

PURE LOVE

SELF-IMPROVEMENT



WE BUILD HAPPINESS TOGETHER

Pure Love World is an invitation to join the Collaboration World: a space devoted to Loving Humans

Pure Love World: the mission

The mission of Pure Love World is to invite people across the world to join the Collaboration World—a space devoted to Loving Humans. Loving Humans refers to the rare group of individuals who embody true kindness because they embody a predominance of healthy behaviors, such as being straightforward, honest, transparent, and genuine. Being kind means continually striving to improve our behaviors to become more loving family members, spouses, friends, or collaborators. Collaborating means walking towards a horizon of common goals, nurturing the well-being and happiness of all.

Pure Love World: the vision

What we give energy to grows. The vision of Pure Love World is to unite with Loving Humans to generate collaboration-driven energy with the intention of reducing global selfishness and building a legacy of collaboration and sustainability, thereby fostering a kinder world for future generations. To maximize the fulfillment of its vision, Pure Love World aims to create Well-being Centers in beautiful mountain regions.

These centers offer spaces where Loving Humans can connect, and they provide a peaceful environment to practice collective self-improvement in combination with physical activities such as hiking, running, and mountaineering, as well as creative activities such as thinking, writing, talking, cooking, and gardening. Another purpose of these centers is to provide young people with a strong foundation of guidance, allowing them to become Loving Leaders by example so they can embody the change the world requires to be a kinder place.

Pure Love World: the personal growth system

Pure Love Self-Improvement is the collaboration-driven personal growth system of Pure Love World. It was designed with the recognition that life is a valuable gift endowed with finite time. Its purpose is to provide valid starting points for committed, kind, and honest individuals who have the desire to embody vibrant health and sustainable happiness in a fast, significant, and sustainable way. These starting points include books, and PLW Life Coaching—through conversations. The embodiment of vibrant health and sustainable happiness allow them to navigate reality with confidence and intention, creating the foundation to live their life's purpose and experience a healthy, happy, and fulfilling life.

Pure Love Self-Improvement is not about helping others by telling them what to do and how to do it. Instead, it's about applying its implementation method called Collective Self-Learning. It involves improving our behaviors—or improving our quality of life—together by nurturing our well-being and happiness through the simple act of talking with one another about how to cultivate these values. Collective Self-Learning entails having conversations with acquaintances, friends, or family members without resorting to external forces like coaches, psychologists, or therapists, because they are driven by selfish intentions such as offering help in order to gain acknowledgment or maximizing profit. As starting points for our conversations, we use the concepts from the Pure Love World books. To succeed in our conversations, we use collaboration-driven principles as



guidelines for our conversations and decision-making processes. Some examples include: equal participation, the use of unity-focused language, and the demonstration of healthy behaviors such as being honest, transparent, and genuine.

Pure Love World: a book series

Pure Love World is a series consisting of three books in the following order: (1/3) Pure Love: The Journey of Becoming a Loving Human, (2/3) Pure Love Self-Improvement, (3/3) Life's Formula.

They are based on a unified philosophy, enriched by unique perspectives that deepen and expand upon this central idea. This idea is centered around the concept of Selfish Humans and Loving Humans. Structured programs, tailored to age, are designed to implement and reinforce these principles. As of today, the PLW Life Coaching program (PLW P1) is available.

Pure Love World: for whom is it intended?

Pure Love is intended for individuals aged 16 to 65 who:

- Have the desire to join the Collaboration World with the intention of building healthy, meaningful, and sustainable relationships with Loving Humans
- Continually strive to improve their behaviors to become more loving family members, spouses, friends, or collaborators
- Seek to embody increased well-being and happiness in a fast, significant, and sustainable way with the goal of embodying vibrant health and sustainable happiness
- Lacked parental guidance, like most of us
- Feel like outsiders or out of place in this society, or simply perceive themselves as different from the majority
- Lack the desire to live because they embody a predominance of negative emotional states, like depression, anxiety, anger, or unhappiness
- Are more sensitive than the majority

Pure Love World: a single-problem, one-solution model

What is the problem? The embodiment of a predominance of toxic behaviors and flaws is the behavioral problem that generates ill-being and unhappiness and ultimately leads to the manifestation of mental, emotional, or physical diseases. What is the solution? The embodiment of a predominance of healthy behaviors and virtues is the behavioral solution that generates vibrant health and sustainable happiness.

To simplify, what is the problem and the solution? We merge all toxic behaviors and flaws into a singular behavioral problem called: being a Selfish Human. The key to overcoming the embodiment of toxic behaviors and flaws lies in a singular behavioral solution called: being a Loving Human, which is equivalent to embodying a predominance of healthy behaviors and virtues.

Pure Love World: a kind role model

As Daniel, the creator of PLW, lacked parental guidance to help him overcome life's challenges, he created Pure Love World to act as a role model for himself — with the intention of serving as a role model for others. In essence, Pure Love World can serve as a compass for our decision-making process, guiding us toward choices that contribute to the well-being and happiness of all — including ourselves.

We all want to experience sustainable happiness, yet only a small minority achieves it. why is that so? We build sustainable happiness collectively by cultivating healthy behaviors.

Tragically, most of us are predominantly selfish because we excessively embody toxic behaviors, especially the Mainstream and the Mainstream Controllers such as health professionals and social media influencers, who call themselves authors, coaches, doctors, educators, motivational speakers, therapists, and scientists. Driven by personal gain, their aim is to compete for acknowledgment to validate their human existence.

Within this book, French author and former egocentric Daniel Horning presents Pure Love Self-Improvement, the truthful solution to life's major problems, and the pathway to sustainable happiness. It is a unity-based program designed with the recognition that life is a valuable gift endowed with finite time.

Pure Love
defines
self-improvement
as our collective
and moral
obligation
to continually
improve
our behaviors
to help
each other
successfully
navigate life
and experience
sustainable
happiness

BIOGRAPHY OF THE AUTHOR

Former egocentric Daniel Horning (November 12, 1980) is an advocate for nature, moral justice, and healthy living. He has written three books to lay the groundwork for being an educator, with a focus on "Pure Love Self-Improvement." His mission is to help teenagers and young adults embody vibrant health and sustainable happiness through an approach centered around demanding physical activities in beautiful mountain settings.

His non-dogmatic work suggests that sustainable happiness, encompassing Mental-Emotional-Physical well-being, is attained through the collaborative effort of being Loving Humans or the cultivation of healthy behaviors. Unhappiness, irregular happiness, continuous hardships, and distress originate from being a Selfish Human or embodying toxic behaviors.

Through his unity-driven writing, he is committed to sharing the Truth about the prevalent selfish behaviors of humans to expand our awareness of their destructive consequences on future generations and to avert a Selfishness Apocalypse. These toxic behaviors, exhibited by the Mainstream and influential individuals on social media platforms, include competing, rejecting responsibility, seeking acknowledgment from others, being the Star, pretending, and distributing the Untruth.

Daniel writes with the genuine intention of helping others minimize their hardships, suffering, and ill-being in Mind-Soul-Body by offering straightforward guidelines designed with the recognition that life is a valuable gift endowed with finite time. His extensive history of engaging in various toxic behaviors has led him to the understanding that such behaviors are the root cause of "all" our problems.

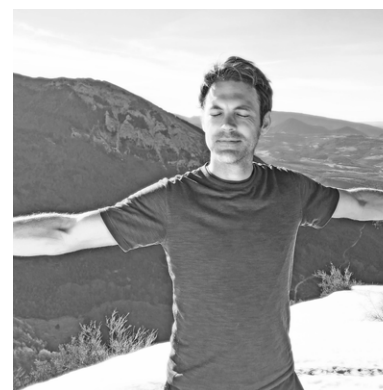
After enduring bad trips and a continuous stream of hardships, particularly during his teenage years, along with receiving treatment in multiple medical facilities, including a psychi-

atric hospital, while also encountering the incompetence of doctors, psychologists, therapists, and psychiatrists, he feels it is his responsibility to provide a real solution that prevents one from suffering (mentally or emotionally) on a sustainable level and that rapidly. Embodying the truth and engaging in regular, challenging physical activities are direct and simple measures we can adopt to quickly surmount feelings of illness, be it mental, emotional, or physical.

Rather than valuing titles, mainstream media, social media and instructing others, as demonstrated by motivational speakers, coaches, or teachers, Daniel emphasizes the importance of employing common sense combined with experimentation through trial and error, practicing what we preach, leading by a good example and cultivating in-person interactions.

He believes that titles only hold significance for professions like brain surgeons or heart surgeons. For everything else, he argues that titles contribute to competition, inequality, and dogma. Daniel's main tiles include having effectively overcome 38 years of toxic behaviors within less than a year, and incline running.

Besides his passion for writing, Daniel practices weekly incline running, engages in daily introspection to broaden awareness, cooks healthy meals to maximize well-being, and invests time in meaningful relationships.



HOW TO USE THIS BOOK?

Pure Love Self-improvement is founded on five guidelines. It acts as a non-dogmatic program or guide. Stated differently, it is comparable to the ideal role model. Based on personal experiences, the author claims that this book serves as an effective manual for becoming a more loving individual.

Despite occasionally engaging in toxic behaviors, he believes that adhering to the five guidelines of the Pure Love Self-improvement System on a daily basis enables one to cultivate healthy behaviors and achieve vibrant health and sustainable happiness as Mental-Emotional-Physical well-being.

Guideline I: continually seeking and comprehending the Truth

Guideline II: cultivating Truth-driven decision-making

Guideline III: maximizing being a Loving Human

Guideline IV: minimizing being a Selfish Human

Guideline V: helping others in being Loving Humans

This book embodies a vocabulary rooted in open-mindedness and equality. It is predominantly written with the pronoun “we,” to speak to all and promote a sense of unity. The foundation of unity is an environment where all parties involved have an equal role to play, working together towards shared goals benefiting all on a sustainable level.

As a reader or contributor of Pure Love, we are invited to engage in self-improvement collectively with family members or friends by talking with one another about topics aligned with the five guidelines while engaging in physical activities, such as hiking or running in the mountains. What we give energy to grows. If not, what then? The act of talking with others about how we can embody vibrant health or sustainable happiness inevitably generates these values within us. Yes, it is as simple as

that. On the other hand, the act of talking with about ill-health and unhappiness inevitably generates these values within us and ultimately leads to the manifestation of diseases.

Pure Love self-improvement was designed to be easily understandable and applicable to promote effective and sustainable self-improvement because it acknowledges that life is a valuable gift endowed with finite time.

A major self-assessment question is integrated at the beginning of each section. Its purpose is to raise awareness about the real issues we are confronting, which are behavioral in nature, referred to as behavioral problems, selfish behaviors, or toxic behaviors.

FOR WHOM IS THIS BOOK?

Pure Love Self-improvement is intended for individuals:

- Have the desire to join the Collaboration World with the intention of building healthy, meaningful, and sustainable relationships with Loving Humans
- Who lacked parental guidance, like most of us
- Who continually strive to improve their behaviors to become more loving family members, spouses, friends, or collaborators
- Who feel like outsiders or out of place in this society, or simply perceive themselves as different from the majority
- Who feel misunderstood or labeled as difficult cases
- Who lack the desire to live because they are affected by the embodiment of negative states of being, such as depression, anxiety, anger, and unhappiness
- Who are more sensitive than the majority

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INTRODUCTION

Preparing Our Self-improvement Journey

- A. Essential Notes
- B. Pure Love: an Introduction
- C. Pure Love Self-improvement: the Origins
- D. Pure Love Self-improvement
- E. The Mainstream Self-development Systems versus Pure Love Self-improvement

The purpose of the introduction is to equip us with an understanding of Pure Love as a whole and present an overview of the Pure Love Self-improvement system through a comparison with the Mainstream Self-development Systems.

The author shares personal experiences to offer insight into the motivations behind this book.

Successful implementation of the introduction implies:

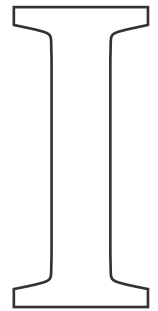
- Approaching it with an open-minded attitude, as closed-mindedness emerges when we face new concepts, such as Pure Love
- Understanding the origins of Pure Love Self-improvement, such as the world's failure to provide ego-free information for successfully navigating reality and achieving sustainable happiness
- Seeing the urgency in engaging in self-improvement by recognizing that life is a valuable gift endowed with finite time. This book has been reduced to its essence to support our limited focus and maximize time management. For more details, we refer to the foundation, which is the book *Pure Love: the Journey of Becoming a Loving Human*

Am



predominantly
demonstrating
toxic
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Am



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healthy
behaviors?

A. ESSENTIAL NOTES

What are the Challenges of Self-improvement?

Everything is about energy. Due to the widespread tendency of humans to engage in wrongdoing, an adverse energy is generated which we are confronted with daily. As a result, this creates difficulties in doing what is right, such as succeeding in self-improvement on a sustainable level.

Why Do Almost 100% of Us Fail in Terms of Self-improvement?

We fail because we are dishonest about our present selves: it is expressed by our unwillingness to hold ourselves accountable for engaging in toxic behaviors. We fail because we refuse to come to terms with the fact that being a human means being imperfect, which demonstrates when we engage in toxic behaviors. Consequently, we pretend to the world that we are perfect by pretending to be a Loving Human by pretending to engage in healthy behaviors. Upon being informed of our involvement in toxic behaviors, we react defensively, perceiving it as an insult or pretending to agree while secretly being resentful and revengeful. When we engage in self-improvement, it is unsustainable because we work on ourselves to be acknowledged for working on ourselves.

Why do Only a Few Succeed in Terms of Self-improvement?

We succeed because we are honest about our present selves: it is expressed through our willingness to hold ourselves accountable for engaging in toxic behaviors. We achieve it by committing to the development of the opposite, which are healthy behaviors. We succeed because we accept to come to terms with the fact that being a human means being imperfect. Consequently, we forgive ourselves because we know that toxic behaviors originate from the Survival Mode which is ingrained in our genes. Upon being informed of our involvement in toxic behaviors, we perceive it as an opportunity to take responsibility by working on ourselves. When we engage in self-improvement, it is sustainable because it is driven by a desire to collaborate and be a more loving person.

Can We Find the Solution to a Problem when We are Dishonest about the Problem?

If we were to misdiagnose a flat tire as a malfunctioning windshield wiper, would it be possible to continue using the car and get to our destination? In our case, our problems are behavioral problems (toxic behaviors) and the destination

is successful self-improvement or being a Loving Human. The key factor here is that we cannot attain success until we truthfully acknowledge the toxic behaviors we embody because they prevent us from being a Loving Human.

Giving Our Time to Mainstream Coaches or Therapists Originates from a Lack of Parental Guidance

As we grow up, especially as teenagers, we all yearn for help. When we lack parental guidance, we seek Loving Humans who can serve as role models, offer direction, and be a source of strength during challenging times. What if we fail to find them? Based on personal experience and observations, we give up. Consequently, as grown adults, we take drugs, engage in toxic behaviors, and inevitably give our attention to coaches, therapists or motivational speakers that represent the Mainstream Self-development Systems. In our state of desperation, we turn to them and deceive ourselves into perceiving them as Loving Humans.

Mainstream coaches or therapists pretend to be Loving Humans

Why do we fall into their traps? As teenagers, we all yearn for help to navigate the challenges of life, such as the uncertainty of our existence or the predominance of wrongdoing in our society. When we lack parental guidance like most of us, we seek Loving Humans who can serve as role models or guides. What if we fail to find them? There are two scenarios. First, we become health professionals or social media influencers ourselves. Second, as teenagers or adults, we turn to these health professionals or social media influencers because we deceive ourselves into perceiving them as Loving Humans because they pretend to be Loving Humans. They achieve it by mastering the embodiment of toxic behaviors like being dishonest, appearing flawless to the world, and pretending.

B. PURE LOVE: AN INTRODUCTION

The Mission of Pure Love

The mission of Pure Love World is to invite people across the world to join the Collaboration World—a space devoted to Loving Humans. Loving Humans refers to the rare group of individuals who embody true kindness because they embody a predominance of healthy behaviors, such as being straightforward, honest, transparent, and genuine. Being kind means continually striving to

improve our behaviors to become more loving family members, spouses, friends, or collaborators. Collaborating is walking towards a horizon of common goals, nurturing the well-being and happiness of all.

The Vision of Pure Love

What we give energy to grows. The vision of Pure Love World is to unite with Loving Humans to generate collaboration-driven energy with the intention of reducing global selfishness and building a legacy of collaboration and sustainability, thereby fostering a kinder world for future generations. To maximize the fulfillment of its vision, Pure Love World aims to establish Pure Love Centers in beautiful mountains regions.

These centers offer spaces where kind people can connect, and they provide a peaceful environment for collective self-improvement in combination with physical activities such as hiking and running, as well as creative activities such as thinking, writing, talking, cooking, and gardening. Another purpose of these centers is to provide young people with a strong foundation of guidance, allowing them to become Loving Leaders by example so they can embody the change the world requires to be a kinder place.

Pure Love: the Book

The Book *Pure Love, the Journey of Becoming a Loving Human*, is the foundation of the book *Pure Love Self-improvement*.

Description of the book

Life is a valuable gift endowed with finite time. We only have one opportunity to experience it, so why suffer aimlessly as a Selfish Human and make irreversible, life-consuming mistakes? To navigate the challenges of this reality and achieve sustainable happiness, it is essential to collaborate with loving humans. We find them by embodying their qualities. *Pure Love: The Journey of Becoming a Loving Human* is our guide on this path. Within its pages, author and former egocentric Daniel shares his transformation from a self-centered existence to one of genuine fulfillment.

He accomplished it to a fair extent within less than a year by committing to the fundamentals of Pure Love, developing richness in Mind-Soul-Body. They are required to successfully experience this reality we call life as a human among humans on Planet Earth. The Mind allows us to comprehend the Truth. The Soul allows us to develop our ability to generate loving choices founded on

the Truth. The Body is the instrument of the Mind and Soul that allows us to navigate this reality physically.

C. PURE LOVE SELF-IMPROVEMENT: THE ORIGINS

Serving Myself with the Intent of Serving Others

In short, Pure Love Self-improvement is what I wish I had as a teenager. It was created for those who currently seek true answers, feel out of place, and lack a general sense of direction. Pure Love Self-improvement is a comprehensive solution that I have developed based on my own self-serving actions in response to my urgent desire to become sustainably happy and a more loving family member, spouse, and friend.

Preventing others from wasting valuable time by suffering aimlessly

The fact that I have experienced toxic behaviors until I was thirty-eight and overcame them to a fair extent within less than a year has allowed me to write *Pure Love* for those who are currently going through what I went through. Based on personal experiences and observations, the root cause of Mental-Emotional-Physical ill-being is the embodiment of toxic behaviors.

My intention in writing this book is to give readers a starting point to decrease their engagement in toxic behaviors and spare them from going through the years of needless suffering I experienced. It seems that the only way to experience sustainable happiness is through the cultivation of healthy behaviors, specifically collaboration.

The World's Failure to Offer Information for Successfully Navigating Reality and Achieving Sustainable Happiness

Throughout my childhood, I experienced a lack of parental guidance, leaving me ill-equipped to deal with the challenges of life and achieve sustainable happiness. Consequently, as an adult, I have repeatedly made poor decisions, leading to a continuous stream of seemingly insurmountable obstacles and hardships over the course of years.

In my quest to alleviate the pain caused by my avoidable problems, I desperately sought answers from the Mainstream Self-development Systems for several

years, however without success. It prompted me to evaluate the underlying causes of this failure and I discovered that their information was ineffective because it is rooted in dishonesty. Pure Love Self-improvement originated as an answer to that failure. Why are the Mainstream Self-development Systems dishonest? Its representatives share information with the intent of maximizing profits and being acknowledged. Their desire for recognition leads to a superfluous amount of irrelevant information overshadowing the useful information. As a result, focusing on the helpful information requires an amount of discipline and focus that most are unwilling to muster because a superfluous amount of irrelevant information causes one to lose track of the relevant information.

Assimilating information from the Mainstream Self-Development Teaching Systems, school teachings, and traditional teachings feels similar to watching a movie on TV where one loses track of the storyline because of the interruption of frequent long commercials. The motivation behind the creation of Pure Love Self-improvement stems from the prevalence of Mainstream Self-development Systems characterized by competition-driven dynamics, as well as the absence of ego-free self-improvement solutions in our current world.

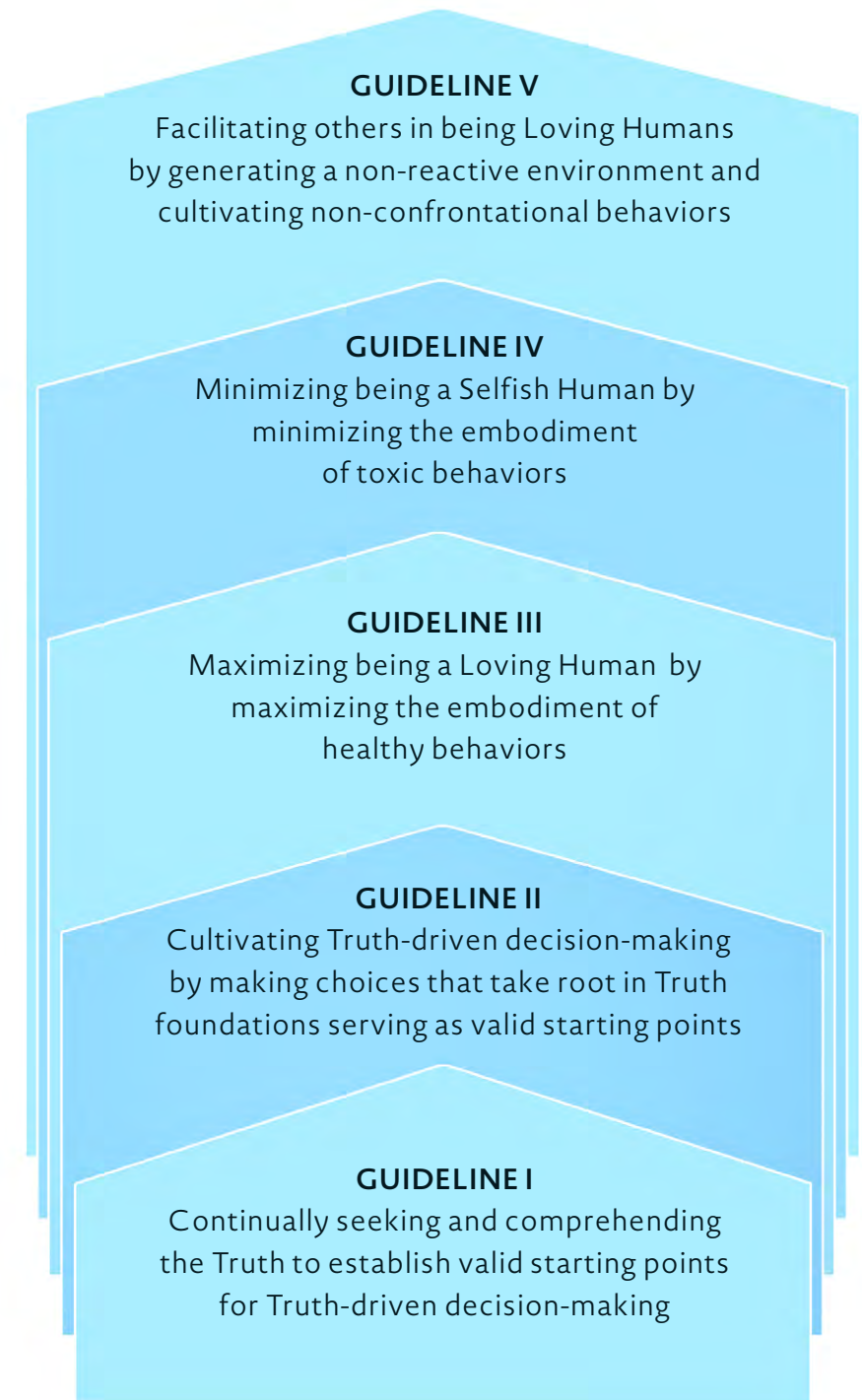
Effectively Dealing with the Difficult Truths of this Reality

Pure Love Self-improvement is born out of a deep longing to be able to confront the challenges of this reality, such as the uncertainty of our singular existence and the overwhelming presence of Selfish Humans in society. I have created Reality Chiropracting, a concept centered around challenging physical activities that helps us in effectively coping with life's challenges.

D. PURE LOVE SELF-IMPROVEMENT

Pure Love Self-Improvement is the collective-driven personal growth system of Pure Love World. It was designed with the recognition that life is a valuable gift endowed with finite time. Its purpose is to help individuals—especially teenagers and young adults—improve their behaviors to improve their quality of life by providing them with straightforward and honest books orchestrated by a program that is built on a single-problem-solution approach (the PLW Program).

Implementing this program allows them to rapidly and sustainably embody the two most valuable values we can embody as humans: vibrant health and



sustainable happiness. These values allow them to navigate this reality with confidence and intention, which forms the foundation to help them discover their life's purpose and live a healthy, happy, and fulfilling life. Pure Love Self-Improvement is not about helping others by telling them what to do and how to do it. Instead, it's about applying its implementation approach called Collective Self-Learning, and following the five guidelines on which it was built.

The essence of these five guidelines revolves around continually working on improving our behaviors by maximizing the embodiment of healthy behaviors and minimizing engagement in toxic behaviors. All toxic behaviors are merged into a singular behavioral problem called being a Selfish Human. The key to resolving all toxic behaviors lies in a singular solution: being a Loving Human.

Collective Self-learning: The Concept

It can be considered a fusion of a well-being session and a self-coaching session practiced with like-minded individuals, based on the principle "what we give energy to grows". Collective Self-Learning involves improving our behaviors—or improving our quality of life—together by nurturing our well-being and happiness through the simple act of talking with one another about how to cultivate these values. We achieve this by having conversations with acquaintances, friends, or family members without resorting to external forces like coaches, psychologists, or therapists, because they are driven by selfish intentions such as offering help in order to gain acknowledgment or maximizing profit.

As starting points for our conversations, we use the concepts from the Pure Love World books. To succeed in our conversations, we use collaboration-driven principles as guidelines for our conversations and decision-making processes. Some examples include: equal participation, the use of unity-focused language, and the demonstration of healthy behaviors such as being honest, transparent, and genuine.

Collective Self-learning: The Origins

The idea was to create a collaborative personal development system without relying on external supports like therapists or coaches. The concept of Collective Self-learning originated from in-person interactions between my brother and I. We regularly enjoyed trail running as a joint activity, while engaging in conversations about the daily life challenges we had recently encountered. Over time, our conversations shifted towards exploring sustainable solutions

to achieve Well-being in Mind-Soul-Body. I have observed that engaging in mutually beneficial conversations during activities leads to effective self-improvement for everyone involved.

Clarifications of Some Terms

A behavior, toxic behaviors and healthy behaviors

A behavior is defined by the way one acts as a human toward other humans in an environment. It is shaped by an ensemble of habitual voluntary choices driven by one's interests, aims, and purpose in life. Toxic behaviors refer to all behaviors that involve prioritizing serving one's best interests while disregarding the welfare and lives of others. Healthy behaviors refer to all behaviors that involve prioritizing serving moral justice over one's best interests and supporting the welfare and lives of others.

Mind-Soul-Body

The Mind, the Soul, and the Body are the three interconnected levels of existence that shape the human experience. One cannot feel well if one of these levels is affected by ill-being. Feeling well means being well mentally, emotionally, and physically.

Collaboration

Collaboration is founded on a non-hierarchical system where one's age, ethnicity, sex, and status have little importance. Instead, it is one's contribution in terms of the embodiment of healthy behaviors that is significant. Rather than having one person lecturing others on what to do and how to do it, collaboration is defined by the collective effort of individuals walking toward a shared horizon of common goals, nurturing the well-being and happiness of all.

Collective Self-learning Guidelines

Guideline 1: fully taking responsibility

We can only succeed in life or in terms of personal growth when we are honest about what is holding us back—behavioral problems, toxic behaviors, or flaws. We can only find a solution to a problem when we are honest about the problem. The embodiment of toxic behaviors or flaws is the behavioral problem that generates ill-being and unhappiness and ultimately leads to disease manifestations of the mind, soul, or body. The embodiment of healthy behaviors or virtues is the behavioral solution that generates vibrant health and sustainable happiness.

Guideline 2: being genuine over seeking flawlessness

Being genuine or authentic means having a firm, reliable, trustworthy, and honest position in life. It involves making choices based on who we are at the core of our being, using healthy behaviors as a compass for our decision-making process.

In contrast, the pursuit of flawlessness means having an unstable, unreliable, untrustworthy, and dishonest position in life. This is because we make choices based on how we want others to perceive us. It involves working hard to polish a flawless image of ourselves to look good to the world, driven by the intention of feeding our selfish desire to be acknowledged by others for being or having the most or best of something in order to validate our human existence.

Guideline 3: Cultivating lightness of spirit over having an overly serious attitude

We approach our actions and goals with a sense of ease and a touch of amusement, occasionally allowing the inner child to express itself. This involves not fixating on rigid results or becoming overly concerned with the final outcome—whether success or failure. We achieve this by cultivating outcome detachment. Being overly serious takes root in insecurity; it involves seeking perfection, placing excessive pressure on oneself to achieve specific results without failure, as we perceive failures as absolute failures.

Guideline 4: cultivating outcome detachment over being a perfectionist

Practicing outcome detachment reflects confidence and self-trust. It involves focusing on the journey of our actions and goals by viewing our outcomes as a horizon we walk toward. This naturally opens up numerous paths, increasing

the likelihood of discovering the ideal route that leads to the most sustainable benefits. Exploring various paths while moving toward the horizon of our outcomes allows us to make mistakes, fostering learning or personal growth.

Seeking perfection, on the other hand, reflects insecurity or a lack of confidence. It involves obsessing over the destination and following a rigid, predefined path aimed at specific outcomes. As a result, it closes off alternative paths, including the potential ideal path.

Guideline 5: equal participation

We want to play tennis, not golf. Equal participation reflects that we see ourselves as equals or collaborators, not competitors. It also demonstrates that we embody healthy behaviors such as fairness, kindness, tolerance, open-mindedness, and genuine interest in others. We must remind ourselves that a forty-year-old can learn just as much from an eighteen-year-old as an eighteen-year-old can learn from a forty-year-old. Only with this approach can we truly grow and learn in life.

Guideline 6: employing a unity-driven vocabulary

We avoid using the pronoun "you" because it can suggest that we want to feel superior to others and are intolerant or closed-minded. We avoid using the pronoun "I" because it implies that we are self-centered, want to be the center of attention, and seek acknowledgment from others for being or having the most or best of something. We primarily use the pronoun "we" or "one," as these promote a sense of unity and foster tolerance and open-mindedness. The pronoun "we" also supports effective personal growth, as it includes all of us. Predominantly using the pronoun "I" would only make sense if we lived alone on Planet Earth.

Guideline 7: sharing one's contributions over demonstrating one's identity

Demonstrating our ego or identity reflects our desperate need to be acknowledged from others for being or having the most or best of something. Instead, we want to talk about our efforts in our personal growth journey by sharing our experiences, whether failures or successes, how we strive to cultivate a healthy lifestyle, maintain it, and make choices that contribute to the well-being and happiness of ourselves, others, and society.

Guideline 8: sharing experiences, not opinions

Sincerely sharing our experiences reflects humility, vulnerability, and self-

lessness. It demonstrates our desire to bring value to others by contributing to their success through the honest sharing of our failures and achievements. Opinions reveal that we lack genuine interest in others, are closed-minded, intolerant, and have a selfish desire to be right or to persuade others—driven by our urge to compete in order to validate our human existence.

Guideline 9: questions over answers

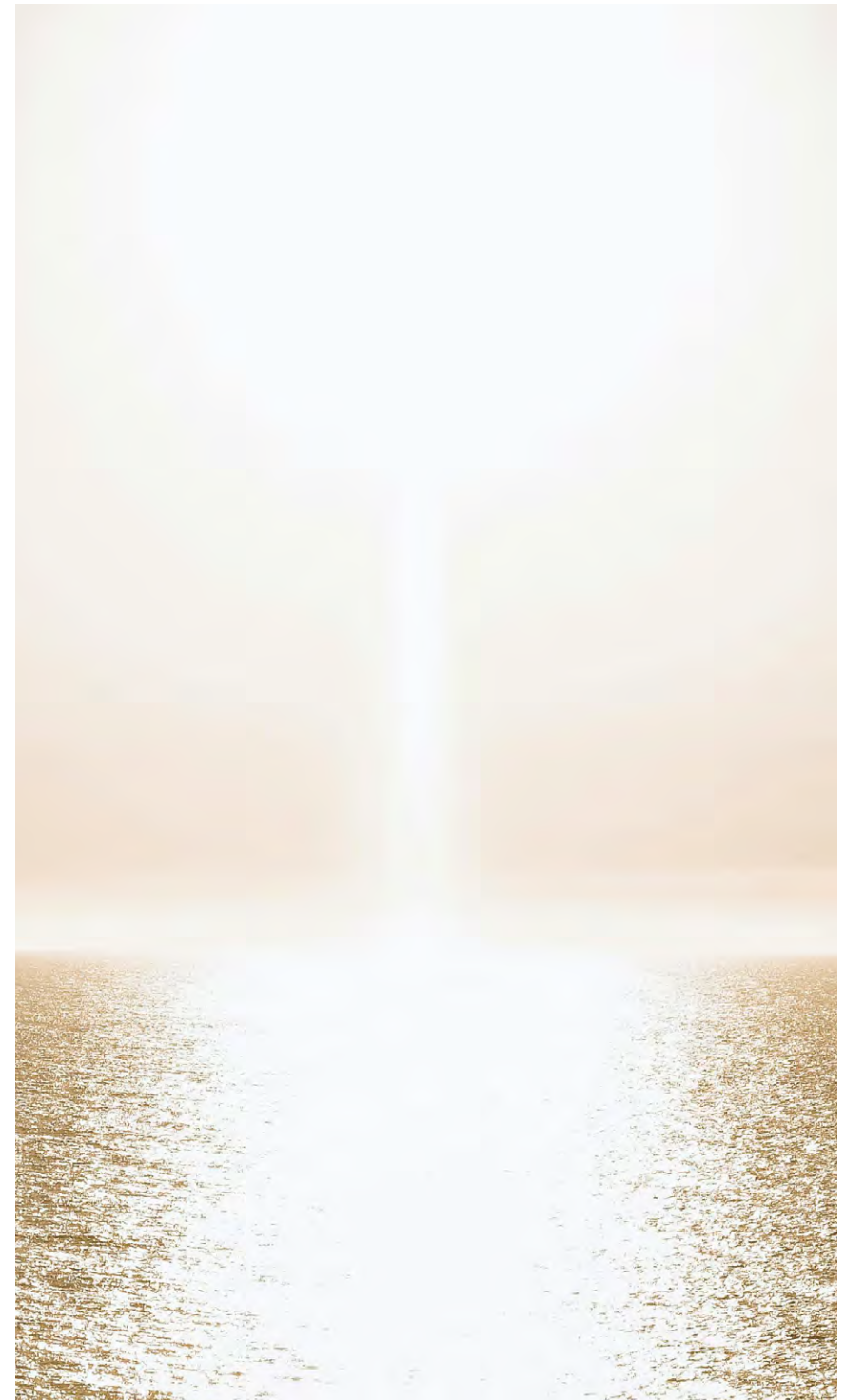
Having more answers than questions reflects a lack of interest in others' perspectives, closed-mindedness, and a desire to feel superior due to our urge to compete. As a result, it prevents us from growing, learning, or seeking the Truth. Having more questions than answers reflects open-mindedness and shows that we are interested in learning from others' experiences, whether successes or failures. A beneficial question we can ask ourselves is the following: we know what we are supposed to do, but we fail to implement it. How can we move from A—knowing—to B—sustainable action?

Guideline 10: the demonstration of Healthy Behaviors, not Toxic Behaviors

Healthy behaviors take root in all choices or actions we make with the intention of nurturing the well-being and happiness of all because we are Loving Humans. As Loving Humans, we use healthy behaviors as a compass for our decision-making process. Collaboration is the primary healthy behavior, with all other behaviors supporting it. Some examples include being honest, transparent, genuine, being present, showing genuine interest in others, and fully taking responsibility.

Toxic behaviors take root in all choices or actions we make with the intention of being acknowledged by others for having or being the most or best at something in order to validate our human existence because we are Selfish Humans. As Selfish Humans, we use toxic behaviors as weapons to compete. Therefore, we strive to maintain their secrecy within our arsenal because each toxic behavior plays a vital role in the promotion of our best interests for personal gain.

Competing is the primary toxic behavior, with all other behaviors supporting it. Some examples include being dishonest, pretending, rejecting responsibility, being a pleaser, and working hard to polish a flawless image of ourselves to look good to the world.



E. THE MAINSTREAM SELF-DEVELOPMENT SYSTEMS

→ The big picture and the representatives

The Mainstream Self-Development Systems are represented by Selfish Humans who are a group or class of people who navigate in the Competition World. They include health professionals and social media influencers who call themselves authors, coaches, doctors, educators, motivational speakers, therapists, and scientists. Their decision-making process is founded on flaws or toxic behaviors, such as pretending, manipulating, or being dishonest. The teachings of the Mainstream Self-Development Systems are anchored in manipulation: they are designed to maximize profit under the pretense of offering help or guidance.

There are two types of Selfish Humans: the Mainstream Controllers who are represented by health professionals and social media influencers, and the Mainstream who seeks their help and strives to become like them. All generally cultivate a strong presence on social media platforms, and many Mainstream Controllers perform on stage to be the Superstars.



VERSUS THE PURE LOVE SELF-IMPROVEMENT SYSTEM

→ The big picture and the representatives

The Pure Love Self-Improvement System, created by Daniel Horning in 2022, is represented by Loving Humans—a group or class of people who navigate in the Collaboration World. Their decision-making process is founded on virtues or healthy behaviors, such as taking responsibility or being honest. The teachings of the Pure Love Self-Improvement System are anchored in unity, genuineness, and lightness of spirit, designed to contribute to the welfare of all while aligning with moral justice.

There are two types of Loving Humans: Loving Leaders by Example (role models) who offer guidance and Loving Free Followers who seek their help and strive to become like them. All generally cultivate in-person interactions and rarely use social media platforms.

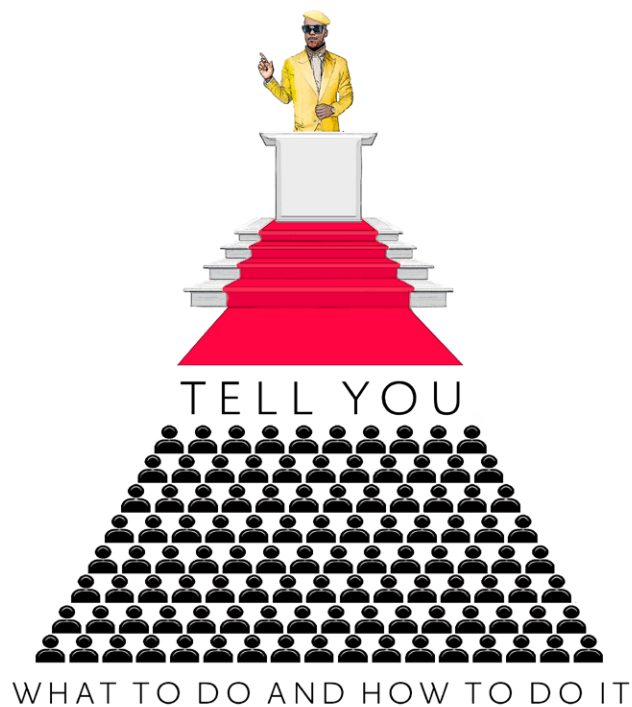


THE MAINSTREAM SELF-DEVELOPMENT SYSTEMS PART TWO

→ Why do Mainstream Controllers offer their services as authors, coaches, doctors, educators, motivational speakers, therapists, and scientists?

The teachings of the Mainstream Self-Development Systems are characterized by a single person instructing or lecturing others on what to do and how to do it through egocentric teachings that are anchored in manipulation. These teachings are driven by a hierarchical system, guided by dogmas, and fueled by selfish intentions such as maximizing profit under the pretense of offering help while neglecting the welfare of others.

These health professionals and social media influencers use toxic behaviors as weapons to help them compete. Therefore, they strive to maintain their secrecy within their arsenal because each toxic behavior plays a vital role in the promotion of their best interests for personal gain. Their life's purpose is to spread their egocentric teachings across the world to conquer the highest pedestal of acknowledgment, admiration, importance, and popularity in order to validate their human existence.



THE PURE LOVE SELF-IMPROVEMENT SYSTEM PART TWO

→ Why do Loving Humans engage in self-improvement?

- We continually strive to become more loving family members, spouses, collaborators or friends
- We cultivate meaningful and honest relationships
- We consider it our obligation or responsibility to work on ourselves
- We work on being good examples and practicing what we preach
- We commit to cultivating healthy behaviors with the intent of minimizing the workload for our children in terms of self-improvement. This reduces the chances of them exhibiting toxic behaviors when they become parents
- We aim to foster vibrant health and sustainable happiness for all, creating a collaboration-driven environment for future generations



THE MAINSTREAM SELF-DEVELOPMENT SYSTEMS PART TWO

They work hard on polishing a flawless image of themselves to look good to others while pretending to be Loving Humans in order to attract "followers" and clients. One tactic they use involves employing the pronoun "you" to flatter the listener's or reader's ego, all while pretending to be Loving Humans.

The goal of this tactic is to pretend to be genuine by formulating messages that feel personal. These messages are directed at the individual with the intention of making them feel special, important, cared for, and even loved. They use this approach to exploit our vulnerabilities, knowing that most of us lack unconditional acceptance and encouragement for our efforts in our personal growth journey. Or is it common for our loved ones to sincerely pay attention to these matters?



THE PURE LOVE SELF-IMPROVEMENT SYSTEM PART TWO

Loving Humans generate open-mindedness and equality: they use unity-driven guidelines (described in the next spread) to have their conversations. Their aim is to steer us in supporting a collaboration or unity-driven environment. They should be seen as fun challenges, rather than limitations on self-expression.



THE PURE LOVE SELF-IMPROVEMENT SYSTEM PART THREE

How do We Practice Pure Love Self-Improvement?

We can practice it online or in person. Online sessions are designed for conversations with a maximum of five participants. In-person sessions are half-day or full-day events where we have conversations while engaging in challenging physical activities in beautiful mountain landscapes. These activities include hiking, running, mountaineering, and cold baths in lakes or rivers with waterfalls. For those who enjoy pushing themselves mentally, emotionally, and physically, we can engage in challenging activities like Reality Chiropracting.

Some guidelines to Engage in the Pure Love Sessions

Relaxed, Naturally-Flowing Conversations

We are having conversations for the benefits (vibrant health and sustainable happiness) that arise from them, not focusing on the results or outcomes.

Authenticity and genuineness over seeking appearances and perfection.

Authenticity and genuineness are about striving to have a firm position in life. It entails making our choices based on who we are at the core of our being while using healthy behaviors (such as being transparent, honest, and humble) as our compass for our decision-making process.

Seeking appearances and perfection is about having an unfixed position in life because we make our choices based on how we believe we are perceived by others. It entails tirelessly working on polishing a flawless image of ourselves to look good to the world, fueled by the selfish desire to be acknowledged by others in order to validate our human existence.

A playfulness-infused attitude over feeding an overly serious attitude

A playful attitude is founded on authenticity and sincerity. It means approaching our actions or goals with lightness and a bit of fun, without hindering the child within us from expressing itself. It means being detached from outcomes and not overly concerned with the final result, whether it's success or failure. This mindset enables us to enjoy the journey without the pressure of achieving a specific outcome, allowing us to learn and grow. Feeding an overly serious attitude takes root in seeking perfection because we are deeply attached to the outcomes (results) of our actions and we perceive failures as failures. It involves

fixating on the end goal rather than enjoying the experience of the journey. This mindset forces us to approach tasks, activities, or projects with pressure to achieve a specific outcome without failing, which limits our capacity to learn because making mistakes is what allows us to grow. If not, what then?

Equal participation

We want to play tennis, not golf. Equal participation reflects that we consider each other as equals and supports the development of healthy behaviors.

Employing a unity-driven vocabulary

We avoid using the pronoun "you" because it can suggest that we feel superior to others and think we know everything. We avoid using the pronoun "I" because it suggests that we want to be the center of attention and seek recognition from others. We predominantly use the pronoun "we," as it generates open-mindedness and equality. "We" speaks to all and promotes a sense of unity where all parties involved have an equal role to play, working together towards shared goals benefiting all.

Focusing on one's contributions over demonstrating one's identity

It's not about putting our ego or identity forward during our conversations. We make our contribution by sharing our efforts in a commitment to personal development, promoting a healthy lifestyle, and supporting the well-being and happiness of ourselves, others, and society.

Sharing experiences, not opinions

Sincerely sharing our experiences reflects our vulnerability and virtuosity, as it shows our desire to bring value to others by contributing to their success through the sharing of our failures and achievements. Opinions reflect a resistance to sincerely listen to the experiences of others, resulting from a desire to persuade others in order to be right.

Questions over answers

Having more answers than questions reflects selfishness and closed-mindedness, suggesting that we know it all, don't need to improve our behaviors, and that we are not interested in others' perspectives because listening to them would require sacrificing our time. Having more questions than answers shows our openness, desire to learn, and curiosity about others' perspectives.

GUIDELINE I

Continually Seeking and Comprehending The Truth

1.1 What is the Truth?

1.2 Deciphering Humans' Behaviors

1.3 Investigating the Intent of One's Choices

1.4 Essential Self-improvement Tools

1.5 The Truth-seeking Barriers

1.6 The Truth-seeking Aids

Guideline I entails using reliable tools and processes to gather the Truth or facts across various aspects of life, particularly related to human behavior because life is about being a human among humans. We gather facts to establish Truth foundations as starting points for guideline II in order to cultivate Truth-driven decision-making.

Reliable tools assist us in directing our attention towards the Truth, while simultaneously safeguarding us against distorting facts that arise from having biased perspectives, expectations, and being easily influenceable.

Successful implementation of guideline I implies:

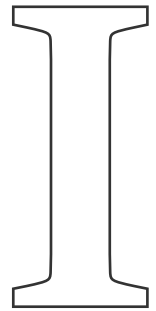
- Reminding ourselves that the purpose of the Truth is serving as a foundation to be a Loving Human or predominantly engaging in healthy behaviors
- Preventing ourselves from concluding the rightness or correctness of an action based on the prevalence of its occurrence among humans. If the majority were doing what is right, why do most compete or embody a predominance of toxic behaviors?
- Internalizing the unfortunate Truth, which is that most humans have bad intentions. If this were not the case, why do most humans compete, manipulate each other, and engage in dishonesty?

Am



predominantly
a Selfish
Human?

Am



predominantly
a Loving
Human?

1.1 WHAT IS THE TRUTH?

What is the Truth, and what is its purpose?

For the purpose of Pure Love Self-improvement, we consider two types of Truths: the unfolding of reality, and doing what is right. What is the purpose of the Truth? It serves as the foundation for guideline II.

Truth #1: The Truth Reflects in the Unfolding of Reality

The unfolding of reality embodies all that happened from the beginning of time. To simplify, it encompasses all the things, elements, occurrences, or human interactions that are happening in our human existence. In order to accurately depict the unfolding of reality, we encounter two challenges. Our first challenge is our limited ability to be present everywhere simultaneously, which in turn presents us with our second challenge - the necessity to depend on others for a more comprehensive or broader understanding of reality.

With this awareness in mind, we focus on relying on ourselves through continually observing reality, where we are physically present by utilizing our physical senses, mental faculties, and healthy behaviors. For everything else, we learn to rely on others by finding reliable sources: Loving Humans.

How do we seek the Truth in a general sense?

Acknowledging our limited knowledge, restricted awareness (or focus) and short longevity, we primarily focus on the Truth regarding Planet Earth and its inhabitants: humans. Studying the Truth regarding Planet Earth requires us to study its laws by which we are governed. Studying the Truth regarding humans requires us to study human behavior—how they interact with each other and navigate on Planet Earth. An accurate depiction of the unfolding of reality originates from honesty and is grounded in facts. A distorted depiction of the unfolding of reality originates from dishonesty or from exaggerating and is grounded in an absence of factual basis.

How do we seek the Truth by relying on ourselves?

Accurately depicting the unfolding of reality when we rely on ourselves involves utilizing:

- Our physical senses - sight, touch, hearing, smell, and taste. To ensure that our senses work properly, we want to cultivate well-being in Mind-Soul-Body. We can agree on the fact that an unhealthy lifestyle harms our senses,

- making it difficult for us to fully engage with our surroundings
- Our mental faculties such as focus, logic, or reason. In this book, we can refer to the essential self-improvement tools. They help us differentiate right from wrong or true from untrue
- Healthy behaviors as guidelines to direct our awareness on what is essential because we cannot be everywhere, as reality is continuously unfolding and omnipresent. The essential is sufficient to achieve Pure Love Self-improvement or sustainable happiness
- Guideline I which entails using effective tools that help us direct our awareness on what is essential

How do we seek the Truth by relying on others?

Accurately depicting the unfolding of reality when we rely on others involves relying on Loving Humans. The identification process implies assessing whether humans exhibit a predominance of behaviors that are characteristic of Loving Humans, which are healthy behaviors. We can also identify Loving Humans with the help of the Selfish humans/Loving humans' behavioral indicators or by studying the intent of one's choices. Selfish Humans have bad intentions while Loving Humans have good intentions.

Truth #2: The Truth Reflects in Doing What is Right

The concept of right and wrong is fairly subjective, but given that we coexist as a global community of billions of humans, it becomes crucial to establish a collective understanding of what right and wrong means in order to foster a peaceful coexistence. Based on the Truth or facts, most humans do what is wrong because they rely on the government to define what is right or wrong rather than taking individual initiative.

It is worth noting that the government has been successful in preventing global chaos and anarchy to some extent, which is significant and serves as a positive starting point for implementing improved decision-making. However, this does not mean that we must remain passive and cannot actively strive to be Loving Humans and engage in self-improvement to contribute towards creating a more loving environment. In the World of Pure Love, doing what is right entails cultivating Truth-driven decision-making. We achieve it by making choices that take root in healthy behaviors or in the act of being Loving Humans. Stated differently, doing what is right entails implementing guideline III.

1.2 DECIPHERING HUMANS' BEHAVIORS



We can decipher humans' behaviors with the help of the Selfish humans/Loving humans' behavioral indicators. They serve the purpose of helping us:

- Distinguish between Selfish Humans and Loving Humans. The proper utilization of these indicators is essential in our pursuit of cultivating sustainable happiness because Selfish Humans harm us as they mainly exhibit toxic behaviors, while Loving Humans benefit us sustainably as they predominantly engage in healthy behaviors.
- Identify the behaviors that classify us as either a Selfish Human or a Loving Human. This awareness is valuable in our endeavor to maximize being a Loving Human (guideline III) or minimize being a Selfish Human (guideline IV).

It's important to note that the reliability of ten indicators outweighs that of three, as it's a matter of predominance. Occasionally exhibiting Selfish Humans'



behavioral indicators doesn't automatically classify us as a Selfish Human. Selfish Humans are Selfish Humans because they predominantly exhibit behaviors characteristic of Selfish Humans, which we call toxic behaviors or behavioral problems. Loving Humans are Loving Humans because they predominantly exhibit behaviors characteristic of Loving Humans which we call healthy or loving behaviors.

The three significant obstacles to identifying humans' behaviors are one's expectations, emotional states, and being easily influenceable. Expectations make us see what we want to see. Emotional states make us see others through the lenses of our emotions. Being easily influenceable makes us see others through the opinions or perspectives of others.

a. Indicator #1. How Do They Communicate

Selfish Humans use an excess of superlatives and comparatives because they consider each other as unequals as they compete. Their vocabulary is filled with occasional to frequent profanity to be acknowledged, and they include strong intonations in their speech because they want to sound good. They employ words that encompass exaggeration or drama, such as extremely, highly, fantastic, supernatural, mesmerizing or breathtaking, in order to appeal to others and appear more interesting. Selfish Humans often utilize the pronoun “I” to bring attention exclusively to themselves or the pronoun “you” to flatter someone’s Ego with the aim of receiving something in return, such as acknowledgment.

Loving Humans use simple and accurate words. Their mode of conversation is organic and engaging, characterized by careful word choice. Loving Humans use pronouns like “we,” “our,” and “ours” to emphasize their collaborative efforts because they view themselves as a cohesive unit.

b. Indicator #2. Do They Value Themselves and Others?

Selfish Humans devalue themselves because they lack discipline. They disrespect others because they are inconsiderate and dishonest. They devalue others’ time because they are often late. Loving Humans value themselves because they are disciplined. They value others because they are considerate and honest. They value others’ time because they are punctual.

c. Indicator #3. Do They Seek Quantity or Quality?

Selfish Humans seek quantity because they embody the toxic behavior of competing. It takes root in wanting to be or have the most or best of something. Loving Humans seek quality because they embody the healthy behavior of collaborating.

d. Indicator #4. How Do They Interact with the World?

Interacting or communicating with Selfish Humans feels like playing golf. Talking with them requires patience because they continue talking until they have expressed all their thoughts. Interacting or communicating with Loving Humans feels like playing tennis. Both parties give each other an equal opportunity to communicate while genuinely being interested. Selfish Humans navigate the Competition World as the Mainstream or the Mainstream Controllers. Loving Humans navigate the Collaboration World as Loving Free Followers or Loving Leaders by Example.

e. Indicator #5. How Much Attention Do They Attract to Themselves?

Selfish Humans deliberately arrange their appearance, gifts, and possessions to draw attention or create drama to gain acknowledgment. Their behaviors are on the entertaining or theatrical side. Selfish Humans intentionally curate their appearance with provocative elements, revealing clothing, or exaggerated accessories like oversized sunglasses or colored hair. Loving Humans strive for simplicity, neutrality, and authenticity in their arrangements to present themselves respectfully to the World.

f. Indicator #6. How Do They Respond to Acknowledgment?

The greater the level of acknowledgment we offer Selfish Humans, the more their eyes brighten and display discernible facial expressions. The physical responses of these reactions are comparable to those of drug addicts who consume their preferred drugs after a prolonged withdrawal period, such as the first sip of a sugar drink, the initial glass of alcohol, or the first instance of likes on social media. Loving Humans respond to acknowledgment by showcasing minimal body reactions, such as a genuine smile.

g. Indicator #7. How Do Their Behaviors Fluctuate?

Selfish Humans’ behaviors are overall unbalanced, while Loving Humans’ behaviors are balanced. While thinking they are unobserved, Selfish Humans’ facial expressions contradict what their facial expressions would be while they’re aware of being observed. They alter their emotions based on whether they are being watched or not. The fluctuations of their behaviors in terms of emotional states and facial expressions are extreme, erratic, inconsistent, and unpredictable. Loving Humans’ behavioral fluctuations are minimal and can be anticipated with a fair degree of certainty.

Selfish Humans’ behaviors are contradictory in their extremes, while Loving Humans’ behaviors are consistent. Selfish Humans’ emotional states can shift from extreme happiness to extreme sadness or intensity to hollowness without any clear explanation. Why is that so? Selfish Humans rely on others to feel complete or happy because they are unwhole.

h. Indicator #8. Do They Overemphasize Their Behaviors?

What Humans overplay, overly express, or overemphasize reveals what they lack in terms of characteristics. For example, excessively highlighting kindness means lacking genuine kindness, overemphasizing confidence is a sign of an

underlying insecurity, and an abundance of smiles indicates a lack of happiness. Generally, companies that overemphasize racial equality have the least tolerance. People who wear excessively colorful clothes or drive colorful cars often lack internal colors in terms of moral values. Loving Humans refrain from exaggerating and overemphasizing, with only a few exceptions.

i. Indicator #9. How Do They Take Responsibility and Solve Conflicts?

Selfish Humans reject responsibility for their mistakes and blame others. When addressed with their mistakes, they take it personally as if they were insults, whereas Loving Humans view it as opportunities to work on themselves. In the face of conflicts, Selfish Humans often retreat or become reactive and defensive, playing the victim or pretending to be flawless.

Loving Humans take responsibility for their mistakes by providing genuine apologies, explanations, solutions, and implementations. Conflicts are regarded as inherent elements of relationships, meant to be resolved promptly.

j. Indicator #10. Do They Deform the Truth?

To receive acknowledgment, Selfish Humans distort reality by blowing things out of proportion; instead of saying it is -6 degrees, they will say it is -10 degrees. For example, rather than honestly describing their neighborhood as unappealing and admitting they only live there due to financial struggles, Selfish Humans will highlight the area's uniqueness. Loving Humans support the Truth by conserving the exactitude of information or facts (the unfolding of reality) to benefit the moral good of all.

k. Indicator #11. Do They Mean What They Say?

Selfish Humans don't usually mean what they say because they are pretending; their words contradict their actions, body language, facial expressions, and presence. Loving Humans mean what they say because they are genuine; their words align with their actions, body language, facial expressions, and presence.

l. Indicator #12. How Do They Greet One Another?

Selfish Humans hug one another while simultaneously disengaging, avoid prolonged eye contact, and display excessive or insufficient pressure while shaking hands. Selfish Humans exaggerate while greeting one another to appear more interesting, aiming to attract attention and be acknowledged. Loving Humans greet each other with kindness, authenticity, and genuine happiness.

m. Indicator #13. How Do They Respond to Messages?

Selfish Humans usually respond to messages or fragments that are advantageous to their interests while disregarding everything else to the greatest extent. Selfish Humans with manipulative tendencies respond exclusively to one's messages because they expect to receive something in return. Loving Humans consider responding to messages in a timely manner to be a sign of respect and, therefore, always attempt to do so.

n. Indicator #14. What is Their Primary Intention?

Selfish Humans make decisions for personal gain by pursuing the most or best of something with the intent of being acknowledged and validating their human existence. Loving Humans make choices to serve moral justice with the aim of providing us all with sustainable happiness.

o. Indicator #15. Where do They Live?

Selfish Humans gravitate towards large cities, whereas Loving Humans usually live in the countryside, the outskirts of the cities and partially small towns.

p. Indicator #16. How do they Prioritize Social Media?

Selfish Humans prioritize social media over in-person interactions for sharing personal information or knowledge, as the basis of social media revolves around accumulating likes and followers. The reason they use social media is that it allows them to receive acknowledgment from others for providing information or assistance. Loving Humans prioritize in-person interactions over social media to share information or knowledge because they want to genuinely help others by giving them their time and full attention.

q. Indicator #17. Are they Successful and Rich?

Selfish Humans are unsuccessful and poor because they embody more toxic behaviors than healthy behaviors. Loving Humans are successful and rich because they embody more healthy behaviors than toxic behaviors.

1.3 INVESTIGATING THE INTENT OF ONE'S CHOICES

a. What is the Intent of One's Choice?

The intent is the reason behind one's choice. The intent is the why of one's choice. It reveals the Truth behind one's choice, defines the quality of one's

action, reflects who we are at the core of our being, and indicates what we truly want. Focusing on one's choice while neglecting the intent is irresponsible. It is like jumping into a lake from a cliff while ignoring what is at the bottom of the water. We want to check if the water is deep enough before jumping.

b. Why Investigate the Intent of One's Choice?

We want to investigate the intent of one's choice to know why humans say what they say and do what they do, because knowing who we are dealing with improves our abilities to make the right decisions, resulting in certainty and peace. *An example of investigating one's intent includes discerning whether the person we intend to have as a neighbor is a selfish human or a loving human. Another example is determining if the person we are dating is a good match for a romantic relationship.*

We want to investigate the intent of one's choice (including our own) to identify if it is characteristic of a Selfish Human or a Loving Human. Selfish Humans have bad intentions because they predominantly exhibit toxic behaviors. Loving Humans have good intentions because they predominantly exhibit healthy behaviors. This awareness is valuable in our endeavor to maximize being a Loving Human (guideline 3) and minimizing being a Selfish Human (guideline 4). *For example, the act of giving qualifies as giving when it stems from a genuine intention to give without reciprocation. Giving with the intent of being acknowledged for our generosity is equivalent to taking, or rather, an act of manipulation.*

c. How Do We Investigate the Intent of One's Choice?

Investigating the intent of one's choice is a four-step approach. Implementing all four steps ensures finding out the Truth behind one's choice because they are complementary. When investigating the intent of one's choice becomes habitual, it is enjoyable because we see people from a perspective of Truth. When we focus solely on the choice, it is because we fear facing the Truth and its consequences.

Step #1: detaching ourselves from our identity

Step one entails temporarily disregarding both our own identity and the identity of the person whose intent we are investigating. It's about preventing ourselves from being influenced by our emotions, preferences, wants, and expectations, as they hinder our ability to think rationally or seek the Truth. Emotions make us see others through the lenses of our current emotions. Expecting makes us see what we want to see. Choosing to focus on what pleases us may provide

temporary relief and prevent us from being challenged, but it eventually leads to doubt, distress, and unhappiness because we remain unaware of the Truth. The act of instantly acknowledging the Truth prevents us from encountering avoidable problems such as wasting valuable time with Selfish Humans or experiencing hardships.

Step #2: using behavioral indicators

Step two entails focusing on specific behavioral indicators, while we interact with humans because it allows us to identify if they are characteristic of Selfish Humans or Loving Humans. In addition, we can refer to the symptoms outlined in the descriptions of the toxic behaviors characteristic of Selfish Humans and the expressions outlined in the descriptions of the healthy behaviors characteristic of Loving Humans.

Step #3: investigating one's type of alignment

Step three entails investigating if words and actions are congruent. Words hold no value unless they are aligned with the corresponding actions. Selfish Humans generate misalignment because they don't really mean what they say or do. It is also revealed when their actions, body language, or facial expressions contradict their words. Loving Humans generate alignment because they mean what they say or do. When we develop the habit of seeking the Truth, we become more sensitive to detecting when things are out of sync.

As an example, if the project manager claims to be accommodating for a common project but blames everyone when minor issues arise, we can deduce that he is evidently misaligned.

Step #4: asking the right questions

Step four entails cultivating the habit of asking ourselves the appropriate questions while engaging with individuals. Instead of guessing or seeing what we want to see, we want to ask ourselves why humans say what they say or do what they do. The goal is to evaluate whether what a person says or does makes sense in the current context or situation.

As an illustration, when someone we have recently encountered at a work meeting compliments us with no factual basis, it is clearly a sign of an individual who demonstrates the toxic behavior of being a pleaser. He wants to be acknowledged as a caring person. As another example, if our spouse expresses affectionate sentiments during a conversation but reacts negatively when we fail to inquire about their day, it's because they habitually engage in the toxic behavior of pretending.

1.4 ESSENTIAL SELF-IMPROVEMENT TOOLS

The essential self-improvement tools are designed to help us seek the truth and implement Pure Love Self-improvement guidelines.

a. Common Sense, Logic, and Reason

Common sense is the practical application of our physical senses (sight, touch, hearing, smell, and taste) and mental faculties to make sound decisions. Logic is the way of concluding a common-sense matter. Reason is the capacity to logically weigh evidence, facts, or information by making sound judgments free from bias, emotional states, expectations, or preferences.

b. Open-Minded Skepticism and Curiosity

Our capacity to learn is enhanced when we are open to new perspectives, challenge what we perceive as true, and remain receptive to alternative ways of thinking.

c. Compassion

The objective is to build a bridge of understanding and acceptance for individuals who struggle with selfish tendencies or immoral behaviors with the aim of connecting with their emotions and hardships. We develop compassion by reminding ourselves that despite making selfish choices, Selfish Humans also make loving choices.

d. Practicing What We Preach

Practicing (doing) what we preach (say) originates from honesty and means aligning our actions with our words rather than pretending or being a pleaser, because we want to look good.

e. Appreciation or Thankfulness

The desire to gain the most or best of something arises from being a Selfish Human or embodying the toxic behavior of competing. Excess or wanting the most or best of something results in the devaluation of life in its purest form and generates a lack of appreciation. Developing thankfulness originates from being a Loving Human or embodying the healthy behavior of collaborating.

f. Listening to Loving Humans

Rather than devoting years to studying a specific subject to understand the Truth, we can gain insights or valuable perspectives from certain Loving

Humans, such as scientists or thinkers. We should refrain from listening to people talking about knowledgeable humans because they are often more interested in being acknowledged than in delivering accurate information or helpful solutions. To affirm the validity of Loving Humans' information, we can employ the tool of "acting like a scientist."

g. Honesty, Discipline, and Focus

Honesty is the quickest path to the Truth because it eliminates the unnecessary obstacles that arise from dishonesty. Discipline consists of giving ourselves specific instructions related to an action (a task, activity, or goal) and follow them to the letter. Focus is an attribute of discipline and is our ability to channel the maximum of our attention, energy, and presence on one action at a time until completion.

h. Experimenting through Trial and Error

Our method of arriving at a conclusion in terms of Truth involves the application of experimentation through trial and error in conjunction with other tools, such as common sense, honesty, and discipline. We aim to make varied attempts to do a certain thing until we find the ideal way of doing that thing. Our approach involves gradually eliminating less effective practices in favor of those that yield ideal results.

i. Internal Power-Based Tools

Internal Power-based tools originate from prioritizing Internal Powers and solely utilizing External Powers to reinforce inner strengths. Our tools' effectiveness or success is not reflected in our results (output) but in the amount of time or effort (input) invested to generate these results. Our success increases as the input decreases and the output increases. A lower input originates from prioritizing quality over quantity.

1.5 THE TRUTH-SEEKING BARRIERS

Truth-seeking barriers can be considered as toxic behaviors that prevent us from seeking the Truth because they make us prioritize personal preferences, desires, or beliefs over facts. Truth-seeking barriers are equivalent to our inclination to see what we want to see by being biased, easily influenceable or having expectations. Engaging in toxic behaviors is due to our inherent Survival Mode. The Survival Mode cannot be removed because it is ingrained in our genes.

By being aware of its existence and role, we can avoid falling prey to toxic behaviors and instead take control by utilizing Truth-seeking aids to seek the Truth. The Survival Mode makes us want to have or be the most or best of something, thereby predisposing us to see what we want to see, even when the evidence contradicts it. As an example, upon witnessing an act of kindness from someone, we often rush to label that person as genuinely kind. Instead, it is recommended to look at facts showing that the person may pretend to be kind in order to be acknowledged for demonstrating kindness.

Prioritizing seeing what we want to see over facts leads to the embodiment of toxic behaviors, avoidable problems, and hardships. By prioritizing facts over personal preferences, we can enhance our decision-making abilities, resulting in certainty and happiness.

a. The Toxic Behavior of Being Biased

Confirmation bias is the prevailing form of bias. Being biased refers to the act of prioritizing personal preferences, desires, or expectations over factual evidence in order to draw a conclusion. It pertains to humans' tendency to selectively favor information that supports or is aligned with their personal preferences, desires, or beliefs, all while being reluctant to change once these beliefs are established.

b. The Toxic Behavior of Being Easily Influenceable

Being easily influenceable is one's choice of being susceptible to others and their beliefs. It involves seeing others or the World through the opinions or perspectives of others. This results in unrealistic expectations in the domains of work, health, relationships, and love due to our tendency to accept falsehoods.

To a great extent, the Untruth originates from the Mainstream, the Mainstream Controllers, the Mainstream media (TV, radio, newspapers, and books), social media, and the Mainstream Self-Development Systems. Being susceptible causes us to become entangled with falsehoods to the point where seeking the Truth is abandoned and falsehoods are accepted as Truths because comprehending the Truth requires too much work and courage.

c. Having Expectations

Expectations are the biggest obstacles that prevent us from seeking the Truth because they make us see what we expect to see. Expectations dramatically limit our ability to collect the Truth because they direct our focus on the portions

of the unfolding of reality (portions of words, actions, interactions, or events) that match or confirm the contents of our expectations while disregarding everything else to the greatest extent.

For example, if we approach a date with the expectation of liking the person, we restrict our capacity to gather facts that support the Truth about our date because we will perceive this person through the lens of wanting to like them. Consequently, we primarily focus on the portions of the date (portions of words, actions, or behaviors) that match or confirm the contents of our expectations (liking our date) while disregarding everything else to the greatest extent.

d. Reactiveness and Negative Emotional States

Reactiveness is one of the symptoms of being controlling and translates into negative emotional states such as rage, anxiety, anger or depression. They cloud our senses because we see reality through the lenses of our emotional states. To illustrate, suppose we recently went through a breakup and visited our friend while experiencing sadness as our current emotional state. In that case, we will perceive our interactions with our friend solely through the lens of sadness while overlooking everything else to the greatest extent.

e. Ignoring the Ugly Truths

Ugly Truths are uncomfortable or undesirable facts that we choose to disregard because they are too challenging to handle. Instead of acknowledging facts, we distort reality by interpreting it through the lens of our expectations or personal preferences. Consequently, we opt to concentrate solely on the positive aspects of others' choices or behaviors, even when they're absent. We often come to view unpleasant or toxic behaviors as normal. For example, if we perceive our partner as ethical, yet they are actually unethical, it may shield us from the stress and hardship of separation. However, persisting in such an immoral relationship will lead to long-term unhappiness. Instead, it is beneficial to recognize their true character, end the relationship amicably, and face the discomfort that arises from the separation, as it will leave room for loving relationships.

f. Ignoring Our Awareness

Ignoring where we are in terms of awareness or neglecting that we have an awareness prevents us from seeking the Truth. The less aware we are of our behaviors, the more our ability to seek the Truth diminishes, as we cannot observe the consequences that our behaviors have on ourselves and those around us. As an example, if we habitually demonstrate dishonesty towards our partner

and fail to acknowledge the negative emotions that arise from such behavior, our ability to comprehend our unethical conduct is hindered, resulting in a decline in our awareness.

g. Interacting with Selfish Humans

Interacting with Selfish Humans means interacting with individuals who predominantly exhibit toxic behaviors. Consequently, by spending time with them, we inevitably develop the type of behaviors they embody and see reality through their lenses. *As an example, if we primarily have relationships with Selfish Humans, our awareness of how to develop meaningful relationships significantly diminishes. This is because we engage in the primary toxic behavior of competing as Selfish Humans.*

1.6 THE TRUTH-SEEKING AIDS

a. Focused Awareness

Focused awareness is the opposite of having expectations, being easily influenceable, or being biased. It aims to help us channel our awareness effortlessly in the present and direct it at will on the portion of the unfolding of reality that beholds the Truth or the facts we intend to collect. Our success in practicing focused awareness is directly linked to our degree of honesty, discipline, and selflessness because these three attributes are the primary prerequisites for successfully seeking the Truth.

The tool of focused awareness enables us to seek the Truth regarding a particular matter or a general matter that is currently important to us. We cannot be aware of everything that occurs, and our knowledge is limited because reality is continuously unfolding and omnipresent. Thus, it is more reasonable or beneficial to minimize what we desire to seek in terms of the Truth.

Honesty, discipline, and selflessness

Honesty leads us to the most direct path to the Truth. It facilitates our comprehension of human behavior and the motivations underlying their choices. Discipline assists us in implementing honesty or selflessness.

Discipline consists of giving ourselves specific instructions related to an action (a task, activity, or goal) and follow them to the letter. Focus is an attribute of discipline and is our ability to channel the maximum of our attention, energy, and presence on one action at a time until completion. Selflessness enhances our receptivity in the pursuit of truth, as it allows us to look beyond our personal

concerns and immediate environment. It directs our awareness or presence to what is morally right for a situation, relationship, project, or activity while acknowledging the viewpoints of each individual.

b. Accepting the Ugly Truths

Ugly Truths are uncomfortable or undesirable facts we tend to disregard because they are too challenging to handle. Instead of distorting the Truth by interpreting it through the lenses of our expectations or personal preferences, we embrace facts. We acknowledge the Truth whether we like it or not because we know it leads to successful decision-making that brings about certainty, peace, and happiness.

As an illustration, in a situation where our partner displays repetitive, unethical behavior, we acknowledge this unpleasant reality and promptly adjust our course of action by implementing a separation if necessary. Our past experiences have taught us that confronting or accepting unpleasant situations as soon as they arise prevents long-term unhappiness and only creates minor distress in the moment. Another example of accepting ugly Truths is acknowledging and being at peace with the fact that most humans are Selfish Humans. Although it may be disheartening, it offers certainty and equips us to confront reality accordingly. Furthermore, being aware of this fact empowers us to foster compassion and adopt ethical behaviors that can help Selfish Humans become more loving.

c. Acknowledging Our Awareness

Being conscious of where we are in terms of awareness or acknowledging that we have an awareness allows us to seek the Truth. The more we are aware of our behaviors, the more we are capable of seeking the Truth because we are capable of observing the consequences that our behaviors have on ourselves and those around us. *For example, when we fail to carry out our planned actions and recognize the unpleasant feelings that arise from neglecting them, we can deepen our understanding of our behavior, leading to greater self-awareness.*

d. Interacting with Loving Humans

Interacting with Loving Humans means interacting with individuals who predominantly exhibit healthy behaviors. Consequently, by spending time with them, we inevitably develop the type of behaviors they embody and see reality through their lenses. *Suppose we find ourselves in a circumstance of collaborating with Loving Humans and attending a weekly project meeting. Thus, we can expand our awareness of how to collaborate with others respectfully by recognizing that working on a shared project entails prioritizing what is right for the project while considering everyone's*

perspectives. If we examine another example, assuming that we increase our involvement with Loving Humans, our understanding of how to cultivate meaningful relationships will significantly increase. This is attributed to the fact that, as Loving Humans, we consistently exhibit healthy behaviors and engage in collaborative efforts.

e. Focusing on the Intent of One's Choices

The intent is the why of one's choice and reveals the Truth behind one's choice. Successful decision-making requires understanding the underlying intent behind one's choice, rather than solely evaluating the choice itself. This approach is crucial, because, unfortunately, most humans have bad intentions as they embody a predominance of toxic behaviors, such as pretending or being a pleaser.

For example, the act of giving qualifies as giving when it stems from a genuine intention to give without reciprocation. Giving with the intent of being acknowledged for our generosity is equivalent to taking or, rather, an act of manipulation.

GUIDELINE II

Cultivating Truth-driven Decision-making

2.1 What is Truth-driven Decision-making?

2.2 Starting Points are like the Initial Coordinates of a Navigation System

2.3 Some Valid Starting Points

2.4 The Mind-Soul-Body Form the Human Experience

2.5 Planet Earth Influences Our Choices

2.6 The Survival Mode Causes Us to Be Selfish Humans

Guideline II entails the systematic organization of truths or facts gathered with the aid of Guideline I into Truth foundations to serve as starting points. This involves using starting points as a basis for cultivating Truth-driven decision-making in relation to the Pure Love guidelines, as well as in a broader context.

Successful implementation of guideline II implies:

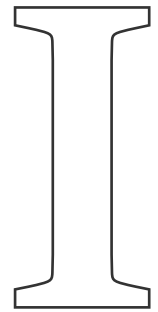
- Focusing on establishing valid starting points relative to human behavior because life revolves around being a human among humans
- Considering this book as a fundamental starting point because it includes reasonably truthful information
- Choosing challenging starting points. Being aware of the significant dangers or hazards of this reality is often more beneficial than knowing about the beauty of things

Am



predominantly
unhappy or
happy on a
irregular basis?

Am



predominantly
happy on a
sustainable
basis?

2.1 WHAT IS TRUTH-DRIVEN DECISION-MAKING?

In the World of Pure Love, we achieve Truth-driven decision-making with choices that are founded on the Truth regarding the unfolding of reality and take root in healthy behaviors or in the act of being a Loving Human. Stated differently, Truth-driven decision-making entails making choices that are aligned with the principles of being a Loving Human while taking into account the Truth regarding the unfolding of reality.

2.2 STARTING POINTS ARE LIKE THE INITIAL COORDINATES OF A NAVIGATION SYSTEM

What is a starting point?

Similar to the initial coordinates of a navigation system, starting points inform us about where we are in terms of the Truth concerning this reality we call life as a human among humans on Planet Earth. Our destination is Truth-driven decision-making or successful self-improvement. Each starting point is like a Truth foundation and embodies truthful information or facts representative of specific fields, domains, or aspects of life relative to human behavior to help us make the right choices. Right is all that ultimately provides us all with well-being in Mind-Soul-Body or Mental-Emotional-Physical well-being.

Valid starting points provide us with certainty and peace, leading to happiness because they embody facts, which enable us to make informed decisions. Invalid starting points leave us disoriented and distressed because they embody false information, leading us to make the wrong choices.

Effectively Using Starting Points

As an example, if we aim to create a landscape painting with the absence of the color green, which starting point proves beneficial: starting point A, which asserts that mixing yellow and blue leads to green, or starting point B, which asserts that mixing yellow and red leads to green?

To demonstrate the importance of establishing valid starting points for Truth-driven decision-making, let us explore the following example. Which starting point proves beneficial if we aim to build a meaningful relationship with the person we are dating: starting point A, which asserts that focusing on the intent



of one's choice reveals their true desires, or starting point B, which asserts that focusing on the choice alone reveals their true desires? We cannot rely on the choice alone because most humans have bad intentions due to the fact that they embody the toxic behaviors of being a pleaser and pretending.

2.3 SOME VALID STARTING POINTS

a. Life is a Valuable Gift Endowed with Finite Time

Life is a gift, and as far as we know, we have one life and one body. Therefore, we focus on making choices that are predominantly good. Things that contribute to Mental-Emotional-Physical well-being qualify as good. Healthy behaviors generate sustainable well-being.

b. We Have Been Unprepared for Life

The education system and the adults we grew up with have failed us in our preparation for life in its purest form as they neglected to offer us sufficient parental guidance due to their self-centeredness. Supposing they did, why are so many of us wasting parts of our lives lost, confused, struggling, suffering, or sick? To move forward, we must forgive ourselves and others and take responsibility for who we are now.

c. We Trick Ourselves to See What We Want to See

All toxic behaviors stem from our inherent Survival Mode, which makes us want the most or best of something. Consequently, our minds play tricks on us, causing us to perceive the most or best of something even when it does not exist. The toxic behavior of expecting makes us see what we want to see while disregarding everything else.

d. We inherit Our Toxic Behaviors

Witnessing the toxic behaviors exhibited by our parents reveals a direct correlation to the perpetuation of these behaviors in ourselves, as unresolved issues are inherited from one generation to the next. Why? Children mimic all the behaviors of their parents, including toxic behaviors because they need to learn how to navigate in this reality. Opposite-sex attraction usually leads women to replicate the toxic behaviors of their fathers, while men are more prone to reproducing the toxic behaviors exhibited by their mothers. Through this awareness, we can develop a deeper understanding of the reasons behind our engagement in toxic behaviors or those exhibited by our partners.

e. Questions Generate Effective Results

Knowing why we do something helps us get an understanding of the Truth. Questions such as “Why am I saying what I am saying?” “Why am I doing what I am doing?” or “At this moment, am I saying what I am saying to seek acknowledgment or to benefit others?” render helpful outcomes.

f. Receiving Follows Giving

Most humans remain Selfish Humans because they want to receive before giving. Is it possible to gain fitness without giving in terms of physical exercise? Selfish Humans remain Selfish Humans because they ask for loving relationships but fail to be respectful and honest.

g. Mental, Emotional and Physical Illnesses are Simple and Fast to Prevent or Cure

As a teenager, I was in mental institutions and I encountered incompetent psychologists or psychiatrists because the system is founded on ignorance, fear and bad intentions. To prevent or cure mental illnesses such as anxiety, depression or anger, we must do what we want to do the least. However, after being persistent for a few weeks, it becomes something we enjoy the most. To achieve it, we can all take immediate action by doing three cost-free things. The initial step is to incorporate challenging physical activities such as Reality

Chiropracting on a bi-weekly basis. However, mere exercise is insufficient; we aim to push our limits to achieve significant benefits.

The second thing we can do is have a healthy diet low in sugar, processed foods, and wheat-based products. Based on personal experiences, a good basis is plenty of water, nuts, healthy fats (olive oil, coconut and avocado) seafood, eggs, salad, vegetables, and occasionally, sweet potatoes and berries. The third thing we can do is to embody the truth, because comprehending the truth generates certainty, which in turn fosters peace. Guideline I and II will help us comprehend the truth.

h. Most Humans Do What Is Wrong

Concluding the rightness or correctness of an action based on the prevalence of its occurrence among humans is erroneous. If that were the case, why do most humans excessively consume drugs or engage in toxic behaviors daily? If all were implementing the correct choices, why are most humans struggling with obesity, taking daily medication, and frequently experiencing sickness? Due to the inclination of humans to make poor decisions, we tend to repeat similar errors. We experience internal conflicts due to our awareness of the wrongfulness of our choices while simultaneously justifying them as acceptable because of their prevalence among people.

It is common to give up doing the right things, as it is exceedingly challenging to make the right choices when constantly surrounded by individuals who make the wrong choices. The fact that many humans are Selfish Humans is very discouraging; however, we are not alone. To support our mission of Pure Love Self-improvement, we develop our skills in distinguishing Selfish Humans from Loving Humans. We distance ourselves from Selfish Humans, even if they are our friends or family members. The key to establishing loving relationships with Loving Humans and ourselves is genuinely becoming a Loving Human by cultivating healthy behaviors.

i. Life Makes No Sense; We Are Gradually Dying, Can Die at Any Moment and Be Forever Gone

Selfish Humans choose to do what is ethically wrong by choosing to compete because life makes no sense. What is the point of doing what is morally right when there is no guarantee of an afterlife? Consequently, they choose to take all for themselves, ignore the repercussions of their choices, indulge in drugs (alcohol, medicaments, or weed), engage in toxic behaviors (cheating, betraying,

manipulating, stealing, or lying), and inflict harm to others. Because life makes no sense, Loving Humans choose to make sense of life. Thus, they do what is morally right for all by collaborating and adding value to each other's lives. Moreover, they choose to be mindful of the consequences of their choices, be drug-free, engage in healthy behaviors, and assist others in attaining well-being.

j. Most Humans Compete and Want Us to Fail

Observing facts, humans want us to fail or prevent us from doing well because they compete. Selfish Humans' focus is being or having the most or best of something because they compete. Therefore, they exert all efforts to put others in a weaker or lower position with the help of toxic behaviors to ensure they become less or possess less than themselves. Toxic behaviors are primarily aimed at misleading others because they provides them with an environment of uncertainty leading to distress. They achieve it best with the toxic behaviors of being dishonest, pretending, and being a pleaser.

k. Simultaneously Believing and Disbelieving Ensures Improved Decision-making

When we interact with people, we cultivate an attitude that is equally on two sides: one side believes and the other disbelieves what others say or do. We want to maintain that attitude because most humans have bad intentions. Disbelieving can be analogized to airport security, which is implemented not with malicious motives, but rather in response to the presence of individuals seeking to cause harm to others with weapons. Disbelieving until evidence is presented is the most prudent strategy, as it safeguards us from making misguided decisions or entering detrimental relationships.

l. Most Humans have Bad Intentions

Internalizing the unfortunate Truth, which is that most humans have bad intentions because they embody toxic behaviors, is beneficial for Truth-driven decision-making. Acknowledging that fact prevents us from engaging in toxic relationships, leading to hardships. If we believe that most humans have good intentions, then we are invited to follow guideline I.

m. An Unhealthy Lifestyle Leads to Ill-being, Negative Emotional States and Toxic Behaviors

Consuming drugs (alcohol, cigarettes, and weed), consciousness-altering things (drugs, sugary products, and coffee) and things that dysregulate our hormonal balance (drugs, consciousness-altering things, birth control pills,

meat with hormones, and wheat-based products) combined with a lack of regular exercise and being overweight leads to Mental-Emotional-Physical ill-being which increases our engagement in toxic behaviors.

Being overweight decreases the spectrum of our choices because the body has less mobility, causing frustration, anger, or depression, thereby increasing our likelihood of engaging in toxic behaviors. When our health and fitness levels decline, so does our overall well-being. Consequently, we become more susceptible to negative emotional states and engage in toxic behaviors, including being reactive, taking things personally, or neglecting others. Being unhealthy or unfit can be considered a toxic behavior because it generates ill-being, making us more likely to direct our focus toward ourselves and consequently making us less mindful of others.

n. A Healthy Lifestyle Leads to Well-being, Positive Emotional States and Healthy Behaviors

Minimizing drug consumption and cultivating a healthy diet combined with regular exercise leads to Mental-Emotional-Physical well-being. Being thin and fit increases the spectrum of our choices because the body is unrestricted in terms of mobility, causing satisfaction, calmness, and happiness, thereby increasing our likelihood of engaging in healthy behaviors.

When our health and fitness levels increase, so does our overall well-being. Consequently, we become less susceptible to negative emotional states and predominantly engage in healthy behaviors, including being composed, serene, or mindful of others. Being healthy or fit can be considered a healthy behavior because it generates well-being, making us more likely to direct our focus towards others and consequently be mindful of others.

o. Being Fit is Being a Good Example or Influence

Others are inspired and motivated when they witness our physical well-being, which stands out to them amidst a prevalent environment of individuals making unhealthy choices, resulting in sickness and obesity. Being a good example sparks the interest of others and raises the probability of them mimicking our health-conscious choices, particularly since defying the masses is inspiring for them.

p. Being Healthy and Fit is Being in the Service of All

Being healthy and fit is indicative of self-respect. It is about supporting disease

prevention to avoid excessive reliance on others, especially as we age. Being fit is understanding that it is through remaining healthy that we can maximize our ability to help ourselves and effectively add value to the lives of others.

Our brain is the instrument of our mind, and our mind is the instrument of our thoughts. Thus, when we are drug-free, we strengthen our brain's functioning, improving our ability to think and increasing the quality of our choices. The cultivation of fitness leads to physical independence, as demonstrated by elderly individuals who can assist their children and grandchildren until old age.

As an illustration of mental independence, individuals who have maintained a healthy lifestyle throughout their lives generally exhibit no indication of memory loss or cognitive deficits as they age and can have lucid conversations. This is attributed to the fact that engaging in physical activities enhances the circulation of body fluids throughout the body and optimizes the efficient delivery of oxygen, especially to the brain.

q. Cultivating Physical Well-being is Cultivating Mental and Emotional Well-being

When we engage in challenging physical activities, we equally challenge ourselves mentally and emotionally. When we cultivate physical well-being, we inherently and equitably promote mental and emotional well-being, as the human experience is founded on the fusion of three interconnected levels of existence: the Mind, the Soul, and the Body. Each level serves a particular purpose and its functionality is reliant on the others therefore, they mutually affect each other, either negatively or positively. As a reminder, Mental-Emotional-Physical well-being is synonymous with well-being in Mind-Soul-Body.

We can only generate emotional well-being when we exercise for the right purpose, such as exercising with the intent of being a more loving person and cultivating the healthy behavior of being composed. Exercising with the intent of being acknowledged for exercising only yields limited physical well-being because it only serves our best interests.

r. Each Choice has Consequences

As far as we know, as humans, we are granted one single life and with it comes only one body. Given this awareness, it is important to recognize that every decision we make has consequences. Consequently, we strive to ensure that each choice we make is a good choice. A good choice provides us all with

Mental-Emotional-Physical well-being. A bad choice provides us all with Mental-Emotional-Physical ill-being. As a reminder, Mental-Emotional-Physical well-being is synonymous with sustainable happiness.

s. The Intent of One's Choices Defines Who We Are

Making choices with the intent of being acknowledged to validate our human existence is being a Selfish Human. Making choices with the intent of providing us all with Mental-Emotional-Physical well-being is being a Loving Human.

t. Events, Occurrences or Interactions are Indicators

Events, occurrences, or interactions are indicators that guide us in determining whether our choices are right or wrong. Right is inherent in all things that provide us all with Mental-Emotional-Physical well-being. Wrong is inherent in all things that serve our best interests and generate ill-being in Mind-Soul-Body.

u. Doing What is Right is Doing the Opposite of What Most Humans Do

Making the right choices often seems confusing because doing what is right means doing the opposite of what most humans do. If most were doing what is right, would most humans predominantly engage in toxic behaviors and consume an excessive amount of drugs? If we are unsure of what is right, we can rely on common sense combined with experimentation through trial and error, all while ignoring the opinions of others, which are often misleading. Why is that so? The intention of most humans is to mislead others because they compete.

v. Valuable Information is Easily Understandable

Selfish Humans share information or solutions with the intent of being acknowledged. To achieve this, they infuse their information with exaggeration, drama, and jokes in order to make themselves more interesting. The focus is more on the source of the information than on the information. How do we know? They use predominantly the pronouns "I" or "you" rather than "we" or "they". Loving Humans share information or solutions with the intent of genuinely helping others by offering their personal time without any expectation of reciprocation. To achieve this, they convey simple and straightforward information. The focus is more on the information than on the source from which it originates. How do we know? They use predominantly the pronouns "we" or "they" rather than "I" or "you".

w. Misconduct goes Unpunished, Kindness is Unrewarded

Most humans engage excessively in toxic behaviors (or misconduct) because in our society there are no consequences or punishments for engaging in such behaviors. We engage in a predominance of toxic behaviors as adults because our parents were self-centered, which led to their failure in enforcing consequences for our misconduct during our childhood.

Conversely, the lack of rewards for acts of kindness within our society has led to the prevalence of unkind behavior among most individuals. Assuming that kindness was incentivized or rewarded, would a significant portion of the population excessively engage in toxic behaviors?

x. Being Kind Can Sometimes Result in Loneliness

Committing to kindness through daily self-improvement or upholding high moral standards can sometimes result in loneliness, as most humans are unkind and rarely, if at all, improve their behaviors. Nevertheless, it is not a reason to become unkind or engage in toxic behaviors; rather, we strive to collaborate or spend time with Loving Humans.

y. The Only Way to Find a Solution to a Problem is by Acknowledging it and Being Honest about the Problem Itself

Most humans are incapable of solving their behavioral problems due to a lack of honesty regarding them. For the same reason, most are unable to work on themselves because they are dishonest about the behaviors that need improvement or the instances in which they engage in misconduct (toxic behaviors). If we were to misdiagnose a flat tire as a malfunctioning windshield wiper, would it be possible to continue using the car and get to our destination? In our case, our problems are behavioral problems (toxic behaviors) and the destination is successful self-improvement or being a Loving Human. The key factor here is that we cannot attain success until we truthfully acknowledge the toxic behaviors we embody because they prevent us from being Loving Humans.

z. We Are Born Selfish

Humans are unwhole because for years in infancy, they predominantly rely on others for a supply of acknowledgment or validation to feel happy, which generates a conditioning of unwholeness. In other words, Selfish Humans are selfish due to how as infants they are constantly taking without reciprocation while disregarding others to survive, which generates a conditioning of selfishness. Selfish Humans originate from selfish parents who remain victims of the

conditioning of unwholeness and selfishness. Loving Humans are loving because they were raised by loving parents who endeavored to overcome the conditioning of unwholeness and selfishness, aiming to prevent its transmission to their children. They chose to diligently teach their children to become whole and loving (selfless).

2.4 THE MIND-SOUL-BODY FORM THE HUMAN EXPERIENCE

The human experience, known as life, is founded on the fusion of three interconnected levels of existence: the Mind, the Soul, and the Body. Each level serves a particular purpose and its functionality is reliant on the others. To ensure that all levels work together to support our mission of providing us all with sustainable happiness, we must gain a fair understanding of what they mean because they mutually affect each other, either negatively or positively.

The Mind: the designer of our life

The Mind generates thoughts. Thought is the power that creates our choices. If not, what then? The nature of our thoughts defines our choices, shaping our behaviors. Toxic thoughts lead to toxic behaviors, while healthy thoughts lead to healthy behaviors. Toxic thoughts refer to all the thoughts characteristic of being a Selfish Human such as thinking thoughts of serving our best interests. Healthy thoughts refer to all the thoughts characteristic of being a Loving Human, such as thinking thoughts of being mindful of others.

The Soul: the non-physical experienter of our life

The Soul experiences life based on the thoughts we think and the behaviors we engage in. Our behaviors generate emotional states that define our perception of reality, which we experience with our Soul. Engaging in toxic behaviors results in the experience of negative or toxic emotional states, making us feel bad or unwell. Engaging in healthy behaviors results in the experience of positive or healthy emotional states, making us feel good or well. Negative emotional states include depression, anxiety, anger, and unhappiness. Positive emotional states include peace and happiness.

The Body: the physical experienter of our life

The Body as a whole, functions as our transportation method and as an instrument that converts or translates the emotional states we generate into physical

sensations. Negative emotional states manifest as feeling-bad sensations of the Body or ill-being. Positive emotional states manifest as feeling-good sensations or well-being.

a. What is Mental-Emotional-Physical Ill-being?

Ill-being in Mind-Soul-Body is synonymous with Mental-Emotional-Physical ill-being. Ill-being is a state of being characterized by the prevalence of sensations associated with feeling bad, with a notable absence of well-being characterized by sensations associated with feeling good.

Mental ill-being

Mental Ill-being is a state of being characterized by the prevalence of feeling-bad sensations of the Mind, with a notable absence of expressions associated with mental well-being, such as positive thinking, effortless concentration, calmness of mind, having a good memory, or being clear-headed. How does the Mind feel bad? The primary indicators of mental ill-being are entertaining negative thinking, being easily distracted, experiencing forgetfulness, being confused, or being doubtful.

Emotional ill-being

Emotional Ill-being is a state of being characterized by the prevalence of feeling-bad sensations of the Soul, with a notable absence of expressions associated with emotional well-being, such as being fulfilled, happy, loving, or at peace. How does the soul feel bad? The primary indicators of emotional ill-being are the manifestations of negative emotional states, such as being unhappy, unfulfilled, dissatisfied, hateful, anxious, depressed, angry, or irritated.

Physical ill-being

Physical Ill-being is a state of being characterized by the prevalence of feeling bad sensations of the Body, with a notable absence of expressions associated with physical well-being, such as being healthy, the well functioning of our physical senses, feeling vibrant, being fit, and having unrestricted body mobility. How does the Body feel bad? The primary indicators of physical ill-being are being sick, the malfunctioning of our physical senses, experiencing pain or aches, being overweight, being unfit, and having restricted Body mobility.

b. What is Mental-Emotional-Physical Well-being?

Well-being in Mind-Soul-Body is synonymous with Mental-Emotional-Physical well-being. Well-being is a state of being characterized by the prevalence

of sensations associated with feeling good sustainably with a notable absence of ill-being characterized by sensations associated with feeling bad.

Mental well-being

Mental well-being is a state of being characterized by the prevalence of feeling-good sensations of the Mind, with a notable absence of symptoms associated with mental ill-being, such as entertaining negative thinking, being easily distracted, experiencing forgetfulness, being confused, or being doubtful. How does the Mind feel good? The primary indicators of mental well-being are engaging in positive thinking, effortless concentration, calmness of Mind, having a good memory, and being clear-headed.

Emotional well-being

Emotional well-being is a state of being characterized by the prevalence of feeling-good sensations of the Soul, with a notable absence of symptoms associated with emotional ill-being, such as being unhappy, unfulfilled, dissatisfied, hateful, anxious, depressed, or angry. How does the Soul feel good? The primary indicators of emotional well-being are the manifestations of positive emotional states, such as being fulfilled, happy, loving, or at peace.

Physical well-being

Physical well-being is a state of being characterized by the prevalence of feeling-good sensations of the Body, with a notable absence of symptoms associated with physical ill-being, such as the malfunctioning of our physical senses, being sick, experiencing pain or aches, being overweight, being unfit and having restricted Body mobility. How does the Body feel good? The primary indicators of physical well-being are being healthy, the well functioning of our physical senses, feeling vibrant, being fit, and having unrestricted Body mobility.

2.5 PLANET EARTH INFLUENCES OUR CHOICES

a. The Law of Vibration

Everything is made of energy, and each possible thing we can imagine vibrates at a unique rate and frequency. Integrating the law of vibration in our decision-making process is about acknowledging that thought is the power that creates things or choices. Stated differently, we accept that the non-physical (the invisible) shapes the physical (the visible). Our predominant thoughts

ultimately shape our behaviors, and our predominant behaviors shape our predominant thoughts.

b. The Law of Polarity

Everything has an equal opposite, such as negative-positive or toxic-healthy. This law helps us see that everything has two sides and makes us accept that there is no gray. It suggests that it's not necessarily about the presence or absence of something, but rather a predominance. Things, choices, or behaviors are either predominantly black or white. When it comes to choices, we are required to choose a side and commit to it. The question is, are we predominantly dishonest or honest? Are we predominantly toxic or loving? Are we predominantly a pleaser or a genuine person?

c. The Law of Cause and Effect

Magic, chance, karma, fate, destiny, or coincidences have no basis in this reality. Things happen for an exact reason. Every cause (action) has an effect (reaction), and every choice (cause) has consequences (effect). To apply the law of cause and effect in our decision-making process, we must make choices with the awareness that each choice or behavior has consequences. Our goal is to focus on thinking thoughts aligned with the choices we want to make because our choices are rooted in our thoughts.

d. The Law of Gestation

There is a gestation time for the invisible to become visible because the physical originates from the non-physical. Integrating the law of gestation into our decision-making process is about acknowledging that every thought is comparable to a seed. With experience, we learn to accept that the invisible is always shaping the visible. While the act of giving is directly proportional to the act of receiving, true giving is unconditional. The quality of today's choices takes root in the quality of yesterday's thoughts. The quality of today's thoughts dictates the quality of tomorrow's choices.

e. The Law of Rhythm

Planet Earth is characterized by definite cycles and eternal movement. Everything flows in and out, like the seasons or moving up and down like the sun or the moon. Taking into account the law of rhythm in our decision-making process is about accepting that it influences us mentally, emotionally, or physically in highs and lows. Some days we give more than we receive, while other days we receive more than we give.

The law of rhythm allows us to understand that our energy levels fluctuate, with some days being high and others being low. On certain days, we experience happiness; on others, we experience less happiness. Comprehending this law generates certainty and peace because we are aware that our lows are transitory. To support our lows, engaging in physical activity is beneficial, as it elicits positive feelings and instills a sense of achievement.

f. The Law of Perpetual Transmutation

On Planet Earth, the law of perpetual transmutation decrees that energy always moves into physical form. Integrating this law into our decision-making process is about comprehending the law of vibration and gestation and developing faith that the thoughts we predominantly hold in our minds eventually move into their physical counterpart. The things we give energy to inevitably turn into being (choices or things). When we predominantly think of happiness, we are happy. When we think of being sick, we embody sickness and become ill. When we think of being healthy, we embody health and become healthy.

2.6 THE SURVIVAL MODE CAUSES US TO BE SELFISH HUMANS

a. What Is the Survival Mode?

The Survival Mode is the underlying cause for being a Selfish Human or embodying toxic behaviors such as competing. Toxic behaviors are accountable for all the hardships and problems we encounter in this world. The Survival Mode is an automatic behavioral mechanism ingrained in our genes, intended to protect our physical existence (our body). It takes root in fear—the fear of losing something (our lives). The fear of losing something triggers our survival mode, prompting us to counteract that fear by making us pursue the most or best of something to confirm our physical existence or that we are alive. As an example, at a primal level, the fear of losing our lives will make us seek the most safety. In modern society, it translates to many ego-based behaviors. The fear of being ignored will make us seek the most attention.

Notes

It is important to understand that the Survival Mode is only beneficial to sustain our physical existence and shield us from physical threats, such as extreme weather conditions or potential harm from others. To exemplify the benefits of fear, when suddenly confronted with violent winds, the survival mode triggers fear that

generates an immediate reaction, leading to the search for immediate solutions such as seeking refuge behind a tree until the wind ceases.

b. The Fear of dying Makes Us Want the Most or Best of Something

We can agree that if the Survival Mode fears of losing our lives is coupled with our conscious fear of gradually losing our lives by aging, we counteract that fear with its opposite, wanting the most or best of something. Having or being the most or best of something serves as a way for us to be acknowledged by other humans to validate our human existence because we could die anytime and there is no guarantee of an afterlife. The fear of losing something leads us to develop the leading toxic behavior of competing to help us acquire the most or best of something.

c. The Survival Mode Makes Us Want to Be or Have the Most or Best of Something

Wanting to be or have the most or best of something is the fuel for all toxic behaviors, especially competing. It translates or expresses in all aspects of life.

To name some examples in modern society, the survival mode makes us want:

- To be the most liked
- To be the most acknowledged in a particular field
- To have the most grandiose mansion
- To have the most wealth
- To have the most matches on dating applications
- To be the most miserable
- To have the most followers on social media
- To be the most extreme athlete
- To be the most popular podcaster
- To be the most popular scientist
- To be the most popular psychologist

d. Engaging in Toxic Behaviors are Indicators of the Need for Self-Improvement

Cars communicate problems to the driver through warning lights. Exhibiting toxic behaviors serves as a warning sign, signaling to the individual that there are behavioral problems that demand immediate action. Once we have

detected these toxic behaviors, we focus on identifying their opposites, which are healthy behaviors, serving as our areas for self-improvement.

e. Our relationship with the Survival Mode Dictates Our Predominant Behaviors

The Mainstream is victim of the Survival Mode

The Mainstream is unaware of the Survival Mode and its destructive nature, rendering their efforts of self-improvement unsustainable. How can they work on themselves if they are unaware of the root problem? Their existence is confined by being prisoners of their obliviousness of the fact that the Survival Mode is responsible for the toxic behaviors they embody. The Mainstream inevitably becomes lazy in working on themselves due to their ignorance that prevents them from recognizing any progress, which in turn decreases their motivation to pursue personal growth in the long term.

The Mainstream Controllers use the Survival Mode for personal gain

They are fully aware of the Survival Mode and its destructive nature and pretend to partake in self-improvement by disguising their competitive motives behind the facade of collaboration. Their existence is confined by being prisoners of their dark desires of wanting to have or be the most or best of something to be acknowledged. They have no interest in minimizing their toxic behaviors because they are in the service of validating their human existence.

The Loving Free Followers overcome the urges of the Survival Mode to a fair extent

They are aware of the Survival Mode, understanding that it fuels their toxic behaviors, rendering their efforts of self-improvement fairly sustainable. This comprehension allows them to resist its urges; nevertheless, they remain susceptible to its influence, occasionally leading them to display toxic behaviors and succumb to the temptation to compete.

The Loving Leaders by Example habitually keep the Survival Mode inactive

They are aware that the Survival Mode is the cause of their engagement in toxic behaviors. Understanding this concept enhances the sustainability of their self-improvement endeavors and empowers them to resist their impulses by prioritizing collaboration over competition.

GUIDELINE III

Maximizing Being a Loving Human

3.1 Being a Loving Human

3.2 Cultivating Healthy Behaviors

3.3 Generating Thought Choice Alignment

3.4 Practicing Reality Chiropracting

3.5 Implementing Pure Love Implementations

3.6 The Protective Factors of Being a Loving Human

3.7 The Consequences of Being a Loving Human

Guideline III entails maximizing being a Loving Human by maximizing the embodiment of healthy behaviors. We achieve it by implementing effective processes and information to broaden our understanding of the healthy behaviors that define being a Loving Human, as well as the benefits they bring, thereby encouraging us to actively engage in these behaviors.

Planet Earth encompasses two coexisting Worlds: the Competition World and the Collaboration World. “Loving Humans” refers to the group or class of humans that navigate in the Collaboration World. It involves the collective effort of individuals working together as a whole. Loving Humans represent a minority of humans and consider each other as equals.

Successful implementation of guideline III implies:

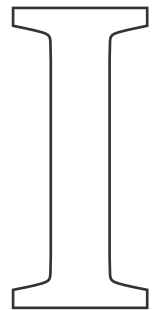
- Habitually conducting a sincere self-diagnosis by identifying the healthy behaviors we manifest, referring to the expressions outlined in the description of each healthy behavior
- Cultivating the healthy behaviors we embody, while bearing in mind the potential risk for their opposing behaviors (toxic behaviors) to gain control because they originate from the Survival Mode which is ingrained in our genes.
- Gaining insight into the protective factors and benefits associated with being Loving Humans to support achieving sustainable self-improvement outcomes
- Incorporating the notion of predominance into our daily behaviors by focusing on engaging in healthy behaviors rather than pursuing perfection because being a human means inevitably exhibiting toxic behaviors at certain points during the day due to our inherent Survival Mode

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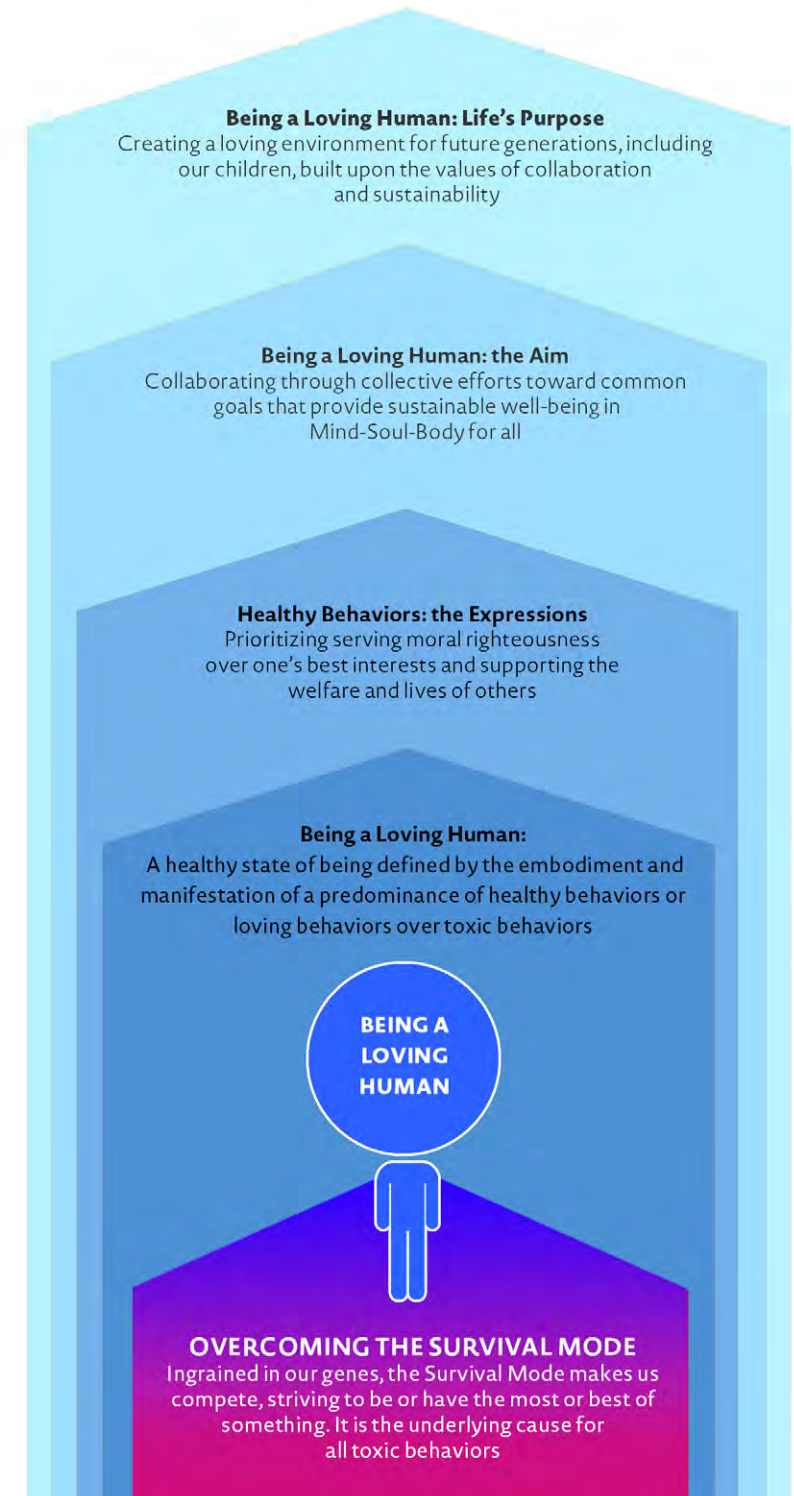
predominantly
competing?

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predominantly
collaborating?

3.1 BEING A LOVING HUMAN



3.2 CULTIVATING HEALTHY BEHAVIORS

How to maximize engaging in healthy behaviors

All healthy behaviors are described to assist us in habitually conducting self-diagnosis. We achieve it by identifying the behaviors we manifest, referring to the expressions outlined in the description of each healthy behavior. Once identified, our aim as a Loving Human is to be aware of when we reproduce these behaviors to feel encouraged and cultivate them daily.

By acknowledging the benefits of adopting healthy behaviors, we reinforce our encouragement to engage in them.

The essence of healthy behaviors

We are focusing on two types of healthy behaviors: the primary healthy behaviors and the secondary healthy behaviors, which derive from the primary healthy behaviors. Collaborating is the leading healthy behavior and all other behaviors act as its supporters.

As Loving Humans, we use healthy behaviors as guidelines to help us collaborate. They also serve the purpose of:

- Helping us be in the service of moral justice while striving to support the interests of each individual. We achieve it with the healthy behaviors of being selfless, genuinely generous, and fair
- Inspiring others in serving moral justice. We achieve it with the help of the healthy behaviors of leading by a good example, being humble and mindful of others
- Providing others with an environment of certainty leading to peace, happiness and ultimately improved decisions-making. We achieve it with the healthy behaviors of being honest, transparent, literal and humble because they communicate our authentic selves and our intentions to others

a. The Primary Healthy Behaviors

Healthy behavior #1: collaborating

Collaboration is defined by the collective effort of individuals working together towards shared goals that provide us all with well-being in Mind-Soul-Body and create a loving environment for future generations. To collaborate successfully,

one must ensure helping others in doing well and support their success in all aspects of life by being a being Loving Human. Collaboration entails establishing mutually beneficial relationships based on the cultivation of healthy behaviors. This, in turn, gives rise to relationships that are loving, honest, or genuine, ultimately making them sustainable.

The expressions: embodying more healthy behaviors than toxic behaviors

Healthy behavior #2: being selfless / being kind

A loving behavior that occurs when we prioritize serving moral justice over our best interests. It involves striving to align our choices with what is morally right for a given situation, project, family, community, company, or relationship while also attempting to support the interests of each individual.

The expressions: being thoughtful, being mindful of others and being genuinely interested in others

Healthy behavior #3: being genuinely generous / being giving

A loving behavior that derives from being fair. It occurs when we strive to give unconditionally by ensuring that others have the means to attain optimal well-being and meet their fundamental needs.

The expressions: being thoughtful, being mindful of others, and being genuinely interested in others

Healthy behavior #4: being fair

A loving behavior that derives from being selfless. It occurs when we consider each other as equals or collaborators. It involves supporting a worldwide, balanced, giving-receiving dynamic in which we all contribute equally (within reason) in all domains of life, irrespective of our background, gender, or ethnicity.

The expressions: being selfless and being mindful of others

Healthy behavior #5: leading by a good example

A loving behavior that derives from practicing what we preach. It occurs when we set a good example in all domains of life, including work, relationships, health, and love. It involves exemplifying loving behaviors through our actions rather than using words or exerting control over others. Leading by a good example serves as an invitation for others to emulate.

The expressions: being selfless, being mindful of others, and being genuinely interested in others

Healthy behavior #6: being supportive

A loving behavior that occurs when we are attentive toward others' needs and desires and engage in choices that maximize their success in all domains of life. It also involves offering genuine opportunities with fair compensation, allowing others to pursue their aspirations, as well as providing support for their projects.

The expressions: being selfless, being mindful of others, and being genuinely interested in others

Healthy behavior #7: allowing

A loving behavior that occurs when we accept others' choices and life journey, including their progress in terms of self-improvement. It involves remaining available to assist those who seek support. To achieve it, we use non-confrontational approaches, such as demonstrating compassion or leading by a good example.

The expressions: being selfless, being mindful of others, and being genuinely interested in others

Healthy behavior #8: being honest

A loving behavior that occurs when we communicate the Truth and inform others about our true intentions to create an atmosphere of certainty for all. It involves embodying, representing and supporting the Truth as facts to serve moral justice.

The expressions: being straightforward, transparent, and literal

Healthy behavior #9: being transparent

A loving behavior that is synonymous with being honest. It occurs when we willingly inform others where we stand in life and where we are heading. It entails openly sharing with others an overview of our current circumstances, wants, desires, intentions, and feelings, ultimately enabling better decision-making for everyone involved.

The expressions: being straightforward, literal, and direct

Healthy behavior #10: being genuine and authentic

A loving behavior that occurs when we display our true selves during social interactions while remaining respectful. It involves making choices aligned with our true intentions, irrespective of external opinions. Being genuine entails being who we are at the core of our being, even if it means being disliked, being rejected, or facing disapproval.

The expressions: being transparent, honest, humble, and taking responsibility

Healthy behavior #11: being humble

A loving behavior that occurs when we own who we are and can confidently communicate our strengths and weaknesses to others when required. It involves recognizing our qualities without bragging and recognizing our weaknesses and flaws with the practice of humility.

The expressions: taking responsibility, being genuine, and having humility

Healthy behavior #12: being present for others

A loving behavior that occurs when we give a considerable amount of our attention, time, or energy to others without being excessively distracted by our best interests or the urge to be the center of attention. We achieve it by engaging in the healthy behaviors of being genuinely interested in others, with the aim of collaborating and cultivating meaningful relationships.

The expressions: being genuinely interested in others, being mindful of others and being thoughtful

Healthy behavior #13: being literal

A loving behavior that occurs when we stay true to facts in our interactions with others. It involves truthfully portraying reality by presenting things, events, or personal experiences as they occurred. We achieve it by using the healthy behavior of being honest.

The expressions: being straightforward and honest

b. The Secondary Healthy Behaviors

Healthy behavior #14: being tolerant / being open-minded

A loving behavior that occurs when we acknowledge, respect, and value others' perspectives or ideas regardless if they differ from our own and irrespective of their origin, whether it be status, sex, ethnicity, or age. It involves being curious and open-minded towards others and their viewpoints to learn from their mistakes or virtues with the ultimate goal of benefiting us all.

The expressions: being composed and curious

Healthy behavior #15: seeking acknowledgment from within

A loving behavior that originates from being whole because we rely on ourselves to feel complete. It involves making choices with the intent of being acknowledged from within to confirm our desired self-image or emotional states (such as feeling happy). Seeking acknowledgment from within is being emotionally autonomous and being our own emotional support center (within reason).

The expressions: being confident, humble and genuine

Healthy behavior #16: being reliable

A loving behavior that takes root in honesty. It occurs when we succeed in committing to the choices we intend to make. It involves intentionally being explicit by providing comprehensive details regarding our commitments to others right from the beginning. Being specific leaves no room for making excuses to justify a lack of commitment.

The expressions: being straightforward, being literal, and providing explicitness in one's commitment

Healthy behavior #17: being composed / being serene

A loving behavior that reflects in our ability to refrain from being reactive to someone's words or behaviors, irrespective of their nature. It involves the practice of maintaining a state of calmness, peacefulness, and tranquility, particularly during intense disagreements with individuals whose beliefs starkly contrast with our own.

The expressions: being tolerant, curious, open-minded, and genuinely interested in others

Healthy behavior #18: being genuinely interested in others

A loving behavior that allows us to be present for others. It occurs when we

truly strive to comprehend others by being curious about their uniqueness, their lives, their health, and their everyday experiences.

The expressions: being curious and mindful of others

Healthy behavior #19: taking responsibility

A loving behavior that occurs when we practice self-accountability by willingly taking ownership of our choices and mistakes including their resulting consequences on others' lives and their welfare. It involves prioritizing resolving our mistakes over looking good. We accomplish it by promptly identifying the root causes of our mistakes, delivering explanations for them right after they happen, and offering solutions followed by successful implementations to prevent their recurrence.

The expressions: being humble and being honest

Healthy behavior #20: being confident

A loving behavior that occurs when we place trust in ourselves, including our capabilities. It involves firmly believing that we deserve to possess beautiful things, experience sustainable happiness, and fulfill our genuine desires. Being confident entails engaging in behaviors that confirm our deservingness, such as being genuine, being transparent, not over-accommodating, seeking validation from within, and being capable of saying no. It also involves engaging in behaviors indicative of being humble, such as willingly communicating both our strengths and weaknesses.

The expressions: being humble, being genuine, and being honest

Healthy behavior #21: being straightforward / being direct

A loving behavior that occurs when we openly communicate our desires, intentions, or emotions without concern for judgment from others, while accepting to face the consequences associated with being direct, such as experiencing rejection or being disliked. It involves prioritizing delivering a clear message, or getting a point across over looking good.

The expressions: being honest, transparent, literal, and being mindful of others

Healthy behavior #22: being mindful of others / being thoughtful

A loving behavior that occurs when we consciously choose to genuinely

acknowledge others' choices and value their presence or existence by considering them to be worthy of consideration, attention, or time. It involves engaging in behaviors while being conscious of the consequences they may have on the lives of others.

The expressions: being genuinely interested in others, being selfless and being present for others

3.3 GENERATING THOUGHT CHOICE ALIGNMENT

Thought Choice Alignment is the thought-based decision-making process that supports us in making the choices we intend to make with a fair degree of certainty. We achieve it by converting our chosen thoughts into their corresponding choices by adhering to the principles of discipline and the practicing of the Five Moral Values, which serve as guiding principles for successful implementation. The process of Thought Choice Alignment is beneficial for helping us in implementing choices relative to the five guidelines of Pure Love Self-improvement, accomplishing intricate tasks, succeeding in physical endeavors, and developing meaningful relationships.

The two guidelines to achieve Thought Choice Alignment

Discipline consists of giving ourselves specific instructions related to an action (a task, activity, or goal) and follow them to the letter. Focus is an attribute of discipline and is our ability to channel the maximum of our attention, energy, and presence on one action at a time until completion. Thus, we can rely on our integrity and know that we can always count on ourselves to make the choices we want. The guideline of the Practicing of the Five Moral Values ensures that our choices align with moral justice. The book *Pure Love* explains these values which are wholeness, selflessness, fair equality, balance, and respect. Practicing these moral values is equivalent to embodying all healthy behaviors.

Thought Choice Alignment: The Four-step Process

As an example, say we want (our instructions) to remain calm when our spouse is being reactive—we call it “Task A.” We can replace Task A with other self-improvement tasks. Some examples include addressing bad behavior with kindness, committing to a healthy diet, or being honest within a relationship.

Step 1: acknowledging our thoughts and their purpose

We accept that the key determinant of our success in achieving Thought Choice Alignment lies in our ability to internalize the notion that thought is the power that creates things or choices. We understand that choices stem from converting our thoughts (our thinking) into their corresponding choices.

Step 2: defining what we want by thinking about It

We define what we want by clearly thinking of what we genuinely want while acknowledging Step 1. In our example, we want to remain calm when our spouse is being reactive (Task A).

Step 3: agreeing to convert our thoughts into their corresponding choices

We decide to agree to what we think of doing (Task A). Once we approve it with our thoughts, Thought Choice Alignment starts. There is no going back. We are now required to convert the thoughts representative of Task A into their corresponding actions (choices) with the help of the two guidelines.

Step 4: understanding the consequences of failing or succeeding

We know that our relationship with ourselves and others is on the line. If we fail to align our thoughts with their corresponding choices or actions, we generate self-betrayal, distrust, and dishonesty because we failed to make the choices we intended to make. When we succeed in generating alignment, we generate self-loyalty, trust, and honesty because we succeeded in making the choices we intended to make.

3.4 PRACTICING REALITY CHIROPRACTING

a. What is Reality Chiropracting?

Reality Chiropracting serves as a catalyst for self-improvement and applying Life's Formula. This ego-free concept is centered around demanding physical activities in the mountains and it is driven by four forces: Virtuous Intent-Oriented Focus, Energy Transmutation, Collective Self-Learning, and Thought Choice Alignment (explained in the book *Life's Formula*). Demanding physical activities include practices such as mountaineering, incline running, or hiking with high elevation gains. To increase the level of difficulty, we incorporate harsh weather conditions such as heavy rainfall, strong winds, winter storms,

or extreme heat. Reality Chiropracting is about habitually and deliberately engaging in these activities by approaching the difficulties (challenging states of being) that arise in their practice as if they were the challenges of this reality. Challenges include exposure to toxic behaviors in our surroundings and entourage, such as from our spouses, acknowledging the possibility of our singular existence, and the reality that we can die at any moment. Another challenge is sharing this world with a predominance of Selfish Humans.

b. Why Practice Reality Chiropracting ?

Based on personal experiences, failure to consistently practice Reality Chiropracting or challenging physical activities increases the risk of experiencing negative emotional states such as anger, depression, anxiety, and irritability. Additionally, it raises the likelihood of engaging in toxic behaviors such as being reactive, taking things personally, and being insecure.

We can agree that, at times, the challenges of life can become unbearably painful mentally and emotionally. By training ourselves to overcome discomfort or suffering through physical exercise, we build resilience that aids us in overcoming emotional pain caused by the challenges of life, such as the daily exposure to toxic behaviors.

c. Reality Chiropracting: Energy Transmutation

Energy transmutation in the context of Reality Chiropracting means maximizing the magnitude of energy we generate through the effort we exert mentally, emotionally, and physically. This is done by overcoming the temporary challenging states of being (dislike, discomfort, fear, pain, and suffering) that arise during the practice of Reality Chiropracting, without letting them affect us to the point of giving up before completing our chosen physical task. An example of a task is running up a specific mountain in less than 30 minutes without ceasing to run.

We then redirect this harvested energy toward maximizing our well-being to improve our behaviors in order to be in the service of moral justice and the humans we interact with (including ourselves). We can increase the energy magnitude by raising the level of difficulty of the factors contributing to these challenging states of being, such as:

- Being as specific as possible in defining our task (our performance time or our general attitude)

- Reducing our performance time
- Choosing higher elevation gains or steeper inclines
- Including extreme weather conditions combined with light clothing
- Choosing a time that is the least ideal, like midnight
- Increasing task complexity
- Setting challenging deadlines for our goals; they create a sense of urgency
- Choosing an unideal state of being to perform tasks, like when we are depressed, the least motivated, or sick
- Taking calculated risks: deliberately engaging in new activities despite uncertainty
- Engaging in activities we are most afraid of

d. Reality Chiropracting: Cultivating a Welcoming Attitude towards Discomfort and Suffering

We want to develop an attitude where we habitually welcome dislike, discomfort, fear, pain, and suffering (challenging states of being) because they are the key components that lead to sustainable benefits. How can we sustainably engage in challenging physical activities like Reality Chiropracting? We can achieve it by bringing our awareness to the long-term benefits that arise from habitually overcoming challenging states of being (like discomfort or suffering) during the practice of Reality Chiropracting. To reinforce our commitment to long-term success in overcoming these challenging states of being, we find enjoyment in their practice because we might as well approach them with fun or playfulness rather than seriousness when given the choice.

To ensure enjoyment while experiencing discomfort or suffering, we remind ourselves that deliberately enduring and overcoming these challenges is the only path to sustainable benefits, such as experiencing a sense of achievement, increased well-being, and happiness. Truly understanding, at the deepest level, that challenging states of being such as suffering are essential for significantly contributing to our welfare encourages and motivates us to overcome them. Would we willingly endure discomfort in the pursuit of fitness if it resulted in ill-being rather than vibrant health?

e. Reality Chiropracting: confidently facing Life's challenges

The mindset we aim to develop with Reality Chiropracting involves overcoming the temporary difficulties that arise during its practice without letting them affect us mentally, emotionally, or physically to the point of quitting, all while

finding enjoyment in the process. We then apply that mindset to confront all difficulties and life's challenges, whether mental, emotional, or physical in nature, without letting them impact our well-being.

Our aim with practicing Reality Chiropracting is to habitually and deliberately engage in these demanding activities by approaching the difficulties (challenging states of being) that arise in their practice as if they were the challenges of this reality. Challenges include exposure to toxic behaviors in our surroundings or close entourage like our husbands or wives, acknowledging the possibility of our singular existence, and the reality that we can die at any moment. Another challenge is sharing this world with a predominance of selfish humans.

Facing difficulties, whether related to physical activities or life's challenges, while bearing in mind that they are temporary and an inevitable component to achieve vibrant health or happiness, allows us to generate certainty. This leads to peace and the development of a composed, confident demeanor. One difficulty that arises from intensely exercising is the struggle to maintain mental resilience amidst physical exhaustion, leading to the temptation to give up. One difficulty that arises when surrounded by reactive individuals is maintaining one's composure, preventing ourselves from reacting emotionally or taking things personally.

f. Reality Chiropracting: an Example

The concept of Reality Chiropracting is all about assigning ourselves challenging physical tasks with specific instructions to follow precisely. For example, we include the practice of incline running in beautiful mountain settings during a winter storm in light clothing, with an elevation gain of 1250 meters and a distance of 6.25 kilometers. Our task includes the following instructions: running from point A, the mountain base, to point B, the mountain peak, without stopping and under a time of 90 minutes—we call it "Task A." We can replace Task A with other tasks.

3.5 IMPLEMENTING PURE LOVE IMPLEMENTATIONS

Extracted from the book *Pure Love, the Journey of Becoming a Loving Human*, the Pure Love implementations are call-to-action invitations that help us succeed in our journey of self-improvement and support Truth-driven decision-making.

a. Implementation # 1: Acknowledging that All Happens for a Reason

We bear in mind that in this reality, every event happens for a specific reason. The concepts of magic, luck, karma, fate, destiny, and coincidences are built upon deceit. Planet Earth abides by a set of definitive laws that also extend to us, as we are its inhabitants. The more we incorporate them into our decision-making processes, the more successful we become in all domains of life.

b. Implementation # 2: Acknowledging Our Thoughts

We acknowledge that our choices originate from our thoughts. If not, what then? Consequently, we choose to be mindful of the type of thoughts we generate because our predominant thoughts define our predominant choices. Selfish choices lead to toxic behaviors and originate from selfish thoughts. Loving choices lead to healthy behaviors and take root in loving thoughts.

c. Implementation # 3: Establishing Valid Starting Points

We navigate this reality with certainty by establishing challenging starting points rooted in facts or information representative of the Truth. To maximize their validity, we disregard our personal preferences, expectations, and emotional states that may hinder us in comprehending the Truth. For example, when we have expectations, our perception becomes biased, and we tend to interpret things based on our desires rather than reality.

We aim to use starting points as a foundation for making choices because gaining knowledge of the Truth improves the quality of our decisions. For example, one valid starting point is the assertion that humans are predominantly dishonest and engage in unethical behavior due to their competitive nature.

d. Implementation # 4: Resisting the Temptation to Seek Acknowledgment from Others

We exert self-control to resist the temptation of seeking acknowledgment, validation, or admiration from others, as it is among the most toxic behaviors humans engage in. If we don't, it is a sign that we are unwhole to a certain degree, which originates from relying on others to feel happy. The first step in becoming whole is to realize that it is not our fault because we were born unwhole. The second step is to find value in seeking acknowledgment or validation from within.

e. Implementation # 5: Preventing Ourselves to Compete

We understand that competing is an unavoidable part of being a human because it takes root in our Survival Mode, which is ingrained in our genes. We cannot remove the Survival Mode however, we make a deliberate effort to exert self-restraint and resist the temptation of competing, as it is among the most selfish and silly behaviors humans can engage in. We overcome our inclination to compete by identifying how we compete and recognizing the absurdity of such behaviors. We can remind ourselves that competing only serves one purpose: satisfying the Ego's desires. Competition-driven behaviors manifest through the pursuit of acquiring or being the most or best of something.

f. Implementation # 6: Making Efforts to Collaborate

We understand that every Selfish Human has a spark for collaboration despite embodying a predominance of selfishness. We acknowledge that the act of collaborating is among the most loving behaviors that humans can engage in. Therefore, we value and praise those who choose to collaborate and recognize the sustainable benefits it yields for ourselves, others, and the World. We identify the multitude of ways in which we collaborate and actively work towards integrating more of those healthy behaviors daily.

g. Implementation # 7: Cultivating Honesty

We firmly adhere to the practice of honesty, regardless of the circumstances, recognizing it as a fundamental factor in cultivating loving behaviors. Every act of honesty and each moment we support the truth sets a chain reaction that fosters sustainable well-being in Mind-Soul-Body. If there is a desire to act dishonestly, it is important to remember that experiencing emotional distress or ill-being is linked to the consequences of habitually being dishonest.

h. Implementation # 8: Genuinely Contributing

We contribute by offering services or products that add value to each other's lives in the domains of work, relationships, love, and health. Value is found in all things that render sustainable help by generating well-being in Mind-Soul-Body for us all.

We make a conscious effort to avoid supporting products or services that prioritize profit or stem from a desire to seek acknowledgment because they contribute to global selfishness, emotional distress, and sickness. The value provided by one's products or services must be greater than the monetary compensation received.

Dealing with money in the Collaboration World begins with building meaningful relationships with Loving Humans and developing fairness. We give ourselves the money we believe is indispensable for developing value, and we indemnify ourselves for our contribution to support our dreams, goals, and a healthy lifestyle.

i. Implementation # 9: Implementing Daily Self-Assessment Questions

Every moment of the day allows us to choose between working on ourselves by being a Loving Human or rejecting responsibility by being a Selfish Human. The main purpose of incorporating daily self-assessment questions is to serve as a tool for us to reflect on our level of Selfishness or Pure Love throughout the day. The provided answers to these questions form the basis or starting point for developing healthy behaviors. Some beneficial questions are:

- Am I serving my best interests or adding value to all?
- Am I working on looking good by being a pleaser and pretending or am I being kind and am I being true to myself?
- Am I aligned with my choices or with choices others would like me to make?
- Am I seeking acknowledgment for what I say and do, or am I doing what is morally right for all?
- Am I giving with the intent of receiving something in return or am I giving unconditionally?
- How do I contribute today to help the World be more ethical?
- How am I being selfish, and what do I do to be less selfish?
- Are my choices in the domains of work, relationships, health, and love helping others achieve Mental-Emotional-Physical well-being, or are they causing Mental-Emotional-Physical ill-being?
- Am I leading by good example or am I being controlling by lecturing others?
- In what ways do I compete and collaborate?

3.6 THE PROTECTIVE FACTORS OF BEING A LOVING HUMAN

We are more likely to be Loving Humans when we originate from loving parents because they offered us sufficient guidance as children and teenagers.

They have successfully minimized engaging in toxic behaviors and maximized exhibiting healthy behaviors with the aim of transmitting loving behaviors to their children. Loving parents made a deliberate choice to be a good example and educate their children diligently, fostering the cultivation of healthy behaviors.

Children who originate from loving parents have a significantly reduced susceptibility to drug addiction, toxic relationships, and adversities or hardships.

3.7 THE CONSEQUENCES OF BEING A LOVING HUMAN

Being aware of the benefits of being a Loving Human or exhibiting healthy behaviors serves as a reminder of the positive outcomes associated with engaging in such behaviors. We aim to cultivate healthy behaviors while remaining mindful of their benefits. The intention behind repeatedly emphasizing the benefits of being a Loving Human is to encourage us to engage in healthy behaviors.

a. The Practicing of Moral Values

Being a Loving Human or engaging in healthy behaviors like collaborating is synonymous with practicing moral values such as fair equality, respect and balance because they are consequences of being a Loving Human.

Fair Equality

Fair equality supports a worldwide, balanced, giving-receiving dynamic in which we all contribute equally in the domains of work, relationships, health, or love. We aim to support an open-minded and non-hierarchical-based system where contributions are measured based on internal values (like honesty or authenticity), and well-being in Mind-Soul-Body.

Respect

Respect is rooted in the notion of being accountable for our actions or behaviors and being health-conscious. Being healthy is a sign of respect because it allows us to be in service of others. Some expressions of respect are valuing each other's time, cultivating compassion, and demonstrating a sincere interest in the perspectives of others.

Balance

The attainment of balance results from developing the habit of giving expression



to all our functions in Mind-Soul-Body without giving excess to any. All things that contribute to stability in our system, without causing significant deregulation or fluctuations—whether mental, emotional, or physical—embody balance.

b. Loving Relationships, Well-being and Happiness

Engaging in healthy behaviors, such as being kind and being genuine, contributes to the establishment of loving relationships, which inevitably leads to happiness. Happiness is expressed as mental and emotional well-being and eventually manifests as physical well-being. This is because healthy behaviors, such as being genuine, involve letting others know our true intentions to provide them with certainty. We can agree that a predominance of certainty in our lives leads to peace and, ultimately, happiness.

c. Becoming a more Loving Family Member, Spouse, Collaborator or Friend

Being a Loving Human or embodying a predominance of healthy behaviors leads to meaningful, genuine, and healthy relationships with Loving Humans because they work together towards shared goals that benefit us all. As a result, we become a more selfless and honest family member, spouse, collaborator, or friend. It is important to bear in mind that Loving Humans collaborate, which entails adopting healthy behaviors that provide others with certainty, such as being genuine, honest, and straightforward. Given this awareness, we inevitably build meaningful or honest relationships with Loving Humans.

d. Helping Our Children by Being a Good Example and Minimizing their Workload in Terms of Self-improvement

Being a Loving Human means providing sufficient parental guidance and setting a good example that makes our children repeat our healthy behaviors. This leaves our children well-equipped to deal with the challenges of life and achieve sustainable happiness. Consequently, as adults, they find themselves in a cycle of making good choices, which in turn leads to a continuous sequence of meaningful experiences and fulfillment in life.

Being a Loving Human or cultivating healthy behaviors tremendously decreases the workload in terms of self-improvement for our children, as we primarily pass on our loving behaviors. Ultimately, it ensures that our children are more likely to embody a predominance of healthy behaviors when they become parents.

e. Contributing to a Loving Environment for Future Generations

Everything is about energy. Healthy behaviors generate loving energy, which positively influences those we interact with and ultimately contributes to the establishment of a more loving environment for future generations, including our children.

f. Reducing the Global Level of Selfishness

Committing to being a Loving Human means prioritizing serving moral justice over one's best interests. As a result, it generates moral values such as fair equality, respect and balance and subsequently reduces the global level of selfishness.

GUIDELINE IV

Minimizing Being a Selfish Human

4.1 Being a Selfish Human

4.2 Minimizing Engagement in Toxic Behaviors

4.3 The Risk Factors of Being a Selfish Human

4.4 The Destructive Consequences of Being a Selfish Human

Guideline IV entails minimizing being a Selfish Human by minimizing the embodiment of toxic behaviors. We achieve it by expanding our awareness of the toxic behaviors characteristic of being a Selfish Human and acknowledging their destructive consequences, thereby discouraging us to actively engage in these behaviors.

Planet Earth encompasses two coexisting Worlds: the Competition World and the Collaboration World. "Selfish Humans" refers to the group or class of humans that navigate in the Competition World. It entails participating in a merciless "taking all for myself" survival battlefield. Selfish Humans represent a majority of humans and consider each other as unequal or competitors.

Successful implementation of guideline IV implies:

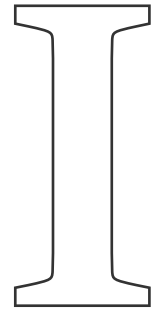
- Habitually conducting a self-diagnosis by identifying the toxic behaviors we embody, referring to the symptoms outlined in the description of each toxic behavior
- Finding the courage and humility to take responsibility for the toxic behaviors we exhibit, serving as the foundation for implementing the prescribed self-improvement instructions
- Actively working on ourselves by adhering to the prescribed self-improvement instructions provided in the description of every toxic behavior. The procedure requires developing the healthy behaviors that are in direct opposition to the toxic behaviors we manifest, ultimately serving as sustainable remedies
- Gaining insight into the risk factors and consequences associated with being a Selfish Human to support sustainable self-improvement outcomes

Am



predominantly
contributing
to a toxic
environment?

Am



predominantly
contributing
to a loving
environment?

4.1 BEING A SELFISH HUMAN



Being a Selfish Human: Life's Purpose

Validating our human existence on Planet Earth through being acknowledged by others for having or being the most or best of something

Being a Selfish Human: the Aim

Competing through individual efforts by pursuing having or being the most or best of something to gain a sense of superiority and outshine others

Toxic Behaviors: the Symptoms

Prioritizing serving our best interests over moral righteousness while disregarding the welfare and lives of others

Being a Selfish Human:

A toxic condition defined by the embodiment and manifestation of a predominance of toxic behaviors or behavioral problems over healthy behaviors

BEING A
SELFISH
HUMAN



BEING A VICTIM OF THE SURVIVAL MODE

Ingrained in our genes, the Survival Mode makes us compete, striving to be or have the most or best of something. It is the underlying cause for all toxic behaviors

4.2 MINIMIZING ENGAGING IN TOXIC BEHAVIORS

How to minimize engagement in toxic behaviors

All toxic behaviors are described to assist us in habitually conducting self-diagnosis. We achieve it by identifying the behaviors we manifest, referring to the symptoms outlined in the description of each toxic behavior. The most complex behaviors are supplemented with a typical example to help us recognize instances of engaging in such behaviors.

Once we have identified the toxic behaviors we embody, our aim as Loving Humans is to eliminate these behaviors by cultivating their opposites: the corresponding healthy behaviors outlined in the prescribed self-improvement instructions. We achieve it by finding the courage and humility to take ownership of the toxic behaviors we exhibit.

To sustainably eliminate toxic behaviors, it is crucial to recognize their root cause(s) as detailed in each description, as well as the harmful consequences that arise from participating in such behaviors.

The essence of toxic behaviors

We are focusing on two types of toxic behaviors: the primary toxic behaviors and the secondary toxic behaviors, which are symptoms or derivatives of the primary toxic behaviors. Competing is the leading primary toxic behavior and all other behaviors act as its servants.

As Selfish Humans, we use the primary toxic behaviors as weapons to help us compete and, therefore, endeavor to maintain their secrecy within our arsenal. All of them play a role in ensuring the promotion of our best interests. They also serve the purpose of:

- Helping us take all for ourselves while disregarding others. We achieve it best with the toxic behaviors of being selfish, greedy and ruthless
- Exerting control over others by coercing them into making the choices that align or conform with our best interests. We achieve it best with the toxic behaviors of being controlling, manipulating, and persuading
- Concealing our identity and intentions. They allow us to mislead others to provide them with uncertainty leading to distress. We achieve it best with the toxic behaviors of being dishonest, pretending, and being a pleaser
- Putting ourselves in the optimal position to maximize being acknowledged

in order to validate our human existence. We achieve it best with the toxic behaviors of working hard on looking good, creating attention, dramatizing, and exaggerating

a. The Primary Toxic Behaviors

Toxic behavior #1: competing

Competing is defined by the individual effort of humans working against each other towards serving their best interests. They achieve it by pursuing being or having the most or best of something, which we quantify as Competition Values. To compete successfully or gain a maximum of Competition Values, they must prevent each other from doing well. Stated differently, they hinder each other's success in all domains of life by being Selfish Humans.

Competition Values can be either positive or negative. Selfish Humans employ them as a way to feel acknowledgment by others to validate their human existence. Examples of negative Competition Values include being the most miserable, being the best fighter, being the sickest, and having the best drug. Examples of positive Competition Values include being the most famous actor, being the fastest runner, having the most followers on social media, or having the biggest mansion.

Competing involves building relationships based on personal gain, driven by what we can get from others. This, in turn, gives rise to relationships that are toxic, dishonest, or fake, ultimately making them unsustainable. In a fake relationship, both individuals pretend to be engaged in a loving relationship for the sake of looking good to others.

The Symptoms: embodying more toxic behaviors than healthy behaviors

The root causes: lack of parental guidance and being unkind

Prescribed self-improvement instructions: collaborating

Example: competing involves getting the most acknowledged by receiving the most likes and followers on all social media platforms. In their quest to establish themselves as the biggest Star in their respective fields, influential figures such as psychologists, coaches, scientists, doctors, or podcasters work hard on being the center of attention with the goal of outshining others. It encompasses the use of a broad array of tactics, including the deliberate choice of excessively exaggerating, dramatizing, pretending, being a pleaser or being dishonest.

Toxic behavior #2: being selfish / being unkind

A behavioral problem that occurs when we prioritize serving our best interests above all else while disregarding the well-being of others. It involves making choices without considering the repercussions they may have on ourselves, others, and the planet.

The symptoms: all toxic behaviors

The root causes: lack of parental guidance and being unkind

Prescribed self-improvement instructions: being selfless and kind

Toxic behavior #3: being greedy

A behavioral problem that occurs when we excessively take more than necessary to attain optimal well-being and meet our fundamental needs, solely to outshine others and feel superior.

The symptoms: disregarding others and competing

The root causes: lack of parental guidance and being unkind

Prescribed self-improvement instructions: being genuinely generous

Toxic behavior #4: being ruthless

A behavioral problem that occurs when we put ourselves first, above all. It pertains to the act of claiming everything for ourselves without reciprocation, all while neglecting the potential repercussions on others and the planet.

The Symptoms: disregarding others and competing

The root causes: lack of parental guidance and being unkind

Prescribed self-improvement instructions: being fair

Toxic behavior #5: being controlling

A behavioral problem that occurs when we exert power over others by coercing them into making choices that align with our needs, desires or best interests. It involves making others do what we want them to do, all in the pursuit of our best interests.

The symptoms: being reactive, taking things personally, demanding, reproaching, being intolerant, lecturing others and criticizing others

The root causes: lack of parental guidance and being selfish

Prescribed self-improvement instructions: leading by a good example

Toxic behavior #6: manipulating

A behavioral problem that is an indirect form of control, wherein the act of controlling others is concealed. It occurs when we exert power over others by steering them into making choices that align with our needs, desires, or best interests, all while pretending that it serves their interests.

The symptoms: being dishonest, being a pleaser, and pretending

The root causes: lack of parental guidance and being unkind

Prescribed self-improvement instructions: being supportive

Example: manipulating entails approaching a craftsman currently working on our patio, who aspires to be an artist, and mentioning that we are considering commissioning artwork from them solely to motivate them to perform well, despite having no intention of actually hiring them for an art project.

Toxic behavior #7: persuading

A behavioral problem that is a mild form of manipulation disguised as helpfulness. It occurs when we exert influence over others' beliefs to steer them into making choices that align with our needs, desires, or best interests. It involves pretending to support others' wants or needs with the hidden intentions of having them support our success or best interests.

The symptoms: being dishonest, being a pleaser, and pretending

The root causes: lack of parental guidance and being unkind

Prescribed self-improvement instructions: leading by a good example, being supportive, and allowing

Example: persuasion is a skill that influencers on social media and motivational speakers excel at. It entails pretending to help others solve their problems and support their aspirations, all with the ulterior motive of gaining their support for personal gain. This encompasses generating maximum profits, establishing loyal followers, and receiving acknowledgment for the help they offer to shine as Stars.

Toxic behavior #8: being dishonest

A behavioral problem that occurs when we deliberately communicate false information to others to conceal our true intentions, mislead them, and provide them with an environment of uncertainty. It involves distorting the Truth or facts to fulfill our needs, desires, or best interests.

The symptoms: being indirect and being vague

The root causes: lack of parental guidance and being unkind

Prescribed self-improvement instructions: being honest and transparent

Toxic behavior #9: pretending

A behavioral problem that is in the service of looking good with the ultimate goal of being acknowledged. It occurs when we intentionally present others with a persona (or mask) that is customized to meet their needs and desires. The persona is designed to conceal our intentions to mislead others solely to serve our best interests.

The Symptoms: being a pleaser, being dishonest, lacking genuineness, making incoherent choices, and exhibiting behaviors that are out of context

The root causes: lack of parental guidance, being insecure and being unwhole

Essential notes: In essence, Selfish Humans employ pretense to present themselves as Loving Humans and pretend to engage in loving behaviors such as being genuinely generous, strategically aimed for personal gain.

Prescribed self-improvement instructions: being transparent and honest

Example: pretending entails deliberately crafting an image of sincerely appreciating someone and simulating a genuine connection with them, exclusively for one's best interests, such as acquiring money, possessions, a marital union, or a job position.

Toxic behavior #10: being a pleaser / being inauthentic

A behavioral problem that is in the service of looking good. It occurs when we exert effort to make others happy by pretending to be loving with the intent of being liked. It involves pretending to adhere to others' wishes or saying what others want to hear to look good and ultimately be acknowledged, all at the expense of being genuine or authentic.

The Symptoms: being dishonest, being unreliable, being indirect, lacking genuineness, making incoherent choices, and exhibiting behaviors that are out of context

The root causes: lack of parental guidance, being insecure and being unwhole

Prescribed self-improvement instructions: being genuine and authentic

Example: being a pleaser involves initially agreeing to a dinner invitation to look good, despite our intention to decline, knowing that we will ultimately say no when it's time to follow through on our initial agreement. The yes gradually morphs into a no with the help of excuses piling up to justify the final no.

Toxic behavior #11: working hard on looking good

A behavioral problem that involves the art of pretending or being a pleaser. It occurs when we work hard on demonstrating flawless conduct to be acknowledged as an outstanding individual and gain popularity, all while concealing our imperfections at all costs. Presenting ourselves as flawless is putting ourselves in an optimal position to pursue being or having the most or best of something. Looking good serves also as a discreet form of persuasion, strategically employed to increase the chances of others acting in our favor without their knowledge.

The Symptoms: being dishonest, rejecting responsibility, lack of genuineness, one's choices lack coherence, one's behaviors are often out of context, over-apologizing, over-accommodating, and being a pleaser

The root causes: lack of parental guidance, being insecure and being unwhole

Prescribed self-improvement instructions: being genuine and humble

Example: looking good involves strategically pretending to enjoy oneself in the company of guests, as well as pretending to be genuinely interested in them, all to be acknowledged as a kind host. Another example of looking good involves affirmatively responding to a friend's inquiry about our familiarity with a certain historical landmark, even if it's not true, to avoid seeming uninformed or ignorant.

Toxic behavior #12: creating attention or being the Star

A behavioral problem that is synonymous with being the center of attention. It is in the service of seeking acknowledgment from others. It occurs when we make choices focused on being or having the most or best of something, to draw others' attention to ourselves, all with the goal of being acknowledged to validate our human existence. To effectively capture people's attention on a sustainable basis, we employ the toxic behaviors of dramatizing and exaggerating.

The symptoms: dramatizing, exaggerating, seeking acknowledgment from others, and disregarding others

The root causes: lack of parental guidance and being unkind

Essential notes: influential individuals on social media platforms, such as motivational speakers, coaches, teachers, podcasters or scientists share information with the intent of receiving acknowledgment from the Mainstream so they can feel like Stars.

Prescribed self-improvement instructions: being present for others

Example: creating attention involves making a big show when encountering acquaintances in public, showcasing our importance and the necessity for everyone to be familiar with us. Our strategy involves making sure that our extravagant car is visible to all, wearing slightly provocative clothes, and speaking loudly with assertive intonations so that our conversations are heard by everyone.

Toxic behavior #13: dramatizing/exaggerating

A behavioral problem that is in the service of the toxic behavior of creating attention. It occurs when, during our interactions with others, we intentionally distort facts or the scale of things by making things better or worse than they are.

We achieve it by infusing facts, things, events, or personal experiences with superlatives such as “the most,” “the least,” “the best,” or “the worst”. Exaggeration and dramatization are employed with the purpose of creating attention to be acknowledged and ultimately validate our human existence.

The symptoms: being dishonest, using an excess of superlatives, and pretending

The root causes: lack of parental guidance and being unkind

Essential notes: employing exaggeration with the intent of being silly with loved ones for amusement does not qualify as toxic. Engaging in exaggerated silliness with friends, to share it on social media for acknowledgment, qualifies as toxic.

Prescribed self-improvement instructions: being honest and literal

Example: dramatizing involves recounting a disagreement with our spouse in an exaggerated manner, emphasizing their angry tone and raised voice, when in reality they just talked assertively.

b. The Secondary Toxic behaviors

Toxic behavior #14: being intolerant / being closed-minded

A behavioral problem that occurs when we intentionally disregard or disrespect other's perspectives especially when they differ from our own, driven by the fear of being mistaken or ignorant. It stems from a lack of curiosity and a closed-minded attitude towards the perspectives of others, because of a self-centered desire to be right. Being intolerant also entails judging others' viewpoints based on who they are, including their status, gender, ethnicity, or age.

The symptoms: being reactive, taking things personally, or being easily offended

The root causes: lack of parental guidance, being insecure, and self-centered

Prescribed self-improvement instructions: being tolerant and open-minded

Toxic behavior #15: seeking acknowledgment from others

A behavioral problem that originates from being unwhole because we rely on others to feel complete. It involves making choices with the intent of being acknowledged by others to confirm our desired self-image or emotional states (such as feeling happy) to ultimately validate our human existence.

Seeking acknowledgment from others is being emotionally dependent and having others (friends, family members, or spouses) as emotional support centers.

The symptoms: working hard on looking good, dramatizing, exaggerating and creating attention

The root causes: lack of parental guidance, being insecure and being unwhole

Prescribed self-improvement instructions: seeking acknowledgment or validation from within and being confident

Example: seeking acknowledgment from others involves undertaking actions that draw attention. This can mean taking risks, incorporating distinctive features, all with the deliberate intent of sharing it on social media to obtain as much acknowledgment as possible, ultimately to validate our human existence.

Toxic behavior #16: being unreliable

A behavioral problem that takes root in dishonesty. It occurs when we fail to commit to the choices we intend to make. It involves intentionally providing a lack of details or specifics regarding our commitments with others with the intent of leaving room for perfect excuses justifying our lack of commitment.

The symptoms: being indirect and being vague

The root causes: lack of parental guidance and being selfish

Prescribed self-improvement instructions: being reliable

Example: Being unreliable means telling someone that we will activate our GPS to confirm the arrival time, rather than simply saying "See you at ten".

Toxic behavior #17: being reactive

A behavioral problem that originates from taking things personally or being intolerant. It occurs when we demonstrate an immediate and exaggerated physical or emotional response to someone's words or behaviors, that is disproportionate to the context of the situation involved. It entails being in a state of turmoil and agitation, particularly when engaged in intense disagreements and confronted with individuals whose beliefs or perspectives are in complete opposition to ours.

The symptoms: emotional outbursts, raising one's voice, frequent cursing, insulting others, and giving one the silent treatment

The root causes: lack of parental guidance and being controlling

Prescribed self-improvement instructions: being composed, leading by a good example, being tolerant, being open-minded and being genuinely interested in others

Toxic behavior #18: taking things personally

A behavioral problem that is synonymous with being easily offended. It occurs when we make assumptions and misinterpret others' words or actions as personal attacks, stemming from our conviction that they are directed towards us. This is a result of projecting our doubts and insecurities onto the words or actions of others, driven by our self-centeredness, as we believe that the world revolves around us.

The symptoms: not being interested in others (or pretending to be interested), being intolerant, being closed-minded, raising one's voice, frequent cursing, and insulting others

The root causes: lack of parental guidance and being self-centered

Prescribed self-improvement instructions: being composed, leading by a good example, being tolerant, being open-minded, and being genuinely interested in others

Example: taking things personally involves misinterpreting a general conversation initiated by our spouse regarding a lack of honesty in our society as a personal attack, driven by the assumption that their words were directed at us.

Toxic Behavior #19: rejecting responsibility

A behavioral problem that is in the service of the toxic behavior of working hard on looking good. It occurs when we refuse to practice self-accountability by failing to take ownership of our choices and mistakes, including the resulting

consequences on others' lives and well-being. Rejecting responsibility involves prioritizing looking good over resolving our mistakes to prevent their recurrence.

When we make mistakes, we reject responsibility in four ways:

1. We rationalize our mistakes by asserting that they were beyond our control and that we were victims of circumstances
2. We downplay the gravity of our mistakes and make them appear as if they were permissible
3. We blame others by attributing the source of our mistakes to them
4. We deflect blame from our mistakes by diverting attention to the mistakes the other party has previously made
5. We attribute our mistakes to the other party through the creation of a manipulative illusion, wherein we distort the Truth to the extent we falsely accuse them as the perpetrator

The symptoms: being the victim, blaming others, being reactive and taking things personally

The root causes: lack of parental guidance and being dishonest

Prescribed self-improvement instructions: taking responsibility

Toxic behavior #20: being insecure

A behavioral problem that occurs when we doubt ourselves, including our capabilities. It involves firmly believing that we are undeserving of possessing beautiful things, experiencing sustainable happiness, and fulfilling our genuine desires. It involves engaging in behaviors that undermine our value to confirm our undeservingness, such as excessive apologizing, over-accommodating, engaging in toxic relationships, accepting low-paying employment, and being incapable of saying no.

Being insecure also involves the adoption of behaviors intended to compensate for our insecurities by projecting characteristics or qualities contrary to our shortcomings, such as acting overly professional as a result of being incompetent.

The symptoms: over-apologizing, over-accommodating, being a pleaser, and being incapable of saying no

The root causes: lack of parental guidance and seeking acknowledgment or validation from others

Prescribed self-improvement instructions: being confident and seeking acknowledgment or validation from within

Example: being insecure involves pretending to be an important person by projecting qualities associated with importance, as a means of compensating for our own feelings of insignificance. It originates from fearing that others uncover our lack of importance.

Toxic behavior #21: being indirect

A behavioral problem that occurs when we choose to refrain from openly communicating our desires, intentions, or emotions out of concern for negative judgment from others (potential embarrassment or appearing offensive) as well as fearing to face the consequences associated with being direct, such as experiencing rejection or being disliked. It involves deliberately prioritizing looking good over delivering a clear message or getting a point across.

Being indirect entails valuing ourselves more than others and their time by using false politeness only to preserve a flawless image at the expense of being honest.

The symptoms: being a pleaser, working hard on looking good, and being dishonest

The root causes: lack of parental guidance and being selfish or unkind

Prescribed self-improvement instructions: being straightforward and direct

Example: when a friend invites us to an event, instead of directly saying that we are not interested, we say "That's a great idea, I'll check my schedule and get back to you this week." Another example: let us imagine a team member who needs to give feedback to a colleague who has poorly performed. Rather than addressing the issues directly, they opt for vague comments like "You could improve some aspects of your work" or "Maybe try to see this task from another perspective." This ends up leaving the colleague confused and uncertain about how to improve, resulting in frustration and inefficiency.

Toxic Behavior #22: disregarding others / neglecting others

A behavioral problem that occurs when we consciously choose to neglect others' choices and ignore their presence or existence because we consider them undeserving of our consideration, attention, or time.

The symptoms: being selfish, being self-centered, being greedy and ruthless

The root causes: lack of parental guidance and feeling superior to others

Prescribed self-improvement instructions: being genuinely interested in others and being mindful of others

Toxic behavior #23: being self-centered

A behavioral problem that occurs when we are excessively concerned with ourselves to the extent that we neglect others' presence. It involves being preoccupied with our thoughts, feelings, needs, and problems while being inattentive to others.

The symptoms: disregarding others and being inconsiderate

The root causes: lack of parental guidance and being unkind

Prescribed self-improvement instructions: being mindful of others, being thoughtful, and being genuinely interested in others

4.3 THE RISK FACTORS OF BEING A SELFISH HUMAN

We are more likely to be Selfish Humans when we originate from selfish parents because they offered us insufficient parentale guidance. They have predominantly engaged in toxic behaviors instead of healthy ones, all while disregarding the fact that they will inevitably pass on these toxic behaviors to their children. Selfish parents made a deliberate choice to be a bad example and prioritize their best interests while disregarding the lives and welfare of their children. Children who originate from selfish parents have a high susceptibility to drug addiction, toxic relationships, and hardships.

4.4 THE DESTRUCTIVE CONSEQUENCES OF BEING A SELFISH HUMAN

Being aware of the consequences of being a Selfish Human or exhibiting toxic behaviors serves as a reminder of the negative outcomes associated with engaging in such behaviors. We aim to bear in mind the destructive consequences of engaging in toxic behaviors when we find ourselves tempted to engage in them, such as wanting to become reactive. The intention behind repeatedly emphasizing the detrimental consequences of being a Selfish Human is to discourage us from engaging in such behaviors.

a. The Practicing of Immoral Values

Being a Selfish Human or engaging in toxic behaviors like competing is synonymous with practicing immoral values such as inequality, disrespect, and imbalance because they are consequences of being a Selfish Human.

Inequality

Inequality supports a worldwide, imbalanced, giving-receiving dynamic in which we predominantly take all for ourselves in the domains of work, relationships, health, and love without genuinely reciprocating. Inequality stems from supporting a dogmatic and hierarchical-based system in which one's status, sex, ethnicity, or age is determining.

Disrespect

Disrespect is rooted in being unaccountable for our actions and not being health-conscious. Being unhealthy is a sign of disrespect because it prevents us from being in the service of others. Disrespect finds expression in devaluing others' time, being intolerant, being indifferent, ignoring the perspectives of others, cheating, betraying, manipulating, misleading, stealing, and lying.

Imbalance

The attainment of imbalance results from developing the habit of excessively expressing certain functions of the Mind-Soul-Body while neglecting other functions. All factors that cause instability in our system, whether through significant deregulation or fluctuation, and regardless of whether they are mental, emotional, or physical, represent manifestations of imbalance.

b. Toxic Relationships, ill-being and Hardships

Engaging in toxic behaviors, such as manipulating or pretending, contributes to the establishment of toxic relationships, which inevitably leads to hardships. Hardships are expressed as mental and emotional ill-being and eventually manifest as physical ill-being. This is because toxic behaviors such as pretending involve misleading others and hiding one's true intentions to provide others with uncertainty. We can agree that a predominance of uncertainty in our lives leads to distress, unhappiness, and ultimately, hardships.

c. Becoming a more Toxic Family Member, Spouse, Collaborator or Friend

Being a Selfish Human or embodying a predominance of toxic behaviors leads to shallow, fake, and toxic relationships with Selfish Humans because they are driven by personal gain. As a result, we become a more selfish family member, spouse, collaborator, or friend. It is important to bear in mind that Selfish Humans compete, which entails adopting toxic behaviors intended to mislead others, such as being a pleaser, being dishonest, and being indirect. This awareness compels us to acknowledge that building meaningful relationships with Selfish Humans is unfeasible.



d. Harming Our Children by Being a Bad Example and Increasing their Workload in Terms of Self-improvement

Being a Selfish Human means providing a lack of parental guidance and setting a negative example that makes our children repeat our toxic behaviors. This leaves our children ill-equipped to deal with the challenges of life and raises the probability of them encountering obstacles in attaining sustainable happiness. Consequently, as adults, they find themselves caught in a cycle of poor decision-making, which leads to a continuous sequence of seemingly insurmountable obstacles and hardships.

Being a Selfish Human or entertaining toxic behaviors tremendously increases the workload in terms of self-improvement for our children, as we primarily pass on our toxic (selfish) behaviors. Ultimately, it ensures that our children are more likely to embody a predominance of toxic behaviors when they become parents.

e. Contributing to a Toxic Environment for Future Generations

Everything is about energy. Toxic behaviors generate toxic or unhealthy energy, which negatively influences those we interact with and ultimately contributes to the establishment of a more toxic environment for future generations, including our children.

f. Increasing the Global Level of Selfishness

Being a Selfish Human means prioritizing serving one's best interests over moral justice while disregarding the welfare of others. As a result, it generates immoral values such as inequality, disrespect and imbalance and subsequently increases the global level of selfishness.

g. Selfish Humans Cause Harm that Goes Beyond Our Daily Awareness

Being a Selfish Human begins with generating a lack of parental guidance because we would rather focus on pursuing our best interests than being mindful of our children. Lack of parental guidance leads teenagers to develop an abundance of toxic behaviors, especially the toxic behavior of seeking acknowledgment from others. As a result, they form toxic friendships characterized by drug use, which leads to a cascade of poor choices, including selecting a toxic partner and ultimately experiencing divorce shortly after having children.

The divorce inevitably has a negative impact on our parents and the parents of our ex-spouse, leading to emotional distress among all individuals involved. The divorced parents engage in continuous fights and employ toxic behaviors to assert their rights over the children, causing them to be torn between their mother and father. It is important to acknowledge that these conflicts also affect other family members, particularly aunts and uncles, who struggle to foster connections with the children. Lastly, the challenges experienced by the aunts and uncles potentially have adverse effects on their respective partners.

GUIDELINE V

Helping Others in Being Loving Humans

5.1 Generating a Non-reactive Environment

5.2 Cultivating Acceptance

5.3 Developing Compassion

5.4 Leading by a Good Example

5.5 Genuinely Praising Others for Being Loving Humans

5.6 Addressing Toxic Behaviors with Kindness

5.7 Sharing Our Position in Life with Others

5.8 Seeing the Big Picture of Someone's Behaviors

Guideline V involves cultivating behaviors that minimize the chances of other humans to engage in toxic behaviors. This approach aims to alleviate the suffering they experience from embodying toxic behaviors and increases their likelihood of demonstrating healthy behaviors or pursuing self-improvement.

Guideline V entails recognizing that we must help others to achieve our common goal of providing sustainable happiness for all.

Successful implementation of guideline V implies:

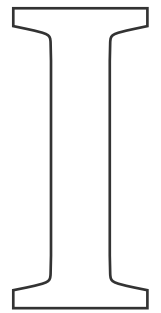
- Perceiving the act of being a Selfish Human as a desperate cry for help rather than interpreting it as a personal attack
- Bearing in mind that being a Selfish Human causes us discomfort because embodying toxic behaviors generates Mental-Emotional-Physical ill-being
- Understanding that helping others in being Loving Humans is equally helping ourselves because we all share the same planet
- Willingly assisting Selfish Humans by acknowledging that they have been placed at a disadvantage because they originate from selfish parents. They were poorly equipped to become Loving Humans

Am



predominantly
serving my
best
interests?

Am



predominantly
serving
moral
justice?

5.1 GENERATING A NON-REACTIVE ENVIRONMENT

What is the most effective approach to accomplishing our shared objective of generating sustainable happiness for all, considering that the majority of individuals do not actively pursue personal growth?

Helping others in being Loving Humans does not imply being a pleaser, pretending, or being dishonest. Instead, it focuses on cultivating non-confrontational behaviors that do not trigger reactivity or toxic behaviors in others. These behaviors involve actively assisting others to reduce their involvement in toxic behaviors. We can help Selfish Humans by:

- Cultivating acceptance
- Developing compassion
- Leading by a good example
- Genuinely praising them for being Loving Humans
- Addressing toxic behaviors with kindness
- Sharing our position in life with them
- Seeing the big picture of their behaviors

5.2 CULTIVATING ACCEPTANCE

To begin with, accepting others means refraining from blaming them for their lack of effort in self-improvement and dismissing the idea that everyone must contribute equally to this endeavor. Such an expectation is unreasonable, considering that most humans are predominantly Selfish Humans. Accepting others means recognizing that many individuals resist self-improvement or avoid confronting their involvement in it. They often associate self-improvement with admitting flaws, which they see as failure. In such cases, it's important to support them by understanding the bigger picture of their behaviors and genuinely praising them when they are being Loving Humans.

Accepting others means facilitating self-improvement for others. We achieve it by preventing ourselves from seeing it as unjust that most individuals do not sufficiently pursue self-improvement endeavors. Consequently, we must agree to take on tasks outside of our own in terms of self-improvement and not condemn others for displaying toxic behaviors. We achieve it by consistently

striving to be a Loving Human which entails fulfilling our responsibilities of cultivating all healthy behaviors. Whether others are being Loving Humans or not is irrelevant because life is not solely centered around ourselves. Rather, it involves making choices with the intent of fostering a more loving world or environment for future generations, including our children.

5.3 DEVELOPING COMPASSION

The aim of developing compassion is to build a bridge of understanding and acceptance for those who struggle with selfish tendencies because of their involvement in toxic behaviors. To foster compassion for individuals who are predominantly selfish, we are invited to remind ourselves that, alongside their selfish and self-centered decisions, they also display acts of kindness or engage in healthy behaviors. Focusing on their loving behaviors even if they are minimal helps us build acceptance towards Selfish Humans.

Showing compassion indirectly lessens others' suffering, enabling them to concentrate more effectively on becoming Loving Humans or pursuing sustainable personal growth.

5.4 LEADING BY A GOOD EXAMPLE

Leading by a good example is about inspiring others to follow us in being Loving Humans. The opposite is being controlling which entails exerting power over others by telling them what to do and how to do it. We can agree that merely demonstrating a prevalence of healthy behaviors is enough to inspire others to imitate, irrespective of the time it may take them. And what are a few years, knowing that most will never engage in self-improvement or become Loving Humans? The benefits of leading by a good example are evident, as it encourages personal growth among others through invitation rather than force or confrontation.

5.5 GENUINELY PRAISING OTHERS FOR BEING LOVING HUMANS

Praising individuals for being Loving Humans encourages them to continue demonstrating behaviors characteristic of Loving Humans. This aligns with

our collective goal of achieving sustainable happiness for all. To encourage them more, we inform them of the specific progress or achievements they have made in terms of self-improvement and articulate how they have a positive impact on all of us.

5.6 ADDRESSING TOXIC BEHAVIORS WITH KINDNESS

Addressing toxic behaviors allows the receiver to recognize their wrongdoing and reduces the likelihood of future misconduct. The objective, particularly when dealing with individuals with reactive tendencies is to address those bad behaviors with kindness. It involves the act of seeking their consent to address the negative conduct they have displayed and to initiate a conversation to evaluate whether or not it was justified. If we receive a favorable response, we may proceed with a discussion on the matter; however, if they decline, we shall respect their decision. Based on personal experiences, there is a recurring pattern in which individuals who initially refused to engage in a conversation eventually approach us to initiate dialogues and even extend apologies for engaging in toxic behaviors.

5.7 SHARING OUR POSITION IN LIFE WITH OTHERS

Sharing our position in life with others involves being honest. Honesty makes others feel safe, which increases their likelihood of being Loving Humans because they see us as predictable people who can be trusted or relied on. Instead of fearing imperfection or the loss of relationships, we must share our position in life as it offers others clarity. We achieve it by openly sharing with others an overview of our current circumstances, wants, desires, intentions, and feelings with complete honesty, regardless of the consequences.

Sharing our position in life provides others with certainty because they know where we stand and where we are heading. Being honest provides others with a predictable unfolding of reality, as they can anticipate future events. Being aware of what lies ahead facilitates the cultivation of positive emotional states, like peace and happiness. The presence of happiness in others positively influences their decision-making abilities, which consequently assists them in achieving successful self-improvement, cultivating healthy behaviors, and attaining sustainable well-being.

To exemplify honesty, let us imagine participants giving each other feedback on a common project during a group conversation. Honest communication effectively conveys our thoughts and feelings, promotes clarity, and facilitates quick and improved decision-making. Providing feedback to our team members in this context contributes to the project's success and everyone's well-being.

Concealing our position in life provides others with uncertainty

Dishonesty makes others feel unsafe, which increases their likelihood of being Selfish Humans because they see us as unpredictable people who cannot be trusted or relied on. Generating uncertainty provides others with an unpredictable unfolding of reality, as they cannot anticipate future events. Being unaware of what lies ahead leads to the development of negative emotional states like distress and unhappiness. Unhappiness in others negatively affects their decision-making skills, undermines their self-improvement journey, increases their likelihood of engaging in toxic behaviors, leading to ill-being.

5.8 SEEING THE BIG PICTURE OF SOMEONE'S BEHAVIORS

Seeing the big picture of someone's behaviors entails having compassion. Instead of obsessing over someone's toxic behaviors, it is preferable for our shared goal of achieving well-being for all to focus on their loving behaviors, even if they are minimal. To achieve this, we are invited to perceive a human from the perspective of the Four Yous.

The Four Yous of Our Identity are the four sides of a human that participate in the decision-making process: the Fearful-You, the Ego, the Thriving You, and the Loving You. We are more likely to help others be Loving Humans when we remind ourselves that despite making choices with the Fearful You or the Ego, Selfish Humans also make choices with the Loving You. More information about the Four Yous of Our Identity can be found in the book *Pure Love, the Journey of Becoming a Loving Human*.

WE ALL WANT TO EMBODY SUSTAINABLE
HAPPINESS, YET ONLY A MINORITY
ACHIEVES IT. WHY IS THAT SO?
SUSTAINABLE HAPPINESS IS BUILT COLLECTIVELY.

Pure Love Self-improvement entails improving our behaviors together by nurturing our well-being and happiness through the simple act of talking with one another about how to cultivate these values. Yes, it is as simple as that.