

Autonomy (Confidence in your Authority)  
Authority = Your POWER OF CHOICE = YOUR POWER = YOUR ENERGY

Conscious Doing +> Consequence

Doing and LEARNING

Consequential Learning

Identify what you are AFRAID TO DO THE MOST...  
Indulge on what you Fear

Symptoms of Learning the "right" Lesson  
Confidence  
Empathy  
Courage  
Power  
Security

Strategic Chain Reaction (Catalyst)

Formula Living

Want + Choose + (Learn + Solve) + Do = Happiness

(Cooking with a Recipe)

No Mimic (Example)  
No Recipe

Trial and Error

Living Life

No Mimic (EVERYONE is Mentally Ill)

No Recipe (NO ONE has an idea on what the RIGHT ANSWER is)

Those who have “figured it out through trial and error” have NO IDEA HOW THEY DID IT.

1 - Omniscient POV to “Step outside of the problem” So YOU feel BIGGER than the problem

## THE SKILLS FOR YOUR "LIFE" RECIPE

### The Gulliver EFFECT

1 - Omniscient POV to "Step outside of the problem" So YOU feel BIGGER than the problem = Overwhelm

2 - Recognizing a Problem and diagnosing the correct solution:

3a - We need to "Trigger" a Learning Chain

Reaction

Formula : Catalyst "set off" the Subconscious Mind's" Learning Center

3b - TROUBLE-SHOOTING - Deterrent (The subconscious Mind's Self-Preservation System To keep you safe because INFORMATION = DANGEROUS)

4 - Epiphany = Solution / Strategize: Now that you HAVE the INFORMATION, You need to EXECUTE IT

Anger Consequence = Knowledge

“I was so stupid!” Self-Blame (I was in control the whole time)  
“REALIZATION of OH MY GOD THEY DID THIS TO ME!?” (WHAT was done to you)  
Oh my god they did THAT MUCH OF THIS TO ME” (How much of it was done)

Metric that can be used to literally MEASURE HOW MUCH you were abused...

Emotional Management and Regulation / Self-Discipline

Emotions = Energy = POWER

100% The Same Energy that is in Physics  
Emotional Energy

Catalyst = Smile :)

Sets “Electrical Wiring” via Nerves in your BODY (Wires) and  
SYNAPSES which is the energy transferring from Point A to Point  
B.

Electrical Energy CONVERTS to Chemical Energy = Hormones

Chemical Energy transfers to EMOTIONAL ENERGY

Potential Emotional Energy = Power

Mother Nature is in charge of the DISTRIBUTION OF all the ENERGY  
Mother Nature uses Logic, Math, and Physics to DISTRIBUTE THE ENERGY  
Mother Nature requires equilibrium  
ENERGY REQUIRES EQUILIBRIUM  
If you do not have BALANCED ENERGY  
Mother Nature GETS MAD

### Resistance

Cognitive Dissonance  
Karma  
"Even Steven"  
Mental Illness  
PAIN  
Emotional Discomfort

Physical Sickness  
Aging  
Death

## Triadic Healing Part #1

Balancing and restoring your Energy Alignment to Mother Nature's  
Equilibrium and Mother Nature

## Triadic Healing Part #2

Accumulating Power and Resources  
"The Lost Science of Comprehension"

Education

Knowledge

Integrate Triadic Healing Part #1 and Part #2

Cultivators (Parenting + Healing + Teaching)

Relationships

Business and Economics

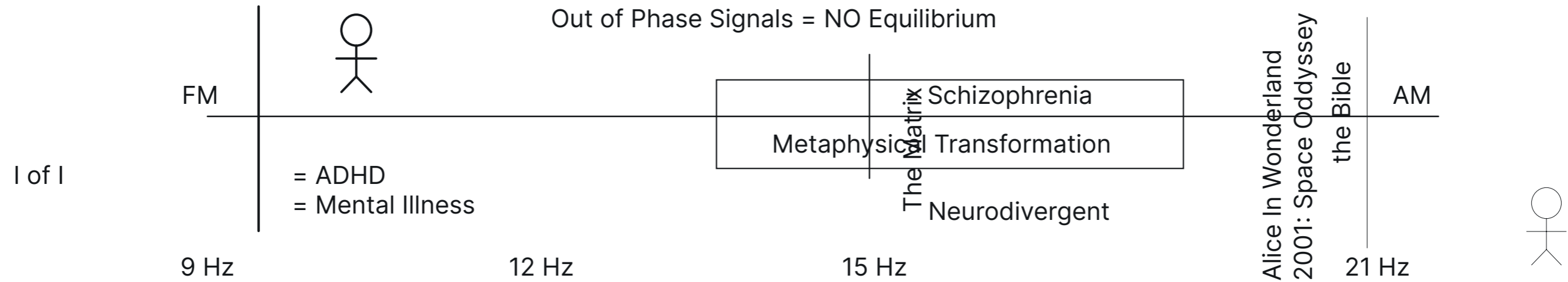
Networking and Communications

## Triadic Healing Part #3

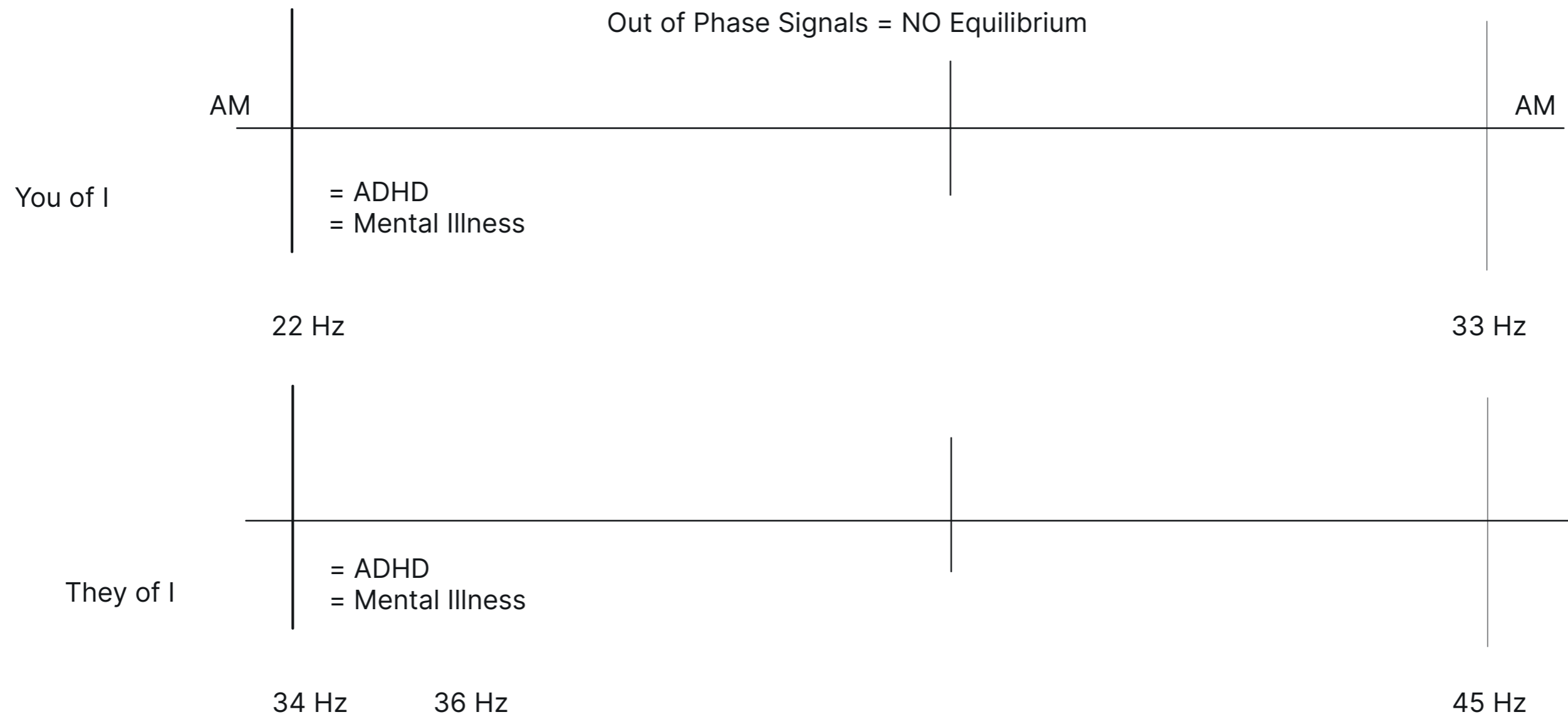
Steering and Direction with Your Power

We are all born in our own frequency  
Abuse = Interference of our own frequency

Signals = REALITIES = PERSPECTIVE = FREQUENCY = DIMENSION



- 1 - RESIST the Interference
- 2 - HAVE BOTH Frequencies at the same time
- 3 - SUBMIT to the Interference





## The Self-Sailing-System

Align with your TRUE FREQUENCY

Know what you want

DO 100% of what you want ALL THE TIME

Listen to your INTUITION (who tells you HOW to get what you want)

10%

35%

50%

100%

Walkthrough  
Theory

100% of ALL of life's Problems Is a symptom of UNEDUCATION

If you were educated on the Solution, could you problem solve?

IF YOU KNEW HOW TO PROBLEM SOLVE, AND you knew the solution... could you solve and/or prevent the problem?