WHO AM I?

MODULE 1.1

**Aspect**

Activating True Critical Thinking About Oneself

**Theory**

Human incompleteness. A person lives below his true level of being - how can this be noticed and changed?

**Practice**

Identify all labels, automatisms, and beliefs about yourself. Make a critical picture of your personality and your being.

**Lecture**

1. What is Open Critical Thinking?
2. Why don't we have it?
3. What is life and how does it differ from life?
4. Why are we not aware of existence?
5. Why does a person live below his level of household ownership?
6. How to begin to notice a change in the level of being?
7. Growth of consciousness and growth of being.

**Practice**

1. Write out all your roles, names, definitions of yourself:

* profession
* hobby
* in different situations (in the subway, in a restaurant, in a store, at home, at a party, in a bank, in a movie, on stage, etc. Who are you?)
* With parents
* With friends
* With partners
* With the opposite sex
* at learning
* On the tire-paw program
* In your imagination
* in good situations
* In bad
* When you know what to do
* When you don't know
* When you think
* When you dream
* When you wait
* Whenever you want
* …

1. Observe in what situation, what role you play.

* observe yourself from the side, as if from another room, taking a step back, not participating in the process

1. Determine when and under what circumstances a particular role is activated.

* what influences change
* note changes in specific situations
* fix several powerful factors that change the role or state

1. Formulate observations.

* what do you notice?
* What are the changes?
* What exactly is changing?
* Describe in words what you see in yourself in different situations
* What do you think?
* What emotions and sensations can you notice in different situations?
* How are role states different?

1. Make a critical picture of your personality and your being - a description of the roles, the situations in which they change, the factors of strengthening, weakening

* collect observations for several days together
* prepare as detailed a critical picture of your personality and its different facets as possible
* What is this person doing?
* how does he live?
* general life situation in the context of personal roles and their changes, the relationship of these roles with situations

You can try to fulfill all the points at the same time, you can do it in parts, you can add something of your own - the main thing is that at the end there is a complete critical picture of the observations.

You can remember situations, sensations and observations from the past and add them.

To better remember, you can perform memory meditation. You can download the meditation guide [here](https://docs.google.com/document/d/1m0yY7tobmrXGYnNKqXbqz1J0dCFriaRfBtbP8thyyXM/edit?usp=sharing).