

Learning Process : Regulation Mental Health

The Problem With Traditional Learning

Foundational Learning Ethics

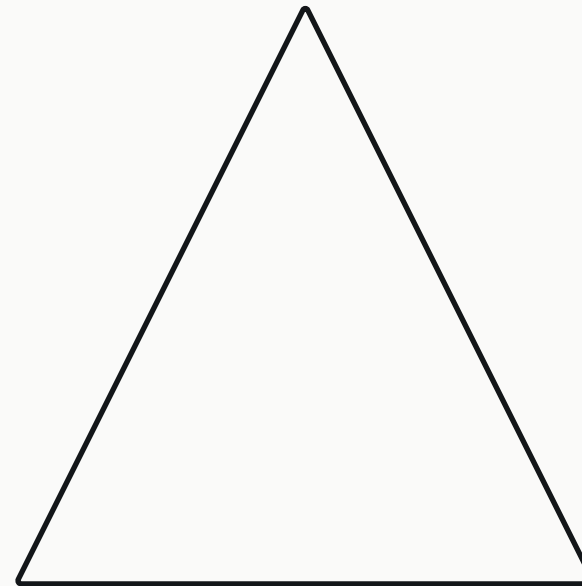
- 1st Ethic - Self Nourishment
- 2nd Ethic - Self-Authority
- 3rd Ethic - Self-Regulation

Learning how to listen to their system  
Training them HOW to listen to their system  
And RESTORE they Systems natural Regulation System

1st Ethic - Self Nourishment  
Play / Learn (Kindergarten Room)  
Low Stimulus / Social  
Medium - low Vulnerability

Mental Situation : Co-Dependency  
Loss of Self +> Addiction,  
Depression, Inability to Live  
without parents

12 to 18 Months



Psychologically Safe :  
Belonging vs. Nourishing / Survival vs.  
Identity and Self

3rd Ethic - Self-Regulation  
Self-Process  
Silent Isolation  
NO Vulnerability  
Low Stimulus / No Stimulus  
Processing

2nd Ethic - Self-Authority  
Creation-Build  
Discovery Center  
High Stimulus Social  
High Vulnerability

Independent Mind = 100% Social

Borderline Personality -  
Oversharing, Overstimulus, and  
an inability to "close" to protect  
the self.

In ability to Trust = Narcissism

36 Months

24 to 36 months  
"No" = I am setting a Boundary  
and Voicing My Identity

Plato's Point : HOW

Station A =

#1 —> Metacognitive Awareness +> Words +> Building Logical Comprehension  
in ORDER +> UNDERSTAND +> "slush Brain" +> Processing +> Integrate +>  
Intuition +> KNOW = Knowledge

How may Children / Adult?

The Signs to see deterioration  
Skipped lessons for regulation

PREPARING YOU (EXOTERIC)

Logic

CHILD'S Frequency = Mathematical Pattern Rhythm  
Obstruction and/or Imbalance of Rhythm

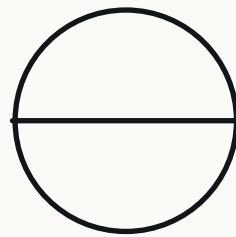
Control Group : Base Line Defined

98% Genius

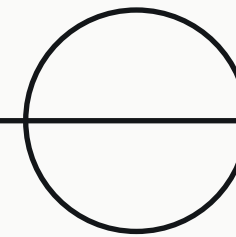
Plato's Point  
Integrated Tuition = Intuition

Station "B"

Thesis  
Question



Word  
Plato's Point "Disintegration"



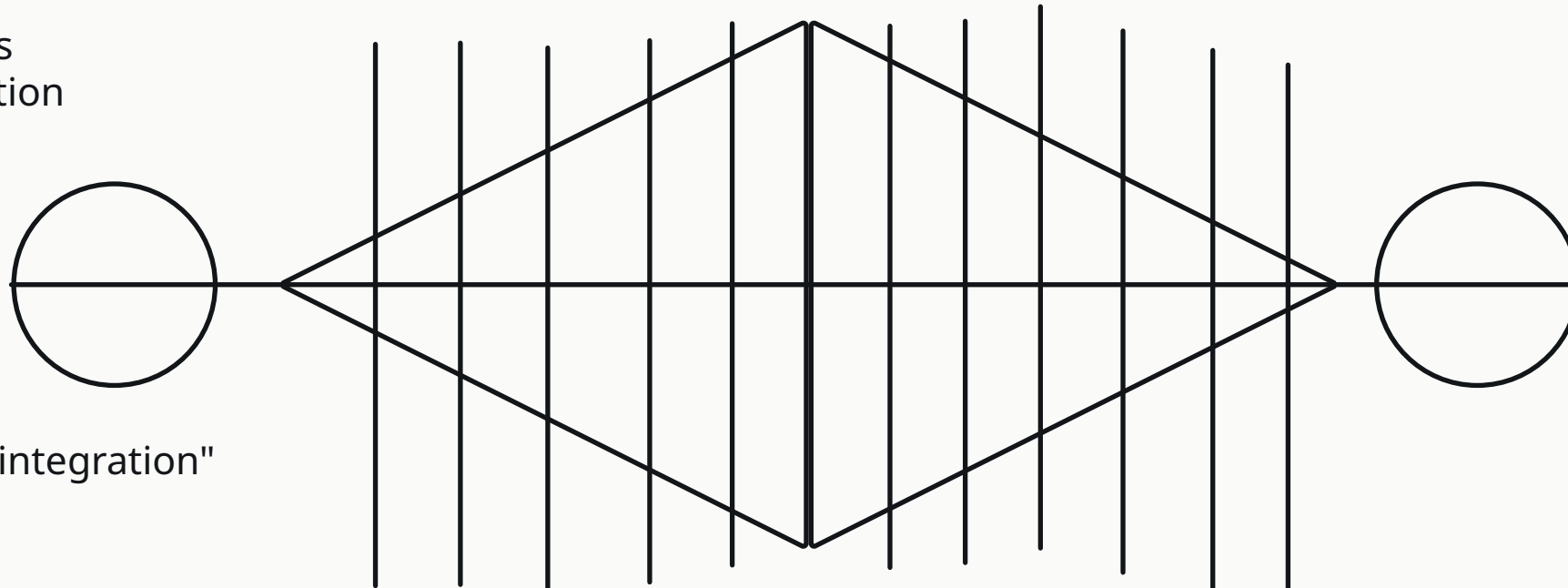
#2 —> application Skill Building  
Esoteric

#3 Discussion  
Dialogue "Two"

Exploratory Dialogue

Point of Most Distinegration

Station "C"



Traits Of Ethic :

"Genie Bottle" Isolated

Self-Nourish  
Restore Energy  
Subjective  
Mental lack of Discipline  
Inability to "Close"

1st Ethic  
Safe "Comfort Zone"  
Self-Nourishing  
Processing  
Organizing

2nd Ethic

Adventure Zone "Social"  
Pioneering "New Territory"

Indulge "A" +> Indulge "B" +> Integration of "A and B"  
"Left" Pendulum +> Right Pendulum +> Center Fulcrum of Balance

Freedom to Indulge  
"I WANT FREEDOM" TO LEARN MODERATION  
"Shaming"

1 Ethic / Week = Healthy  
1 Ethic / 40 Years = Mental Illness

Growth Trial : THE Ultimate Lesson you have to learn to "graduate" from that Ethic  
"How do I fit into this Society?" Who am I in relative to Society?"

Challenge : "Indulge on X" and "Avoid Y" = Indulge on Social

Defining Authority : "What The Leader says I can do."  
Lesson : "I don't NEED others to be MY Authority."  
Value  
Priority

3+> //1 = X-Axis Formula (Melodic)

12 <+ 3 +< // 1 = X-Axis Formula (Melodic)

Truth = "The Track for" Freedom METRIC  
Freedom that Freedom Runs on to get  
nourishment

Nourishment (Love) = KNOWLEDGE /  
LEARNING

12 Ethics +>

Roman = Man Made = Against  
"Break the Mind" to fit it to Rome +> Mental Illness

- 8 Mother Nature Sequence
- 5 Subconscious Mind
- 7 Academic Discipline
- 40 Ancient Greek

