1.1.1

# Version A

# A ## 1.1.1 Theory Exploration:

# ## Unveiling Genuine Critical Thinking

In our pursuit of understanding genuine critical thinking, we grapple with several foundational questions and ideas:

\*\*1. What is Genuine Critical Thinking?\*\*

Authentic critical thinking goes beyond ordinary cognitive processes, encouraging you to approach thought with an unbiased and liberating mindset. While achieving absolute freedom in everyday situations may seem challenging, it sparks intriguing philosophical reflections on the very essence of genuine freedom.

Everyday thinking is intricately woven with various influences, from bodily sensations and emotions to subconscious attitudes, past experiences, societal norms, celestial rhythms, and external stimuli. Striving for truly independent and critical thinking within the scope of human experience poses a formidable challenge, given the intricate dance of interconnected elements shaping your thoughts.

Rather than seeking to definitively disprove the impact of accumulated experiences or societal influences, authentic critical thinking involves transcending these factors. It invites scientists, philosophers, and individuals to explore a realm beyond the sway of social attitudes, collective experiences, and even your physiological composition.

Cultivating this style of thinking becomes paramount in unraveling your authentic self and understanding the profound intricacies of your existence in the vast cosmos. It calls for fostering a mindset that embraces pure, independent, and unbiased evaluation, both externally and internally. Through this lens, you embark on a journey to explore the depths of your cognitive potential and the true nature of your place in the universe.

\*\*2. Why is Genuine Critical Thinking Not Commonly Cultivated?\*\*

Paradoxically, though essential for self-understanding, genuine critical thinking seldom turns its gaze inward. Society frequently overlooks the cultivation of this vital skill, leaving individuals with biased perspectives about themselves and others.

Influential figures in your life—be they parents, friends, idols, or abstract concepts—hold considerable sway over your thinking. This external influence hampers the critical nature of your thoughts, perpetuating a state of being under the influence of others.

G teachings on identification illuminate how individuals become entangled in their surroundings, veiling their true selves. Breaking free from this pattern stands as a central goal of the SHIN-LAP program, commencing with the activation of genuine self-critical thinking.

The Path Ahead:

As we navigate the intricacies of genuine critical thinking, we lay the foundation for further exploration. This journey involves addressing fundamental questions and navigating the complexities of your thought processes.

In the upcoming sections, the exploration continues, unraveling additional layers of self-awareness and critical thinking. Let the pursuit of genuine understanding guide your reflections and interactions within the SHIN-LAP program.

Exploring Being and Existence: A Profound Distinction

Being and existence, intricately interwoven yet distinct, shape the tapestry of your life in profound ways. Grasping this duality unveils the depth and interconnectedness of your human experience.

Being and existence are intertwined facets of your life, each bearing distinct characteristics that shape your experiences.

\*\*3. Exploring Being:\*\*

Holistic Essence: Being embraces the full spectrum of our existence—our thoughts, feelings, physical state, relationships, past experiences, and spiritual growth. This concept provides a profound lens through which to understand the interconnectedness and depth of our lives.

Attaining an elevated state enables us to rise above the routine and access a deeper dimension of existence. This state offers a precious moment for self-reflection, critical thinking, and a departure from societal expectations.

\*\*4. Navigating Existence:\*\*

Routine and Responsibilities: Existence revolves around routine, daily activities, work, family life, financial responsibilities, and future plans. While it may sometimes feel monotonous, it serves as a framework within which we navigate our lives.

Framework for Life: Existence provides the structure within which we operate, offering a foundation for our daily interactions and pursuits. It sets the stage for our journey and the choices we make.

Distinguishing Between Being and Existence:

Crucial Awareness: Recognizing the difference between Being and existence is pivotal for understanding our true potential and purpose. It empowers us to break free from societal expectations, engage in self-reflection, and explore deeper dimensions of our existence.

Transcending Limitations: Society's collective functioning can sometimes stifle individuality and personal growth. However, this realization serves as a catalyst for reclaiming our time, making conscious choices, and shaping our lives in alignment with our authentic selves.

Empowering Insights:

G Analogy: Society, like a force, can consume our time and energy if we allow it. Yet, this awareness empowers us to reclaim our time, make conscious choices, and shape our lives with purpose.

Transformative Journey: Understanding our Being initiates a transformative journey of self-exploration. It involves questioning norms, examining values, and making conscious choices that align with our authentic selves.

Embracing Possibilities:

Vast Landscape: The realization of our Being opens up a vast landscape of possibilities. It invites us to discover our unique path, contribute meaningfully, and cultivate fulfillment. Despite the challenges of existence, our awareness of Being empowers us to transcend the mundane and embrace a life of purpose, growth, and self-realization.

As we embark on this journey of self-discovery, let the distinction between Being and existence guide your reflections and choices, paving the way for a life rich in meaning and authenticity.

\*\*5. What attributes within a person enable the potential to exist at a higher level of Being?\*\*

\*\*6. In what manner can an individual initiate a transformative journey to ascend and enhance their level of Being?\*\*

Deep within every individual resides the inherent potential to exist at a higher level of Being, a truth that may remain undiscovered. The hindrances to this realization are transient and surmountable through conscious awareness. Rather than succumbing to the disillusionment of repetitive life cycles, individuals can opt to liberate themselves from constraints and embrace a vertical dimension of Being, akin to ascending a Staircase of States.

A life brimming with fulfillment and purpose is an attainable reality for everyone—a verifiable fact to strive for. However, transforming this fact into a tangible experience demands intentional effort. Although genuine critical thinking may at times appear elusive, an open mind and a thirst for self-discovery can foster a profound sense of awareness. This awareness, though not widely acknowledged, holds the key to unlocking one's true potential.

Many individuals unknowingly navigate life guided by societal roles, subconscious patterns, or automatic behaviors, obscuring their authentic presence. This inadvertently creates an environment where people operate beneath their genuine level of Being. Recognizing that these roles are merely mechanical and lack control is vital. They stem from internal reactions to external influences, shaping our existence since birth and even before.

These roles deplete our energy and consume precious time as we strive for their perfection. Yet, these pursuits often lead us further away from our authentic selves and the true purpose of our existence. Instead of reaching our genuine aspirations, we find ourselves ensnared in a cycle where energy is squandered, and time slips through our fingers. Crucially, we must remember that within us lies an inherent Being and profound goals, waiting to be rediscovered.

How then can we rouse ourselves from this slumber and become conscious of the transformation that beckons? Rather than conveying discouragement, let us inspire hope. The path to heightened awareness is not an insurmountable feat; it commences with a simple act—observing ourselves. Through mindful observation, we gradually attune ourselves to shifts within our level of Being. Although this process may not unfold automatically, it opens a gateway to change. As G emphasized, we must diligently track our own journey, akin to a stalker or a hunter pursuing their elusive prey.

In the upcoming chapters, practical exercises will be explored as stepping stones on this transformative path. Drawing inspiration from G 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

Recognition is essential 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.

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 commencement of an extraordinary chapter in your life.

\*\*7. The Growth of Consciousness and Being: What Does It Mean?\*\*

Defining the growth we aspire to achieve, particularly in the realms of consciousness and Being, involves seeking a profound sense of wholeness. However, caution is warranted, as the concept of wholeness can sometimes be deceptive, akin to a rotten egg, a decayed apple, or an empty stone.

The growth of consciousness and Being operates as intertwined elements, constituting essential components of a unified whole. Numerous descriptions attempt to encapsulate their essence, yet it is crucial to acknowledge that none may perfectly align with each individual's unique and incomparable experience. Building upon our exploration of freedom at the inception of this theoretical module, we can speculate that the growth of consciousness and Being is intricately linked to liberation from external influences and dependencies. It entails achieving remarkable purity and profound depth in perceiving the surrounding world.

In the creation of the program, I conveyed 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 involves how we live, our actions, thoughts, interactions, sustenance, 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, occurring during the program, entails integrating all internal aspects, cultivating a magnetic center that becomes a conscious source of will, and delving into external spheres with a shifted perspective, enhancing our engagement with them."

Thus, when we discern something unusual in our lives or in the world, we realize that we are not living to our fullest potential. A sense of incompleteness arises, trapped within intellectual, psychological, emotional, and physical constraints that restrict our freedom. The yearning to discover an alternative path is fueled by various discussions on 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 illuminates 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 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, training, 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.

# Version B

## Module 1.1.1: Unveiling Genuine Critical Thinking

\*\*1. What is Genuine Critical Thinking?\*\*

- Authentic critical thinking goes beyond ordinary cognitive processes

- Encourages an unbiased and liberating mindset

- Seeks to transcend influences like:

- Bodily sensations and emotions

- Subconscious attitudes

- Past experiences

- Societal norms

- Celestial rhythms

- External stimuli

\*\*2. Why is Genuine Critical Thinking Not Commonly Cultivated?\*\*

- Essential for self-understanding, yet seldom turned inward

- External influences (parents, friends, idols, concepts) hamper critical thinking

- Individuals become entangled in surroundings, veiling their true selves

\*\*Exploring Being and Existence: A Profound Distinction\*\*

\*\*3. Exploring Being:\*\*

- Holistic essence: thoughts, feelings, physical state, relationships, experiences, spiritual growth

- Elevated state for self-reflection, critical thinking, departure from societal expectations

\*\*4. Navigating Existence:\*\*

- Routine, daily activities, work, family life, responsibilities, future plans

- Provides structure and framework for life's journey

\*\*Distinguishing Between Being and Existence:\*\*

- Crucial awareness for understanding true potential and purpose

- Empowers breaking free from societal expectations, engaging in self-reflection

- Reclaiming time, making conscious choices, shaping authentic lives

\*\*5. Attributes for Higher Level of Being\*\*

\*\*6. Initiating a Transformative Journey\*\*

- Inherent potential within every individual to exist at a higher level of Being

- Hindrances are transient and surmountable through conscious awareness

- Liberate from constraints and embrace a vertical dimension of Being

\*\*Steps for Transformation:\*\*

1. Observe ourselves mindfully

2. Attune to shifts within our level of Being

3. Embrace consistency

4. Understand the essence of Being

5. Seek knowledge

6. Foster the desire for growth

\*\*7. The Growth of Consciousness and Being\*\*

- Seeking profound wholeness, beyond mere existence

- Liberation from external influences and dependencies

- Achieving purity and depth in perceiving the world

- Integrating internal aspects, cultivating a conscious source of will

- Shifting perspective, enhancing engagement with external spheres

Through mindful practice and embracing the transformative journey, individuals can unveil their genuine critical thinking, distinguish Being from existence, and embark on a path towards growth of consciousness and elevated levels of Being.

# Version C

## Module 1.1.1: Unveiling Genuine Critical Thinking

\*\*1. What is Genuine Critical Thinking?\*\*

Authentic critical thinking transcends ordinary cognitive processes, encouraging an unbiased and liberating mindset. It involves striving to overcome influences like bodily sensations, emotions, subconscious attitudes, past experiences, societal norms, celestial rhythms, and external stimuli that shape our thoughts. While achieving absolute freedom may seem challenging, it sparks philosophical reflections on the essence of genuine freedom.

\*Celestial rhythms can imply influence of sun magnetism, moon cycles, Earth's place and seasons or other global states caused by celestial bodies movements.

\*\*2. Why is Genuine Critical Thinking Not Commonly Cultivated?\*\*

Though essential for self-understanding, genuine critical thinking seldom turns its gaze inward. Society frequently overlooks cultivating this vital skill, leaving individuals with biased perspectives about themselves and others. Influential figures and abstract concepts hold considerable sway, hampering the critical nature of our thoughts and perpetuating a state of being under the influence of others.

\*Society is considered to be a civilization in its general meaning.

\*\*Exploring Being and Existence: A Profound Distinction\*\*

\*\*3. Exploring Being:\*\*

Being embraces the holistic essence of our existence – thoughts, feelings, physical state, relationships, past experiences, and spiritual growth. Attaining an elevated state enables us to rise above routine and access a deeper dimension for self-reflection, critical thinking, and departure from societal expectations.

\*\*4. Navigating Existence:\*\*

Existence revolves around routine, daily activities, work, family life, responsibilities, and future plans. While it may feel monotonous, it provides a framework within which we navigate our lives, offering a structure for daily interactions and pursuits.

\*\*Distinguishing Between Being and Existence:\*\*

Recognizing this crucial difference empowers us to break free from societal expectations, engage in self-reflection, and explore deeper dimensions. Society's collective functioning can stifle individuality and growth, but this awareness catalyzes reclaiming our time, making conscious choices, and shaping authentic lives.

\*\*5. Attributes for Higher Level of Being\*\*

\*\*6. Initiating a Transformative Journey\*\*

Deep within every individual lies the inherent potential to exist at a higher level of Being, though often undiscovered. The hindrances are transient and can be overcome through conscious awareness. Rather than succumbing to repetitive life cycles, individuals can liberate themselves and embrace a vertical dimension of Being.

Transforming this potential into reality demands intentional effort. Many navigate life guided by societal roles, subconscious patterns, or automatic behaviors, obscuring their authentic presence. Recognizing these as mere mechanics lacking control is vital, as they stem from internal reactions to external influences since birth.

To initiate transformation, we must observe ourselves mindfully, attune to shifts within our level of Being, embrace consistency, understand the essence of our Being, seek knowledge, and foster a desire for growth.

\*\*7. The Growth of Consciousness and Being\*\*

The growth of consciousness and Being involves seeking profound wholeness beyond mere existence. It entails liberation from external influences and dependencies, achieving purity and depth in perceiving the world. This growth integrates internal aspects, cultivates a conscious source of will, and shifts perspectives to enhance engagement with external spheres.

Embarking on a new level is a deeply concrete undertaking encompassing all aspects of life – how we live, act, think, interact, sustain ourselves, and everything else within our existence. SHIN-LAP illuminates activating impartial critical thinking to gradually perceive something previously unnoticed, leading to glimpsing a higher level of Being and the growth of consciousness.