. Each time you'll go over it - the additional depth of teaching will appear. Each time you'll learn something new. Each time will be worth it!



Teaching 1



PRINCIPALS OF UNDERSTANDING

What do I know about things I know and how do I know that things I know are the absolute truth?

Every religion, culture, country and individual have different ways to express their interpretation of understanding. That makes others to believe that their way is "THE WAY".

To protect personal and collective beliefs of the region people judge others who don't accept their understanding. It eliminates the need to question and transcend the local cultures and biases.

Individual and collective beliefs and values are so different!

Those differences prevent the understanding of the principal *having an open mind*. It neglects **oneness** and teaches **separateness**. My pride=ego fights to be recognized as a superior entity. It thinks I'm right. It thinks I know more. My way is a better way. But is it so, or is it a construct of my mind?

As an educator I have an excellent opportunity to be an open minded HERO in my community. Huge positive changes will come *if only I choose* to teach children not only write, read, math and science, but virtues of **loving kindness**. We all are students for life. *Understanding acceptance* is crucial.

I'm fully responsible and accountable for both, but opposite choices:

1. To share my love and kindness with each child in the same exact way.
2. To be disrespectful, abrupt and be kind only to "favorites" in my class.

I am a master mind of this set up!

Will I choose to *please my ego* or to *educate every child equally* using **loving kindness** principal?

Will I remain positive, professional and emotionally detached?

Will I stop to judge, assume and react in an expressive negative way?

Will I be absolutely present in the moment and practice inner stillness?

I am a teacher who understands the differences and accepts it without a need to elaborate and make personal opinion matter.

Non judgmental growth together with students makes me a better human.

I am able to use my authority and be an effective educator *to help children and myself* to reach the highest potential in life.



Every person lives in their own head and constructs the flow of thoughts uniquely.

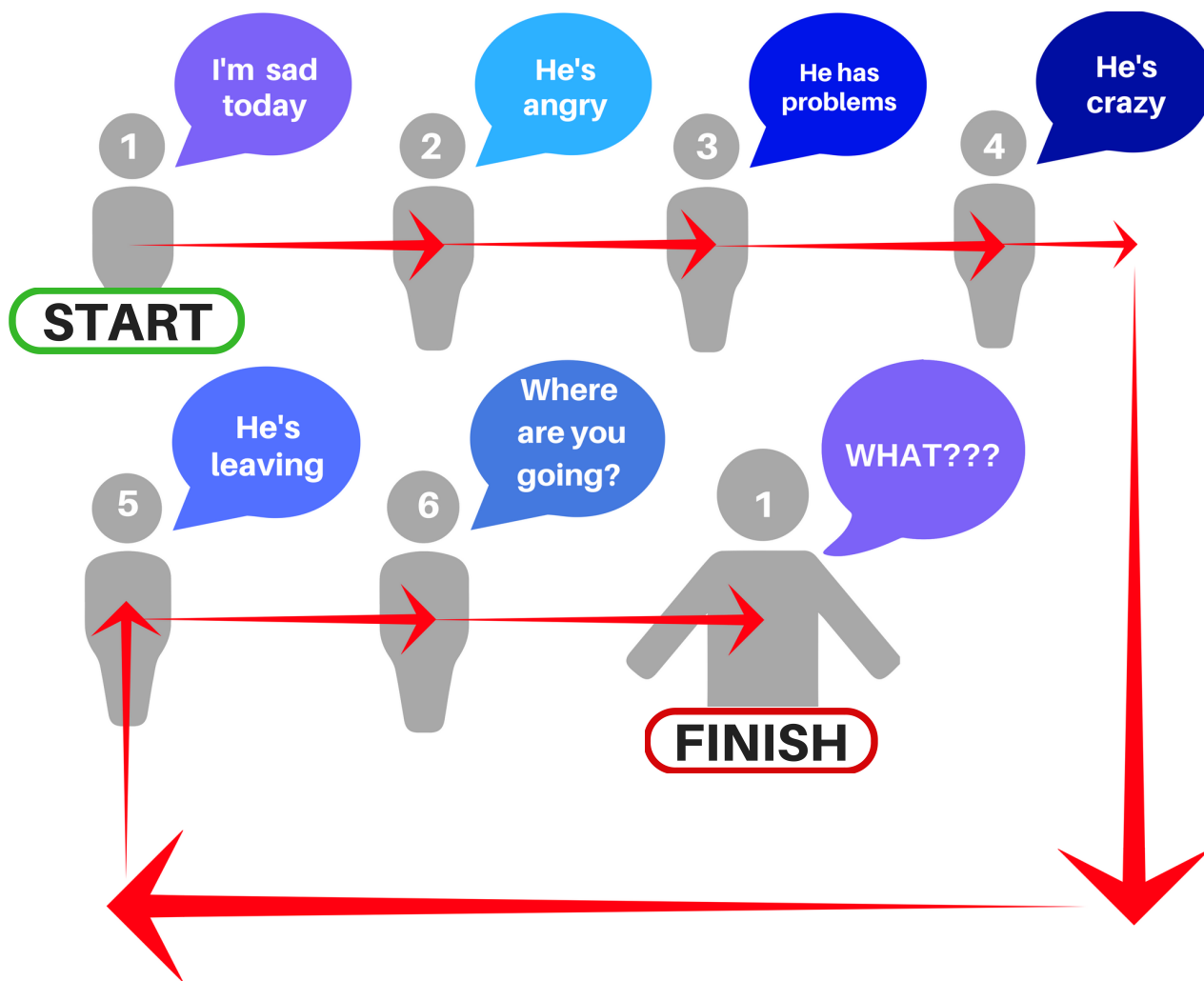


You'll loose less if you'll listen. You'll loose more if you'll talk.

To be able to control my mind I need to transcend it and function above its construct.

To achieve that state I need to understand how mind works.

I am not different than others. I modify or create concepts, truths, beliefs, understandings and stories in my head. It is safe to say that I live in my own head all the time. Others do too. People are social creatures and talk to each other a lot. Each person delivers message after it's been interpreted in their head based on personal reasoning, life experience and belief system. It's UNREASONABLE to expect that other people's understanding will be the same as mine. I feel misunderstood often, but that's perfectly fine. I have to learn to focus more onto other person's message and ask questions about our joined interest. Hopefully, but not likely we will end up with somewhat REASONABLE outcome.





Teaching 2



POWER OF EDUCATION FROM WITHIN

I am a role model to many students. I spend most of my time around them. I am in charge of their behavior and development.

Children are such an excellent copy machines! They observe and do what we do... WHAT I DO!!

If I show disrespect, disappointment and anger, students will react to it accordingly. They may be afraid to act on it, but with a time it will transform their mind. What future decisions will they make?

At large I'm responsible 100% for their healthy mental development!

I have such a big power to influence and need to be very careful of my own words, reactions and actions.

There is no need to push negative "secret buttons" in their head.

It's essential to study and learn to read my own emotions, feelings and reactions. That gives me an opportunity to fix my behavioral flaws.

One day soon my students will become teachers, engineers, lawyers, doctors and... presidents.

What values can I teach them **NOW**, so later they will have enough kindness, compassion and love to care for others like my old self?

Maybe one of my student will be my doctor who will treat my falling apart body in the hospital? At that time I'll be at his/hers mercy... completely.

Did I do my absolute best to sprout fine qualities in him/her to help to shine though the life while serving helpless others?

When would be the best time to start being kind and loving to my students?

The best time is NOW. Love and kindness is here and is available always. I know it. I felt it. It's in my heart. It's my heart. *It is me.*

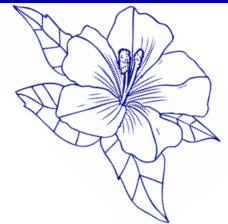
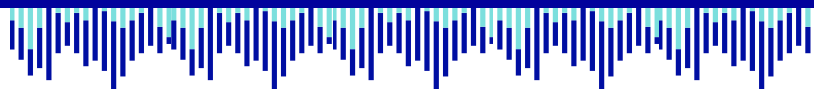
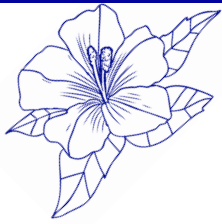
Questions to ask myself

- What kind of Goodness do I expect from myself?
- How does the role of being as a teacher impact my everyday decisions?
- Am I gentle, loving or impassioned and stressed?
- What steps can I take to improve kindness and compassion in me?
- Am I being a benevolent role model **to myself** and to others?
- How do I embody fine human qualities? How do I not?

I will take initiative to evaluate my thinking and my actions.

Only by being an example **I can** educate others to do and be at their best.

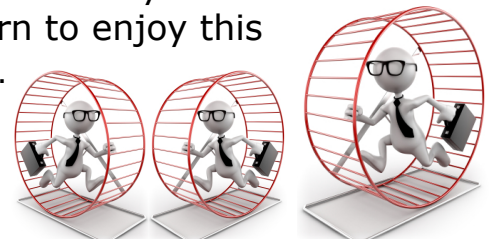
The purpose of this teaching is to never stop educating myself.

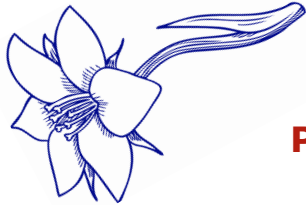


THE BEST PRACTICES

1. Form a habit for every student I'm teaching (including myself!) to **write 3 specific things I'm grateful for**. Writing must be performed every evening and a notebook kept in the same place so every evening it could be easily found. After one notebook is full, store it and from time to time read it to remind myself of all the many things to be grateful for.
2. **Self Talk.** How do I treat myself? Am I kind and loving? The way I treat myself is the same way I'll treat others. I need to find ways to practice self-compassion. I also need to learn the difference between self-compassion aka self-love, self-indulgence and self-pity.
3. Educate myself about **healthy body = healthy mind** concept. Physical exercise is an essential part of physical and mental well-being. I will start my day with a routine of 10-15min of physical exercises in a form of stretches, pilates and cardio. I will introduce that concept to my school and encourage collective morning exercise before beginning of first class.
4. **Freedom from excessive overthinking.** I need to do myself a favor: put effort into learning how to enjoy every moment of my life. I'm taking myself way too seriously. My life is a beautiful movie and I'm playing the leading role in it. I just have to take it easy, observe and really enjoy it instead of overthink and find an elephant in every fly!
5. **Forget to be angry and practice forgiveness.** Each time I decide to be angry I do harm to myself. My motto: accept others as they are. Accept myself as I am, but work to become a better version of myself. How can I improve? Let the emotion come and go without elaborating on it too much. Don't let my emotion fire up my reaction and action to put a wrong impression of who I am or I am not. It is a magical skill to be able to forgive others and myself. It's a life changing experience!
6. Perception of **self-image**. Do I really want to run to town and become someone big? Will a new way of living makes me happier? No way is superior. Unless I have a clear plan and extraordinary amounts of ambition, I need to stay where I am and learn to enjoy this moment or... end up in a rat race very soon...

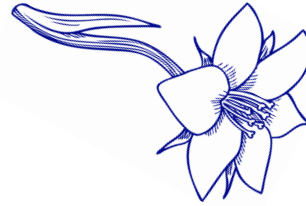
Be a drop of morning rain and a
sunlight in others and your own life!





Teaching 3

POWER OF LOVE



Love has been a foundation of all virtues from the beginning of our civilization. Ancient Greeks had four distinct words for love:

agápe, éros, philía, and storgē. Every word has a different meaning.

Agápe means love, charity; the love of God for man and of man for God.

Éros means love, mostly of the sexual passion.

Philia means affectionate regard, friendship. Usually between equals and loyalty to friends.

Storge means "love, affection" and especially of parents and children and relationship between family members.

What is my natural state - my bigger, wider self?

I'm trying to find answers in books and in my head, but I simply can't!

Of course! All this time I was looking for the answer in the wrong place. The answer cannot be found by thinking. The larger intelligence beyond my intellectual construct of thoughts is PURE LOVE for everything and everyone.

I can only FEEL it and *live my life through* a heart of **Loving-Kindness**.

By itself, LOVE is reason-less and agenda-less. *It just exist* and it is the sole source of everything what I see, hear, smell or feel during my lifetime.

Everything else is simply a human mind construct. Ego makes everything

out of love - even anger and rage. The beauty is simple and clear. Mind

makes it complex and complicated! LOVE is who I am. EGO is who I am not.

I received a GIFT OF LIFE and was sent here with it.

To be able to live within and FEEL the *power of love* inside I'll shift my *present thought process* into **sharing** mental framework.

By SHARING with the less fortunate whenever is possible (ALWAYS is possible!) I raise my self-esteem and self-compassion.

People around me and far away are part of my humane family!!!

Each time I share anything, *I give* my **unconditional love**.

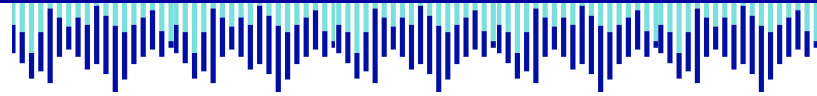
The more I give - the more comes back to me.

By teaching and practicing LOVE every moment of my life, troubles and misfortunes slowly will dissolve into nothing else, but PURE LOVE.

Everywhere I go anything I do I'll devote myself to others. What can I do to *help them*? I'll loose the need to contemplate about negatives.

No need to prove anything to anyone. Just one amazing teacher loving others the same way as loving self. It feels absolutely wonderful!!!

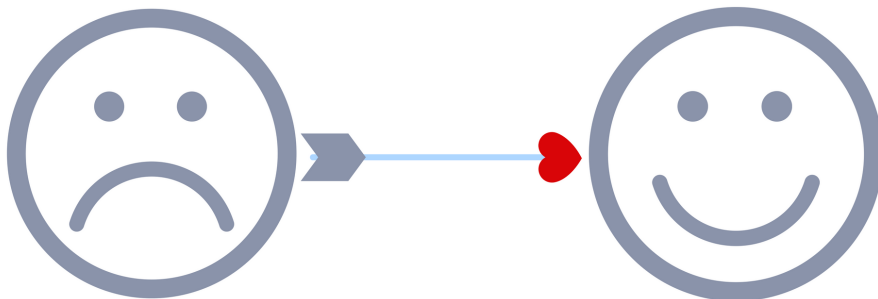
This teaching will transform the life of so many people!

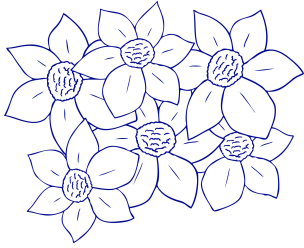


THE BEST PRACTICES

1. **Unconditional love** is the original authentic and the ultimate condition in every living being. The understanding, practicing and embodying this truth is essential and absolute necessity in everyone's life. My classroom and school will have positive affirmations and I will be in charge to create various activities to teach children and other teachers not only a theory of unconditional love, but more importantly how to FEEL it.
2. Love comes in all forms and shapes. Relatives of love would be INSPIRATION, CREATIVITY and COMPASSION. My **"WHY"** I am a teacher is: to inspire children to create a life in the most compassionate way.
3. Circle of **TRUST & HUGS**.
10 children per circle are sitting on the ground. 10min-15min of free format, but not loud talk about personal struggle, good/bad yesterday's experience. After time is up, teacher whistles and everyone in each circle facing each other to hug a person on the right hand side for 20sec-30sec. Teacher counts. Then the same practice to hug a person on the left hand side. Every morning circles are rotational and teachers place students in a random order.
This exercise have to be implemented in every school and kindergarten. The power of hugs is a scientifically proven truth. Also how can you fight with someone you just hugged for a long long time? Anti-bullying fact.
4. I can hug and let my students know that they can hug me any time they feel a need for it. By letting them know about this option I will inspire to be more open, to be more free, to create a life trusting themselves and their **loving teacher - me**.

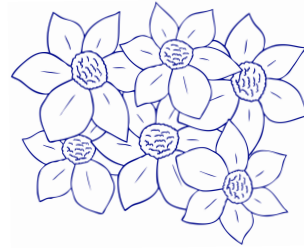
I CAN ONLY GIVE LOVE





Teaching 4

POWER OF EQUALITY



I am who I am. A **human being** who got to experience a GIFT of LIFE. Age, social status, occupation and gender... does it matter? Humans formed cultures and separated one from another by creating reasons, principals and guidelines of righteousness and equality.

As a teacher I'm taking equality very seriously. I respect all of my students, their parents, other teachers equally. My role is to **transcend** all unfavorable circumstances and react fairly and lovingly to all.

There has been a long known fact, that places where men and women are equal have more economically prosperous societies.

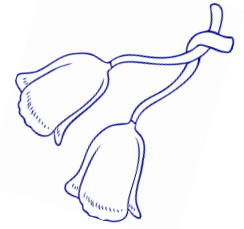
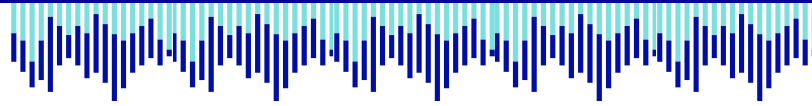
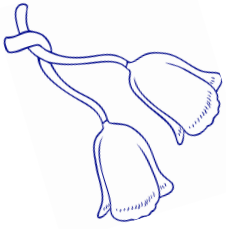
I can see myself improving situation locally. I need to focus on teaching boys to treat girls in a respectful manner, to be a gentleman. Girls need lessons to improve their self-esteem and self-worth. Boys and girls study together in the groups and learn respect from each other on the spot. Children are innocent, but they observe their parents and copy their behavioral traits. Being a teacher I can interrupt the negatives and provide them with tips of appropriate manners by exposing the facts and the importance of equality in their life.

Through various compassion projects I'll be able to teach them theory and practically show them the beautiful power of being together. A need to belittle a weaker person raises from fears, insecurities and inner weakness.

There are a lot of programs geared to help and empower girls. Unfortunately that translates into a lot of unhappy and even angry boys and men. I need to take an action to change this negative outcome by teaching both genders about their role in our society. Both genders have an equal right to live a happy and fulfilling life. That is the only way to have a prosper future.

Boy's role is to be a partner and a protector of their family. They will become a positive example to their future children. Equal partnership between a future wife and a future husband need to be taught and deeply discussed in the classroom set up as often as possible.

Role exchange games are essential part of education. It will put the opposite gender in the other's shoes and will result a new very helpful insights.

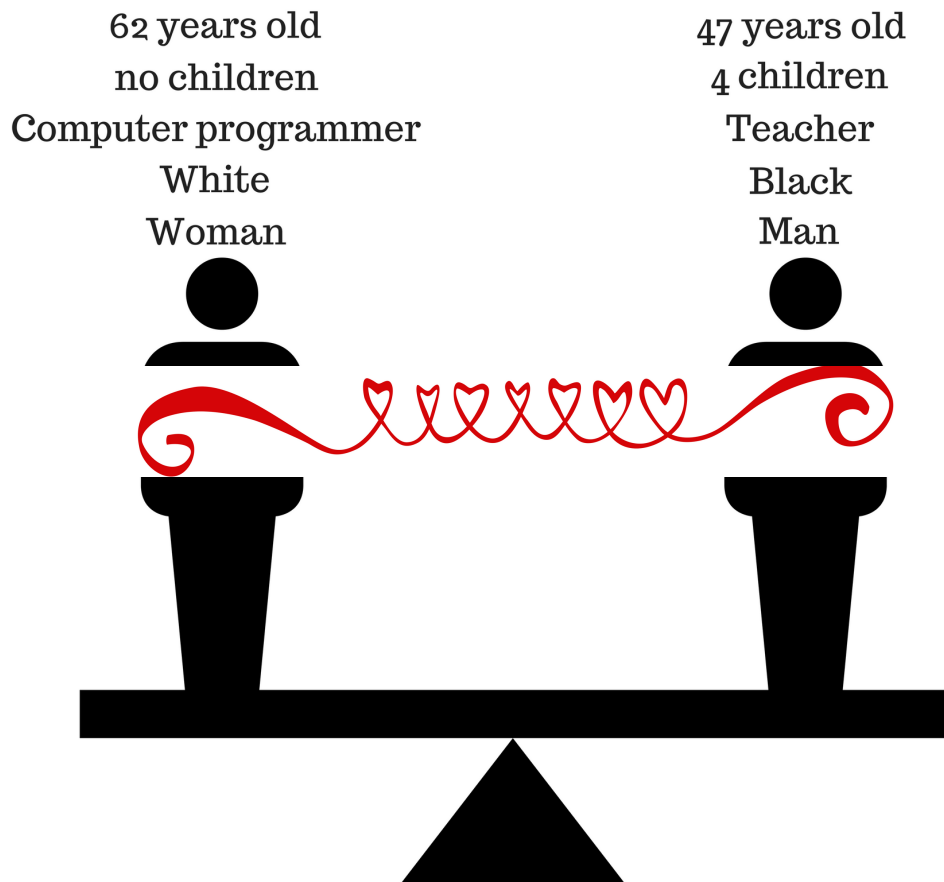


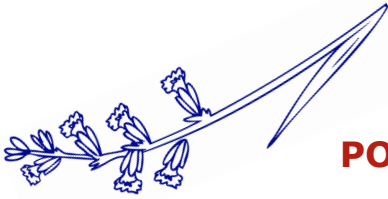
THE BEST PRACTICES

1. I am here for exact same reason as everyone else. Sun is rising to warm us all without an exclusion. Clouds are coming and going as it pleases. Rain does not choose where exactly to rain. It just rains! We, people (our egos to be precise!) **created inequality** totally unnecessarily.
It only indulges our little fragile egos and their need to be important, but it defeats the purpose of our precious GIFT OF LIFE.
2. Did I know that white person genetically has more similarities with an African person than two African people living in the neighboring tribes?! Yes, we are **all connected** and *we are all the same*. There is no need to find a reason to be unkind to each other. More fruitful is to use the inner energy to do something positive and good. I want to use more energy to be helpful to others, especially the helpless ones!

Stop judging the differences!!!

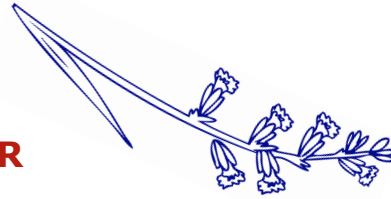
Embrace the similarities instead!!!





Teaching 5

POWER OF EDUCATOR



Teachers are like flowers. Everyone wants to look, smell, feel and be just like them.

Parents from my community trust my expertise and believe that I can educate their children not only literacy, but also life skills.

I'm holding myself accountable to bring a positive change in my community.

Every morning I allow myself to take time to FEEL wholeness inside me. I go to work with complete calmness to teach with love and compassion.

I'm ready **to challenge the challenges** and grow independent thinkers!

It's useless for children to repeat every sentence I'm saying.

I'll inspire them to create their answers individually.

That practice alone will help them to seek and find the best authentic solutions not only in class, but also later in their life.

I love when children are asking questions! If I don't know the answer I'll be honest about it. I let them know that I'll do my best to find an answer and share it with them later. They TRUST me, because I don't let them down. There is no need for me to talk angrily. I don't want to embody friction and negativity in my class.

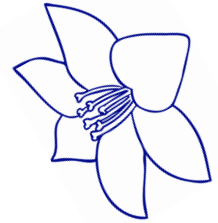
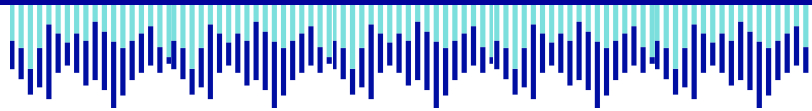
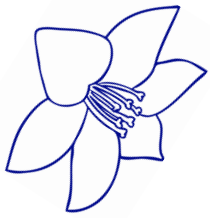
I understand that to all children I am a father, mother, sister, brother and a friend during the time they are at school.

I need to educate myself to accommodate my children in the best possible way. It's my priority to start early education about possible **career** options.

How to introduce an educational model of **critical thinking skills** in my daily teachings?

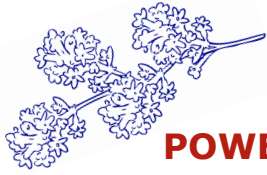
What life skills and values I could teach to make their life more meaningful, fun and fulfilled? I can design practical daily exercises!

Life consists of a lot of puzzles. Being an educator is not a role just in my own life. It carries tremendous weight in life of all the children I'm teaching. They need me to educate them to do and be and create a better future. I'm a prime example of the most beautiful flower. Am I not? Of course I am!



THE BEST PRACTICES

1. I am an educator, **not a giver of answers**. Of course I'm giving answers too, but I'm also encouraging children to learn and show the results of their daily homework. I'll pick 3 students in each class and ask them to write and speak about the yesterday's homework. The idea is to educate children to be responsible to complete their homework not by copying from the better student, but by taking their time and employing critical thinking skills to understand each task and know how to explain the process of completion if asked by the teacher to come in front of the class.
2. I clearly understand my position in class. I'm not a power figure. Educator is a **service job**. I am a servant to my students. I'm a generator to produce a light. I'm all children's friend. I don't create evil punishments. I explain the importance of education in the best possible and calm way. Each time someone tries to create a noise I'll remind who are not interested in education are not welcome in my class. I can relate the message to all parents and encourage other teachers to use the same teaching techniques. It will eliminate unnecessary stress and make work life very enjoyable.
3. One important little addition is a **beautiful smile**. No matter how I feel personally I always need to remember: I am on the stage now. I am acting. I need to put my happy face on and spread only positive vibes. It's a **user-friendly universe** and I'm a part of it. There is no need to write a bad mark to someone just because I was in a bad mood!
4. Children will listen to my teaching more attentively if I'll give them... a daily dose of jokes! **Yes, jokes!** I know studies are all about being serious, but we are not rocks. We are all humans and we all love and need to laugh. I commit to learn and every day give 1-2 jokes at the end of each class. Children will look forward to my class and they will be waiting to hear a new funny story at the end. They will love me for that so much more!
5. I'll **promote hugs** and let my student know that I'll always be here for them. They need to know that they can come and talk about things what bothers them openly with me. **I won't judge them**. I'll listen and advise to my best knowledge. My loving heart will always beat in every one on them.



Teaching 6



POWER OF INNER STILLNESS

My "need to be important" likes to assume, judge, brag and simply talk... It's not me, but just a small part of me - my ego. Everyone have the same exact "need to be important" ego chatter. Most conversations are useless since each party is consumed to **push their own agenda**. Result is typically unfruitful.

Stories I create in my head and mistakingly adopt it as a real fact. WOW!

1. I have a need to search for meaning in everything.
2. My "need to be important" modifies "found" meaning to favor modifier.

There are **no "easy 3-5 steps"** to take to avoid getting involved into my illusionary stories.

The only way to get detached from it is to practice inner stillness while observing the phenomenon of this very creation.

Non judgmental observation will empower transcendence, dissolving the need to take a part and *instantly design unnecessary emotions*.

Permanent inner peacefulness will step in. I'm transforming into a very efficient and very effective power of benevolence and love itself.

Inner peacefulness not only makes me a better educator, but most importantly I acquire the ability to educate all my students of the natural STATE OF BEING.

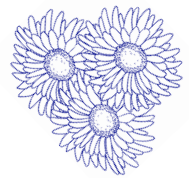
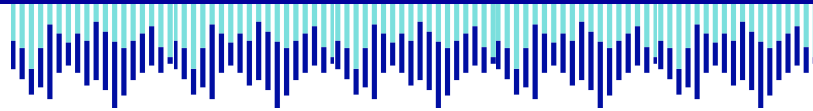
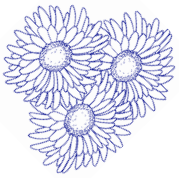
I can raise above my ego and **decide to change**.

In order to acquire inner stillness I need to realize and practice those concepts:

1. *Acceptance*. Things are how they are. Not how I think they are.
2. *Unconditional love*. Don't allow mind to construct a deceptive judgment.
3. What can I do to make this world a better place?
4. I don't take things too seriously. I play masterfully mirroring Goodness.
5. **I feel the presence of GOD** living through me.

Understanding importance of *personal development* allows me to improve the way I think, feel and act in life.

I have to learn to listen. Not talk. Just *listen in silence*. Most of the time people just need to talk it out. I'm **wise enough to understand** and accommodate their need. For that I'm loved in my community even more.



THE BEST PRACTICES

1. From the morning my mind is running fast and mixing thousands of thoughts in one mass: What do I need to do today? Where is my bag? Did my children do all their homework? Why there is a pain in my left side? Who knocked this bush in my yard? I totally forgot to tell my friend that...

To start my day peacefully here are the steps:

1. Sit Down. **2.** Close the eyes. **3.** 6 deep in and 6 deep out breaths. Concentrate on breathing ONLY. Try to FEEL instead THINK during it. Through the day repeat it as needed.

Every time I feel stressed or pressured, just find a quiet corner and perform the exercise.

Result: Higher **concentration and focus** throughout the day with less stress.



If you can change it - act on it. Why worry about it?

If you can't change it - accept it. Why worry about it?

2. **Not every single thing needs to be explained.** Mind is an insatiable machine not allowing me to live in peace and be happy. Mind creates an illusion of life based on my previous experiences, beliefs, doctrines and education I received from parents and schools.

In order to be happy it tells me to want and do A & B & C &...

As soon as I reach a goal soon after I'm leaping down again and being unhappy again.

Can I ever get a permanent satisfaction and inner peace?

I need to quiet my mind and enable myself to admire the magical moment of NOW. This is a good starting point. There is nothing than just this present moment. Everything else is just a creation of mind. I

need to use a **non judgmental power of enjoyment and**

admiration. It's important to know that my mind is not all what I have.

I will learn to control my thoughts and to acquire inner stillness.



Teaching 7

POWER OF COMPASSION FOR ANIMALS

To educate others to love, care and have a **compassion for animals** is crucial.

It is to be said that people who don't have a kind heart for animals are in general, angry and evil humans.

Plants and animals have been evolving and living here way before us.

Humans have destroyed a tenth of Earth's remaining wilderness in the last 25 years and there may be none left within a century if trends continue, according to an authoritative new study.

I find it absolutely important to educate children about different ways how to protect our precious environment and care about every living being in it.

About 15 thousand years ago dogs became the first domesticated animal. They evolved from wolves. Now scientists proves that we didn't domesticate dogs. They domesticated us.

Kindhearted human relationship with dogs, cats and other animals is one of the core humane value.

As a teacher it is my duty to instill this **fundamental value** to each and every child I teach.

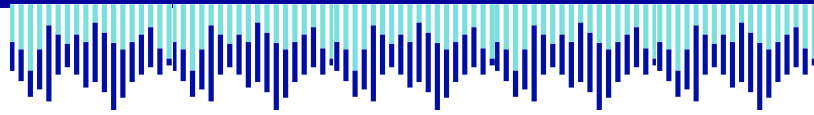
In school materials and during practical tasks I will constantly remind about importance to take a loving care of all animals. Dogs are human best companions and even friends.

Dogs out of all animals understand our gestures the best. "Even our closest relatives - chimpanzees and baboons - can't read our gestures as readily as dogs can. Dogs are remarkably similar to human infants in the way they pay attention to us. This ability accounts for the extraordinary communication we have with our dogs. Some dogs are so attuned to their owners that they can read a gesture as subtle as a change in eye direction."

I educate children to be a humanistic person and care for others.

Animals and humans **we all are children of GOD**. We all deserve to be loved and deeply cared for.

I'll make myself an example of love and appreciation for all living creatures.



THE BEST PRACTICES

1. Only those who have deep compassion for animals are considered truly positive loving humanistic beings. It is essential to strive to educate every child to respect, care and adore even a smallest living being. I will take my time to make sure to create activities where children can learn more about different animal species and their importance to our planet.
2. I'll make special posters and educate children **against cruelty** toward animals. There has been a lot of scientific proof stating that the ones who are unkind to the animals they are also unkind to other people. The goal is to show the best possible example of kindness and love for animals is on the top of my priority list!
3. I know that dogs are evolved up to the point that now they cannot survive without us - humans. I will constantly bring some leftovers and leave it in a place where local dogs are coming. I will teach children to share their food with hopeless animals as well.
4. I will encourage children to form after class **club of animal lovers**. Children can bring their pets to share the unconditional love. Education about respect and love to animals is every teacher's highest priority.
5. If we - humans would vanish Earth would thrive. If ants, bees, frogs, bats or birds would disappear we would not survive! The saying "animals are human friends" should be changed into more correct saying "Humans are animal friends".

