



The program

PURE LOVE WORLD

Pure Love World volume 4/4

THE PROBLEM



THE SOLUTION



What is a program?

A program is a structured set of information blocks designed to help us achieve specific outcomes in a particular domain.

What is the PLW Program?

The Pure Love World (PLW) Program is a lifelong personal growth program with a structured set of 12 small chapters (information blocks), designed to provide us with the foundation to define our life's purpose and live a healthy, happy, and fulfilled life in a fast and sustainable way.

What is our life's purpose?

Being a Loving Human on a sustainable level is the foundation for defining or finding our life's purpose. Our life's purpose is equivalent to achieving internal alignment, which we achieve when who we are externally—how we interact with others and society—is aligned with who we are at the core of our being. Stated differently, our life's purpose is simply being who we are at the core of our being by making choices that are aligned with our true self.

What is a healthy and happy life?

Living a healthy and happy life is embodying vibrant health and sustainable happiness. We achieve it by being Loving Humans, which entails embodying more healthy behaviors and virtues than toxic behaviors and flaws.

The indicators for the embodiment of vibrant health and sustainable happiness are mental, emotional, and physical well-being, which is equivalent to feeling well on a sustainable level. Feeling well means being mentally, emotionally, and physically well. We cannot feel well if one of these levels is affected by ill-being because our human existence is based on three interconnected levels of existence: the Mind, the Soul, and the Body.

What is living a fulfilled life?

Living a fulfilled life is the consequence of implementing our life's purpose, which means being who we are at the core of our being. Stated differently, we align our decision-making process with who we are at the core.

What is fast and sustainable?

In relation to personal growth, "fast" means achieving significant progress within 3 months. The author suggests dedicating this period to harnessing all our energy and exerting significant effort on one task: maximizing personal growth within this time frame. We simply must keep in mind that if our existence is limited, we want to do all in our power to implement change with the intention of creating a sustainable foundation, allowing us to live a healthy, happy, and fulfilled life. That is our aim with the PLW Program.

In relation to personal growth, "sustainable" means maintaining the progress we have worked for in the long term. For example, if we embody discipline, we must continue putting effort into what allowed us to be disciplined—which is the continual effort of being disciplined.

The same applies to every aspect of life—once we make progress in something, we must maintain the effort or continually repeat the actions that allowed us to achieve it. Whether it's a skill, a mindset, or a relationship, sustainability requires continual effort toward the actions and habits that led to what we have gained or achieved in the first place. Without this ongoing effort, we gradually lose the progress we have worked for.

→ More information about feeling well is fully described in
the Pure Love World, Volumes 2/4 and 3/4

The PLW Program: 1 problem - 1 solution

A problem is neither good nor bad; it simply requires the right solution. By implementing the correct solution for a problem, we can ensure it is resolved at a sustainable level.

The advantage of the PLW Program is that it prevents us from wasting valuable time constantly and repeatedly searching for countless solutions to the same problem throughout our lives, because it has been designed with the recognition that these recurring problems all stem from a singular behavioral problem called: being a Selfish Human.

Common problems we encounter

Unfortunately, most humans continue to implement the wrong solutions to their recurring problems because they fail to recognize that being a Selfish Human is the primary recurring behavioral problem preventing them from finding the right solutions, including how to sustain vibrant health or happiness.

Assessing ourselves (chapter 5) is the most difficult aspect of this program, yet it can be so easy if we accept the fact that what's holding us back in life—or preventing us from being healthy and happy—is the act of being a Selfish Human, which originates from embodying a predomance of toxic behaviors and flaws. So what now? All we have to do is be honest about who we are as humans—including the toxic behaviors or flaws we embody.

Can we find a solution to a problem if we are dishonest about the problem?

If we were to misdiagnose a flat tire as a malfunctioning windshield wiper, would we still be able to drive the car and reach our destination? Another reason most humans remain Selfish Humans is that most humans are Selfish Humans, and that creates an energy that influences us on a daily basis—without

us even noticing—if we lack general awareness. Most humans will never be fully honest about who they are due to their ignorance of their true nature as humans, which primarily stems from the Survival Mode, as explained in all PLW Volumes.

Can we achieve health or happiness with the help of people who lack these qualities?

We must remind ourselves that almost all health professionals or social media influencers who call themselves authors, coaches, doctors, educators, motivational speakers, psychologists, therapists, and scientists do not truly intend to offer help. Instead, their intention is to be acknowledged for offering help, which makes the help useless because the source of the information is the center of attention.

How we treat ourselves is how we treat others

The way we talk or act toward others is the way we talk or act toward ourselves. When we keep that in mind, we understand that the way we treat ourselves is how we treat others. So, if we put effort into this program which purpose is to nurture our well-being and happiness, we inevitably contribute to the well-being and happiness of others, including our spouses, friends, or acquaintances.

THE PLW PROGRAM

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1. PURE LOVE WORLD (PLW)



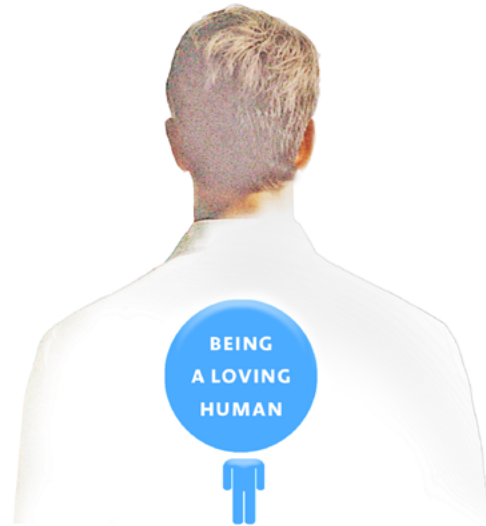
ABOVE ALL



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



2. THE PLW PROGRAM



In essence, the PLW Program is a highly effective personal growth program that helps us define our life's purpose and maintain healthy, happy lives through a single-problem, one-solution approach.

The PLW Program functions as a conductor, orchestrating a unified philosophy, while the other three books provide structured support and unique perspectives that offer depth and expand upon its overarching idea. This idea is centered around the concept of being Selfish Humans (the problem) and Loving Humans (the solution).

AN OVERVIEW

Pure Love World (PLW) is a series consisting of four books in the following order: (1/4) Pure Love: The Journey of Becoming a Loving Human, (2/4) Pure Love Self-Improvement, (3/4) Life's Formula, and (4/4) The PLW Program.





PLW VOLUME 1/4: Pure Love: the Journey of Becoming a Loving Human

"Pure Love: The Journey of Becoming a Loving Human" is Volume 1/4 in the Pure Love World book series and serves as an introduction to the concept of Selfish Humans and Loving Humans. It examines these concepts from a general standpoint and helps us identify them. As the title implies, this book serves as a guide for us to be—or become—Loving Humans. We achieve this by embodying their qualities.

One of the book's intentions is to help us find Loving Humans, as they serve as role models, guides, mentors, or simply good examples—because we need their guidance, as this reality we call life as humans among humans on Planet Earth can be challenging at times.

PLW VOLUME 2/4: Pure Love Self-Improvement

"Pure Love Self-Improvement" is Volume 2/4 in the Pure Love World book series and is the unity-driven personal growth system that represents Pure Love World. It involves improving our behaviors through the simple act of talking with one another about how to improve our behaviors.

Pure Love Self-Improvement is a standalone program founded on five guidelines. It requires us to assess ourselves in depth based on the toxic behaviors and healthy behaviors we embody, all with the purpose of achieving vibrant health and sustainable happiness—knowing that we can only attain it collectively.

PURE LOVE SELF-IMPROVEMENT



PLW VOLUME 3/4: Life's Formula

"Life's Formula" is Volume 3/4 in the Pure Love World book series and takes a very direct approach to improving our quality of life in terms of well-being and happiness in a very fast manner; however, it requires us to exert significant effort on a daily basis by following a three-component formula. We achieve it by assessing ourselves in depth, based on the flaws and virtues we embody.

Nothing comes from nothing—and certainly not the embodiment of vibrant health or sustainable happiness. We must put in constant effort, because as soon as we stop, our quality of life decreases.



PLW VOLUME 4/4: the PLW Program

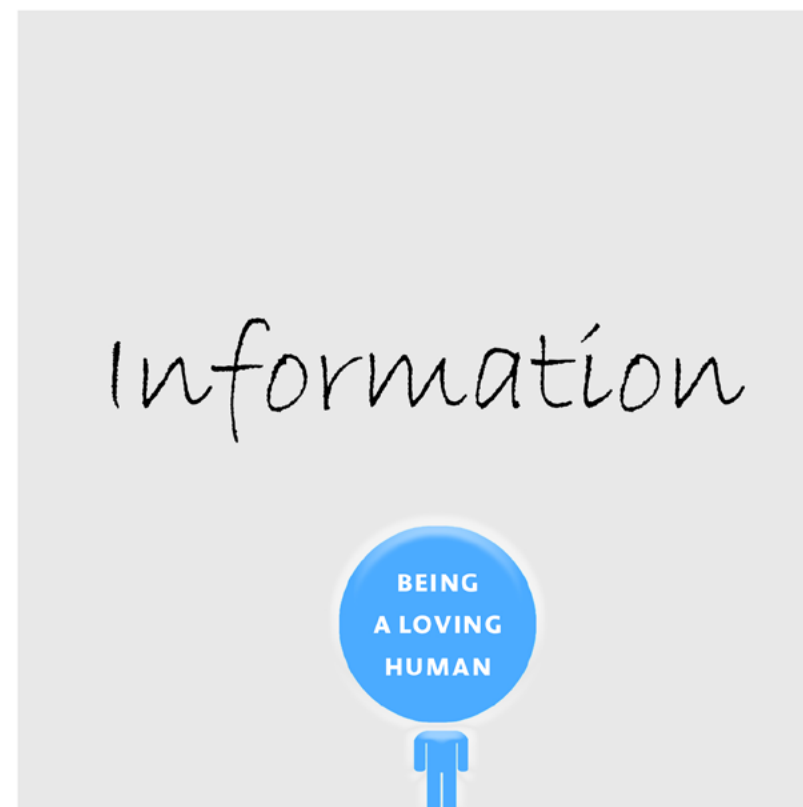
"The PLW Program" is Volume 4/4 in the Pure Love World book series and functions as a conductor, orchestrating a unified philosophy to the other three volumes through a single-problem (being a Selfish Human), one-solution approach (being a Loving Human).

The Pure Love World (PLW) program is a lifelong personal growth program with a structured set of 12 small chapters (information blocks), designed to help us define our life's purpose and sustain a healthy, happy, and fulfilled life in a fast and sustainable way.





The PLW Program is not centered around its source, Daniel Horning. The program focuses on the information itself and was created with the intention of nurturing the well-being and happiness of all. For these reasons, the PLW Program is highly effective and sustainable. Daniel simply acts as an instrument of Pure Love World. If most information, teachings, or programs are ineffective, it is because the source of the information, teachings, or programs is the center of attention. That makes sense, right? To help us understand that, let us examine the two graphics above: what do we notice? Well, on the left side, we cannot see the word "information" because the Selfish Human is the center



of attention. On the right side, we can see the word "information" because the information is the focus and not the Loving Human, who is the source of the information. To maximize focus on the information and minimize focus on its source, the PLW Program was designed based on the "Collective Self-Learning" Guidelines which are collaboration-driven principles. We can also use them as guidelines for our conversations and decision-making process.

→ More information about the concept of "Collective Self-Learning" can be found in chapter 7 and 8

3. THE PLW PROGRAM



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.

→ More information about the consequences of being Selfish Humans can be found in the next spread

ONE PROBLEM - ONE SOLUTION



To simplify, what is the problem and the solution?

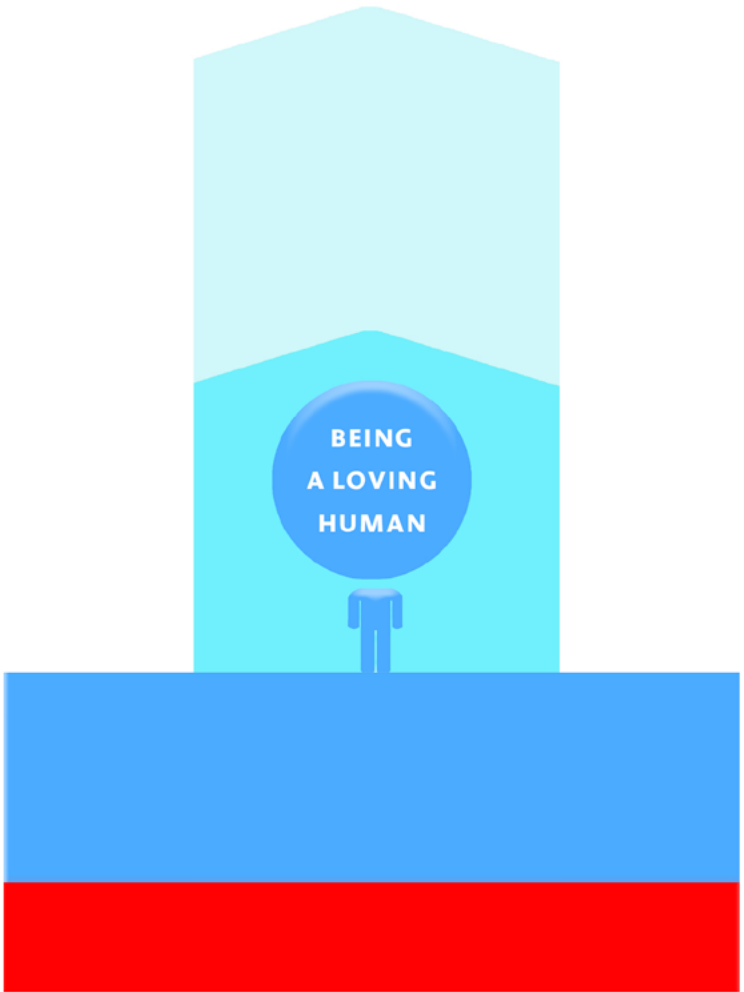
To simplify, we merge the embodiment of toxic behaviors and flaws into a singular behavioral problem called: being a Selfish Human. The key to overcoming the embodiment of toxic behaviors and flaws lies in a singular solution called: being a Loving Human which is equivalent to embodying a predominance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

→ More information about the consequences of being Loving Humans can be found in the next spread

-  THE MANIFESTATION OF MENTAL, EMOTIONAL, OR PHYSICAL DISEASES
-  THE EMBODIMENT OF ILL-BEING AND UNHAPPINESS
-  BEING A SELFISH HUMAN OR THE EMBODIMENT OF A PREDOMINANCE OF TOXIC BEHAVIORS AND FLAWS



-  THE EMBODIMENT OF VIBRANT HEALTH AND SUSTAINABLE HAPPINESS
-  THE EMBODIMENT OF WELL-BEING AND HAPPINESS
-  BEING A LOVING HUMAN OR THE EMBODIMENT OF A PREDOMINANCE OF HEALTHY BEHAVIORS AND VIRTUES



4. THE PLW PROGRAM



Am I predominantly a Selfish Human?

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 ruthless "taking all for myself" survival battlefield.

Selfish Humans represent a majority of humans on Planet Earth and consider each other as unequal or competitors. Competing involves seeking acknowledgment, attention, importance, admiration, and popularity from other humans for having the most or best of something, in order to validate one's human existence. Competing is the primary toxic behavior, and all others are secondary toxic behaviors that support it, including rejecting responsibility, being dishonest, pretending, and working hard on polishing a flawless image of ourselves to look good to the world.

→ More information about what defines a Selfish Human
can be found in the next spread

ARE WE SELFISH OR LOVING HUMANS?

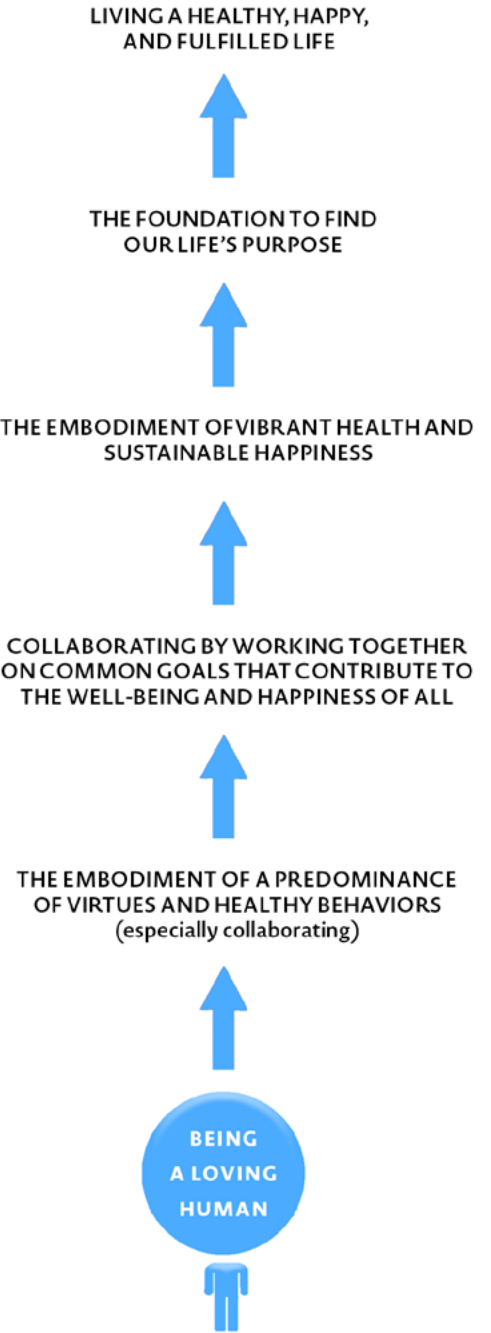
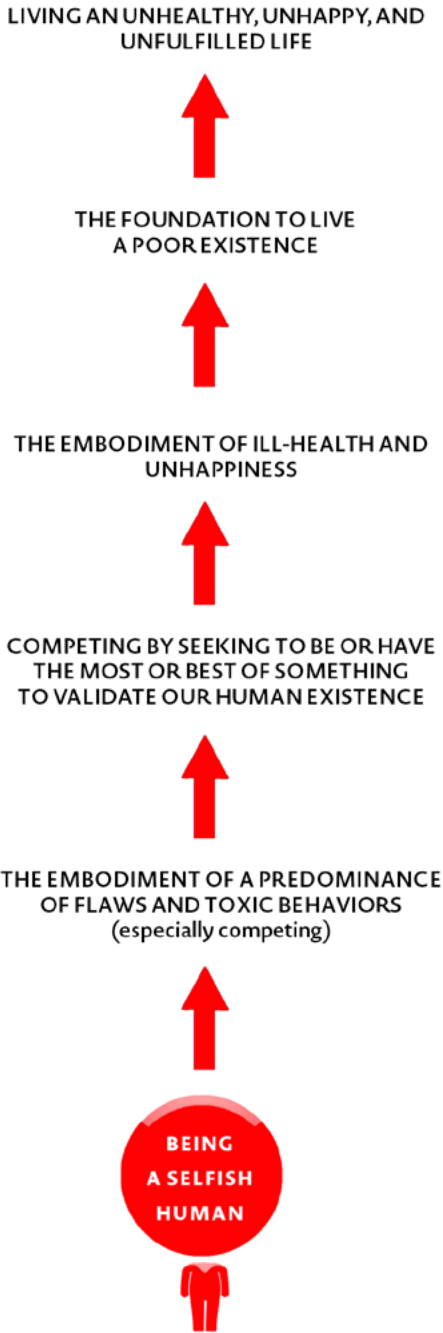


Am I predominantly a Loving Human?

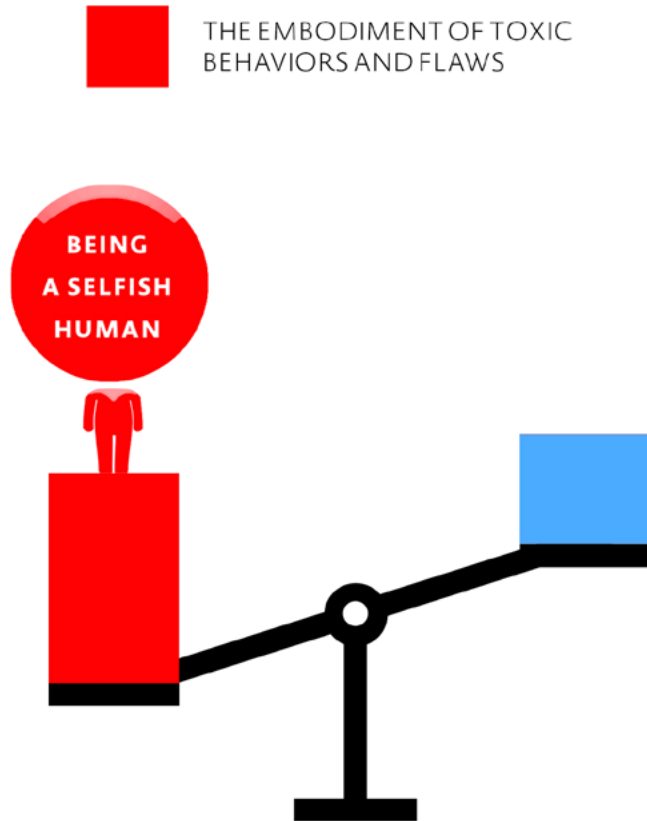
Planet Earth encompasses two coexisting Worlds: the Competition World and the Collaboration World. "Loving Humans" refers to the group or class of humans that navigate the Collaboration World. It involves the collective effort of individuals working together as a whole: they walk toward a horizon of common goals, nurturing the well-being and happiness of all.

Loving Humans represent a minority of humans and consider each other as equals. They are a rare category of humans that embody a predominance of healthy behaviors, including being honest, being transparent, fully taking responsibility, leading by a good example, and practicing what they preach. Collaborating is the primary healthy behavior, and all others are secondary healthy behaviors that support it.

→ More information about what defines a Loving Human
can be found in the next spread



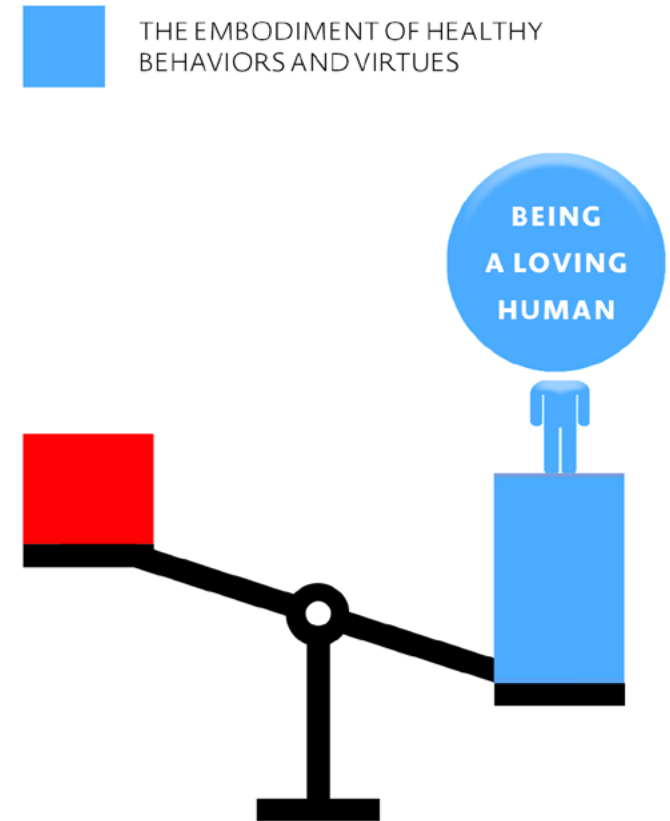
5. THE PLW PROGRAM



Am I a Selfish Human? Based on one action: we are Selfish Humans when we engage in actions that are characteristic of toxic behaviors or flaws. As a person: we are Selfish Humans when we embody more toxic behaviors and flaws than healthy behaviors and virtues.

→ More information about toxic behaviors and flaws can be found in the next two spreads

REGULAR SELF-ASSESSMENT



Am I a Loving Human? Based on one action: we are Loving Humans when we engage in actions that are characteristic of healthy behaviors or virtues. As a person: we are Loving Humans when we embody more healthy behaviors and virtues than toxic behaviors and flaws.

→ More information about healthy behaviors and virtues can be found in the next two spreads

What toxic behaviors do I embody?

The procedure requires identifying the toxic behaviors we embody, continually striving to prevent ourselves from engaging in them, while simultaneously developing the healthy behaviors that directly counteract those toxic behaviors. Healthy behaviors serve as sustainable remedies. To simplify both, toxic behaviors and their corresponding healthy behaviors are assigned the same number.

THE SECONDARY TOXIC BEHAVIORS

#14: being intolerant / being closed-minded | #15: seeking acknowledgment from others | #16: being unreliable | #17: being reactive | #18: taking things personally | #19: rejecting responsibility | #20: being insecure | #21: being indirect | #22: disregarding others / neglecting others | #23: being self-centered

THE PRIMARY TOXIC BEHAVIORS

#1: **competing** | #2: being selfish / unkind | #3: being greedy | #4: being ruthless | #5: being controlling | #6: manipulating | #7: persuading | #8: being dishonest | #9: pretending | #10: being a pleaser / being inauthentic | #11: working hard on looking good | #12: creating attention



→ The toxic behaviors are fully described in
Pure Love World, Volume 2/4

What healthy behaviors do I embody?

The procedure requires identifying the healthy behaviors we embody and continually striving to cultivate them, while simultaneously remaining aware of the potential risk that their opposing toxic behaviors could take over our being.

THE SECONDARY HEALTHY BEHAVIORS

#14: being tolerant / being open-minded | #15: seeking acknowledgment from within | #16: being reliable | #17: being composed / being serene | #18: being genuinely interested in others | #19: taking responsibility | #20: being confident | #21: being straightforward / being direct | #22: being mindful of others / being thoughtful

THE PRIMARY HEALTHY BEHAVIORS

#1: **collaborating** | #2: being selfless / being kind | #3: being genuinely generous / being giving | #4: being fair | #5: leading by a good example | #6: being supportive | #7: allowing | #8: being honest | #9: being transparent | #10: being genuine and authentic | #11: being humble | #12: being present for others | #13: being literal



→ The healthy behaviors are fully described in
Pure Love World, Volume 2/4

What flaws do I embody?

The procedure requires identifying the flaws we embody, continually striving to prevent ourselves from engaging in them, while simultaneously developing the virtues that directly counteract those flaws. Virtues serve as sustainable remedies. To simplify both, flaws and their corresponding virtues are assigned the same number.

N°5 THE 10 FAILURE-ACCELERATING CHARACTER DEFECTS
 #19: being a perfectionist | #20: cultivating overconfidence | #21: being inconsistent |
 #22: being insecure and fearful | #23: being inauthentic and a pleaser |
 #24: being impatient | #25: being a quitter | #26: being susceptible & vulnerable |
 #27: being indecisive | #28: being weak-willed

N°4 THE SELF-INFLICTING LIFESTYLE PRACTICES
 #15: feeding a self-abusive and treacherous relationship with oneself |
 #16: cultivating ill being and unhappiness | #17: cultivating a toxic entourage |
 #18: being wrongdoing-susceptible

N°3 THE WEAKNESS IN CHARACTER-INDUCED FLAWS
 #10: chasing instant gratification or poor benefits | #11: pursuing minimal effort goals
 and baby-step progress | #12: chasing quick results or fixes |
 #13: being comfort-prone | #14: existing

N°2 THE SELF-BETRAYAL-INFLECTED FLAWS
 #6: being dishonest about one's problems and flaws | #7: being vague in defining one's
 intentions, habits, or goals | #8: being uncommitted |
 #9: failing in doing what we intend to do

N°1 THE DESTRUCTIVE DEEP-ROOTED FLAWS
 #1: being selfish | #2: being lazy | #3: denying reality |
 #4: rejecting responsibility | #5: blindly Following the Crowd

BEING A SELFISH HUMAN



→ The flaws are fully described in
 Pure Love World, Volume 3/4

What virtues do I embody?

The procedure requires identifying the virtues we embody and continually striving to cultivate them, while simultaneously remaining aware of the potential risk that their opposing flaws could take over our being.

N°5 THE 10 ACHIEVEMENT-ACCELERATING PERSONAL QUALITIES
 #19: cultivating a playfulness-infused attitude | #20: cultivating detached humility |
 #21: being consistent | #22: being confident and courageous | #23: being genuine and
 authentic | #24: being patient | #25: being persistent and perseverant | #26: being
 resilient | #27: being determined | #28: being fortitudinous


N°4 THE SELF-VALUING LIFESTYLE PRACTICES
 #15: nurturing an honest and fortified relationship with oneself |
 #16: cultivating vibrant health and sustainable happiness |
 #17: cultivating a healthy entourage | #18: being wrongdoing-immune

N°3 THE FORTITUDE-NURTURED PERSONALITY VIRTUES
 #10: seeking sustainable benefits | #11: pursuing challenging goals and significant
 progress | #12: pursuing sustainable results or solutions | #13: cultivating a
 discomfort-welcoming attitude | #14: being all that we can be

N°2 THE CHARACTER-STRENGTHENING VIRTUES
 #6: being honest about one's problems and flaws | #7: being specific in defining one's
 intentions, habits, or goals | #8: being committed | #9: succeeding in
 doing what we intend to do

N°1 THE FUNDAMENTAL CORE VIRTUES
 #1: being virtuous | #2: being disciplined | #3: accepting reality |
 #4: fully taking responsibility | #5: experimenting through trial and error

BEING A LOVING HUMAN



→ The virtues are fully described in
 Pure Love World, Volume 3/4

6. THE PLW PROGRAM

We do what we intend to do

Doing what we intend to do is the starting point for everything in life—whether it's achieving a goal, committing to the PLW Program, completing daily tasks, losing weight, or simply cultivating a healthy lifestyle. When we fail, it is usually due to a singular problem: we failed to follow through on our intentions because we embodied one of the many toxic behaviors or flaws presented in the previous spreads.

The more we follow through on our intentions, the better and happier we will feel. To ensure we do what we intend to do, we focus on three things: using the right processes to support following through on our intentions, minimizing the number of things we set out to do—prioritizing quality over quantity—and taking actions we are capable of executing while still challenging ourselves. To help with this, we are invited to use the process of "Thought-Choice Alignment" as a starting point, as explained in all the Pure Love World books.

We do what we really want

We can only succeed in achieving what we intend when we genuinely want to do what we intend to do. The same applies to obtaining what we desire—we must truly want to possess the things we seek. Otherwise, we fail before we even begin. Everything we have accomplished up to this point has come with "ease" because we truly wanted to accomplish these things—even if they were negative, like being sick, having a toxic partner, or being unhappy. This is because thought is the power that defines our reality and who we are. More about that can be found in the book "Pure Love: The Journey of Becoming a Loving Human."

If we are not who we want to be, it is because we think the wrong thoughts and allow others to dictate who we should be or what we should do. We do not need to read books about these matters because there is only one person who truly knows who we are and what we want: ourselves, and more precisely, the core of our being. If we are incapable of getting these answers from within, it is because we never took the time to truly get to know ourselves. Based on personal experience, the author has found most answers through intentional suffering in relation to challenging physical activities—such as being alone in the desert, running, and walking nonstop for 30 hours. Doing things with the wrong intentions—such as doing things for others

IMPLEMENTATION REQUIREMENTS

instead of for ourselves—never works and will never work. Even if it does, it remains unsustainable. We don't lose weight for our partner; instead, we do it because it's the right thing to do for ourselves—to be mentally, emotionally, and physically well—which, in turn, allows us to be in service of others. It is important to understand that most mainstream methods or processes are flawed for two reasons: they were created either to seek acknowledgment or to prioritize profit. For example, autosuggestion is a flawed practice, equivalent to another flawed approach—"fake it until you make it." And, let's face it, logically, the more we truly want something, the more likely we are to achieve it.

We align ourselves with the core of our being

Being who we are, going where we want to go in life, achieving what we want to achieve, and finding answers all require us to be aligned with the core of our being. What does this mean? How we appear to ourselves is how we appear to others and society. We strive to be the person we want to be, regardless of external forces. To achieve this, we must find all the answers within our core by developing our ability to listen to who we truly are. If we are uncertain, all we need to do is be a Loving Human—someone who embodies a predominance of healthy behaviors and virtues. Three of the most valuable healthy behaviors that help us stay true to ourselves are being genuine, honest, and transparent.

Accepting sacrifice

Sacrificing means giving up something of lower value for something of higher value. In relation to personal growth, giving up something of lower value is achieved by letting go of the Selfish Human and replacing it with the Loving Human within us. What does this mean? We stop doing what Selfish Humans do and start doing what Loving Humans do. That includes letting go of toxic relationships or people we once considered friends. It also means distancing ourselves from certain family members. Another example is letting go of an unhealthy lifestyle, including fast food, sugary products, and other harmful substances, in favor of a healthier lifestyle.

→ More information about implementing a healthy lifestyle can be found in Pure Love World, Volume 1/4, 2/4, and 3/4

7. THE PLW PROGRAM

We implement the PLW Program on an individual level

Implementing the PLW Program on an individual level means implementing personal growth on an individual level. No one can do the work for us, and we need to truly want to do the work; otherwise, we will fail. And of course, we must be the ones initiating the journey into personal growth; otherwise, it won't be sustainable.

Implementation on an individual level primarily entails fully taking responsibility for who we are. What does that mean? It means continually assessing ourselves to stay up to date on both the toxic behaviors and flaws we embody, as well as the healthy behaviors and virtues we embody, since we want to encourage ourselves for the progress we are making. And for the rest, it means action on a daily basis—continually striving to improve our behaviors by being a Loving Human.

IMPLEMENTATION TOOLS

We implement the PLW Program on a collective level

Implementing the PLW Program on a collective level means implementing personal growth together—it's about continually improving our behaviors together in order to support one another in living healthy and happy lives. To achieve this, we are invited to adopt Pure Love Self-improvement especially the concept of "Collective Self-Learning," which serves as the foundation of the Pure Love Self-Improvement system—the personal growth system of Pure Love World.

In essence, Collective Self-Learning is founded on the principle that "what we give energy to grows" and is about implementing personal growth together with acquaintances, friends, or family members—without relying on external forces like coaches or therapists. We achieve this through the simple act of talking with one another about personal growth. Some examples include improving our behaviors, becoming more loving individuals, finding our life's purpose, or enhancing our well-being and happiness. To ensure effective conversations, we are invited to follow the 10 collaboration-based principles called "Collective Self-Learning Guidelines" on the next spread.

As starting points for our conversations, we can use books that prioritize information over the source—such as the Pure Love World books and other collaboration-driven books. These conversations take place either online or in person. For online sessions, the number of participants should not exceed five to ensure everyone remains equally engaged. In-person sessions tend to be more impactful, especially when combined with physical activities in the mountains, such as hiking, running, or mountaineering.

What we give energy to grows

What does it mean? The simple act of talking about misery, diseases, or unfairness with others gives energy to misery, diseases, or unfairness and ultimately generates more of it in our lives. On the other hand, the simple act of talking about how to achieve health and happiness gives energy to health and happiness.

8. THE PLW PROGRAM

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 a behavioral problem that leads to ill-being and unhappiness, ultimately manifesting as mental, emotional, and physical diseases. 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.

COLLECTIVE SELF-LEARNING GUIDELINES

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 selflessness. 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 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.

9. THE PLW PROGRAM



CONTINUALLY OVERCOMING
THE PROBLEM: BEING A SELFISH HUMAN



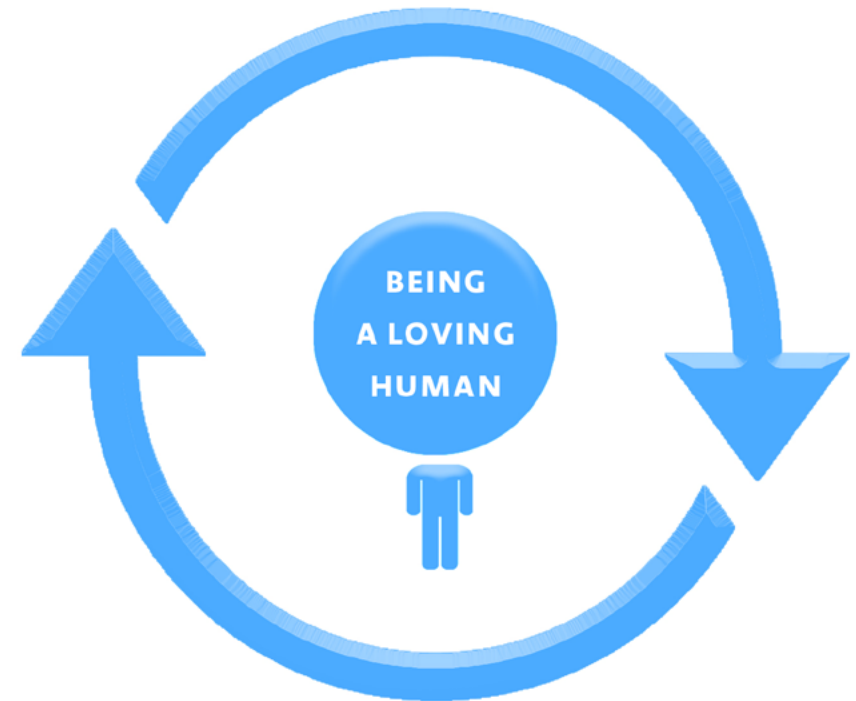
PLW: the Program is a lifelong commitment of continually overcoming the Selfish Human within us, while continually working on being a Loving Human

The problem is that as soon as we predominantly embody the qualities of a Loving Human or values like happiness and discipline—or gain something meaningful, such

A LIFETIME COMMITMENT



CONTINUALLY IMPLEMENTING
THE SOLUTION: BEING A LOVING HUMAN



as a loving partner—we often become complacent and ungrateful, assuming that once we acquire or achieve something, it will remain with us forever. With this mindset, we stop engaging in the actions that helped us attain these things—effort rooted in the right intention. To embody something like a quality, we must continually repeat the actions that allowed us to embody that quality.

→ Implementing Life's Formula helps us maintain qualities. More information can be found in *Pure Love World, Volume 3/4*

10. THE PLW PROGRAM

The PLW Program, of course, has its limitations—it does not have all the answers. However, it provides us with a strong foundation for living a healthy, happy, and fulfilled life and for finding purpose in life. Beyond that, we are encouraged to seek guidance from the right individuals: if we want to work in finance, we consult someone in finance; if we aspire to be a mountaineering guide, we learn from an experienced mountaineering guide; and if we wish to become a surgeon, we seek advice from a surgeon.

What we give energy to grows.

What we give energy to grows. Giving energy to the PLW Program means inevitably contributing to the benefits that this program offers, which include living a healthy, happy, and fulfilled life.

Finding our life's purpose?

Being a Loving Human on a sustainable level is the foundation for defining or finding our life's purpose. Our life's purpose is equivalent to achieving internal alignment, which we achieve when who we are externally—how we interact with others and society—is aligned with who we are at the core of our being. Stated differently, our life's purpose is simply being who we are at the core of our being by making choices that are aligned with our true self. The healthy behaviors of being honest, genuine, and transparent are very beneficial—or rather, mandatory—in our journey of defining our life's purpose.

Living a healthy and happy life

Living a healthy and happy life is embodying vibrant health and sustainable happiness. We achieve it by being Loving Humans, which entails embodying more healthy behaviors and virtues than toxic behaviors and flaws.

The indicators for the embodiment of vibrant health and sustainable happiness are mental, emotional, and physical well-being, which is equivalent to feeling well on a sustainable level. Feeling well means being mentally, emotionally, and physically well. We cannot feel well if one of these levels is affected by ill-being because our human existence is based on three interconnected levels of existence: the Mind, the Soul, and the Body.

THE BENEFITS

Living a fulfilled life

Living a fulfilled life is the consequence of implementing our life's purpose, which means being who we are at the core of our being. Stated differently, we align our decision-making process with who we are at the core in the domains of work, relationships, and love.

→ More information about feeling well can be found in
the Pure Love World, Volumes 2/4 and 3/4

11. THE PLW PROGRAM



Life makes no sense because if it did, then it wouldn't make sense. So, what now? Well, the best we can really do is live healthy and happy lives. Being healthy or happy means being mentally, emotionally, and physically well—these are the indicators. Once we are able to sustain a healthy and happy life, we can embark on a journey of seeking deeper purposes. However, it makes little sense to do so while living in an unhealthy and unhappy state, as these fundamental aspects of life serve as the foundation for seeking these deeper purposes.

The purpose of the PLW Program is to provide us with the foundation to live healthy and happy, with the intention of generating collaboration-driven energy. This collaborative energy allows us to reduce global selfishness in order to

THE PURPOSE



prevent a selfishness apocalypse and, most importantly, to promote a kinder world—especially for future generations, including our children. Collaboration is defined by individuals (Loving Humans) moving toward a horizon of common goals, nurturing the well-being and happiness of all. 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—through the embodiment of healthy behaviors or virtuous behaviors—that is significant.

→ More information about mental, emotional, and physical well-being can be found in *Pure Love World*, Volumes 2/4 and 3/4.

12. PURE LOVE WORLD

Daniel Horning is the creator of the Pure Love World (PLW) Program. He is an advocate for nature, moral justice, and healthy living. In the mainstream, he would be considered an educator, a life coach, a mentor, or a therapist. In the World of Pure Love, he simply serves as an instrument of Pure Love with the purpose of helping others, especially teenagers and young adults, to cultivate the two most valuable values we can embody as humans: vibrant health and sustainable happiness.

These values allow individuals to confidently navigate this reality we call life as humans among humans on planet Earth. Helping others is not about telling them what to do or how to do it; instead, it is about using collaboration-driven principles as guidelines (chapter 8) for our daily conversations and for our decision-making process. Some examples include equal participation, the use of a unity-focused language, and the demonstration of healthy behaviors like being honest, transparent, and genuine.

What are Daniel's titles?

His main titles include:

- Being a Loving Human to a fair extent
- The embodiment of a predominance of healthy behaviors
- The embodiment of vibrant health and sustainable happiness
- And being a good example to a fair extent

Why is Daniel qualified to help others?

Besides his titles, there are four main reasons that justify his ability to offer effective and sustainable help.

The first reason

First, through his past experience. His youth was marked by helplessness, bad trips, mental health facilities, and a continuous stream of avoidable problems, hardships, and unhappiness. This is because he was vulnerable to the predominance of wrongdoing in our society due to the fact that he lacked parental guidance, like most of us. For the same reason, he became a victim of the selfish intentions of health professionals and social media influencers who call themselves authors, coaches, doctors, educators, motivational speakers,

THE INSTRUMENT

psychologists, therapists, and scientists. All these past experiences gave him the strength to commit to his life's purpose: offering a fast and sustainable solution designed to prevent others from wasting portions of their lives in suffering or creating irreversible, life-consuming mistakes.

One of these mistakes is offering our time to these health professionals and social media influencers. Another mistake is being dishonest about who we are and about the flaws or toxic behaviors we embody. However, a major mistake is denying reality—like denying the fact that most humans are Selfish Humans because they have bad intentions due to the fact that they compete.

The second reason

The second reason that justifies his ability to help others is the fact that he is highly sensitive. Some call it being on the spectrum. He calls it a strength. Being highly sensitive may appear as a weakness; however, it allows us to be highly effective and serves as a catalyst for personal growth once we learn to channel it.

The third reason

The third reason that justifies his ability to offer help is the fact that he has lived in California for over 10 years. This has allowed him to collect the truth concerning human nature, especially about the embodiment of toxic behaviors or flaws. This is because people in California, including his old self, excessively engage in toxic behaviors because they compete at a high level.

The fourth reason

The fourth reason that justifies his ability to help others is the fact that he overcame the embodiment of 38 years of toxic behaviors within less than a year to a fair extent. The embodiment of a predominance of toxic behaviors and flaws is the behavioral problem that generates ill-being and unhappiness and ultimately leads to mental, emotional, and physical disease manifestations. The embodiment of a predominance of healthy behaviors and virtues is the behavioral solution that generates sustainable well-being and happiness.

To simplify, we merge the embodiment of toxic behaviors and flaws into a singular behavioral problem: being a Selfish Human. The key to overcoming the embodiment of toxic behaviors lies in a singular solution: being a Loving Human.

Why is Daniel the ideal candidate for a mentor or guide?

As a teenager, Daniel lacked parental guidance and a mentor to help him navigate the challenges of life. As a result, he lived a difficult life without direction until he was 38, all while wasting his valuable time on poor choices like interacting with Selfish Humans.

The World is becoming more confusing and toxic, and humans are becoming more selfish because their life's purpose is to compete in order to validate their human existence. For these reasons, young people absolutely need a guide or a mentor with whom they can speak on a regular basis.

Today, Daniel is happy to offer his time as a guide or mentor. Furthermore, he knows what it feels like to be lost, helpless, and unhappy—having no one who sincerely cares about one's life, including one's efforts in a personal growth journey. He also feels that it is his moral responsibility to help teenagers and young adults live healthy and happy lives because he has developed concepts, such as this program, that allow one to achieve this in a fast and sustainable way.

"The PLW Program" is Volume 4/4 in the Pure Love World book series and functions as a conductor, orchestrating a unified philosophy to the other three volumes through a single-problem (being a Selfish Human), one-solution approach (being a Loving Human).

The Pure Love World (PLW) Program is a lifelong personal growth program with a structured set of 12 small chapters (information blocks), designed to provide us with the foundation to define our life's purpose and embody a healthy, happy, and fulfilled life in a fast and sustainable way.

