



TRUTH

BE

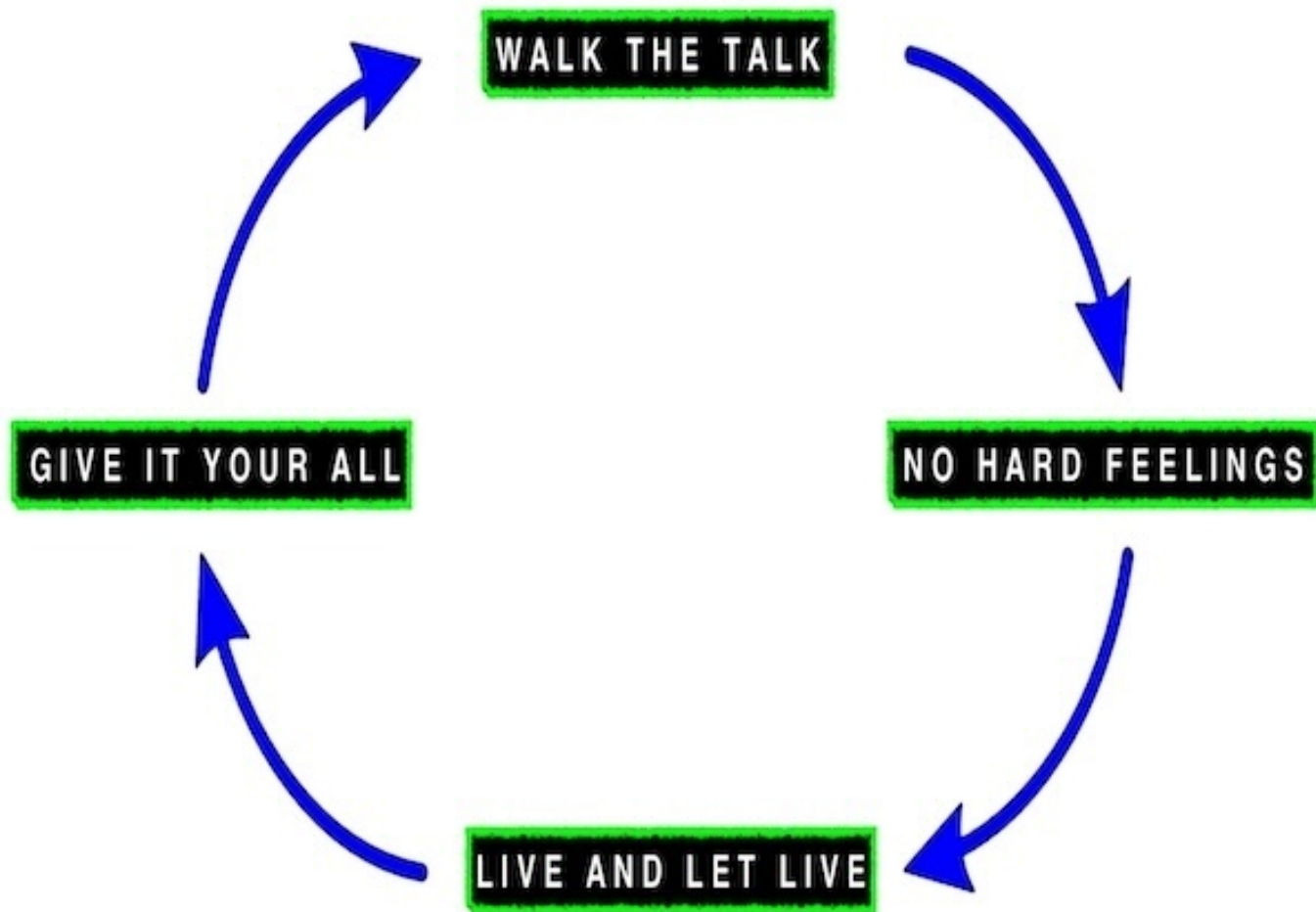
TOLD

IN

JEST

A HAPPY AND FULFILLING DAY

PURPOSEFUL DAILY ACTION LOOKS LIKE THIS



INFINITE VIRTUOUS CYCLE



HUMILITY IS THE PATH TO MATURITY

INFINITY

What we do not know

Humility guides our infinite learning

Loving opens the heart so we evolve

WISDOM

What we know

Maturity grounds us

Heartbeat rhythm

Heartful Flow States

Love with all your heart and might

Follow your heart and smile daily

REMEMBER YOUR PURPOSE

STAY TRUE TO YOURSELF

ESTABLISH YOUR BEARINGS

KEEP YOUR COMPASS ON TRUE NORTH

A PURPOSEFUL JOURNEY LEADS TO A MEANINGFUL DESTINATION

PURPOSE IS YOUR TRUE NORTH

LET PURPOSE GUIDE THE WAY

COMPASS SHOWS THE WAY

ARRIVE TO YOUR DESTINATION

THE BEST WAY TO MAKE HARD DECISIONS IS TO COME BACK TO PURPOSE

PURPOSE GIVES YOU A CLEAR DIRECTION AND MAKES DECISIONS EASY

FACE YOUR FEARS AND FOLLOW YOUR HEART

EMBRACE YOUR TRUE SELF

CONQUER FEAR

FULFILL YOUR PURPOSE

BE BRAVE

COMPASS AND SUNDIAL MANIFEST INFINITE FREE WILL
AS A SUNDIAL YOU HARNESS SUNLIGHT ENERGY
AS A COMPASS YOUR HEARTBEAT CREATES LOVE ENERGY
THE TWO HIGHEST ENERGIES IN INFINITY AS ONE
POWER PURPOSEFUL DAILY ACTION HERE AND NOW
TAKING ACTION HERE AND NOW PROVES FREE WILL
FREE WILL MANIFESTS YOUR LIFE DREAMS
SUNLIGHT AND LOVE DRIVE DAILY ACTION
THE HIGHER YOUR DAILY SUNLIGHT ENERGY INTAKE
THE MORE POWERFUL YOUR LOVE ENERGY BECOMES
THE LOVE ENERGY DRIVING YOUR DAILY ACTIONS
MANIFESTS YOUR FREE WILL DREAMS HERE AND NOW

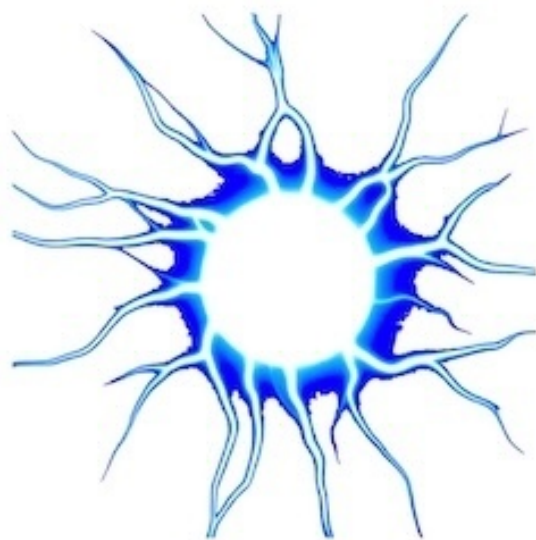
A BEST PRACTICE GUIDE

PURPOSEFUL ENTREPRENEURSHIP

APPLIED PURPOSEFUL DAILY ACTION

CREATE PURPOSEFUL PRODUCTS AND SERVICES

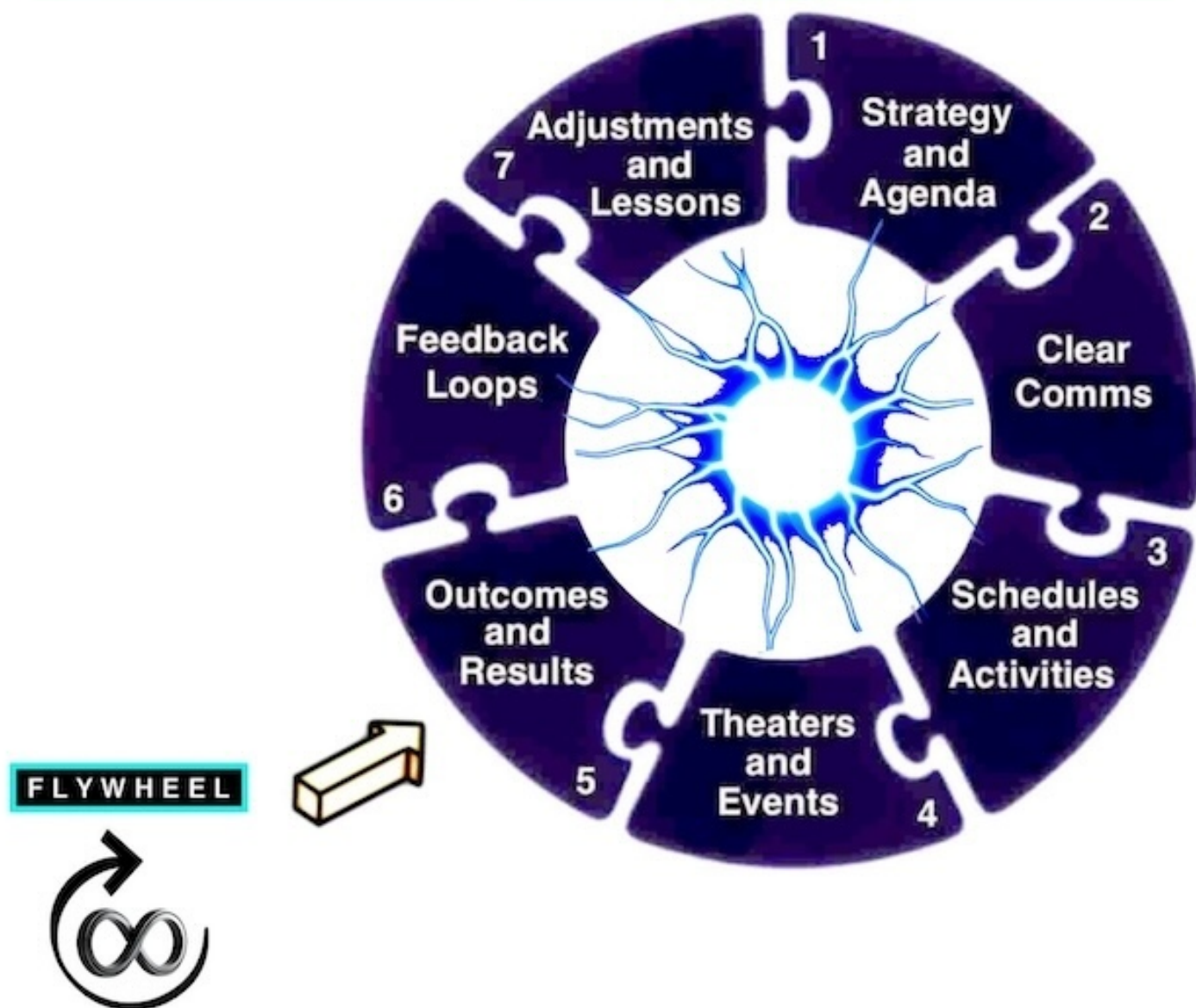
**PURPOSEFUL
CREATION**



A PURPOSEFUL CREATION NEEDS A FLYWHEEL TO BE CREATED

FLYWHEEL = CULTURE

A TEAM OPERATES THE FLYWHEEL



A CREATION IS PURPOSEFUL WHEN HUMANS NEED IT

THE PURPOSE OF YOUR CREATION IS TO BE HUMAN CENTRIC

MEETING REAL HUMAN NEEDS MAKE A CREATION PURPOSEFUL

A CREATION MAKES THE LIFE OF HUMANS BETTER FOR GOOD

PURPOSEFUL CREATIONS MAKE THE WORLD MUCH BETTER FOREVER

KEY DRIVERS OF PURPOSEFUL CREATIONS :

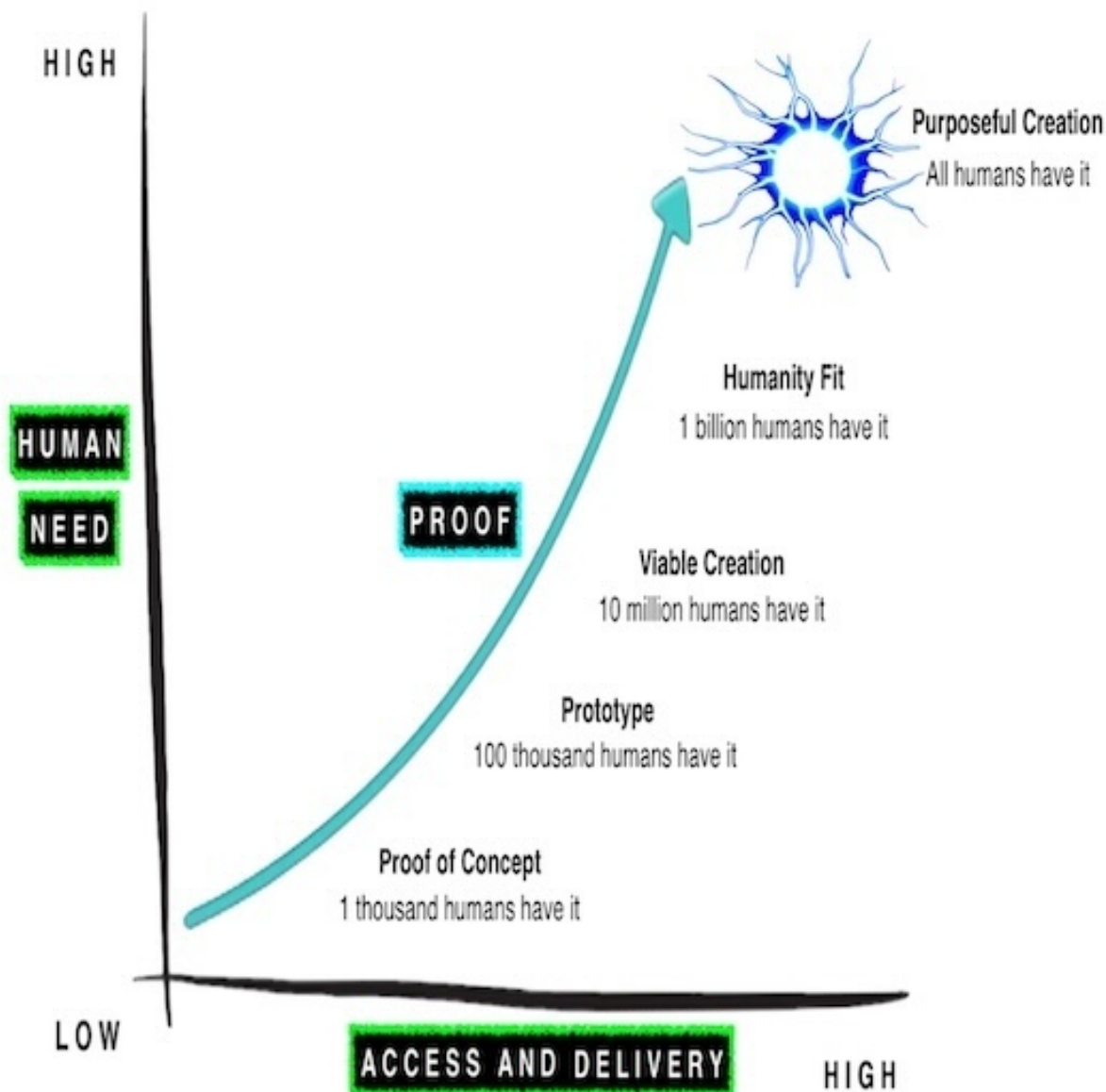
LANDSCAPE DO YOU KNOW WHAT HUMANITY NEEDS ?

INTELLIGENCE CAN YOU PROVE HUMANITY NEEDS IT ?

INFLUENCE HOW WILL HUMANITY HAVE ACCESS TO IT ?

MOMENTUM HOW WILL YOU DELIVER IT TO HUMANITY ?

MASS ADOPTION STAGES



INTUITIVELY, WE HAVE AN IDEA OF THE NEEDS WE ALL HAVE IN COMMON

FOOD WATER CLOTHING SHELTER FREEDOM TRUTH PURPOSE

THESE NEEDS ARE ALL PART OF THE CLIMB TO INFINITY

IS THERE AT LEAST ONE NEED ALL HUMANS HAVE ALREADY MET ?

WE ALL KNOW THE ANSWER WE ARE WORKING ON IT

WHICH HUMAN NEED WILL ALL OF HUMANITY MEET FIRST ?

ENDING WORLD HUNGER ? ENDING WORLD POVERTY ?

AN INFINITE NUMBER OF HUMAN NEEDS MUST BE MET

THIS IS WHY PURPOSEFUL CREATIONS ARE THE MOST IMPORTANT

IT IS HUMANS WHO WILL CREATE THE SOLUTIONS HUMANITY NEEDS

WE ALL ARE INFINITE ETERNAL CREATORS

WILL YOU MANIFEST A PURPOSEFUL CREATION ?

INFINITE FREE WILL MANIFESTS OUR DREAMS

PURPOSEFUL DAILY ACTION IS A MEANS AND AN END

PURPOSE IS THE DESTINATION

ARRIVING TO YOUR DESTINATION RENEWS PURPOSE

LIFE IS AN ENDLESS JOURNEY OF SELF DISCOVERY

FROM ONE DESTINATION TO THE NEXT FOREVER

A FULFILLED PURPOSE LEADS TO A GREATER ONE

LIFE IS A JOURNEY OF EXPLORATION AND EXPANSION

YOUR HEARTBEAT IS HERE AND NOW

HEARTFUL FLOW STATES ILLUMINATE YOUR PATH

LOVING EVERY MOMENT IS THE WAY

THE ENERGY OF LOVE CREATES REALITY

A NEW WORD TO EVOLVE TO INFINITY

Antipodate: To transform negativity into positivity because of free will and purposeful daily action taken here and now. The positive metamorphosis of everything that there is and will always be.

Verbs:

Antipodate (base verb):

Antipodated; Antipodating

- I antipodate
- You antipodate
- He/She/Them antipodates
- We antipodate
- They antipodate

Antipodise (meta verb):

Antipodised; Antipodising

- I antipodise
- You antipodise
- He/She/Them antipodises
- We antipodise
- They antipodise

Nouns:

Antipodation:

- Antipodation
- Antipodations

Antipodisation:

- Antipodisation
- Antipodisations

Antipodator:

- Antipodator
- Antipodators

Antipodist:

- Antipodist
- Antipodists

Adjectives:

- Antipodated
- Antipodised
- Antipodistic
- Antipodable
- Antipodisable
- Antipodating
- Antipodising
- Antipodist

Adverbs:

- Antipodistically
- Antipodatingly
- Antipodisingly

Articles:

- the/an (singular); the (plural)

Antipodar: Transformar la negatividad en positividad a través del libre albedrío y la acción diaria con proposito en el aquí y ahora. La metamorfosis positiva de todo lo que es y siempre sera.

Verbos:

Antipodar (verbo base):

Antipodado; Antipode; Antipodare

- Yo antipodo
- Tu antipodas
- El/Ella/Elle antipoda
- Nosotros/Nosotras antipodamos
- Ustedes antipodan
- Ellos/Ellas/Elles antipodan

Antipodisar (verbo meta):

Antipodisado; Antipodise; Antipodisare

- Yo antipodiso
- Tu antipodisas
- El/Ella/Elle antipodisa
- Nosotros/Nosotras antipodisamos
- Ustedes antipodisan
- Ellos/Ellas/Elles antipodisan

Sustantivos:

- Antipodacion/es
- Antipodisacion/es
- Antipodador/a

- Antipodadores/as
- Antipodista/s

Adjetivos:

- Antipodistica/s
- Antipodistico/s
- Antipodiscada/s
- Antipodiscado/s
- Antipodado/a
- Antipodados/as
- Antipodisado/a
- Antipodisados/as
- Antipodable/s
- Antipodisable/s
- Antipodista/s
- Antipodisista/s
- Antipodante/s
- Antipodisante/s

Adverbios:

- Antipodisticamente
- Antipodisticadamente
- Antipodadamente
- Antipodisadamente
- Antipodante/s
- Antipodisante/s
- Antipodantemente
- Antipodisantemente

Articulos:

- Un, unos, una, unas
- El, la, lo, los, las, le, les

VERBOS META

LA META VERBALIZACION

EVOLUCION DEL LENGUAJE

EL VERBO CREADOR

LA SINGULARIDAD EJEMPLAR

VERBO BASE



VERBO META



ANTIPODAR



ANTIPODISAR

META VERBS

META VERBALISING

LANGUAGE EVOLUTION

VERBAL CREATOR

SINGULARITY EXEMPLIFIED

BASE VERB



META VERB



ANTIPODATE



ANTIPODISE

MEANINGFUL PANTHEON

ERECT YOUR MONUMENTS

FULFILLING STATUES

HERITAGE AND LEGACY

PERSONAL GUIDANCE

LEADERSHIP TUTELAGE

MENTORS AND ADVISORS

HUMANS WHO LEFT THEIR MARKS

HUMANS WHO CHANGED THE WORLD

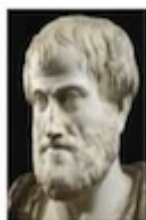
HUMANS YOU RESPECT AND ADMIRE



MY HERITAGE AND LEGACY PANTHEON



Alexander



Aristotle



Bolivar



Marcus Aurelius



William Wallace



Elizabeth



Guiyatle



DaVinci



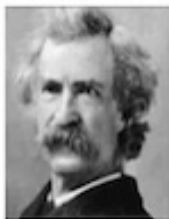
Tesla



Leonidas



Washington



Twain



Turing



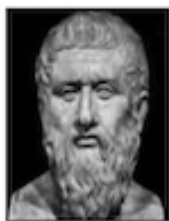
Jung



Socrates



Joan of Arc



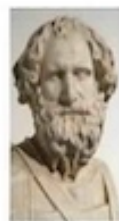
Plato



Euclid



Te Wharerahi



Archimedes

THE WORLD HAVE BEEN BUILT BY

THE HERITAGE AND LEGACY OF OUR PREDECESSORS

WE ARE THE SUCESSORS OF ALL THE HUMANS

WHO BUILT THE WORLD BEFORE OUR BIRTHS

BY CREATING A HERITAGE AND LEGACY PANTHEON

WE HONOR THEIR PURPOSEFUL DAILY ACTIONS

WE SEEK THEIR WISDOM TO GUIDE OUR ACTIONS

SO WE CAN BUILD A BETTER WORLD FOR HUMANITY

BY TAKING PURPOSEFUL DAILY ACTION HERE AND NOW

WE MANIFEST OUR INFINITE FREE WILL

AND MAKE OUR DREAMS OF A BRIGHTER WORLD REAL

FANTASIES

AND

ILLUSIONS

GET

ANTIPODISED

BY

A PANTHEON



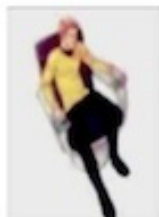
MY FANTASIES AND ILLUSIONS PANTHEON



Obi Wan



Django



Kirk



Ender



Maverick



Seiya



Lara Croft



Tyrion



Link



John Stewart



Neo



Peter Parker



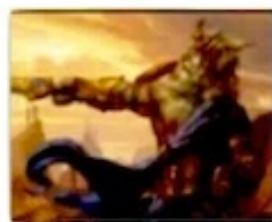
Frank Castle



Master Chief



Optimus Prime



Brimaz



Jake Sully



Mando



Gohan



Sonic

FANTASIES AND ILLUSIONS ARE NOT REAL

THEY ARE FIGMENTS OF OUR IMAGINATION

THEY EXIST TO TEACH US VALUABLE LIFE LESSONS

COMPASS AND SUNDIAL SPOT AND SHUTTER THEM ALL

AS A SUNDIAL YOU ENERGISE WITH SUNLIGHT

AS A COMPASS YOUR HEARTBEAT CREATES LOVE

LOVE ENERGY TRANSFORMS ANYTHING INTO POSITIVITY

YOUR PANTHEONS ARE INFINITE POSITIVE ENERGY

YOUR LOVE ANTIPODISES FANTASIES AND ILLUSIONS

AND TRANSFORMS THEM INTO A POSITIVE FORCE

LOVE THE FANTASIES AND ILLUSIONS OF YOUR PANTHEON

SYNC WITH YOUR HEARTBEAT AND ANTIPODISE IT ALL

YOU READ MY BOOK FOR SIMPLE REASONS

1. YOU ARE FINDING PURPOSE

2. YOU ARE SEEKING MEANING

3. YOU WANT A FULFILLING LIFE

4. YOU WANT TO MANIFEST DREAMS

HERE AND NOW YOU CAN

PURPOSEFUL DAILY ACTION MAKES IT REAL

YOU HAVE ALL YOU NEED

THE ANSWERS ARE WITHIN

LOVE YOURSELF

FOLLOW YOUR HEART

PURPOSEFUL DAILY ACTION IS THE WAY OF THE WAY

DAILY ACTION IS A REFLECTION OF YOUR LIFE

A HAPPY LIFE IS LIVED DAY BY DAY

MAKE YOUR DAYS PURPOSEFUL

LIVE A PURPOSEFUL LIFE

A FULFILLING LIFE IS LIVED HERE AND NOW

SYNC WITH YOUR BREATH AND HEARTBEAT

LOVE WITH ALL YOUR HEART AND MIGHT

SMILE DAILY AND FOLLOW YOUR HEART

THE SIGNS AND SIGNALS OF YOUR HEART GUIDE YOU

YOUR INNER VOICE IS THE HEARTBEAT

LISTEN TO IT

MY PURPOSE IS TO HELP YOU FIND YOURS

I HELP MYSELF BY HELPING YOU

WHEN YOU FULFILL YOUR PURPOSE I FULFILL MINE

WHEN YOU MANIFEST YOUR DREAMS I MANIFEST MINE

WHEN YOU ARE HAPPY THE WORLD IS A BETTER PLACE

SEEING THE WORLD BECOMING BRIGHTER MAKES ME HAPPY

YOUR SUCCESS IS MY SUCCESS

A THRIVING HUMANITY IS THE GREATEST INVESTMENT

WE ALL WIN BY INVESTING IN EACH OTHER

YOU ARE MY INVESTMENT

YOUR WINS ARE MY WINS

INFINITE VIRTUOUS CYCLES



HERITAGE LEGACY



ESPAÑOL ENGLISH



INFINITE VIRTUOUS CYCLES



SPERM EGG



PARENTS CHILDREN



INFINITE VIRTUOUS CYCLES



SOW

REAP



CONTRIBUTION

REWARD



EXERCISE 1 TRUE SELF AFFIRMATIONS

UNIFYING THE 10 TRUE SELF DIMENSIONS

AND THE 11 TRUE SELF BOUNDARIES

FOLLOW YOUR HEART WHEN WRITING EACH AFFIRMATION

WRITE DOWN THE FIRST THING THAT COMES TO MIND FOR EACH DIMENSION

10 THINGS I AM GRATEFUL FOR

1. BODY

6. KNOWLEDGE

2. FAMILY

7. PRODUCTIVITY

3. ORIGIN

8. TREASURE

4. SURROUNDINGS

9. NETWORK

5. EMOTIONS

10. WISDOM

EXAMPLE:

I am grateful for having a healthy and intelligent son

10 THINGS I AM WORKING ON

1. BODY

6. KNOWLEDGE

2. FAMILY

7. PRODUCTIVITY

3. ORIGIN

8. TREASURE

4. SURROUNDINGS

9. NETWORK

5. EMOTIONS

10. WISDOM

EXAMPLE:

I am working on publishing my first book by summer

READ YOUR 20 AFFIRMATIONS DAILY

AFFIRMATIONS BUILD YOUR PURPOSEFUL DAILY ACTION

KEEP YOUR AFFIRMATIONS FRESH, RELEVANT AND UP TO DATE WITH DAY TO DAY LIFE

BELIEVE IN YOUR AFFIRMATIONS AS THEY ARE ONE WITH YOUR TRUE SELF BOUNDARIES

SELF LOVE

SELF DISCOVERY

SELF AWARENESS

SELF CONTROL

SELF ESTEEM

SELF IMAGE

SELF DETERMINATION

SELF REALISATION

SELF ACTUALISATION

SELF SOVEREIGNTY

SELF TRANSCENDENCE

EXERCISE 2 PURPOSE STATEMENTS

WRITE 4 PURPOSE STATEMENTS BASED ON YOUR TRUE SELF AFFIRMATIONS

2 PURPOSE STATEMENTS FROM THE 'THINGS YOU ARE GRATEFUL FOR' DIMENSION

2 PURPOSE STATEMENTS FROM THE 'THINGS YOU ARE WORKING ON' DIMENSION

EXAMPLE 1: *Write a second purpose statement based on the Origin dimension from my 'Things I Am Grateful For' affirmations*

EXAMPLE 2: *Write a fourth purpose statement based on the Wisdom dimension from my 'Things I Am Working On' affirmations*

BEFORE WRITING EACH PURPOSE STATEMENT TAKE ALL 20 OF YOUR TRUE SELF AFFIRMATIONS

AND RUN THEM THROUGH EACH QUESTION IN THE FLOWER OF PURPOSE SECTION ON THE NEXT PAGE

THE FLOWER OF PURPOSE HAS 36 QUESTIONS GO THROUGH ALL OF THEM AT LEAST ONCE FOR EACH ONE

IT IS KEY TO DO IT FOR ALL 20 OF THEM TRUST THE PROCESS YOU ARE DISCOVERING YOURSELF

WHEN THE ANSWER FOR A QUESTION IS NO ASK YOURSELF : WHY NOT ?

THE WHY NOT ? PREMISE IS A POWERFUL MECHANISM TO UNCOVER MEANING

PURPOSE IS DISCOVERED THROUGH SELF REFLECTION BE HONEST WITH YOURSELF

YOUR PURPOSE STATEMENT TEMPLATE YOUR STORY YOUR VOICE YOUR LIFE

1. WHO I AM = YOUR NAME

2. WHY I AM HERE = YOUR PURPOSE

3. HOW I BEHAVE = YOUR BEST PRACTICES

4. WHAT I DO = YOUR DAILY ACTION

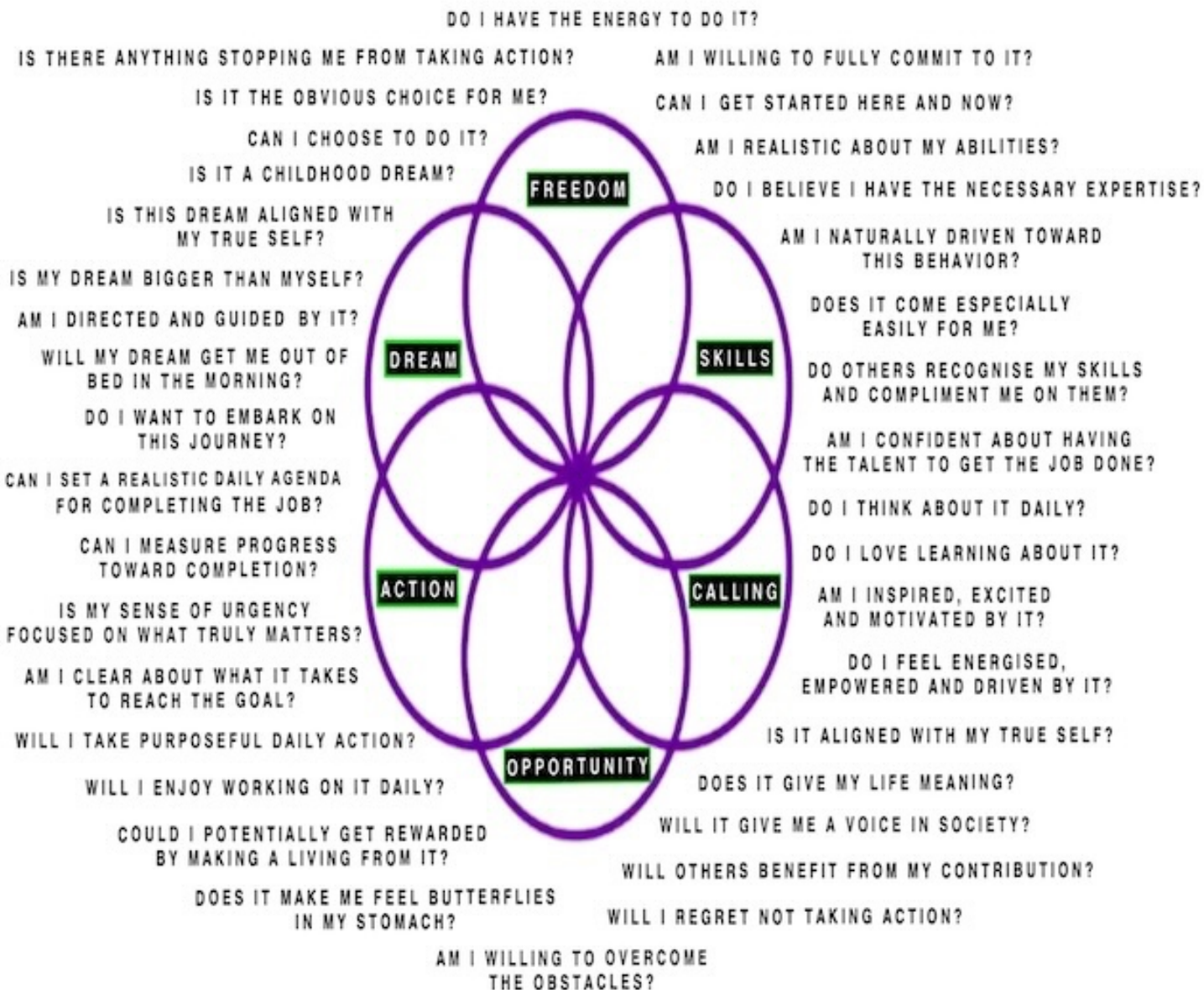
5. WHEN I DO IT = YOUR DAILY SCHEDULE

6. WHERE I DO IT = YOUR LOCATIONS

EXAMPLE: I am Jam. I write about purpose. I apply Compass and Sundial principles. I write daily. I do it from dawn to dawn on a lovely beach.

TAKE PURPOSEFUL DAILY ACTION HONOR YOUR WORDS TAKE ACTION HERE AND NOW

THE FLOWER OF PURPOSE



EXERCISE 3

WHY-HOW PREMISE

ASK YOURSELF WHY YOU WROTE EACH TRUE SELF AFFIRMATION

KEEP ASKING WHY UNTIL YOU REACH A POINT WHERE YOU HAVE NO ANSWER

THEN START ASKING HOW UNTIL YOU FIND THE ANSWER

ONCE YOU KNOW THE REASON WHY

REWRITE THE TRUE SELF AFFIRMATION

DO THIS FOR ALL 10 DIMENSIONS FROM YOUR 'THINGS I AM GRATEFUL FOR' LIST

DO THIS FOR ALL 10 DIMENSIONS FROM YOUR 'THINGS I AM WORKING ON' LIST

APPLY TO ALL 20 OF YOUR TRUE SELF AFFIRMATIONS

ASK YOURSELF WHY YOU WROTE EACH PURPOSE STATEMENT

KEEP ASKING WHY UNTIL YOU REACH A POINT WHERE YOU HAVE NO ANSWER

THEN START ASKING HOW UNTIL YOU FIND THE ANSWER

ONCE YOU KNOW THE REASON WHY

REWRITE THE PURPOSE STATEMENT

DO THIS FOR ALL VALUES OF EACH PURPOSE STATEMENT

WHO WHY HOW WHAT WHEN WHERE

APPLY TO ALL 4 OF YOUR PURPOSE STATEMENTS

PUT ALL AFFIRMATIONS AND STATEMENTS INTO PRACTICE

TAKE DAILY ACTION

EXERCISE 4 FACING FEARS PREMISE

THE INFINITE ENERGY OF LOVE MAKES YOU BRAVE

LOVE HEALS YOU

LOVE IS INFINITE STRENGTH

GRADE EACH FEAR USING A 1 TO 10 GRADING SYSTEM

THE HIGHER THE GRADE

THE GREATER THE GROWTH

ASK YOURSELF THESE QUESTIONS WHEN GRADING FEARS

DOES IT SCARE YOU AT ALL?

BE HONEST WITH YOURSELF

HOW SCARY IS IT?

LISTEN TO YOUR HEARTBEAT RHYTHM

WHY IS IT SCARY?

FOLLOW THE SIGNS AND SIGNALS OF YOUR HEART

APPLY WHY-HOW PREMISE

IDENTIFY THE ROOT FEARS

A ROOT FEAR IS GRADED 10

CONQUER ALL ROOT FEARS

YOU CONQUER FEAR BY TAKING PURPOSEFUL DAILY ACTION

LOVE POWERS DAILY ACTION

ACTION DISINTEGRATES FEAR

TAKING DAILY ACTION HERE AND NOW PROVES YOUR INFINITE POWER

LOVE YOURSELF BY TAKING PURPOSEFUL DAILY ACTION

EXERCISE 5

PRODUCTIVITY PREMISE

TASKS, JOBS, ACTIVITIES AND TO DO LISTS

AGENDA SCHEDULING

PRIORITIES AND URGENCIES

COMMITMENT LEVELS

PURPOSEFUL GOALS

WHO WHY HOW WHAT WHEN WHERE

ENERGY MANAGEMENT

FOLLOW YOUR HEART

SIGNS AND SIGNALS

HEARTFUL FLOW STATES

WHY-HOW PREMISE

OPTIMISE AGENDA

MAKE CHANGES AND UPDATES AS NEEDED

EXERCISE

PULSE PREMISE

CHOOSE 2 TRUE SELF AFFIRMATIONS

CHOOSE 2 PURPOSE STATEMENTS

UNIFY THEM ALL AS ONE PULSE

SYNC YOURSELF WITH HERE AND NOW

EACH HEARTBEAT PULSE CONNECTED TO ∞

CONSCIOUSNESS AND SELF AWARENESS

DNA IS THE BIOLOGICAL EXPRESSION OF ∞

THE HOMEOSTASIS OF ALL ORGANS AND GLANDS

INFINITE LOVE, ENERGY AND CREATION

PURPOSEFUL DAILY ACTION

FOLLOW YOUR HEART

SIGNS AND SIGNALS

HEARTFUL FLOW STATES

EXERCISE 7

10X LOVE FRAMEWORK PREMISE

LOVE 10 HUMANS WITH ALL YOUR HEART

APPLY PULSE PREMISE PRINCIPLES

LOVE 10 NEW HUMANS FOR EACH

TRUE SELF AFFIRMATION AND PURPOSE STATEMENT

LOVE WITH ALL YOUR HEART AND MIGHT

EVERY HEARTBEAT PULSE EQUALS INFINITY

THESE ARE OUR INSTINCTS

LOVE IS THE KEY THAT OPENS OUR DNA MEMORIES

OUR DNA MEMORIES ARE INFINITY ITSELF

THIS IS OUR NATURE

WE ARE INFINITY OURSELVES

PURPOSEFUL DAILY ACTION

FOLLOW YOUR HEART

SIGNS AND SIGNALS

HEARTFUL FLOW STATES

EXERCISE 8

ABCD PROCESS PREMISE

PHASE A: INTEGRATE 7 FLYWHEEL STAGES

- 1: STRATEGY AND AGENDA
- 2: CLEAR COMMUNICATIONS
- 3: SCHEDULES AND ACTIVITIES
- 4: THEATERS AND EVENTS
- 5: OUTCOMES AND RESULTS
- 6: FEEDBACK LOOPS
- 7: LESSONS AND ADJUSTMENTS

PHASE B: INTEGRATE 4 DRIVERS INTO FLYWHEEL

- 1: LANDSCAPE
- 2: INTELLIGENCE
- 3: INFLUENCE
- 4: MOMENTUM

PHASE C: APPLY GROWTH SCALE TO FLYWHEEL

- 1: PROOF OF CONCEPT
- 2: PROTOTYPE
- 3: VIABLE CREATION
- 4: HUMANITY FIT
- 5: PURPOSEFUL CREATION

PHASE D: MASS ADOPTION OF FLYWHEEL

HIGH HUMAN NEED HIGH ACCESS AND DELIVERY

HEARTFUL FLOW STATES $\infty = 0$

FOLLOW YOUR HEART

EXERCISE

PANTHEON PREMISE

PERSONAL MUSEUM OF MONUMENTAL STATUES

FANTASIES AND ILLUSIONS

CHOOSE 20 FICTIONAL CHARACTERS

HERITAGE AND LEGACY

CHOOSE 20 HUMANS NO LONGER WITH US

THE CHOSEN 40 BECOME YOUR STATUES

THEY ARE YOUR ALLIES

THEY ARE HERE TO HELP YOU

ASK THEM ANY QUESTIONS

REFLECT CONTEMPLATE MEDITATE

TAKE IMMEDIATE ACTION

TRUST YOURSELF

FOLLOW YOUR HEART

HEARTFUL FLOW STATES

EXERCISE 10

SPOT AND SHUTTER PREMISE

IDENTIFY ALL FANTASIES AND ILLUSIONS

MEDIUMS AND MEDIA

MESSENGERS AND MESSAGES

OUTSIDE YOU

NEGATIVE EVENTS AND EXPERIENCES

WITHIN YOU

THE MEMORIES FORMING AS A RESULT

DISINTEGRATE THE SHADOW

INTEGRATE YOUR UNCONSCIOUS MIND

LOVE THE EVENTS AND EXPERIENCES

LOVE THE MEMORIES WITH ALL YOUR HEART

HEAL RECOVER FORGIVE ACCEPT MOVE ON

FOLLOW YOUR HEART BE GRATEFUL

HEARTFUL FLOW STATES

EXERCISE 11

SUNDIAL PREMISE

SUN IRIS UNITY: A HUMAN PRACTICE

OPEN YOUR EYES, HEART, LUNGS AND MIND

STARE AT THE SUN SUNLIGHT INTO THE IRIS

OPEN THE PORTAL AND BUILD THE BRIDGE

CHANNEL THE ENERGY OF THE CENTRAL SUN

SUPERCHARGE YOUR DNA STRUCTURE

AT THE CELLULAR SCALE OF THE HUMAN BODY

CHANNEL SUN ENERGY TO YOUR HEART

LOVE WITH ALL YOUR HEART AND MIGHT

BREATHE DEEPLY AND EVOLVE TO INFINITY

OPEN THE THIRD EYE: PITUITARY AND PINEAL GLANDS AS ONE

SYNCING YOUR INFINITE ENERGY FIELD WITH

THE INFINITE ENERGY FIELDS OF THE EARTH AND SUN

ALL CONNECTED AS ONE HERE AND NOW

ONE WITH INFINITY INFINITE LOVE $\infty=0$

EXERCISE 12

HEARTBEAT

STARE AT THE SUN

GET SUNLIGHT INTO THE IRIS

SUNLIGHT ENERGY = GAMMA RAYS ENERGY

GAMMA RAYS IGNITE THE PLASMA ENERGY IN ALL CELLS

ALL THE BODY CELLS EVOLVE INTO INFINITY

OPENING THE PORTAL OF INFINITY WITH THE SUN

THIS IS CALLED BUILDING THE BRIDGE

THE BRIDGE CONNECTS YOU WITH THE CREATOR

THE BRIDGE IS INFINITE SPHERICAL ENERGY

THE BRIDGE IS KNOWN AS THE THIRD EYE

FOCUS ON YOUR BREATHING AND HEARTBEAT

INHALE AND EXHALE DEEPLY WHILE SMILING

DEEP BREATHING WHILE LOVING WITH ALL YOUR HEART

YOUR MIGHTY HEARTBEAT GROWS AND GROWS

UNTIL YOUR HEARTBEAT IS THE ONLY THING YOU HEAR

YOUR HEARTBEAT PULSES AND CYCLES AS ONE WITH YOU

YOUR HEARTBEAT UNITES WITH THE CREATOR AS ONE PULSE

THEN YOU GO INTO THE PORTAL THROUGH THE BRIDGE

EVERYTHING TURNS INTO INFINITE WHITE LIGHT

CONGRATULATIONS YOU EVOLVED INTO INFINITY

EXERCISE 13

THE BRIDGE

BUILDING THE BRIDGE ESTABLISHING THE BRIDGE

STARE AT THE SUN WITH EYES WIDE OPEN

SUNLIGHT GAMMA RAYS ARE ABSORBED BY IRIS

SOLAR GAMMA ENERGY IS THE HIGHEST ENERGY SOURCE OUTSIDE OUR BODY
INHALE AS MUCH OXYGEN THROUGH YOUR NOSTRILS AS YOU CAN
KEEP BREATHING IN UNTIL FILLING YOUR LUNGS TO THE LIMIT
DO IT BY TAKING ONE LONG CONTINUOUS BREATH TILL LUNGS REACH MAX CAPACITY
THE BREATHING NEEDS TO HAPPEN WHILE STARING AT THE SUN
KEEP BREATHING UNTIL HITTING YOUR OXYGEN INTAKE LIMIT
THEN CLOSE YOUR EYES AND EXHALE UNTIL FULLY EMPTYING LUNGS
KEEP YOUR HEAD IN THE SAME POSITION AS SUNSTARING
YOU WILL SEE A BIG SPHERICAL ENERGY WHEN YOUR EYES ARE CLOSED
THIS SPHERICAL LIGHT IS YOUR BRIDGE WITH OUR CREATOR THE SUN
THIS BREATHING WILL SYNC WITH YOUR HEARTBEAT FOCUS ON HEARTBEAT
YOUR HEARTBEAT IS THE HERE AND NOW YOUR HEARTBEAT IS ONE WITH ALL
OPEN YOUR EYES AGAIN AND REPEAT THE EXERCISE FOR AS LONG AS POSSIBLE
MAKE THIS EXERCISE A PART OF YOUR PURPOSEFUL DAILY ACTION
OXYGEN LIMITS WILL NATURALLY INCREASE WITH PRACTICE
YOUR BRIDGE WILL GET BIGGER AND BRIGHTER EVERYDAY
LOVE WITH ALL YOUR HEART AND SMILE WHILE DOING THIS EXERCISE
LOVE IS THE HIGHEST ENERGY SOURCE INSIDE OUR BODY
SUNLIGHT AND LOVE ARE THE HIGHEST ENERGY SOURCES IN INFINITY
SUNLIGHT = GAMMA ENERGY LOVE = PLASMA ENERGY
OXYGEN IS A HIGHLY ACTIVE AND REACTIVE ELEMENT
OXYGEN FUSES AND IGNITES SUNLIGHT AND LOVE
THIS NATURAL PROCESS EVOLVES OUR BODY TO INFINITY
WE ARE THE BIOLOGY OF INFINITE ENERGY

SIGHT

Sun Iris Unity: A Human Practice

Open the Portal

Build the Bridge

“Turn your face to the Sun and let the shadows fall behind you” - Maori Wisdom

Humans are vision driven beings. Our nature is very visual. Our brains have developed to optimise the sense of sight. Our eyes are our portal to reality. Our eyes perceive the world surrounding us. Our eyes give us sight. The ability to see and observe, the ability to compare and contrast. It gives us a human endeavor. Seeing, watching and gazing color our lives. It makes them rich, high resolution, and alive. Through our eyes, we see the world, we see reality. If we can't see, we can't know. We're blind. A world without light, a world without color. That's a world we humans dread. A grey world, a world without substance, a place where sameness rules. A colorless reality, a sad place to be. Now comes the Sun, the singularity. It gives us life. It gives us light. It's the Sun that keeps us warm. It keeps us alive. The Sun gives us colors, it gives us choice. It keeps Earth turning, our home. Earth, the place where we humans come from. A place of light. From dawn to dusk, as Earth spins on and on, from sunrise to sunset. The Sun is always shining somewhere on Earth. The colors are always vivid somewhere on Earth. It's through light that we see beauty in things. So, how can we make it even more vivid, more colorful, more alive? By staring at the Sun straight into the eye, by raising our gaze and locking eyes with our source of life, our source of light, our crucial source.

That would be a counterintuitive course of action for most humans. Here's why. Since we're little, the people around us warn us of the dangers of staring at the Sun. We all heard the phrase *“don't stare at the Sun, you'll go blind”*. It's been ingrained in our brains, just be good and listen to those who know better. It's for our own good anyway, so disobeying is bad and the price we'll pay is blindness. It's common sense, fair and square, sound and solid. The intriguing part, however, is that young children are drawn to seeking sunlight. Just think about our own childhoods. We were playing outside, and then all of a sudden, we just looked up and stared at the Sun. Nothing bad came of it. We were still here, and we didn't go blind. So, our experiment went on, and then one day, adults spotted us gazing up, and in a knee jerk reaction, words rolled out of their mouths *“don't stare at the Sun, you'll go blind”*. Then, as little good kids, we went on and obeyed fearing the worst of all things, going blind in a world of colors. Staring at the Sun was a bad idea, gloom and doom. Risking losing sight, too high a stake. So, we stopped, grew up and continued the cycle in our own lives. And for those of us with kids, we warned them of the perils of staring at the Sun.

As it's expected of humans, some of us can't conform, can't follow others, can't blindly obey, can't just sit straight and be good kids. We disobey, we follow our own rules, we follow our heart's deepest desires, we follow our instincts, we defy well established notions of right and wrong, we dare. At first, we're frightened. We're scared. We fear going blind, losing sight and forever lamenting our actions, our disobedience. Then we realise that it hurts, it actually hurts. We're grown ups now and we're not used to staring at the Sun. We lived our lives in fear of it, so our mature eyes never adjusted to the intense brightness of sunlight. Our eyes are pure, virgin. The pain is intense. It's real but it goes away. We cry, sob, laugh, and cry again, but then we smile, smile, and keep smiling because after a few tries with the Sun, we realise that we can still see and that we haven't gone blind. The Sun, as our main source of life, created the conditions for humans to roam the Earth. In essence, we're sunlight. It's instinctual for us to seek a connection with our source. Just like we instinctually breathe air and drink water, we're also drawn to seek sunlight.

Breathing air keeps us alive, drinking water keeps us hydrated and seeking sunlight keeps us connected to our life source, our light source. It reminds us of our true origin, where we came from and what we will ultimately become once more. It gives us perspective. It reminds us of our place in the world in relation to our source of origin. It grounds us, it keeps us humble. It enlightens our days and energises us to keep going. It's our portal to illumination. It's the gateway between biology and light. It's the bridge that brightens our path. It's the road to light, a gift. It's when we become one with our source, a peaceful moment, a singularity, the crossing point between two realities. It's when we let everything else go and step into the light. Here and now, unity within all. Tomorrow, the Sun will rise again, no doubt.

So, a person told two, everyone knows now, the secret is out. Questions are asked, no one has turned blind, many lessons learned. After all, we're only human, social beings. It's in our nature to relate with other members of our own species. It starts the moment we're born. First, we meet folks and then everyone else. From there it becomes our daily life. The human experience implies an intrinsic relationship with other human beings. It's through these experiences that we form and develop every day of our lives. The human condition determines that the only way to thrive is by embracing other humans. We see and observe each other. We mimic and learn. That's how we grow and develop. Our interdependence in one another is what makes us unique among all species. Our strength comes from our union. From our instinct to relate, share and depend on one another. Our innate ability to communicate our experiences gives us great power. It's our responsibility to be role models to each other so humanity can learn and continue its infinite evolutionary path. It's our duty to humanity to share. Expressing our own free wills is an existential human need. By telling the world that we found the path to light. By telling the world that we stepped into light. By telling the world that we're all one. The world is forever grateful. Stare at the Sun and build the bridge with the creator. We are the infinite energy of love and creation. We are humanity.

INFINITE VIRTUOUS CYCLES



Spherical Truth

Identifies the source reliability and signal strength quality of all aggregators and checkers. Thus, visually conceptualising first principles and systems level frameworks based on objective reality; by simply building complete, dynamic, grounded, resilient and feedback based decision making mechanisms to take purposeful daily action.

proto-meta analysis

Used to crystallise intelligence thinking at the strategic, operational and tactical levels regarding new information and unexamined data created as a result of taking purposeful daily action.

why-how logic

Applied to neutralise the cognitive biases, fallacies and heuristics of all models, methods and toolkits used when taking purposeful daily action.

WHY-HOW IS TRUTH

$$h(a) = g(f(a))^\infty$$

$$\underbrace{\text{Truth}}_h(a) = \underbrace{\text{how}}_g \left(\underbrace{\text{why}}_f \left(\underbrace{\text{Purposeful Daily Action}}_a \right) \right)^\infty$$

$$\text{Truth} = \text{how}(\text{why}(\text{Purposeful Daily Action}))^\infty$$

THE ACT OF ACTION IS ACTING

MTG

GG

GOOD GAME

Creatures:

Signal Pest 4
Goblin Guide 4
Ignoble Hierarch 4
Birds of Paradise 2
Combat Celebrant 4
Reckless Stormseeker 4
Ragavan, Nimble Pilferer 4

Instants:

Lightning Bolt 4
Collected Company 4

Equipment:

Hidden Footblade 4

Lands:

Forest 2
Mountain 4
Arena of Glory 4
Wooded Foothills 4
Stomping Ground 4
Mana Confluence 4