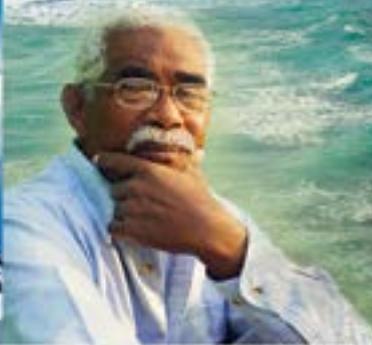
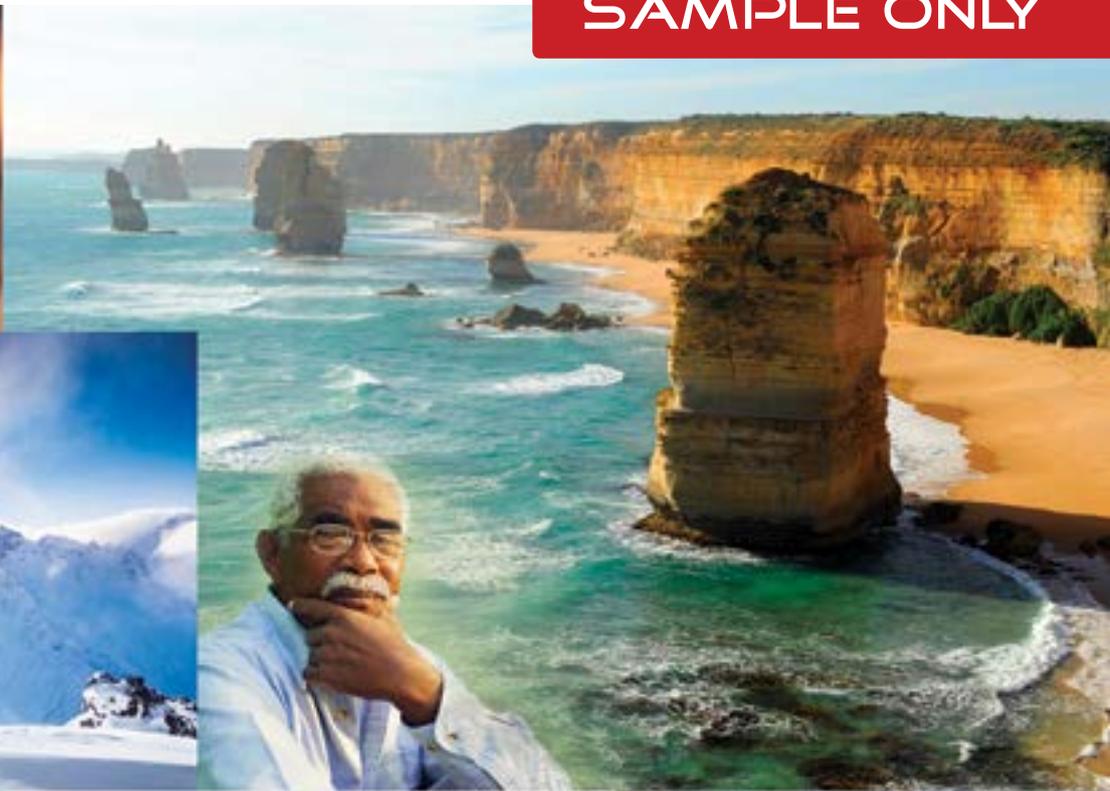


THE CODE

TEACHER MANUAL
FIRST YEAR EDITION

DISCOVER YOUR EMOTIONAL INTELLIGENCE (EQ)
DISCERN • UNDERSTAND • FEEL

SAMPLE ONLY



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School Program offered by:



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THE CODE

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Legal deposit: 3rd term 2017
National Library of Switzerland
National Library of Canada
National Library of Québec

ISBN: 978-3-906944-01-2
Printed in Italy

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THE CODE

SCHOOL PROGRAM

DISCOVER YOUR EMOTIONAL INTELLIGENCE (EQ)
DISCERN • UNDERSTAND • FEEL

YEAR 1

Introduction for Teachers

What is the +|- Code program?

This very advanced Program designed for schools is an extraordinary key to help students from 7 – 17 to develop their Emotional Intelligence (EQ). Welcome to the first year of this program based on 26 HD videos of approximately 25 minutes each + 1 full year Student Manual along with 1 Teacher Manual. These video courses of 26 editions can be presented in a 1 – 2 hour class (or more) per week or per fortnight during the school year and include exercises to be done either at home or at school with the Teacher.

Each Edition presents a specific, very interesting subject and explores, in a very accessible way, the multi-facets of the emotions we perceive in life. The main goal of this Teacher Manual is to guide Teachers, to help them profoundly understand the **+|- Code** themselves, as well as to accompany students as they learn to deeply, profoundly discern their life and environment. This way, students learn not only to *think* but also to *feel*, when making decisions and choices. It is also a truly educational, interesting and entertaining game for students, that is very easy to play, but also very deep to understand and learn from.

Through the programming of right decision & awareness with **The +|- Code Program**,

students are encouraged to reinforce their capacity to become a true, good leader, able to make good, wise choices easily and rapidly, and to create a beautiful life based on qualities and values.

Making the right decision is essential to succeed in our life on all levels and to create beauty and harmony in what we do. This Program is also a key to help the children develop their EQ, their emotional intelligence on all levels. It can be used not only for high potential children and well-balanced students, but also for those who have problems with concentration, hyperactivity, difficult relationships, or even mental disorders like autism, schizophrenia, etc. This Program enables us to connect with the very essence of our brain and helps to inspire and program in us the right way of seeing and thinking in life.

The main objectives are:

A UNIQUE PROGRAM TO DEVELOP HIGH POTENTIAL IQ (INTELLIGENCE QUOTIENT) & EQ (EMOTIONAL QUOTIENT) IN CHILDREN & TEENAGERS

A school program that helps students improve their inner depth, develop profound insight and acquire global vision by introducing and instilling better balance, more equilibrium between intellectual & emotional intelligence.

HELPS STUDENTS TO MAKE CHOICES, TRANSMITS PROFOUND, MULTIDIMENSIONAL KNOWLEDGE

By developing the right discernment as well as a profound capacity to decode and feel the emotions of a person or situation.

THE +|- CODE PROGRAM IS THE FUTURE OF ADVANCED EDUCATION

It is essential to help new generations to think and see more deeply, otherwise they are easily influenced by multiple factors on the conscious and unconscious level that can create academic failure or difficulties in life. By understanding how to learn to understand life in depth, we then change their realities by giving them knowledge to make better choices & decisions.

HELPS TO SEE BEYOND THE FORM

And behind the facade... Learning to recognize what is hidden behind an illusion... to go deeper than the first level of understanding... is so essential.

AWAKENS & DEVELOPS AWARENESS, HELPS TO SOLVE PROBLEMS

Seeing a solution in a problem... Recognizing that negativity can trigger positivity in us... And knowing how to rectify, to improve...

HELPS TO BECOME A LEADER

Leading with global understanding of the multidimensional realities of life today... is the key to future success on all levels.

KEY POINTS OF THE +|- CODE PROGRAM

- From 7 - 17 years old, and older
- Approx. 25 min videos/webinars
- No extra work for schools or teachers
- Available online on our private & secure cloud solution
- High quality (HD) videos edited on professional editing video software
- It is up to the school to decide how often the program is to be diffused; we provide 26 Editions for 1 Year Program
- To begin the Program, you simply need a projector and a computer with a sound system
- The main goal of this educational game is to recognize if the image is **+**, **-** or if it represents tendencies
- Every video Edition contains many images that are analyzed with the **+|- Code**
- Every video Edition can be followed by answering the questions contained in the *Student Manual*
- There are 5 exercises (images) per Edition to analyse with 15 questions to answer
- The Teacher Manual contains answers, tips, explanations, image descriptions, discussion ideas and much more to provide a very interactive course and deep understanding of the students' answers

HOW TO START THE PROGRAM AND USE THIS MANUAL?

- 1. First step:** You may read this introduction to deepen your understanding of the **+|- Code Program**.
- 2. Second step:** You may watch the video first Edition (CATS) with students on our online & secure Internet platform at **www.plusminuscode.com** with your school's access codes.
- 4. Fourth step:** Students may answer the questions related to the first Edition (or do it afterwards, as homework, if you wish).
- 5. Fifth step:** You may correct the students' answers using your Teacher's Manual or you may do your corrections with them through discussions and manuals exchanged between students.
- 6. Sixth step:** After every Edition, feel free to be inspired by the Discussion Ideas that are included at the end of each Edition in your Manual.

THE FUNDAMENTAL BASE

One very important aspect of the greatest knowledge of all regarding consciousness is understanding the notion of plus (+) and minus (-) in terms of life experimentation and experience, choices, projects, etc. Indeed, the notion of + and - is a fundamental base – a deep, solid foundation – that, all human-beings should have and know innately. However, the fact is that most of the time, just having to say yes or no can become phenomenally challenging for the brain, involving a whole complexity of elements and memories that are interconnected to beautiful qualities and/or distortions, and multiple influences and interferences, which end up making something apparently simple, difficult.

Even a mature adult or a 70-year-old elder may sometimes find it difficult to answer the simple question: “Is this positive or negative?” or, “What do you feel about this or that?” They may not know what to answer, or they may not know the right answer; sometimes they may simply say yes when it isn’t true or right. We are used to thinking that what is simple is easy, when, in reality, without knowledge, making choices can be much more difficult than a complex calculation.

This phenomenon is the result of a continual mixture of the + and - that are created and established in us from earliest childhood throughout all of our learning experiences and choices. In our childhood, our mother may have told us that she loved us while simultaneously conveying unconscious information of emotional dependency, or hidden impatience, aggressiveness, etc., all of which, over time, creates malfunctions in our memories, which alter our conscience regarding the simplest of choices, such as loving, advancing, eating, helping, making decisions, etc. Sometimes our memory is truly an interconnected maze or labyrinth, containing lots of major or minor blockages for so many of us. By studying Symbolic Language, we can understand and change this programming code in ourselves and activate right, well-balanced discernment of the plusses + and minuses -.

EMOTIONAL INTELLIGENCE (OR EMOTIONAL QUOTIENT - EQ)

“ Studying positive and negative effects on our consciousness activates our emotional intelligence.”

Emotional intelligence (EQ) represents our human capacity to perceive and understand beyond the form and react with sensitivity toward everything that occurs in our life – incidents, events, situations, people, objects, animals, plants, etc. Hence, whenever we look at an object, our way of recognizing and evaluating it has been coded according to the feelings and emotions we have recorded within ourselves during our personal experiences with that object (or type of object). Our experience related to the object can go back to our childhood, can come from influences from parents, friends, societies, and far beyond.

In order to better understand the interaction of the multi-dimensional mechanisms on which our consciousness operates, we can draw an analogy with robotics. For example, in order to recognize a table, a robot will need more than 10000 photos of tables in all sorts of sizes, shapes, materials and colors. For human beings, the activation of our intelligence works in a very similar way to a robot or computer, except for the addition of a quantic emotional dynamic related to a multitude of information recorded throughout our different experiences related to that object. Thus, a table may activate sadness in someone who has lived in a family where there was little or no communication, attention or affection in their sharing, whereas for others a table may represent a warm, welcoming, gathering place for wonderful sharing and family unity. This example shows us that we codify our emotional intelligence, our personal references, landmarks and bearings, and our capacity for recognition in accordance with our personal, sensitive, multi-dimensional experience. This explains the different associations and reactions people may have regarding the same object.

Today, new leaders are sought not only on the basis of their university diplomas, but also in relation to their capacities and skills in the management of human resources and

their ability to successfully apply emotional intelligence to a wide range of relationships and situations. Profound understanding of human beings in all their aspects not only guarantees a successful company, but also a successful life on the individual, relational and family levels.

Indeed, practical and intellectual intelligence are not enough for true success on all levels. Intellectual geniuses will always be limited unless they simultaneously develop their emotional potential because they truly need to have both to live happily on all levels. This is true more than ever in today's world where the multi-dimensions of consciousness are becoming more and more tangible thanks to the numerous technological discoveries and inventions, which give them tangible, concrete form, but, which also risk creating difficulties and damage on the individual and collective level if not used with loving wisdom (wisdom of the heart & the head).

Emotional intelligence phenomenally increases our lucidity regarding the situations and events life leads us to experience. It also confers global vision and profound empathy, which enable us to have kind, loving discernment and the ability to act with knowledge of the strengths and weaknesses of the people concerned by a situation, event, or other incident.

School programs and teaching in the schools of tomorrow will not solely aim to develop an intellectual understanding of the world, but will also teach students how to perceive, feel and sense in depth; i.e. how to use and integrate the multi-dimensions of consciousness in the acquisition and application of the + and - codes, related to their multiple faculties.

In our current society, we often hear mention of IQ measures to evaluate a person's abilities and general knowledge. The higher their IQ, the more of a genius the person is thought to be. Of course, great geniuses in this world did indeed take the first steps on the path to intellectual knowledge; they made wonderful inventions and solved very complex, physical enigma, thereby laying the initial foundations on the path to the amazing potential that dwells in each and every one of us. We can now imagine our future and what life will be like for the new generations of multi-

dimensional geniuses, that will emerge thanks to the alliance established between our IQ and our EQ.

THE FOUNDATION

Source Code Technology (SCT) is a Swiss Foundation working to conceive and deploy technologies based on emotional intelligence (EQ), which are designed for high potential children and teenagers, as well as for children with learning difficulties. These very advanced school programs are based on the study and teaching of symbolic language and of how human consciousness works.

SCT's multiple missions, objectives and goals are to conceive and set up new educational programs for schools, teachers, doctors, psychologists, psychiatrists, nurses, therapists, etc., and to create avant-garde schools for High Potential (HP), gifted children, as well as to help children suffering from attention deficit difficulties, lack of concentration, dyslexia, autistic disorders, or any other learning difficulties, and also to help children with super faculties of intelligence and consciousness.

Every symbol, whether a table, a chair, or even a bicycle, car or bus, is a line of code for our conscience exactly like a line of code in a computer; i.e. each symbol is a piece of data that programs a very specific function related to human personality. This data may be a way of thinking, of reacting emotionally, or even a behavioral dynamic, which can then be positively or negatively modulated according to a multitude of internal and external factors related to each individual. Hence, a look or a handshake can transmit a multitude of 'code lines' in terms of consciousness and activate hesitation or confidence, etc.

By using the **+|- Code** of consciousness like software where we enter (upload) data, this knowledge develops and eventually leads to the concrete materialization of a capacity to analyze and interpret all kinds of human signals, whether facial, micro expressions, tone of voice, posture, gesture, clothing, and even dreams, which represent the conscious and unconscious mechanisms of our most profound memories, ways of functioning and intimate choices. Not exclusively focused

on the human aspect, this research enables complementary developments via predictive or symbolic analysis of matter, such as color, shape, proportion, disposition, multiple angles of functioning and esthetics, etc. SCT research offers essential keys that can be used in robotics and computer communication systems. In combining human signals and material information, the **Source Code Technology (SCT) Foundation** is dedicated to teaching people how to perceive the very advanced descriptive map of a person's behavioral and personality mechanisms; whether regarding their conscious or unconscious intentions, the probabilities of activating difficulties in their friendly, couple, family and/or professional relationships, as well as obtaining a global perspective of their strengths and weaknesses, and hence develop and expand their full potential for success and happiness.

► WWW.SOURCECODEFOUNDATION.ORG

THE DEPTH OF THE CODE

Whenever we enter into a form of communication (oral, written, artistic, musical, professional, etc.), in the background, our consciousness instantly opens up a connection via resonance with positive (+) and negative (-) aspects, experienced and recorded within us during all of the informative exchanges we've encountered since birth.

A reaction of these + and - is then activated in response to this internal communication and propels signals in the form of thoughts, emotions and behaviors coming from conscious & unconscious memory emerging as multiple states of consciousness, such as states of joy, delight, doubt, anticipation, anger, sadness or even empathy, confidence, love, etc. Each quality or weakness is associated with a symbol. Thus, we can decode and understand conscious and unconscious memories as well as all their multiple influences and probabilities.

In this perspective, each individual will live an emergence of a state of + and/or - consciousness specifically related to their experience; they will then experience a distinctive or selective singularity of any event or meeting according to the memories experienced and recorded.

This singularity (concentration of data in itself) is a very powerful dynamic for consciousness because it generates a deep sense of uniqueness in the choices for each individual in the world. Thus, by calculating the algorithms, we can group very precise *Big Data* on the behavioral tendencies, thoughts, emotions and experiences of people around the world, since affinities and similarities intersect when a similar memory is common to a group of individuals.

However, this multidimensional and very profound uniqueness in all of us leads us to understand why a person is going to be more affected than another on hearing the news, and why one person is going to be frightened at the sight of blood or an accident, and not another. Over time, this results in an accumulation of unconscious experiences, which constitutes unconscious *baggage* within us. We can therefore acknowledge that there exists a multidimension inherent to each individual, which is recognizable and computable.

The background analysis makes it possible to calculate in real time, through algorithms, all kinds of states of mind, the influences that generate real behaviors. Memory is like a volcano that when it has too much fire, an unconscious force tends to wake up and take shape and is directly related to the set of experiences and positive and negative results recorded in our life. Hence, over time, these results establish our own multidimensions in the way we perceive and discern the information that surrounds us.

In other words, whenever we communicate consciously or unconsciously, in whatever form, we deploy a positive or negative resonance through our database and deep knowledge that defines all our past and present reflections and emotions, and which also makes it possible to calculate the probabilities of our future (predictive analysis).

Hence, via work studying the + and -, it is possible to reprogram the origin of our consciousness so that on the neuronal level, we can construct, establish and use easier *highways* for thought rather than becoming bogged down in complex memory blockages,

which burden, hinder and undermine our immense potential, our sensorial faculties, our choices and our self-confidence.

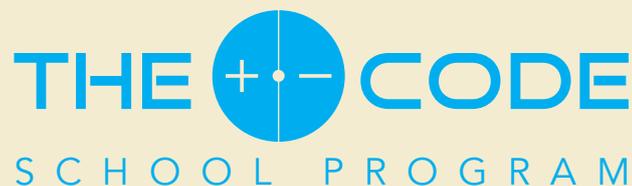
THE FUTURE OF ADVANCED EDUCATION

A better future is not possible without a great education... In our Studies and Research with thousands of students around the world, we have witnessed tremendous changes and wonderful evolution in their lives thanks to the exponential improvement they've made with their Emotional Intelligence (EQ) and deep understanding of themselves and others. We truly believe that it is vitally important to transmit this knowledge to young people

and new generations so they may better understand what they sense and feel in their

everyday life... So they can create societies capable of making better, wiser choices with every thought, feeling and action. Education is the heritage we leave to this world, to the new generation. We truly believe that tomorrow's societies will be able to discern and acknowledge the importance of well-balanced emotions in the heart of human intelligence...

The mission of this avant-garde program is to present to you, today... the **Education of Tomorrow.**



LEARN TO DEVELOP YOUR EMOTIONAL INTELLIGENCE (EQ)
DISCERN • UNDERSTAND • FEEL

ALL 26 HD VIDEOS OF THE +/- CODE SCHOOL PROGRAM RELATED TO THIS TEACHER MANUAL ARE AVAILABLE ON OUR ONLINE AND SECURE INTERNET PLATFORM AT:

www.plusminuscode.com

If you have not received your access code, please contact your school or contact us at: **info@plusminuscode.com**

+|- TENDENCIES



In a world of multiple choices, it is very important to teach young people to look and think deeply so as to help them develop their emotional intelligence (their EQ, i.e. emotional quotient). It is often believed that a sense of evaluation and discernment is innate and easy to apply. However, if these skills for understanding are not taught, they are very often learnt through experimentation and life experiences that can create a lot of difficulties in our lives. Evaluation of the + and - aspects leads us to question life to understand, discover, to re-discover it, and to know and improve it. Hence, students discover the profound behavioral patterns and attitudes that make up the palette of +|- aspects as well as the multi-dimensions of all our experiences and experimentations in Life.

**DISCUSSING +|- = STUDYING
MULTI-DIMENSIONS**

Through this school program, you will be able to teach young people to feel, to sense and to deeply perceive what they see. They will also understand that there may be a % of positivity, that **there may be tendencies within positivity, which can extend from 1% – 100%, just as negativity may also comprise variable dynamics of strengths and weaknesses.** Through easy-to-understand examples, students will also study and come to see that negativity may have a positive dynamic. Like a good leader, who understands all facets of a situation, knowledge of + and – enables us to find, propose and activate solutions.

By understanding the whole palette of colors, shades, tones, and nuances of + and –, students can discover different facets both of themselves and of their environment. By learning to evaluate themselves, and to question life, they may then discover the behavioral and emotional nuances that exist in everyone.



**NON-JUDGMENTAL STUDY
AND EVALUATION**

This essential notion and understanding that, to a certain extent, degree, %, or tendency, there is a palette of colors in all + and all –, **reveals that even in – there are always constructive aspects, lessons to be learnt.** An error, for example, will eventually help us improve ourselves. Hence, students learn to evaluate with a positive, global conscience, without judging others or the situation itself.

« The true meaning of emotional intelligence is our capacity to understand with our emotions, with our heart, with love and profound understanding, without criticism or analytical coldness. »

As students progress through the 26 Editions of the 1st year of this school program, they gradually come to understand that emotional intelligence is also a capacity of adaptation and diplomacy in relationships, whereby we understand things, and know that we cannot always share what we sense, feel and perceive, while simultaneously respecting others. Discretion is a great quality that goes hand in hand with emotional intelligence.

DISCUSSION IDEAS

Throughout the 26 Editions of this school program, students will be invited to question and evaluate their environment. To deepen and experiment the notion of non-judgmental evaluation, we suggest you refer to some of the images analyzed and lead a discussion (presented in the section: Discussion Ideas); you may ask your students what their specific + and – may be. You may also go further and question the + and –, asking them: “Is there any + in this negative image? Is there any – in this positive image?” Or, “What palette of colors, shades, tones, nuances can be detected in this negativity? Is it 100% negative?”

EXAMPLE:

Teacher to students: “Yes, we can see that this person has percentages (%) of anger and revenge in him/her, but why do you think this is? Do you think there’s suffering behind these negative feelings? Do you think this person has emotional wounds, that their heart has been hurt?”

“Even though we see that this person is in a negative emotion at this particular moment in time, what are his/her qualities? Do you think that, one day, he/she will receive lessons and learn from this experience?”

These exercises will enable students to develop discernment by understanding the percentages of **+|–**, by discovering the various nuances that exist, as well as developing global vision of the emotional world that surrounds them. Understanding with feelings, with profound, subtle, non-judgmental, loving perception gives them access to another dimension of their intelligence.



CATS EDITION # 1



CATS EDITION, DESCRIPTION:

In this first edition, we are going to focus in more depth on the positive and negative dynamics related to the **symbolic meaning of cats**. Generally, a cat is connected to states of consciousness of independence, agility, and balance.

In the positive aspects of a cat, we find personality traits that lead us to live with right, just independence and autonomy, as well as highly developed faculties of sight, hearing and touch.

In its negative aspects, the cat symbol may activate dynamics of excessive independence and keeping others at a distance. It may also lead to a lack of listening and receptivity, as well as a sneaky, devious, impulsive and aggressive aspect.

In accordance with the different influences associated with it – such as a cat that hisses, scratches, purrs, etc. – we will determine whether the cat in each image is positive, negative or tendency.

At the end of each image, we invite you to tick whether the image is positive, negative or tendency (meaning it has a mixture of negative and positive elements).

Note: Not knowing if there is one or more answers in the question “Tick the right answer(s)”, would help students develop their EQ even more. You can invite them to always apply this instruction 😊.

IMAGE E1.1



This image is negative since the cat is expressing aggressive behavior. Symbolically, it represents aggressive over-independence, difficulty connecting with others due to doing too much on our own, and a tendency to remain aloof. Even though the environment is positive, the main focus of the image places the emphasis on the cat, hence the negative aspect predominates.

1- Tick the right answer(s)

This cat in this image is mainly connected to the following emotions:

- Shyness**
.....
By answering this, the students hide inner aggressiveness.
- Weakness**
.....
This indicates a tendency to be aggressive, to be over-defensive when we feel weak.
- Anger**
.....
Yes, well ticked. When people act like this, they are definitely angry.
- Sadness**
.....
This indicates that when we are sad, we can become angry and over-react. It can also explain that the students who tick this answer have been dominated and cast aside, rejected by people who misuse their power.
- Defensiveness**
.....
This is an advanced answer because people tend to think that when we are angry, we always adopt an attacking mode. Here, this is not the case; here the cat is saying: "Do not come closer. Stop there. Leave me alone." It is aggressive energetically but this energy, this reaction is based on defensiveness.
- Serenity**
.....
Either we tend to be very "airy", and flee reality, anger, relationship problems, or it means we are really used to aggression because there are a lot of situations of this type in our life.

- Calmness**
.....
Ticking this indicates that we tend to escape when there is a danger; or, it is because we are so used to seeing this type of behavior in our entourage that we do not feel concerned anymore.
- Anxiety**
.....
Memories of fear, of fragility when faced with a relationship problem or when facing violence or aggression. We need to learn to be stronger when faced with difficulties and relationship problems.
- Aggression**
.....
Well understood. It is important to be able to recognize a dangerous situation.

2- Tick the right answer(s)

- The cat's aggression is a defense mechanism**
.....
A very good answer. The students who tick this answer have profound emotional intelligence because they understand what a defense mechanism is.
- The cat is aggressive and is going to attack**
.....
No, not 100% right; there is a nuance. Here the cat doesn't want to attack, it is just sending a warning. By this answer, we see memories of fear of aggression to a small or large degree and/or a tendency to have difficulties dealing with danger or exaggerating it.
- The cat is about to vomit**
.....
This answer indicates that, to a small or large extent, we have experienced too much aggression in our life; we can't take it anymore; ticking this answer indicates an inner reaction toward aggression.
- The cat's behaviour is more receptive than emissive**
.....
Most of the time, when a cat is calm and serene, it is very receptive, but that is not the case here. This cat is very emissive, more exteriorized than interiorized, because it is in a position of aggressiveness, of defensiveness, sending out a clear message that it will attack if not left in peace.

3- Tick the right answer(s)

- If this cat were in a bedroom, this picture would become even more negative**
.....
Yes, because it would feel more trapped and when someone is trapped, it sometimes triggers a survival mode of attack.
- It would be OK to stand near this cat if we don't look at it**
.....
If students tick this answer, it is because they are not cautious or careful enough in delicate situations where danger can become inflamed. When there is aggressiveness like this, we need to be aware that it can degenerate. Prudence is an important quality to have.

This image would have been positive if the cat were joyful and serene

Yes, definitely, because a cat, like all animals, can be positive or negative depending on its behavior.

The only thing that is negative in this image is the cat's facial expression

On first glance, this may seem to be the case... but, energetically, its entire body is in a mode of defense and potential attack so we cannot say it is only the facial expression that is a problem. This is not an easy answer to find, of course. If students have found it, they have excellent, top-level emotional intelligence because they are capable of thinking globally and not only with what they see. Just imagine, a blind person would have felt the cat energy without seeing it at all. So we all have this potential to feel without seeing. We need to develop this capacity more.

Sometimes we can see human beings behaving like this cat

Very often human beings can behave like this. That is why with symbolic language we can understand that everything that exists in concrete reality also exists in us in terms of consciousness and can be manifested in our character. We can have the softness of a flower, the gracefulness, serenity, independence and/or aggressiveness of a cat, etc.

In this image there is less than 1% of negativity

A tendency for the students to diminish problems and to have difficulty recognizing when there is eminent danger or a potential problem.

4- Tick the right answer(s)

What could have happened to make the cat react like this?

A mouse teased the cat for too long and now the cat is too proud to admit it lost to a mouse

Hmm... do we really think a cat would behave like this with a mouse? When an animal is confronted with its instincts, it can become very intense with its prey. So a cat cannot do this with a mouse.

Someone approached it too fast and now it feels aggressive, ready to attack and defend itself

Yes, the right answer... that is the main aspect of this cat image and reaction. It will take aggressive action if needs be.

It saw its own reflexion in a mirror and didn't like it

We feel too much a kind of aggressiveness and anger that is projected onto something or someone. When we look deeply, we can perceive that it is more than just a mirror.

It ate something that didn't agree with it and now it feels like throwing up

In this answer choice, we are talking about ourselves. Saying this means that when we are forced or do not get what we want, we tend to become very angry and not feel good at all.

5- Tick the right answer(s)

The cat is a symbol of:

Purity because it likes to clean itself

No, because it is an animal and hence related to our animal, instinctual needs. Purity is not associated with a cat; cleanliness could be. Purity is more profound in terms of consciousness.

Work

It is half lying down, half crouching... centered on its needs, etc., as cats very often are. So a cat is not really a symbol of work. If we tick this, we might be having problems working well, being involved, committed, helping others or having responsibilities. A cat mostly thinks about itself only. Hmm... we can ask ourselves if we have this in us... at this moment in time? or generally?

Right and/or excessive independence

This is the main quality and the main weakness of cats. Having beautiful, right independence is very important. Cats teach us this without knowing it. Just by being in the presence of a cat, we are unconsciously inspired by it, as we are by everything that surrounds us.

Anger because of inner sadness

No, not here. The cat is centered on itself. It is not sad at all. This can mean that when we are sad, we tend to become angry and that is why we ticked this answer.

Longevity

No, because the average life expectancy of a cat is usually 15-20 years. One of the animals associated with longevity is the tortoise, which can sometimes live 100+ years.

This image is:

+

Tendency to trivialize violence or to accept it.

-

The right answer 😊.

Tendency

There are no dualities in this cat's expression. It is clearly negative and not a tendency because it is emanating violence and danger.

IMAGE E1.2



This image is negative because the cat is not in the right place. It will leave a lot of hairs in the closet as well as on the clean clothes, which will eventually create a neglected environment and appearance. Moreover, the cat may bring germs and dirt into an intimate place, which can trigger illness or other problems if the cat is sick and the person allergic to cats, cat-hair, etc. Letting a cat into such a place can be a sign of negligence, lack of attention and organization.

1- Tick the right answer(s)

What would happen if our cat were to sleep in our closet?

- It would be very comfortable and love us more
.....
This answer is a sign of emotional dependencies; the students could be ready to do anything to be loved.
- It would leave a lot of hair on our clothes**
.....
A clean environment is very important and goes much further than just having a clean place. When we do not neglect our intimacy, it is a sign of stability and capacity to create abundance; because when there is bacteria, when we live in a place that is dirty, untidy and neglected, then this neglectful, negligent energy will also permeate many spheres in our life. Not only our home...
- It would help the cat become more and more gentle toward people
.....
Again here, a tendency to want personal privileges and to be ready to do all kinds of things to be loved and appreciated, with a tendency to be lazy in relationships.

2- Tick the right answer(s)

As a human being, what would cat energy represent?

- A person who has good, positive or unhealthy, negative independence**
.....
The notion of independence is the main characteristic of a cat, and yes, sometimes people can have this energy in them, positively or negatively.
- Agility, great capacity to adapt**
.....
Interesting to compare the qualities of an animal to those qualities we have in us. Symbolic language brings profound knowledge to emotional intelligence.
- Gracefulness**
.....
This is also a quality that we find in cats and in us.

3- Tick the right answer(s)

Having a cat in our closet is:

- A blessing
.....
The students have an intense need to take a rest, to relax, or a need to be loved, to receive affection.
- A sign of negligence**
.....
When we let a cat into our closet, it means that we hide forces of laziness, of negligence; it indicates that we are tired and that we need to rest. It is interesting to know that all that happens around us always has a profound meaning about ourselves.
- Good behavior for cats
.....
The students have a lack of understanding and health education, a tendency to accept and live in an environment that is not healthy, that is not clean and in order.
- A symbol of good relaxation
.....
Yes, it is, but not in a positive way.
- A notion of wanting too much to relax**
.....
In our home, our pet cat will either do what it wants or what we want. If we teach it well what it can or cannot do, the cat will adapt to the education we give it. Having a pet is like having a child in the house. If children are allowed to do whatever they want, they will create many problems in the family. It's the same for a pet.
- A notion of not having enough dog energy (joyful, playful, enthusiastic, etc.) in our life**
.....
This is a very advanced answer. Not many students will get this one. When we hide in the closet, it means we are more sad than happy, that we are or feel lonely, or tend to be too independent, and that we lack joy, the capacity to do things, etc. We tend to be too much of a hermit.

4- What state of consciousness is not present in this cat's energy?

- Laziness
.....
With this type of answer, the students may have a lack of concentration, of focus, a tendency to think and do things too fast, without going into any depth because laziness is truly in this cat's energy. They should read the question again because they tend to be dispersed at times.
- Tiredness
.....
Again, we should read the question and look deeply at this image. We will perceive that, yes, there is also tiredness.
- Anger
.....
There is no anger in this image. The cat is quite relaxed, too relaxed actually 😊.
- Relaxation
.....
The question was "is not present" because, of course, the cat is relaxed, even too relaxed! This is an emotional intelligence question that helps the students to be focused when they answer.

5- Tick the right answer(s)

What are the ideal places for a cat to sleep?

- In our bed
.....
Knowing this is common for many cat owners, students may tend to choose this answer, but it actually means they have a lack of love and affection in their intimacy, and a need for affective relationships. Normally, our bed is not the right place for a cat to sleep. It is not hygienic or clean to accept this.
- On the kitchen table
.....
This answer will explain that the students have memories of lacks, and needs to be nourished on the affective level. It is also linked to a personality that will tend to impose on others when they have personal needs. It is also in connection with fears of lacking food and the students could be too independent regarding their sharing, too self-centered. They will not be willing to share easily.
- In a place especially for it
.....
Yes, this is a correct, concrete answer. It is important to have a good, healthy structure with our pets. They can have a beautiful, comfortable cushion, basket, where they feel peaceful and serene, and be given good healthy food. It is important to plan this well for them since pets are like our children when we decide to have them with us in our home. We are responsible for their well-being, and this must also be done in the right place and conditions.
- In a shoe
.....
This answer reveals that we are too focused on our own advancing. A shoe is not a good place for a pet.

- Inside a closet
.....
With this answer, the students reveal a tendency to want to hide from something, to be too independent or isolated, or to neglect caring for their loved ones. It reveals a tendency to push away, repress, neglect our duties toward others.
- Outside
.....
Yes, if the weather conditions are well adapted for our cat. Cats are happy to go outside as well as come inside with us. Keeping an animal inside only is not a good idea. Like us, animals need to breathe fresh air and feel Nature. It is their natural environment to live outside. We sometimes forget that; it's more natural than our home, isn't it?
- In the laundry basket
.....
As we see in the photo, this will dirty all the clothes with cat hair, germs, etc. Doing this is linked to a lack of hygiene and to a tendency to neglect our environment.
- In a bus
.....
A bus is not a place for animals or human beings to sleep. Answering this means we have hyperactivity in us, difficulty to rest, and also a tendency to be too social.

This image is:

- +
.....
As shared previously, it is not positive. Answering this means we have a tendency not to respect others or ourselves. A tendency to invade others when we have needs or to let others invade our privacy. It is also connected to laziness, to lack of structure and lack of hygiene.
-
It's good if the students have found this answer. Not finding this answer is linked to emotional dependencies because we rest in the clothes of others, of the family, etc. Also a problem of being too relaxed, too negligent.
- Tendency
.....
A lot of students will probably choose this answer because there is no violence, etc. and they will say: "Oh, this is so cute... it is sleeping... it's resting well...". But in reality, it hides a lot of rebellious tendencies, a lazy temperament, not respecting others (clothes), etc.

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IMAGE E1.3



Here we have an image with tendencies. In a way, it's positive because it's funny and the cats are not mean or aggressive. But there's also negativity in this image, because they can represent superficial behavior and also because taking selfies is more a human dynamic than an animal one. A selfie can be very positive if it's not self-centered or egotistical. So the minus side of a selfie is being connected to our ego and being too proud of ourselves, wanting to show off to others. Human beings can also be hyper-independent – like cat energy –, aloof, exclusive, distant from others, which is actually a means to get more attention, just as we can see some people taking too many selfies. They can seem to be unattainable and yet are simultaneously overly present due to the multiple photos they display... Always the plus, always the minus 😊 ...

1- Tick the right answer(s)

How would you define these cats' energy?

- Motivated**
.....
Yes, but it is too motivated. Especially the one on the left. When something is exaggerated, it is hyper-motivation and over-confident energies.
- Joyful**
.....
Yes, this energy is present. The cat on the right has good joy in its energy.
- Patient**
.....
There is no patience in this image in terms of state of consciousness. Choosing this answer explains a need and desire to be more extrovert, more like this photo. Patience is always linked to being calm, in a waiting or restful energy.
- Meditative**
.....
A meditation state is totally different from this. We normally close our eyes or we are contemplative.

2- Tick the right answer(s)

The negative aspects of taking selfies are:

- Impatience**
.....
Yes, sometimes we feel this; sometimes people force others, they want to take a selfie right now and/or fast, and they can be dominant and impose themselves with impatience because they want to look good and/or show off on Facebook.
- Seduction**
.....
This is one of the main negative aspects of selfies. People want to have attention, they want to be loved and they seek renown, celebrity. Sometimes they do all kinds of funny faces, they even diminish or ridicule themselves to get attention from others and to seduce; not to mention those who really do use a seductive attitude to reach others and impress them. People are sometimes ready to do so many things to be loved.
- Loving your appearance too much**
.....
The ego and a selfish attitude are common with selfies. We need to be careful with this because it shows in the photo when we love ourselves too much.
- Being calm and peaceful**
.....
In this answer, we see a small ego problem.
- Having too much technology**
.....
Yes, too much is not good in anything we do.
- Generosity**
.....
Generosity is a quality and not a distortion. "Lacking or having too much generosity" could have been the right answer but not generosity itself because it is linked to positivity. Be careful, friends, we need to use our emotional intelligence well and think deeply before answering. These questions are profound and need some reflection. Read well and also re-read the question many times if necessary.
- Wanting to be the center of attention**
.....
This is the main problem related to negative selfies. People want attention and to be important too much. Some are ready to do anything for that.
- Not celebrating an event enough**
.....
The students who tick this unconsciously reveal that they repress their joie de vivre, their zest for life, that there is a profound lack of having friends. It means a personality that could switch one day from being shy to showing off too much the next. They need to be taught how to have fun, otherwise they could exaggerate and end up with problems. It also refers to many people's tendency to over focus on their ego and their need to show, even pretend, they are having a good time, which prevents them from being fully present and truly appreciating and enjoying the moment with the people present.
- Superficiality**
.....
Yes, this is often the case.

3- Is there a positive aspect of taking selfies?

Yes

Whenever they are a natural, authentic means of sharing and remembering good moments; in these cases, it is very inspiring and touching to receive a positive selfie. It creates connections, complicity, and also a sense of belonging.

No

The students who tick this answer have a tendency to be too strict and too rigid in their communication... Learn to be young and fresh.

4- Tick the right answer(s)

Which of these cats has the more positive facial expression?

The cat on the right

We see a good personality with more overall equilibrium. Its smile is beautiful and more authentic.

The cat on the left

This choice means that the expression of the students' personality is either too shy, with a need for social recognition, or too extrovert, superficial, and that they try to get too much attention from others to be admired and loved. It is a challenge sometimes for certain people to take a selfie or a photo of themselves. You can invite the students to practice doing this. This will help them learn to do it naturally. If they do not do this often, it is almost normal that it looks unnatural and even strange sometimes, because they do not know how to express their inner soul state. We can all practice in the mirror or by taking photos of ourselves. Look at ourselves and try to be natural, without wanting to be loved or without criticizing details, like our nose, a spot on our chin, etc. Taking a good photo of ourselves is based on the capacity to accept our body as it is and to feel good in ourselves and in our values. Confidence is a key in connection with who we are deep down.

Both of them have negative facial expressions

We cannot say this because the one on the right is quite positive.

5- Tick the right answer(s)

Which human behaviors could these cats represent?

A couple that enjoys working

This answer means that the students could end up wanting to be too recognized in their social life in the future. It could create a personality based too much on showing off, especially since it is not linked to work.

Two people showing off in the street

There is a reason why this image is a tendency image, a mix of positive and negative; here we can say that yes, we perceive this aspect in the photo and the notion of having fun.

Two friends having fun

This is why it is a tendency image. Because we can perceive the positive, fun aspect alongside the negative aspect of a superficial tendency.

A superficial couple; or, a couple who knows how to have fun sometimes

A tendency is always a mixture of + and -, of yes and no.

This image is:

+

We cannot say it is totally positive because there is an intense focus on the ego, on the wish to be recognized by others.

-

Also, totally negative is not the right answer because it is OK to interact with others and to have fun.

Tendency

Because the cats are happy and friendly... we understand that it's not negative to have fun. However, at the same time they are too centered on themselves, they want to be looked at a little too much... We can sense they are posing for this selfie in order to post it on the social media to get lots of 'likes', a lot of attention from others. We should always be careful when we post a photo on our social media database because it stays for a long time, and if it is negative, it can even create difficulties finding a good job or receive a promotion because people will not trust us enough.

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IMAGE E1.4



This image is very positive as there is beautiful clarity and very deep calm expressed via the cat's expression. We can draw a parallel with the expression we humans may have when we feel really good or when we are in deep reflexion. The light, the peacefulness of the cat and the very clean green in the background are other elements that contribute to the positivity of this image.

1- Does the cat seem aggressive?

- Yes, its inner aggression is merely repressed, ready to emerge at any moment (e.g. if a mouse were to come along)

.....

This kind of answer reveals students who are not at peace with their life. Important problems are kept deep inside and are not communicated.
- No, it is calm, serene and interiorized**

.....

Right answer, good!

2- Tick the right answer(s)

Can we say the background is luminous?

- Yes, the beautiful grass and the light make it very luminous**

.....

It is important to be able to observe the perspective and global vision of what we evaluate so we can understand more with our emotional intelligence. Our surroundings and environment influence not only our energy but also that of the animals there. If there are loud noises or a disorganized ambiance, an animal will not react the same; it will be on its guard, on the defensive. It is the same for us. Usually we can even determine the percentage of problems in a situation just by looking at the environment where the person or animal or even object is. Things are always connected energetically.

- No, since the grass is too green, almost fluorescent, it's superficial

.....

Here, the students are too strict, too serious and they have difficulty with their emotions.
- I'm not sure because the cat's eyes are closed

.....

This is a typical answer revealing that the students are too concrete, too materialistic in their approach, too intellectual also. To develop our emotional intelligence, we need to look at all aspects included in the photo and come to a global-vision understanding.

3- Tick the right answer(s)

Can we draw a parallel between this image and human behavior?

- Yes, we human beings can have this peaceful energy, for example, when a person meditates, does yoga, feels good about life and grateful too**

.....

Answering this explains that the students have a good understanding of behaviors that lead to well-being.
- No, it's only a cat enjoying the sun

.....

The students have a lack of empathy, of openness and recognition of what is beautiful and peaceful. It is an answer that means they are too concrete, with an excessively down-to-earth personality, and have difficulty understanding well-being and the capacity to appreciate calmness.
- No, because it's not recommended to meditate outdoors

.....

Meditation or relaxation can be done indoors and outdoors.
- Yes, we can have this energy when we're in deep reflection**

.....

When we think profoundly about something, we create a focus and concentration that can help us to better understand a situation.

4- Tick the right answer(s)

In this image, what would the positive aspects of the cat be?

- Too independent

.....

Being too independent is not a quality or positive aspect as requested in the question. Being too independent creates a lot of problems related to communication, responsibilities, relationships. It can be linked to a haughty attitude, a complex of superiority or inferiority, and/or a tendency to be too much of a hermit, etc. In this photo, we do not perceive energies of being too independent in the cat; it is relaxing, interiorizing, but not too independent.

Interiorized

Yes, we feel this in the cat's attitude. It is a beautiful moment. When we are interiorized, we are peaceful, calm, serene.

Receptive

Receptivity becomes very powerful when we are interiorized. We can think deeply, and also sense deeply. Receptivity means that we can listen and understand more profoundly.

Sneaky

This indicates that the students are not at peace. In this answer, we see a tendency to be uncomfortable when they go within, interiorize to think, ponder, self-question, etc. Something prevents the students from being calm.

Too emissive

This is not what we see here. Being too emissive is being too active, stressed, too busy, talkative, etc. That is not the case here.

Calm

The cat is very calm and peaceful. It is very beautiful to see that. This activates a wonderful energy.

Generous

Students may choose this answer because they have profound goodness in them and they are very grateful for something. The cat is not a natural giver. We always talk about ourselves when we make comments.

5- Tick the right answer(s)

Do you think the cat is fully present, living in the present moment?

Yes, it seems focused, interiorized and in the here and now, appreciating the present moment

A very good answer; the students have good emotional intelligence.

No, the cat's thinking about its next strategy to catch the mouse that teased it earlier

Through emotional intelligence, here we discover a personality type that explains that the students sometimes think too deeply about their personal needs and tend to be very competitive and intense when they want something, even if they are joking. Not recognizing or acknowledging goodness reveals an inner character that is the opposite of goodness.

No, because the cat's whiskers are too long and they're bothering it

Personal needs and feelings are too intense in the students. They will tend to always be fussy and bothered when it is cold or hot, when there is no salt or pepper, etc. The students need to be careful about that and not lose focus of what is essential in life.

6- Tick the right answer(s)

This image inspires in us:

A frustrated, angry attitude

Why have some of your students chosen this? Because they are hiding profound, unexpressed anger. They have a lack of trust because they have been hurt by supposedly good people. Opposite answers are quite profound in terms of memories and inner state(s) of consciousness.

The wish to eat lots of fresh green salad

This is describing intense, unfulfilled emotional, affective needs.

A desire to explore the world

We see here a profound inner wish in the students to explore and travel in the future. It is true that when we close our eyes, we can think about what we would like to do or experience and live. Meditation is all about building our wishes, our future, on the inside.

An interiorized, zen attitude

Yes, correct.

This image is:

+

Definitely, it is positive and so peaceful...

-

Choosing this answer explains a lot of memories of mistrust in life and in others. A tendency to escape problems and a difficulty opening up and manifesting healthy relationships, and/or memories of selfishness, in a very profound way. It could even be linked to a person with autism.

Tendency

There is no tendency here because clearly the image is beautiful and peaceful. When it is a tendency, there needs to be some negativity that creates dualities or presents potential problems.

NOTES

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IMAGE E1.5



This is a tendency image. From a positive point of view, the young boy has a beautiful expression and the cat is not aggressive, it's delicate and gentle. There's a magical complicity between them. But from the negative perspective, the cat is going to displace the chess game. Also, it doesn't know how to play chess and its expression indicates hesitation... as though it doesn't know how to behave in this situation and doesn't feel at ease. Hence, the main situation represents a tendency.

1- Tick the right answer(s)

Is it positive to play chess?

- Yes, it can help us develop concentration**
True, chess can help develop concentration and global vision too.
- Yes, it can teach us patience**
Yes, because we need to wait and do things step by step.
- Yes, it can teach us how to remain serious**
An interesting answer, we can see how children/teenagers can record an ambiance and associate it with a habit or way of doing things in a particular environment. But choosing this answer will be related to a complex of inferiority, thinking this is very important, more important than them. It can also be related to a tendency to admire too much people in power, in charge; or, positively understanding that some decisions are crucial in life and full of consequences since chess, in a way, represents a war. Memories related to conflicts or problems in this field of experimentation can be connected to such an answer.
- No, it's only a game where there's nothing to learn**
Here, problems with judging things and people too hastily, too fast. Also, a lack of global vision, a lack of understanding that everything we do in life teaches us and helps us learn something. The students will sometimes have difficulty playing, connecting with others. They will be too cerebral, will have a haughty attitude, and/or will be

too superficial in terms of thought process, and will have a complex of inferiority/superiority and a fear of losing too, due to memories of too much competition. Moreover, the fact that they do not like chess can mean that they reject or have difficulty dealing with conflicts and power games. Sometimes we prefer one game to another but we should never react strongly to something we do not like. It reveals profound discomfort with the game itself and its symbolic meaning, for sure.

- No, because it activates aggression and conflict**
That is also why it is a tendency image. We can play chess in a very negative way or in a positive way. It depends on our intention and how we treat the other player too.
- Yes, it can teach us to win and to lose well**
Definitely, it is important to know how to win and how to lose because in life we do not always win. Being a good loser makes us a great, wise person who can win properly and fairly, in a right, just manner. This is why the game of chess can be used the right way, with wisdom to learn about that. The ultimate goal is to play without any form of conflict in us. We can imagine that all the pawns are going to join together to form one team at the end, and that everything will be harmonized.
- Yes, because it teaches us to compete with others**
Competition is not a quality. When we compete, we want to become better than others, we want to dominate and doing this does not bring joy in our life.

2- Is it normal for a cat to play chess?

- Yes, a cat is able to play if we train it well, it can learn some tricks and become very clever; it's a sign of evolution**
This answer would only be positive in the context of a dream; in this case, it could mean that the students have a great, profound, inner interest in strategy; this strategy could represent strength and leadership, or be related to intense manipulations that consider situations and/or people like prey.
- No, in reality a cat doesn't play chess, it doesn't have the faculty to think like this, to analyse and behave like a human being**
The right answer. It is important not to extrapolate things and situations. Of course this could be possible in a dream but not in reality.

3- Tick the right answer(s)

The energy in the room is:

- Funny, joyful**
We do not feel that. We feel more an energy of concentration and focus.

Calm, peaceful

It is true that it is calm and peaceful. The scene is in the living room and it is connected to social intimacy.

Active, energetic

Not really... if students answer this, it is because they themselves are in a mood to be too active and energetic. We should be aware that in most cases, we talk about parts of ourselves, even when we talk about chess or cat.

Sleepy, lethargic

This explains that the students who tick this answer have difficulty manifesting and concentrating because of too much hyperactivity or intensity; or, because they are tired and bored. It can also show that, unconsciously, the students want to avoid awareness of what can create conflicts and competition by maintaining and remaining in a sleepy mind.

Weird, unnatural

This answer choice reveals that the students have great difficulty accepting the magic of life and the power of their imagination. This could reveal serious material difficulties, survival necessities that leave little room for poetry, fantasy. The students feel powerless and limited to concrete realism. Answering this also means that we have a tendency to exaggerate things and over-react when something is unconventional. Of course, it is special that the cat is kind of playing the game with the boy, but it is not necessarily weird and unnatural. It could be a photo taken on the spot, just as the cat approaches the board, or even an organized photo set up especially to create this scene.

4- Tick the right answer(s)

What kind of energy do we see in the boy?

Hyperactivity

Activities and games where power is concerned need to be handled with precaution because when hyperactivity is concerned, there are risks of errors in the decision process. Being a leader requires us to be calm, serene and not dispersed. The fact that students choose this answer means that they are too excited about winning and competition. Being in situations of strategy and power presents us with goals where it is very important for us to master the right, just way to work and achieve them.

Calmness

Yes, the boy is relatively calm. Answering this means that the students appreciate this quality, which is a very good thing.

Excitement

Such an answer unveils memories where competition, winning and having power create excitement.

Receptivity

An advanced answer showing that the students can be receptive while concentrating, planning, capable of going beyond instinctual needs. This is a sign of future leaders who can listen and have power simultaneously.

Manipulation

Students' tendency to see too much the negative side of chess. It is not only that. We need to be careful not to be too drastic in our point of view. Remember, we can play chess and imagine that the other player is going to join our team afterwards 😊.

Kindness

Yes, we feel and perceive this in the boy. We should always be like this when we play with others.

Gentleness

Yes, this energy is there and it is good if the students perceive it; it means they have good emotional intelligence.

Patience

A good answer that shows the capacity to understand the important role of waiting for the right time to manifest when we have responsibility and power, thereby materializing when the "fruit is ripe".

5- Tick the right answer(s)

What kind of energy do we see in the cat?

Aggression

This answer would indicate memories in the student where there are conflicts related to abuse of power because this cat does not activate that kind of energy.

Delicacy

Interesting and well understood. The cat is really delicate and careful, and doesn't know what to do.

Clumsiness

This is more than advanced... if students have found this answer, excellent! Because it is not the feeling on the surface that we perceive here, but one that is very deep and about to occur. The students felt the next movement... Wow!... Congratulations!... They are experts in emotional intelligence. It is quite normal that not a lot of students will get this answer.

Peacefulness

Yes and no... not enough to say yes because the cat is just wondering: "What am I going to do?" Be careful, learn to read between the lines... that is emotional intelligence.

Hesitation

Totally... yes indeed! Happy that the students found it... this is not an easy answer to get! But, yes, we definitely feel hesitation in its energy.

Over-independence

We do not feel this here... The cat is more in a hesitation mode, thinking: "What do I do here?" feeling almost embarrassed and afraid of what could happen. So ticking this answer reveals that the students have memories of over independence in a certain form, and that they will keep their distance and let others remain in power or in control to avoid getting hurt or to win, but can also, in other situations, be the ones who keep the other(s) at a distance in a kind of power game - attraction and repulsion-like playing with prey.

Abuse of power

No... the cat is more like the child here... it clearly doesn't feel at ease or in control at all.

6- Tick the right answer(s)

What could we say about the relationship between the boy and the cat?

- It is very joyful and we feel excitement when we look at them

Students are extrapolating here... They have not used their emotional intelligence enough. They have talked about themselves, about their joy to play, and not about the situation of the boy and the cat. We need to work on our receptivity. Learn to look more in depth; it is important for our future. We mustn't look at things and make comments about others while we are actually only talking about ourselves. We need to make sure we do not mix our emotions and the emotions of others. Look again at the photo... See?... There is no excitement here.

- It's peaceful and almost magical, just like in a movie**

The right answer. Yes, it is true that we feel this magic moment that delights our imagination.

- It inspires fear and a lack of understanding

This answer choice will definitely be related to memories of conflicts in relationships, power games of attraction and repulsion. When power is too intense, it creates a senseless, sometimes numb, paralyzed-like response; a form of transparency and fragility emerge from the unconscious and often a lack of reaction toward the person who dominates and creates suffering around them. Memories, even in a child or a teenager, are very concentrated and influenced by a lot of factors.

This image is:

- +**, it's very advanced to play chess with our pet

Tendency to judge and evaluate according to the first level of what we see and perceive. Sometimes we do not evaluate well because our imagination completes our answer too much. The students are not sensitive enough to notice that the cat is not totally at ease, that it is not in an intelligence mode to be capable of playing and enjoying chess. The students need to learn to question life more deeply to unveil its secrets.

- , because the cat is not in the right place

This answer would show students who tend to go too much "by the book" (because we teach that when a symbol is not in the right place, it is mostly negative - but it is not always the case). Sometimes, if the symbol shows a more evolved condition, then it can be positive. So knowing that, this answer choice will also explain a strict attitude toward education, a lack of adaptation, of imagination, and a certain rigidity. A tendency also to wish to avoid, or "dilute" problems in relationships.

- Tendency even if the image is almost magical, the cat doesn't feel at ease and doesn't know how to play the game**

Well chosen. This is indeed a tendency image... not totally positive and not totally negative...

DISCUSSION IDEAS:

IMAGE E1.1



You can ask the students if they ever have this negative cat energy in themselves or if they have seen it manifested by other people... Then, you can

discuss the effect of various reactions and what the best reaction might be... tease and laugh, mock, be aggressive in return?... Or stay calm, acknowledge that the person has a problem or look somewhere else to respect the person's energy?... You can ask them to reflect together on what most helps us when we feel angry and aggressive like this.

IMAGE E1.2



You can ask your students how this kind of lazy cat energy could sometimes manifest in people... Do they think it is common in

teenagers? How might it manifest in themselves? In human beings in general? And what are the animals or insects that could represent the opposite of laziness? (Maybe a horse, for example, or perhaps a bull... or a bee, an ant, etc.) You can ask them to look up the hardest-working animals in the world... and be inspired by their qualities... Always the +, always the -...

IMAGE E1.4



In the above discussions, you can remind students that **cat** energy represents **+|-** independence and autonomy. Hence, it includes the notions of

solitude, solitary behavior, sometimes not wanting to be with people, keeping others at a distance, or simply enjoying our own company for a while... It is important to have happy moments alone with ourselves to help us have well-balanced energy and more stable relationships with others. You can also ask your students if they enjoy solitude, independence, etc.

[Optional]

ADDITIONAL IMAGES TO ANALYSE:

“Train yourself with plus, minus and tendency codes with your friends and family!”



TABLE OF CONTENTS

INTRODUCTION	3
1. Cats	9
2. Dogs	23
3. Emojis	35
4. Teens Portraits	49
5. Video Games	63
6. Cleaning	75
7. Human Expressions	87
8. Trees	99
9. Phones	111
10. Organization	125
11. Food	137
12. Flowers	151
13. Sports	163
14. Drawing	175
15. Hairstyle	187
16. Elders Portraits	199
17. Work	213
18. Fashion	227
19. Smiles	241
20. Painting	253
21. Landscapes	267
22. Decoration	281
23. Gesture & Position	295
24. Mountains	307
25. Sculpture	323
26. Studies	335

School Program offered by:



THE FOUNDATION

Source Code Technology (SCT) is a Swiss Foundation, recognized by the Government of Switzerland as a public utility, working to conceive and deploy technologies based on emotional intelligence (EQ), which are designed for high potential children and teenagers, as well as for children with learning difficulties. These very advanced school programs are based on the study and teaching of symbolic language and of how human consciousness works.

SCT's multiple missions, objectives and goals are to conceive and set up new educational programs for schools, teachers, doctors, psychologists, psychiatrists, nurses, therapists, etc., and to create avant-garde schools for High Potential (HP), gifted children, as well as to help children suffering from attention deficit difficulties, lack of concentration, dyslexia, autistic disorders, or any other learning difficulties, and also to help children with super faculties of intelligence and consciousness.

Every symbol, whether a table, a chair, or even a bicycle, car or bus, is a line of code for our conscience exactly like a line of code in a computer; i.e. each symbol is a piece of data that programs a very specific function related to human personality. This data may be a way of thinking, of reacting emotionally, or even a behavioral dynamic, which can then be positively or negatively modulated according to a multitude of internal and external factors related to each individual. Hence, a look or a handshake can transmit a multitude of "code lines" in terms of consciousness and activate hesitation or confidence, etc.

By using **the +/- Code** of consciousness like software where we enter (upload) data, this knowledge develops and eventually leads to the concrete materialization of a capacity to analyze and interpret all kinds of human signals, whether facial, micro expressions, tone of voice, posture, gesture, clothing, and even dreams, which represent the conscious and unconscious mechanisms of our most profound memories, ways of functioning and intimate choices. **SCT** research offers essential keys that can be used in robotics or computer communication systems. Not exclusively focused on the human aspect, this research enables complementary developments via predictive or symbolic analysis of matter, such as color, shape, proportion, disposition, multiple angles of functioning and esthetics, etc. In combining human signals and material information, the **Source Code Technology (SCT) Foundation** is dedicated to teaching people how to perceive the very advanced descriptive *map* of a person's behavioral and personality mechanisms; whether regarding their conscious or unconscious intentions, the probabilities of activating difficulties in their friendly, couple, family and/or professional relationships, as well as obtaining a global perspective of their strengths and weaknesses, and hence develop and expand their full potential for success and happiness.

WWW.SOURCECODEFOUNDATION.ORG

DISCOVER YOUR EMOTIONAL INTELLIGENCE (EQ) YEAR 1 DISCERN • UNDERSTAND • FEEL

SAMPLE ONLY

This very advanced program designed for schools is an extraordinary key to help students from 7 – 17 develop and expand their Emotional Intelligence (or Emotional Quotient - EQ). Welcome to the first year of this program based on 26 HD videos of approximately 25 minutes each. These courses of 26 editions can be presented in a 1 – 2 hour class (or more) per week or per fortnight during the school year and it includes homework to be done either at home or at school with the Teacher.

The main goal of this Teacher Manual is to guide teachers, to help them to understand the **+|- Code** in depth, as well as to accompany students to learn from it and discern profoundly. It is a truly educational & entertaining game for students, one that is very easy to play, but also very deep to understand and learn from.

THE MAIN OBJECTIVES:

- Helps to develop high potential IQ (intelligent quotient) & EQ (emotional quotient) in children & teenagers. This unique school program helps to improve inner depth, profound insight and global vision by providing them with more equilibrium between intellectual & emotional intelligence.
- Helps students to make choices by developing more profound, multidimensional knowledge, right discernment and the capacity to decode and feel the emotions of a person or situation.
- **The +|- Code Program** is the future of advanced education by giving students knowledge to make better choices & decisions.
- Helps to see beyond the form and behind the facade... Learning to recognize what is hidden behind an illusion to go deeper than the first level of understanding is essential.
- Brings awareness, helps to solve problems... Seeing a solution in a problem... recognizing that negativity can activate positivity in us... and knowing how to rectify, to improve, is the key to true success.
- Helps to become a leader, who has profound understanding of the multidimensional realities of life today.

" When we go back to the source, there is always a plus (+) and always a minus (-) in everything... **"**

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ISBN: 978-3-906944-01-2



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