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# I · The Optimist

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*“A man is but the product of his thoughts what he thinks, he becomes.” – Mahatma Gandhi*

## **The Optimist**

Have you noticed how some people seem to have no trouble with success in life, while others seem destined to attract the opposite?

Our attitudes and thoughts constantly communicate to the world. This state of mind tips the scales of the balance .in one way or another, as opportunities present themselves daily to be tested against your mental attitude: friendships, career contacts, minute decisions that decide our future; these are all the dice of life.

Think of the opportunities missed as well as those yet to come. The Optimist will lay out the understanding of the problem of pessimism and how to fix it. The bold and determined student can then challenge themselves in the field of Mindfulness.

Be warned it is not easy to change what your brain believes is "You", your opinions, likes and dislikes. But remember, your opinions and attitudes....are they really "You"? Or are they the mere result of your environment? Don't let the machine masquerade as you challenge yourself to mold the new you.

## **The Navigation of Children**

The second part of this module features ideas on raising children to be more advanced human beings. Eric is asked for tips on how one can raise their kids to be 'White Cells', if you will.

His answers may not seem too different than an intelligent parent's: teach them about sociological programming, give them a chance to ponder, and teach them empathy. But out of the million different bits of advice everyone is handing out, what are the crucial keys that will really make the most difference

## **Objectives**

- Why state of mind determines your life's outcome
- How Mindfulness is so important to .inner change
- Ways to teach someone who is a little hard to get through to
- Why it is important to find happiness in life

- A few of the best areas of experience to introduce to a child
- What early experiences can mean the most to a child

### **Preparing To Listen**

Put the workbook down. Turn off anything that is a distraction. Go to a place where you will not be disturbed. Listen to the module and then come back for the final review questions.

**READY...SET...LISTEN!**

### **Review Questions**

- How much time do you like to spend with a Pessimist?
- How do you rate yourself? How much Optimist, how much Pessimist?
- What does being positive-minded have to do with being spiritual?
- What does being happy have to do with spirituality?
- Explain how someone who is a Pessimist can slowly become more positive?
- According to Eric, what is the biggest problem for those who work to change their mental state?
- Name five activities that are key areas to teach a child to become advanced?
- What will teaching Empathy do for a child in the long run?