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# Prologue

This book is the outcome of deep contemplation on my personal journey and a reflection on life. Over the course of several years, I dedicated myself to developing a system and then sought to make it accessible to others.

The initial intention was to share knowledge with humanity, knowledge that was graciously bestowed upon me by angels and archangels. I will even write a future book delving into these revelations. This knowledge, although not a divine revelation, is the result of my diligent work, relentless pursuit, and intellectual endeavors, culminating in a comprehensive system. I firmly believe it is a valuable asset that can objectively benefit humanity. It represents the symbiosis of my efforts and, simultaneously, an expression of the Holy Spirit.

It is an innovative system that calls for a fresh approach to its understanding. This realization came to me through direct and sincere attempts to transmit this knowledge, even though these initial efforts did not yield the desired success. I came to understand that, despite my utmost dedication and sincere intentions, people struggled to fully grasp it. They could not perceive this material with the same clarity as I did. They did not possess the same insight into the future or share a similar gift and experience. However, it is essential to acknowledge that I myself have not done enough to receive this Revelation, and in essence, I am no different from individuals who have yet to experience it. If I do not achieve my goals, I trust that God will reward them just as He would reward me if it aligns with His divine plan. In the meantime, I strive to create a path through which others can attain the level of understanding and Revelation that I have been fortunate to reach.

As a result, I have recognized the clear and compelling need to establish a preparatory stage that will aid individuals in comprehending this system. To accomplish this, I have explored various avenues, including the development of an English learning system based on the principles of the overarching framework. Although I eventually moved beyond this approach, I devised a 12-step or year-long program called "1 Year with MD." This series of educational events incorporates innovative methodologies, providing participants with a profound understanding of the system.

Nevertheless, it became apparent that even this program proved to be too complex and challenging for individuals to fully grasp. Many found it difficult to progress beyond the initial stage, which was already demanding. Consequently, I realized the importance of creating an additional preparatory level that would bridge the gap and bring them closer to embracing the program.

This realization led to the creation of "SHIN-LAP," my very own transformative program designed to elevate individuals to a new level of life. Inspired by the teachings of various coaches and mentors, I highlighted the benefits and advantages it offers, such as personal growth, expanded prosperity, refined interpersonal understanding, enhanced quality of life, and much more. While it may seem contradictory, the program does not exclusively lead to these outcomes; it is centered on something far greater. Nonetheless, I genuinely believe that by imparting the skills and knowledge taught within the program, individuals can find true happiness and well-being.

The "SHIN-LAP" program encompasses key elements of the initial stage while incorporating significant enhancements and expansions.

This book serves as a guide to the program, providing practical recommendations to empower individuals on their journey. Its ultimate purpose is to offer opportunities for personal growth and advancement. Whether it guides you towards specific outcomes ultimately rests within your own hands, and I have faith that you will navigate the path that resonates with your unique journey.

# Blessing before initiation

The initiation into the Monada Dominion system will begin later. It cannot be done without special preparation. Why? That question remains unanswered. But if desired, one can imagine that it is all for the purpose of understanding the language, essence, meanings, and principles of a certain part of the unified crystal of time. This part serves as a sort of bioreactor, governing the principles of the universe, its power, and the code of entropy. In essence, it is to comprehend something great and absolutely unfathomable to the "ordinary" human mind.

And before receiving the initiation, accept the blessing. In the Tibetan language, it is "Shin-Lap."

"Shin-Lap" or "Chin-Lap" in Tibetan means "Blessing." A blessing is openness to goodness, a wish for benevolence, and a faith in higher powers, praising them.

To reach any goal, one must help someone else achieve it. As Michael Roach stated in the ancient Tibetan treatise on karma, as well as shamans, and what Jesus meant when he said, "Love your neighbor as yourself." In Islam, it is said, "If you take one step towards Allah, Allah will take ten steps towards you." And the step of the Almighty is equivalent to a thousand of our steps.

By helping others and bestowing blessings upon them, we help ourselves. We create good karma or baraka - blessings. This is part of our collective purpose according to most religious teachings in the world.

The transformative Shin-Lap program is a blessing for you, your path, and your purpose in life. It is a rebirth on a new level of existence. Embrace it!

# What can you expect from the SHIN-LAP program? What will be included in the program?

When the SHIN-LAP program was created in late 2019, early 2020, the vision for its impact was truly remarkable. Here are the positive and optimistic results that were highlighted on the program's website:

EMBRACING A NEW LEVEL

You will triumph over the barriers that have held you back and embrace a new level of success in your finances, efficiency, relationships, self-understanding, and purpose that you have long been seeking.

ENHANCED QUALITY OF LIFE

Your life will be infused with a new sense of quality, both in terms of your financial well-being and your sensory experiences. You will find pleasure in every aspect of your daily life and throughout your journey.

AMPLIFIED INTUITION

You will develop what can be described as extraordinary abilities - tapping into your intuition, gaining insights, and experiencing heightened awareness. While it may not be exactly as you imagine it, you will undoubtedly witness and experience these abilities in practice.

EXPANDED AWARENESS

You will come remarkably close to a state where you feel everything that can be felt and understand everything that can be understood.

SELF-EMPOWERMENT

The results you achieve will become an integral part of you, providing you with precise knowledge of inner work methods, algorithms, and self-development principles. You will gain the ability to independently apply these tools in your life.

CRYSTAL-CLEAR VISION OF THE FUTURE

Your future will no longer be shrouded in uncertainty. Instead, you will have a clear and comprehensible plan. Your new mindset will be, "There is only plan A, no plan B."

UNWAVERING SELF-CONFIDENCE

You will possess unwavering self-assurance, knowing that you are making the right choices and implementing the best possible scenarios. There will be no room for worry or doubt, as you will have complete confidence in your own correctness.

SYNERGY AND HARMONY

All aspects of your life will come together in perfect harmony, each contributing to a greater whole. Just like the golden ratio, everything will be in balance, with each part in harmony with the others and the entire system.

RAPID PERSONAL GROWTH

You will master the principles of rapid development, multitasking, and strategic focus, directing your efforts towards your goals and achieving growth in all areas of your life.

UNLEASHING YOUR POTENTIAL

Within you lies a genius waiting to be unleashed. Through the SHIN-LAP program, you will tap into a powerful source of energy and unlock new possibilities within yourself.

BREAKING LIMITATIONS

You will discover that there are limitations and untapped possibilities in your life that you were previously unaware of. With the guidance of SHIN-LAP, you will transcend these limitations and perceive the world with a fresh perspective.

FLOW STATE OF MIND

SHIN-LAP will help you stabilize and maintain a state of flow, enabling you to effortlessly embrace a state of ease and understanding that your true self creates reality, rather than the other way around.

The SHIN-LAP program aims to achieve a complete transformation based on ancient and modern principles, taking individuals beyond the limitations imposed by society and social life. This ambitious endeavor may raise doubts and skepticism, even from the program's creator. However, it's important to remember that the promise of experiencing everything at once is rooted in the fundamental principle of harmony between all spheres of life.

Arthur (the author) approaches life comprehensively, working with every aspect of human existence. While the journey may not be quick or easy, it is indeed possible, fundamental, exciting, and incredibly effective. True transformation requires embracing a new level of existence by completely letting go of one's old nature. Initially, progress may appear slow, and it may seem more efficient to focus on specific areas. However, upon completing the initial transformative stage, a remarkable acceleration occurs—a leap forward. A person visibly transforms before your very eyes. The mind operates at heightened speed, actions become more precise, and limitations dissolve. Every sphere of life finds its rightful place, forming a harmonious puzzle, illuminating pure consciousness, awareness, and truth.

This reassurance instills the belief that such transformation is genuinely attainable. Furthermore, the website elaborates on numerous other aspects of the program, providing comprehensive answers to various questions and addressing potential concerns. It aims to guide individuals toward realizing their full potential and embracing a new perspective on life.

f you're curious about the guaranteed results you can achieve, the essence of SHIN-LAP, or the reasons why you should embark on this program, you can find comprehensive answers on the adaptive website https://shinlap.tilda.ws. Access it on your smartphone right away and explore everything it offers. Additionally, you'll discover detailed program information and descriptions of supplementary training sessions that you can pursue once you've completed the program. These training sessions also incorporate elements from the Monada Dominion system.

However, if you have no lingering questions and you're eager to accelerate your personal growth and elevate your level of Being, allowing yourself to connect with eternity, universal truths, and develop a qualitatively different perception of time, then confidently forge ahead and begin engaging in the tasks at hand.

The SHIN-LAP program comprises a series of sequential exercises that ingeniously address timeless questions and offer unique insights.

The seven modules of the SHIN-LAP program are formulated around the following thought-provoking questions:

Who am I?

What do I want?

Why have I been unable to achieve my goals?

What actions should I take?

How can I transition from asking questions to finding answers?

What is my purpose?

What else is essential for me to know that I may be unable to even think of?

Each module is subdivided into four stages or aspects. Feel free to undertake the tasks at your own pace, whether that involves taking your time or progressing swiftly. The key understanding is that you are presently below level zero. If you encounter challenges along the way, it's important to realize that Monada Dominion is a system designed for individuals who have already embarked on and embraced this transformative journey. In the realm of Monada Dominion, doubt has no place.

Wishing you the best of luck on your transformative path!

# How to read the book and go through the program?

The program is structured as follows:

* Sessions are conducted twice a week. These are the times when you read a new chapter.
* Exercises are performed in between.

Accordingly, it is recommended to allocate dedicated time for the program, attending sessions twice a week. During the intervals between sessions, you will engage in exercises designed to reinforce your progress.

To enhance your experience, it is crucial to approach the book and the program with an open mind and a willingness to actively participate. Take the time to absorb the information presented in the book, reflecting on its implications and applying the concepts to your own life. Embrace the exercises provided, as they serve as practical tools to deepen your understanding and facilitate personal growth.

Remember, the book and the program work in synergy, complementing each other. By immersing yourself in both, you will gain a comprehensive understanding and maximize the benefits of your journey towards self-discovery and transformation.

Stay committed, embrace the process, and embrace the opportunities for growth that lie ahead. May your experience with the book and program be enriching and transformative.

# 1 - Who am I?

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.

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.

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.

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.

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.

## ASPECT №1.1.1 - Cultivating Genuine Self-Critical Thinking

Welcome to the gateway of personal growth. This module, "Cultivating Genuine Self-Critical Thinking," invites you to embark on a transformative journey. Before diving in, take a moment to reflect on the essence of critical thinking and its significance in your life. How do you activate it? Who or what guides your thought process? Capture your reflections in writing or contemplation, choosing the approach that resonates with you.

Exploration Questions:

Critical Thinking Reflection:

What does critical thinking mean to you personally?

How do you activate critical thinking within yourself?

Why is cultivating genuine self-critical thinking important to you?

Theoretical Insight - Recognizing Human Potential: Embracing a Fulfilling Existence

Humans often reside below their true potential. This theoretical exploration aims to raise awareness and inspire positive changes. As you navigate this section, consider the profound possibilities that embracing your full potential can unfold.

Practical Application - Uncovering Self-Imposed Limitations: Challenging Labels and Beliefs

Delve into the practical realm by identifying labels, automatisms, and beliefs that may limit your potential. Through self-reflection, gain a comprehensive understanding of your personality and existence. This practical exercise sets the stage for challenging and transcending self-imposed limitations.

Guidance for Your Journey:

Engage authentically with the theoretical and practical components.

Embrace the reflective process, allowing your insights to unfold naturally.

Recognize the potential for positive change as you challenge limiting beliefs.

In the intricate dance of theory and practice, you hold the key to unlocking genuine self-critical thinking. Your journey towards a fulfilling existence begins with the recognition of your untapped potential and the courage to challenge self-imposed limitations. May this module be a stepping stone to profound self-discovery and growth.

### 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.

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 cannot 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.

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.

I find inspiration in the teachings of George Gurdjieff, known for his precision and directness. He introduced 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.

#### 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 what Arkady Rovner referred to as the State (with a capital 'S'). 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.

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.

Geidar Jamal aptly compared society to 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.

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.

#### 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.

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, 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.

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. Just as Don Juan emphasized, 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 Gurdjieff's timeless formula:

To Act Consciously, one must Embrace Consistency

To Achieve Consistency, one must Understand the Essence of Being

To Understand the Essence of Being, one must Seek Knowledge

To Attain Knowledge, one must Foster the Desire for Growth

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 lies within us. By cultivating a curious and attentive mindset, we pave the way for a transformative journey toward a more profound and purposeful existence.

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

#### 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.

While creating the program, I expressed the following sentiments on the website:

"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."

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: The Blessing of Initiation or Rebirth at a New Level of Being." 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. SHIN-LAP is a genuine blessing, designed to help us draw closer to an elevated, profound, comprehensive, and enriched state of Being.

If your fervor for transformation still burns within you, I encourage you to 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 I create, be it books, trainings, seminars, workshops, exercises, or 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.

### Practical exercises

#### Module’s practice

**Take a moment to explore your self-perceptions, automatic responses, and beliefs. Construct a comprehensive and critical understanding of your personality and Being.**

Here is a set of tasks that will aid you in this process. Approach them gradually and endeavour to focus on recollections from your past.

Tasks:

1. List all your roles, titles, names, and aliases that define you:

* Profession
* Hobbies
* Various situations (e.g., in the subway, restaurant, store, home, social gatherings, bank, cinema, on stage). Who are you in each context?
* Interactions with parents
* Relationships with friends
* Partnerships
* Interactions with the opposite sex
* Academic pursuits
* Within the Shin-Lap program
* Imagined scenarios
* Positive situations
* Challenging situations
* When you know what to do
* When you're uncertain
* During reflective thinking
* While daydreaming
* When you anticipate or wait for something
* When you experience desire or longing

1. Observe yourself playing different roles in various situations:

* Detach yourself and observe from an outsider's perspective, as if in another room, without active participation.

1. Determine the triggers and circumstances that activate specific roles:

* Identify the factors that influence changes in your roles.
* Take note of any noticeable shifts within specific situations.
* Record several significant factors that intensify or diminish a role or state.

1. Articulate your observations:

* What do you notice about yourself?
* In what ways do you perceive changes?
* Specifically, what aspects are subject to change?
* Verbally describe your observations in different situations.
* Reflect on your thoughts and mindset.
* Recognize the range of emotions and sensations you experience in different situations.
* Differentiate between the states associated with each role.

1. Compose a critical depiction of your personality and existence:

* Describe the roles you embody and the situations in which they transform.
* Highlight factors that strengthen or weaken these roles.
* Consolidate your observations over multiple days.
* Develop a detailed, comprehensive understanding of your personality and its various facets.
* Consider how your personality expresses itself through actions and choices.
* Examine your overall life situation in relation to your roles and their fluctuations.
* Feel free to approach these tasks concurrently, in parts, or add any additional elements that resonate with you. The ultimate goal is to create a holistic and critical portrait of your observations.

Additionally, you can recall past situations, feelings, and insights and incorporate them into your reflections.

For enhanced recall, you may engage in a meditation practice focused on memories.

#### Meditation of Memories

Benefits of Meditation

By practicing this meditation, you will learn to activate the hidden potential of your brain, gain real-life experiences, save time, and acquire new skills during meditation that are useful in life.

Technique of Meditation

Original source: A. Medvedev, "The Secret Teaching of Daoist Warriors"

1. Focus on a recent event that evoked strong emotions, feelings, or experiences. It could be a celebration, a hike in the mountains or forest, meeting a loved one or a new acquaintance, an extreme situation, or a sport-related event.
2. Try to remember everything that happened in that situation in as much detail as possible. Start by recalling the day the event took place. What did you do in the morning, afterward, and right up to the moment of the event? When you approach that moment, don't rush. Remember all the details. What was around you, how much time had passed, what was the temperature, what were you wearing, and what were other people wearing if they were there? Recall your thoughts and sensations. What were you thinking at that moment, what were you experiencing? Try to reconstruct the events with maximum detail.
3. After recalling one event, try to remember several similar events. If it was a celebration, remember other celebrations; if it was a sports competition or a hike, remember others as well. Try to relive each moment. Immerse yourself in the details, mentally ask yourself clarifying questions, and remember more details to answer them.
4. Switch to another category of events, recall a series of other vivid events. Remember as many events as possible in different categories, ask yourself questions, and remember as many details as you can. Try to use memories to tune into other people and remember their auras, emotions, and moods, and try to delve deeper than you could perceive at the moment the events were happening.
5. After activating the required neural network chain responsible for memories and their elaboration and intensifying it by attempting to delve deeper into the states of the people around you, move on to remembering the main task. Recall today and yesterday's days in detail, and then proceed to specific dates and events. Don't jump too far ahead, it's better to move systematically from day to day, from hour to hour. If you remember events according to the plan, you can transport yourself to the past and remember from there as if you are experiencing that period of time again.
6. When recalling what you need to remember, change the situation in your memory as follows: experience the events with greater emotional intensity, try to change the event as if you derived more pleasure from it or were more emotionally and mentally involved. Make the memory more vivid and rich, intensify the reactions and states of the people around you, relive everything again but in a better quality, with more detail and a greater amount of emotions and physical sensations (feel the temperature, the wind, the touch, the smells - everything should be vivid, even more vivid than it was).
7. Repeat this exercise regularly until you have recalled events from a sufficiently long period of your life or all of them. This will make your memory more responsive so that you can retrieve the necessary information faster when needed. Furthermore, your brain will become accustomed to this process, and you will be able to fill real-life moments with emotions and deliberately fix them in your memory - the algorithm is the key.

Memory stores what is important - the more colors, emotional and mental richness in the memory, the higher its priority and importance in your memory. If you want to remember an important code, but it is written in black ink on a white sheet of paper, its importance for memory will be low. If you memorize yourself holding a piece of paper, the surrounding smell and temperature, the colors of the walls or houses, the events of the day combined with the code, then the priority of importance will be higher because the level of involvement in reliving the moment and, consequently, its richness will also be higher.

This concludes the first aspect of the first module, and after completing the tasks, proceed to the second one.