Shinlap Program

Monada Dominion

# Introduction

Initially it was a zero level preparation part for users before they begin actual work with Universal Matrix. It is required because information about the matrix seems to be too abstract and too difficult for unprepared users to approach immediately. It requires a specific mindset and some focus as well as knowing the context.

Shin-lap must serve this purpose - immerse the user into the context and prepare the mind and attention of the user for future work. By going through it the user finds out about the role of attention, critical thinking and other important topics. Even if the user knows it already it is still necessary because it is the bridge from users’ daily routine to the highly abstract world of Monada Dominion.

Research showed that abstraction doesn’t create value for the users. And they need something personal in order to engage in learning new things. There is a goal setting companion, but sometimes users face difficulties in goal formulation. Or simply don’t have goals.

For that case MD has this predefined user journey with card collection. Topics are broad enough, but important enough for almost any human. Depending on the age, user profile and other factors, the value of modules will vary. However, chances are high that users will find at least one relevant question to them. And engage in the process.

More narrowed content can be added in order to adjust the onboarding process to specific user categories making MD platform and VINO personalized and tailored.

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# 7 MODULES

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# MODULE 1 - WHO AM I?

The first module is devoted to the most important and most difficult question: "Who am I?" This question cannot be answered unequivocally. However, each of us has an "I". I am me. But what is it really? Individuality or identity, essence or personality, soul or Spirit - in this block, the work is dedicated to developing a stronger connection with your true "I". Life is real only when there is "I". And without "I" there is nothing, there is no us and there is no our world. Conscious connection with our "I" gives us strength, gives us the opportunity to choose, gives us the opportunity to do something consciously.

**MODULE STRUCTURE**

| **Aspect** | **Theory** | **Practice** |
| --- | --- | --- |
| Activating True Critical Thinking About Oneself | Human incompleteness. A person lives below his true level of being - how can this be noticed and changed? | Identify all labels, automatisms, and beliefs about yourself. Make a critical picture of your personality and your being. |
| Division of attention | False personalities and true "I". Illusions. We live in a dream. Revaluation of old values. | Learn to perceive yourself without using labels. Divide your ideas about yourself and your desires into essential and personal. |
| Focusing attention | Magnetic center. Self-remembering. Wrong magnetic center. The house, the cart - the owner of the house and his deputy, the owner of the cart and the passenger. | Feel the physical presence of the true “I”, its energy and influence on our common presence. Observe your work in a conscious state. Exercise “I am”. |
| In-depth work with attention | Three centers - intellect, emotions, body. Introspection. The Law of Three. Internal alchemy and the exchange of energy between centers. Managing your state. | Learning to determine when and which center creates a governing influence. Learn to control desires and impulses with the will of the true "I". |

**MODULE RESULTS:**

MAGNETIC CENTER

Begin to create a “magnetic center” that will give you a real physical sense of your true self.

CONTACT WITH THE SOURCE

Stop wasting time and energy on false desires and automatisms and learn how to quickly return your attention to the source.

AWAKENING

You will taste the state of wakefulness and in practice you will feel the difference between this state and your current state. Immerse yourself in a different, higher quality of attention.

CONTROL OVER THE SITUATION

You will learn what it means to be the sovereign master of your life, of all your manifestations and reactions.

OPPORTUNITY TO CHOOSE

You will learn to stop your mechanical manifestations, automatisms, reactions and habits and begin to change your life - begin to make conscious choices.

OPPORTUNITY TO DO CONSCIOUSLY

You will understand what it means to do something truly consciously, and how it differs from the usual action - reacting to the world around you.

WILLING TO GO ON

Completing the first block ensures that you are ready for further practice and can continue with the program.

# MODULE 2 - WHAT DO I WANT?

The second module focuses on the nature of human desires. Genuine desires come from the true self. All the rest interfere and distract us from moving towards a conscious goal. Question: "What do I want?" is a question that you can ask yourself endlessly.

What does your true self really want? In this module, you will focus on identifying and realizing real desires.

**MODULE STRUCTURE**

| **Aspect** | **Theory** | **Practice** |
| --- | --- | --- |
| A critical review of desires and wishes | Man is a product of the outside world. Formation of ideology - environment, experience, true "I". Essential and personal desires. | Become aware of as many of your desires and wishes as possible, subject them to critical analysis and analyze their nature. |
| Immersion in the nature of desires and their sources | Reactivity and proactivity. Awareness and inertia at the inner level. The inner structure of the three centers. | The practice of observing the nature of desires, the practice of managing desires. Transformation of the energy of desires. Observation of the process of energy exchange between centers. |
| Formulation of the goal | The transition from the state of "desire = the average sum of vectors of movement of false personalities" to the state of "desire = the result of conscious work on oneself." | Realize the difference between formation and formulation. Formulate ideas and observe the work of the three centers. Formulate your true goal, the meaning of life. |
| Psychic projection | Developing the skill of psychic projection. An image of a goal or a desire. Atmosphere and archetypes of the goal. The connection between the magnetic center and the general field. | Create an image of the goal, translate the image into the language of the subconscious, work out archetypes that express deep desires, learn to work with a common field and develop a connection between the magnetic center and a common field. |

**MODULE RESULTS:**

REALIZATION OF YOUR REAL DESIRES

You will be able to distinguish your true desires from the false ones.

ABILITY TO CONTROL THE STRENGTH AND INTENSITY OF DESIRES

Learn to activate and use the power of your desire, to manage its intensity and the process of its realization.

UNDERSTANDING THE NATURE OF DESIRES

You will understand how desires are formed, what affects them. Learn how to distinguish between what to devote time, attention and energy to, and what to leave without attention.

UNDERSTANDING THE PURPOSE

With the help of the skill of psychic projection, you literally see your goal and understand what it means in the language of the subconscious.

CLEAR MULTI-LEVEL GOAL

You will work out your goals at different levels of your existence and create a multi-level goal that unites all areas of life.

INTUITIVE SENSE OF PURPOSE

You will develop the skill of intuitively approaching your goal in every action.

RELATIONSHIP WITH SPACE AND GENERAL FIELD

You activate your magnetism and attune it to your goal so that space and general field will help you along the way.

# MODULE 3 - WHY CAN’T I REACH MY GOAL?

In order to do something consciously you have to be constant. In order to be constant, you need to understand what it means. To understand practically, you must first learn the recipe, and then implement it. In order to find out the recipe you have to want to know it. Most goals are not achieved, and desires are not realized due to the fact that a person cannot be constant. When we are impermanent, everything happens to us. We can overwhelm or forget something, refuse or just fall asleep while driving. When we are constant, our true "I" takes over. But this is still not a guarantee of success. We must clearly be aware of our existence and its role in the general process of the Great Work. Only a conscious person can Do.

This module is dedicated to strengthening one's consistency by working through internal limiting and constraining factors. Changing your attitude to the situation, to your reactions and manifestations. By changing our attitude, we are changing our past. Change yourself to change the world. Know yourself to change.

**MODULE STRUCTURE**

| **Aspect** | **Theory** | **Practice** |
| --- | --- | --- |
| Self-pity and fear of death | Man, guided by the natural instinct of self-preservation, follows the path of least resistance and justifies himself. All fears have a common root - fear of death. To awaken, one must be born again. To be born again, one must die first. The old nature dies, the new is born. | Exercises of the path of conscious suffering. Violation of chains of automatisms. Imagining death in moments of not doing the exercise. Symbolic death. Learn to die while alive without fear and pity. Realize your immortality through this. Get out of restrictions. |
| Replacing emotions and past experiences with a new emotional state and new opportunities | A person is limited by negative emotions based on past experiences. States of gratitude and expectation of opportunities remove restrictions. | Meditation point - emptiness - ball. The path of gratitude. Practice meditation of remembering what was not there. |
| Autogenic psychosomatics (dream, finances) | Relationships with parents, environment and friends in childhood form character, personality. Limitations in the present are rooted in the past. The past changes through the replacement of memories and changing attitude. | Find your limiting beliefs, fears, pains in relation to the actions performed in direction to the goal. Recall all situations with similar emotions and thoughts. Replace as many negative experiences as possible with positive ones through cleansing the karma of the genus and meditation of remembering. |
| The collected state | To be constant is to be present. To be present means not to be at the mercy of a false personality generated by a combination of influences. The law of three. | Exercise "Collected state". Triangulate in every action. |

**MODULE RESULTS:**

GETTING RID OF FEARS

Learn to overcome your fears on your own, find them and work them out in practice.

THE SECRET OF ACHIEVING GOALS

Learn to make a conscious "sacrifice" and not suffer, which will allow you to calmly do whatever is necessary to achieve your goals.

NEW EMOTIONAL STATE

Let go of limiting emotional patterns, thoughts, and self-destructive behaviors. Create a new emotional state that opens up opportunities.

CONSISTENCY

With the help of the skill of psychic projection, you literally see your goal and understand what it means in the language of the subconscious.

ELIMINATION OF PSYCHOSOMATIC STRESS

Learn the technique of autogenous psychosomatics and independently get rid of negative experiences in relationships with loved ones in the past, which affect finances and dreams.

# MODULE 4 - WHAT SHOULD I DO?

How to understand what exactly needs to be done to implement your plan? How to understand if it is worth doing anything at all? Answer: "Intuition, experience, practice, experiment, cyclicity."

This module is devoted to planning, testing and improving your hypotheses about further self-development. And also the module gives a clear idea of a systematic approach to planning and an understanding of the universal principles of interdependence between the stages that must be passed to achieve any of our goals.

**MODULE STRUCTURE**

| **Aspect** | **Theory** | **Practice** |
| --- | --- | --- |
| Universal matrix of goal setting | 3, 5, 7, 9 and 12 step systems for setting goals and creating a plan for achieving them. | Work out several goals of different levels of complexity through different systems. Break down the simplest actions into steps and work out something long-term. |
| Super-efforts | Law of octaves and theory of intervals. Efforts and super-efforts. Enneagram. | The practice of creating cycles of activity and observing the development of chains through the prism of the enneagram. |
| Linear and nonlinear thinking | Linearity and nonlinearity through the prism of the enneagram. | Mind mapping and the last hour of life. The practice of unleashing potential in the moment. The practice of deliberate shocks. |
| Planning the path to a multi-level goal and writing commitments | Body, emotions, mind, true desires, relationships, finances and values. Goals for the year, path planning. | Plan further actions on the system. Make a plan to achieve a conscious multi-level goal and write a commitment to implement this plan. |

**MODULE RESULTS:**

ALGORITHM

You will learn how to disassemble any goal using a universal algorithm and plan the right way to achieve it.

THE TRANSITION FROM EFFORT TO SUPERIORITY

Add as much effort to your work as you lacked to achieve the goal.

A FINE SENSE OF THE MOMENT

Learn to feel intuitively when and what effort to make.

UNLEASHING THE POTENTIAL

You will learn what the release of latent energy is and learn to apply this knowledge to achieve your goals.

CLEAR PLAN OF ACTION

As a result of completing this module, you will have a clear and structured plan for achieving your goals at many levels.

BALANCE

You will find a balanced state between all areas of your life and learn a system that allows you to create this balance in all areas and situations.

ENNEAGRAM

Get an idea of a unique aspect of the ancient knowledge - Enneagrm. This is a model that allows you to describe and explore both cosmic and routine processes.

# MODULE 5 - HOW TO STOP ASKING QUESTIONS AND START FINDING ANSWERS?

A person consists of questions. And our life is about learning to find answers. They are always with us or even within us. You just need to be open to the messages of the outside world and learn to hear your inner voice more sensitively.

This module is devoted to the development of intuition and the ability to see the world directly - directly, without labels, stereotypes and prejudices. The world is a living being that has a continuous dialogue with us. The module helps to learn to understand the multidimensional nature of this dialogue and to participate consciously in it. Moreover, the module reveals secrets that are inaccessible to many. They make life truly bright and conscious, fill it with meaning and remove barriers to achieving karmic goals and objectives.

**MODULE STRUCTURE**

| **Aspect** | **Theory** | **Practice** |
| --- | --- | --- |
| Development of intuition | Inner voice, as a connection with the general field. Noosphere. The collective unconscious. | Exercise on the development of intuition - what time is it now? Questions to the subconscious - answers of the inner voice. |
| Direct Perception | Example of a Diamond Chariot Stone. Talking world. Surreal opus. | Surreal opus. Learn to hear the world and understand its messages. |
| The world is a mirror | The esoteric side of the legend of King Arthur. | Find people who reflect good and bad qualities. Unite them into a community. Look at the world as a reflection of your inner world. |
| Expedition | Create your own expedition and help another person. Mentoring. | Find a person / friend with the same goal as yours. Help a friend, remember your help. |

**MODULE RESULTS:**

INTUITION

You will learn techniques for developing intuition and begin to put into practice your new abilities. You will be able to intuitively find answers to your questions and make decisions.

COMMUNICATION WITH THE COMMON FIELD

You will learn to feel a single living space that unites all of us - the collective unconscious or noosphere, chi energy. Learn to interact.

UNIVERSAL DIALOGUE

You will see and understand in practice that the answers to your questions are always with you - you just need to learn how to find them. With direct perception, you can.

HARMONY WITH THE WORLD

You will learn to consciously create your reality through inner transformation.

THE LAWS OF KARMA

You will learn the most important laws of karma, which will begin to benefit you and help you build correct thinking and behavior from an objective point of view.

A TEAM OF LIKE-MINDERS

Create your own team with which you can achieve your goals and develop.

MENTORING

You will begin to help and advise others, which will greatly increase the speed of your learning in your field and increase your expertise.

# MODULE 6 - WHAT IS MY DESTINY?

Why do I live? What is my mission and the biggest goal? What is the meaning of life on the Earth and the purpose of a man? What is my purpose?

This module is aimed at providing you with the opportunity to find answers to the above questions. There are no and cannot be universal and suitable answers to all of them, but each of us is obliged during our life to try to find answers for ourselves. This is precisely an obligation, since all actions and decisions in our lives depend on the answers to these questions.

**MODULE STRUCTURE**

| **Aspect** | **Theory** | **Practice** |
| --- | --- | --- |
| Purpose | Place and role of humanity in the universe. The purpose of man as a species. The purpose of man as a force. Free will and Consciousness. | Create an image of the future on a global scale. Accept responsibility for everything and for everyone. |
| Creativity and hidden potential. | What makes a person great? Creative energies. | Exercises for the disclosure of creativity, work with creative states. |
| Self-realization | Man against the system. Man-function against the Creator. | Development of the super-meaning of being. Creating an atmosphere and maintaining an atmosphere. |
| The highest existential meaning | Perfection in every action. The best way of life | Development of an existential idea of ​​the meaning of self-realization. The experience of understanding value. |

**MODULE RESULTS:**

DESTINY

You will be able to understand in practice what your purpose in life is and at the level of feelings you will learn to distinguish what leads to it and what doesn't.

FUTURE

You will find out what role you are playing in the process of developing the collective future of all people on the planet and will begin to play it Consciously.

CREATIVE BEGINNING

You will learn to enter higher states of consciousness and work with your creativity.

SELF-REALIZATION

You will begin to realize your highest destiny by releasing latent potential.

BEST LIFE WAY

You will come out on the best path of self-realization in life and no longer want to turn off it.

VALUE

You will learn feelings and sensations to understand the value of realizing your destiny.

THE TRANSITION FROM MEANINGS TO SUPER-MEANINGS

You will make an ascention from working with meanings to super-meanings.

# MODULE 7 - WHAT ELSE DO I NEED TO KNOW AND WHAT I CAN'T THINK ABOUT?

To get a new result, you need to take new actions. But how to perform these actions if you cannot even imagine them? We all live in a very narrow range of states that shape our understanding of ourselves, our capabilities and life in general. It is the State that determines the capabilities of a person and the level of our understanding of what needs to be done, how to do it and where it will lead.

This module is directly devoted to working with the State, which in practice shows how new States open up new opportunities, give an understanding of what could not even be thought of before.

**MODULE STRUCTURE**

| **Aspect** | **Theory** | **Practice** |
| --- | --- | --- |
| The ladder of states | Expanding and raising the range of states | Improvisation. |
| Living on a higher “floor” | Maintaining your new state. | Creating your own practice. |
| Transformation | Evolution does not happen by chance. Modification of all parts in all aspects. | Revision of the entire executed program. |
| Ideas that stand behind people | The life of ideas and influences. | A look from “above”. |

**MODULE RESULTS:**

EXPANDED STATE OF CONSCIOUSNESS

You will learn how the expansion and contraction of the range of your states occurs and will begin to manage them consciously.

ENLIGHTENMENT

You will experience in practice what life is in an expanded state of consciousness - it is not enlightenment, but the path to it.

TRANSFORMATION

You are completely transforming all aspects of your being so that none of them affect your results.

EVOLUTION

You will learn the difference between evolution and development. Your personal evolution will become clear to you and you will continue to carry it out.

LOOK ABOVE

You will learn to see the world from above, to predetermine events and their outcome.