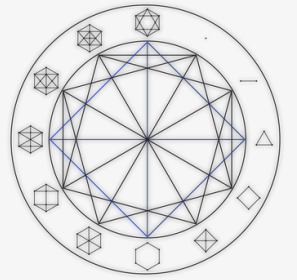


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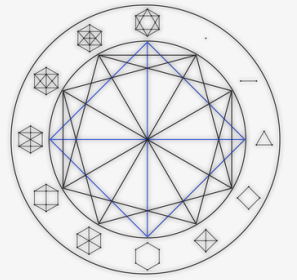
CULTIVATING GENUINE SELF-CRITICAL THINKING



The first module delves into the profound question of "Who am I?" It is a complex inquiry with no definitive answer. However, within each of us resides a sense of "Self." I exist; that is undeniable. But what does it truly mean? Is it individuality or identity, essence or personality, soul or Spirit? This module focuses on fostering a deeper connection with our authentic "Self." Life takes on genuine meaning when we embrace our true identity. Without our "Self," there is no existence, no world. Cultivating a conscious bond with our "Self" empowers us, granting the ability to make choices and live deliberately.

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CULTIVATING GENUINE SELF-CRITICAL THINKING



By completing this module, you can expect to experience the following transformative outcomes:

MAGNETIC CENTER

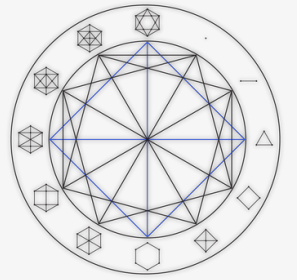
You will commence the creation of a magnetic center that engenders a tangible physical awareness of your true "Self."

CONNECTION WITH THE SOURCE

No longer will you squander time and energy on false desires and automatic behaviors. Instead, you will swiftly redirect your attention back to the source.

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CULTIVATING GENUINE SELF-CRITICAL THINKING



AWAKENING

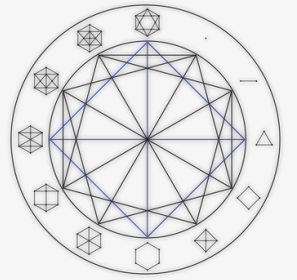
You will savor the taste of awakened consciousness, perceiving firsthand the distinction between this state and your current state of being. Immerse yourself in a heightened quality of attention.

MASTERY OVER CIRCUMSTANCES

Discover what it truly means to be the sovereign master of your life, steering your manifestations and reactions with full authority.

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CULTIVATING GENUINE SELF-CRITICAL THINKING



THE POWER OF CHOICE

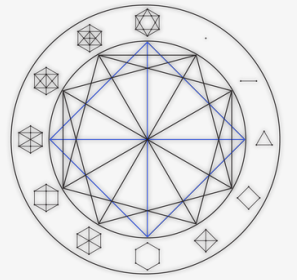
You will acquire the skill to halt your mechanical responses, automatisms, and habits. Through conscious choices, you will reshape your life.

ACTING MINDFULLY

Gain a deep understanding of what it means to engage in actions with profound awareness, transcending mere reaction to the external world.

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CULTIVATING GENUINE SELF-CRITICAL THINKING



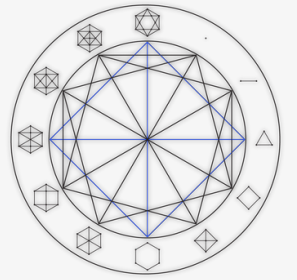
READINESS TO PROGRESS

Completion of the first module ensures your preparedness for the subsequent stages of the program, propelling you further along the path of personal transformation.

The name of this aspect suggests an exciting journey of personal growth. Take a moment to reflect on what critical thinking means to you. How can you activate it within yourself? Why is it important? Who or what guides your critical thinking?

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CULTIVATING GENUINE SELF-CRITICAL THINKING

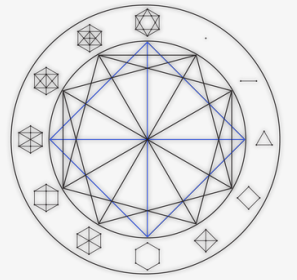


Contemplating these questions is a valuable exercise. You can choose to write down your thoughts or simply ponder them. Different approaches work for different individuals, so find the method that resonates best with you.

In the following sections, we will explore both the theoretical and practical aspects of this module, providing you with a holistic understanding and actionable steps.

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CULTIVATING GENUINE SELF-CRITICAL THINKING



Theory

Recognizing Human Potential: Embracing a Fulfilling Existence

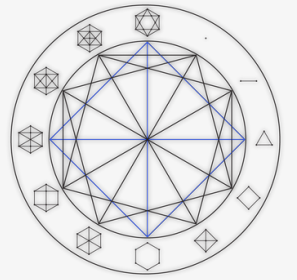
As humans, we often live below our true potential. How can we become aware of this and make positive changes?

Practice

Uncovering Self-Imposed Limitations: Challenging Labels and Beliefs

Identify the labels, automatisms, and beliefs you hold about yourself. Engage in self-reflection to develop a comprehensive understanding of your personality and existence.

SHIN-LAP 1.1.1



CULTIVATING GENUINE SELF-CRITICAL THINKING

Theory

Let's delve into the theoretical aspects of this module by addressing two fundamental questions:

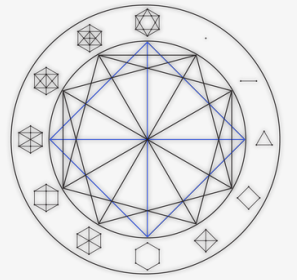
What is genuine critical thinking?

Why is it not commonly cultivated?

It is crucial to explore these questions as the inability to critically examine oneself and one's actions hinders personal growth and keeps us from realizing our full potential. However, we will discuss this in more detail later.

Genuine critical thinking can be understood as the ability to think impartially and with a certain degree of freedom. Absolute freedom may be unattainable in ordinary circumstances, as it would require detachment from our physical bodies, past experiences, and even the void that lies beyond. While this level of freedom may seem elusive, it raises important philosophical questions about the nature of true freedom itself.

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CULTIVATING GENUINE SELF-CRITICAL THINKING

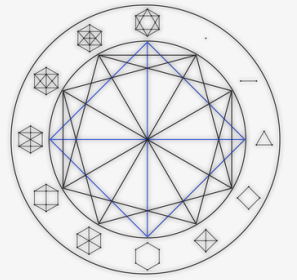
Ordinary thinking is often influenced by various factors, including our bodily sensations, emotions, subconscious attitudes, past experiences, public opinion, celestial bodies, and many other external influences. In essence, our thoughts are a complex interplay of interconnected elements, making it challenging to conceive of a purely independent and critical thinking process.

Scientists, philosophers, and others can they definitively prove that their thoughts are not influenced by accumulated experiences or societal conditioning? Within the confines of ordinary human existence, achieving such genuine critical thinking appears practically impossible. Our thinking patterns are shaped by archetypes from a psychological perspective and neuroimpulses from a neurobiological perspective. Thus, cultivating genuine critical thinking requires transcending the influence of social attitudes, collective experiences, and even our physical makeup.

Nevertheless, developing this form of thinking is essential for understanding our true essence and the profound nature of our existence in the universe. It involves nurturing a mindset of pure, independent, and impartial evaluation, both from an external perspective and from within.

SHIN-LAP 1.1.1

CULTIVATING GENUINE SELF-CRITICAL THINKING



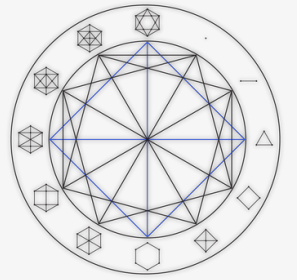
Ironically, we rarely direct this critical thinking towards ourselves. Society often fails to teach us this crucial skill. Instead, we tend to hold biased opinions about ourselves and others. We may defend or belittle ourselves, experience love or hatred towards ourselves, based on these biases. Additionally, influential figures in our lives, such as parents, friends, idols, or even abstract concepts, can significantly impact our thinking. This external influence limits the critical nature of our thoughts, perpetuating a state of thinking under the sway of others.

Let's explore the concept of identification, where we become entangled in the world around us, losing our true selves in the process. We become passive participants in life's circumstances, drifting through our waking hours in a state of sleep. Breaking free from this pattern is precisely what we aim to achieve in the SHIN-LAP program, starting with the activation of genuine self-critical thinking.

By addressing the questions of what genuine critical thinking entails and why it is often lacking, we lay the foundation for further exploration. Let us now move forward to the next set of inquiries.

SHIN-LAP 1.1.1

CULTIVATING GENUINE SELF-CRITICAL THINKING



What is Being and how does it differ from existence?

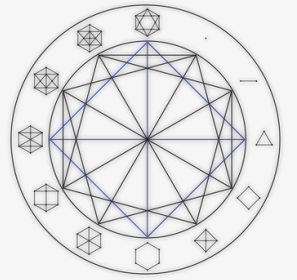
Why are we not aware of Being?

Being and existence are two interconnected aspects of our lives, each with its unique characteristics. Being encompasses the entirety of our existence, encompassing our thoughts, feelings, physical state, relationships, past experiences, and spiritual growth. It is akin to the State with a capital 'S' indicating that it is not a temporary thing but a whole life of human from birth till the present moment. This holistic perspective allows us to see the interconnectedness and depth of our lives.

Existence, on the other hand, pertains to the realm of routine and daily activities. It involves our work, family life, financial responsibilities, and future plans. While existence may sometimes feel monotonous, it serves as a framework within which we navigate our lives.

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CULTIVATING GENUINE SELF-CRITICAL THINKING



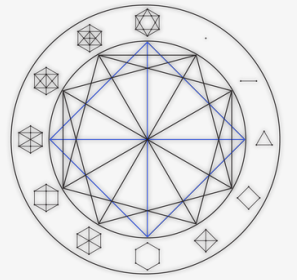
Recognizing the distinction between Being and existence is crucial in understanding our true potential and purpose. Being offers us the opportunity to transcend the limitations of routine and tap into a deeper dimension of existence. It enables us to break free from the hypnotic hold of societal expectations and engage in self-reflection and critical thinking.

It's important to note that society, in its collective functioning, can sometimes suppress individuality and stifle personal growth. However, this realization should not be seen as a cause for despair. Instead, it serves as a call to action, prompting us to actively shape our own lives and seek meaningful experiences.

It can be said that society is a force that can consume our time and energy if we allow it to. But this realization also empowers us to reclaim our time and make conscious choices about how we invest it. By embracing our Being and nurturing our individuality, we can transcend the constraints of societal expectations and lead lives filled with purpose and fulfillment.

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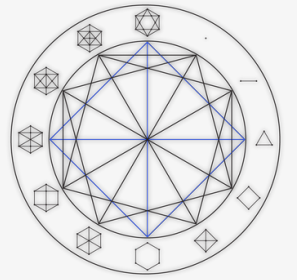
CULTIVATING GENUINE SELF-CRITICAL THINKING



In this light, understanding our Being becomes a transformative journey—an exploration of our true selves and our connection to the world around us. It involves questioning the status quo, examining our values, and making conscious choices that align with our authentic selves.

Ultimately, the realization of our Being opens up a vast landscape of possibilities. It invites us to discover our unique path, make meaningful contributions, and cultivate a deep sense of fulfillment. While the challenges of existence persist, our awareness of Being empowers us to transcend the mundane and embrace a life of purpose, growth, and self-realization.

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CULTIVATING GENUINE SELF-CRITICAL THINKING

Why does a person have the potential to live at a higher level of Being?

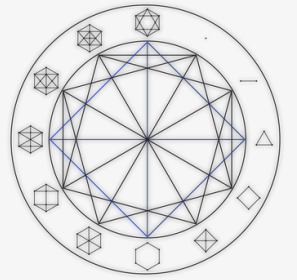
How can one embark on a transformative journey to elevate their level of Being?

It is an inherent truth that each person possesses the capacity to live at a higher level of Being, even if they have not yet realized it. The reasons that may hinder this realization are merely temporary and can be overcome with conscious awareness. Rather than being disheartened by illusions and the repetitive cycles of life, individuals can choose to break free from the constraints and embrace a vertical dimension of Being, a Staircase of States.

A life filled with fulfillment and purpose is within reach for every person. Let us acknowledge this as a fact, a reality to strive for. However, to make this fact a tangible experience, it requires deliberate effort. It is true that genuine critical thinking may sometimes seem elusive, but with an open mind and a desire for self-discovery, one can cultivate a deep sense of awareness. This awareness, though not widely known or popular, holds the key to unlocking one's true potential.

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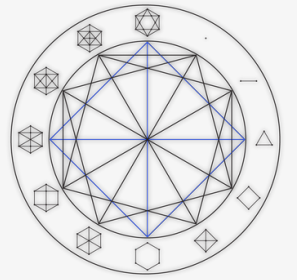
CULTIVATING GENUINE SELF-CRITICAL THINKING



Meanwhile, many individuals unknowingly live their lives dictated by societal roles, subconscious patterns, or automatic behaviors that overshadow their authentic presence. This, in turn, creates an environment where people operate below their genuine level of Being. It is important to recognize that these roles are merely mechanical and lack control. They are the byproduct of internal reactions to external influences, developed since birth and even before and during our life, shaping our very existence.

These roles deplete our energy and consume valuable time. We invest our strength and efforts in fulfilling their desires and objectives, striving for their perfection. Yet, these pursuits lead us further away from our authentic selves and the true purpose of our existence. Instead of reaching our genuine aspirations, we find ourselves trapped in a cycle where our energy is squandered, and time slips through our fingers. However, it is crucial to remember that we possess an inherent Being and profound goals. Though obscured, they are waiting to be rediscovered.

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CULTIVATING GENUINE SELF-CRITICAL THINKING

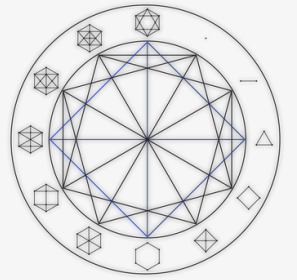
How then can we awaken from this slumber and become conscious of the transformation that awaits us? Rather than delivering discouragement, I choose to inspire hope. In truth, the path to heightened awareness is not inaccessible. It begins with a simple act – observing ourselves. Through mindful observation, we gradually become attuned to the shifts within our level of Being. This process may not unfold automatically, but it opens a gateway to change. We must diligently track our own journey, akin to a stalker or a hunter pursuing their elusive prey.

In the chapters ahead, we shall explore practical exercises that serve as stepping stones on this transformative path. Additionally, we can draw inspiration from timeless formula:

1. To Act Consciously, one must Embrace Consistency
 2. To Achieve Consistency, one must Understand the Essence of Being
 3. To Understand the Essence of Being, one must Seek Knowledge
 4. To Attain Knowledge, one must Foster the Desire for Growth
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SHIN-LAP 1.1.1

CULTIVATING GENUINE SELF-CRITICAL THINKING



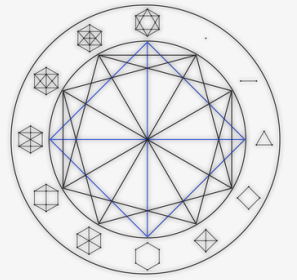
It is crucial to recognize that progress cannot be achieved without embracing consistency, acquiring a deep understanding of our true selves, seeking knowledge about our Being, and nurturing an unwavering desire for personal growth.

Let us rejoice in the knowledge that the power to elevate our level of Being or lies within us. By cultivating a curious and attentive mindset, we pave the way for a transformative journey toward a more profound and purposeful State of life.

This marks the beginning of an extraordinary chapter in your life.

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CULTIVATING GENUINE SELF-CRITICAL THINKING



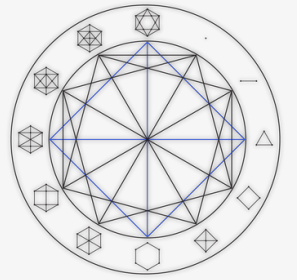
The Growth of Consciousness and Being: What Does It Mean?

How can we truly define the growth we seek? It is akin to a profound sense of wholeness. However, we must be cautious, as wholeness can sometimes be illusory, like a rotten egg, a decayed apple, or an empty stone.

The growth of consciousness and Being are essentially synonymous, forming integral parts of a unified whole. There are countless descriptions attempting to capture their essence. Yet, it is important to acknowledge that none of them may perfectly resonate with each individual. Each person holds a unique and incomparable experience. However, drawing from our previous exploration of freedom at the beginning of this theoretical module, we can speculate that the growth of consciousness and Being is interconnected with liberation from external influences and dependencies. It involves a remarkable purity and profound depth in perceiving the world around us.

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CULTIVATING GENUINE SELF-CRITICAL THINKING

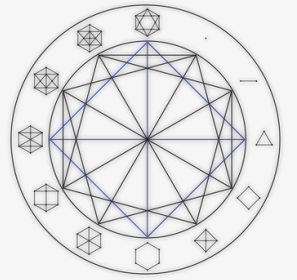


Embarking on a new level is a deeply concrete undertaking that encompasses all aspects of one's life. It encompasses how we live, what we do, our thoughts and movements, our interactions, our sustenance, our destinations, and everything else that may or may not be readily apparent in our existence.

Attaining a new level signifies transcending mere existence and embracing a more comprehensive understanding of life's tapestry. This transformation, which occurs during the program, entails integrating all internal aspects, cultivating a magnetic center that becomes a conscious source of will, and delving into the external spheres with a shifted perspective, enhancing our engagement with them.

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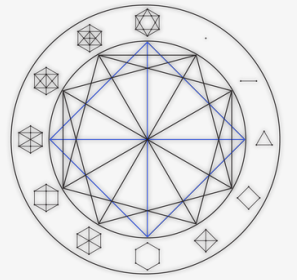
CULTIVATING GENUINE SELF-CRITICAL THINKING



Hence, when we perceive something unusual in our lives or in the world, we realize that we are not living to our fullest potential. We feel incomplete, caught within intellectual, psychological, emotional, and physical confines that restrain our freedom. We yearn to discover an alternative path, inspired by the myriad discussions surrounding this topic. We explore diverse avenues and methods, only to find that the journey towards a new level of being demands unending effort, with no guarantee of success. Then, unexpectedly, we encounter Shin-Lap mindfitness. It reveals the importance of activating impartial critical thinking, enabling us to gradually perceive something previously unnoticed. Eventually, this newfound perception leads us to glimpse a higher level of being and even experience the growth of consciousness. We also come to recognize our susceptibility to external influences and the trappings of hypnosis, realizing that we often lead lives defined by ever-changing roles, disconnected from our true purpose. It is through specific SHIN-LAP exercises that we can strive to approach an authentic level of Being. This notion might seem audacious, perhaps even naive or unconventional, yet it remains undeniably true. The program is designed to help us draw closer to an elevated, profound, comprehensive, and enriched state of Being.

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CULTIVATING GENUINE SELF-CRITICAL THINKING



If your fervor for transformation still burns within you, then engage in the practice after carefully reflecting upon the theory you have encountered. Take the time to contemplate, assimilate, and embrace it within yourself. It has been my unwavering intention that every product on this website, be it books, trainings, seminars, workshops, exercises, apps or AI tools, contains inherent value and yields tangible results. Within this initial module, the theoretical framework encompasses weighty and consequential concepts. Such depth alone deserves our utmost appreciation. So, let us cherish it.
