

# Timeless Principles of Success the Nishiiyuu Way

Reformatting The Mind To Download And Apply The Infinite  
Power Of Nishiiyuu To Be What We Want To Be

## The Agenda

### ***Day 1***

9:00 A.M. - 10:30 A.M.

#### **Introduction:**

- Explanation of the program, its objectives. What they should expect to happen to them at the end of the session. How this session will be conducted to get the best results.
  
- **The Most Important Question** - What Do I want?
  
- **Self-Image... Who am I?**
  - What is Self-Image and how it affects every aspect of our life. How it affects our thinking, doing and having.
  
  - How Self Image is formed.
  
  - Demonstration of how self-image is formed through a Video of the Elephant and the Chain, Part 1 of 3. (When there is no video, use the PowerPoint pictures and explain)
  
  - Belief system and Self-Image

## Nishiiyuu Personal Development Three Day Program

10:30 A.M. – 10:45 A.M. Health Break

- 10:45 A.M. – 12:00 P.M.
- **Awakening to the Nishiiyuu and forming the new Self-Image** (The Ocean, The Nishiiyuu, the Well, the world we live in now)
    - Our mindset is the size of our world. Story of the Frog of the Well and Frog of the ocean.

12:00 P.M.- 1:00 P.M. Lunch – Nourishing the Body

- 1:00 P.M. – 2:30 P.M
- Transformation starts with Dissolution. Change is traumatic.
  - A metamorphosis validated by the process of the Caterpillar's transformation into the Butterfly

2:30 P.M.- 3:00 P.M. Health Break

- 3:00 P.M.- 5:00 P.M.
- Goals and Visions the Nishiiyuu Way
  - We live in a Vision every moment of our life. Who's Vision are we living in?
  - Why is it so difficult to believe that our Vision creates our reality?
  - Homework... Self-Assessment Exercise and What do You Want Exercise

## Nishiiyuu Personal Development Three Day Program

### **Day 2**

9:00 A.M. - 10:30 A.M.

#### **Living a Life of Purpose – The Nishiiyuu Way**

- Roots of the Tree determine the strength of the Tree, nurturing the Nishiiyuu roots.
- Nishiiyuu Declaration of the Council of Chishaayuu

10:30 A.M. – 10:45 A.M.

#### **Health Break**

10:45 A.M. – 12:00 P.M.

- Creating a New Mindset and Combating Anxiety and Despondency the Nishiiyuu Way (A Crucial step before one can even set Goals and Visions for one's life)
  - Free the mind the Nishiiyuu Way - Steps to Stillness (Mindfulness)
  - Story of the scorpion and the frog (Download the video from Resource Centre)
  - How to raise belief level with the Nishiiyuu Way. The different approach between the Western Way and the Nishiiyuu Way
  - A new Nishiiyuu mindset for a healthy Body and Healthy Mind and Prosperity

12:00 P.M.- 1:00 P.M.

#### **Lunch – Nourishing the Body**

1:00 P.M. – 2:30 P.M

- Goals and Vision defines a Person.
- Being and doing create having and not vice versa.
- How to form the new Self-Image by setting goals and visions from the freedom of the Nishiiyuu Way and living in it.

## Nishiiyuu Personal Development Three Day Program

2:30 P.M.- 3:00 P.M.

Health Break

3:00 P.M.- 5:00 P.M.

- The Difference between Goals and Vision
- The difference between fantasy and vision.
- An Individual without a vision lives in someone else's vision. The importance of having one's own vision.
- Setting goals and visions for one's life proactively and in synchronicity with family and Nation.
- How not to set visions and goals as a reaction to past experiences and present conditions only, but proactively the Nishiiyuu Way.
- What do I want?

### ***Day 3***

9:00 A.M. - 10:30 A.M.

**Living a Life of Purpose – Setting Goals and Visions the Nishiiyuu Way**

- The Principles of Nishiiyuu Way to setting goals from the inside out and not the outside in. How a circle is formed, center to the circumference and not circumference to the center.
- Every new vision requires change - How to handle the change the Nishiiyuu Way. Every change is preceded by Dissolution.
- The Circle of Dissolution, Evolution and Preservation. Dissolution of the seed is the evolution of the tree.
- The importance of detachment – the Nishiiyuu Way of focusing on the results rather than the activity. How to behave between the periods of setting goals and

## Nishiiyuu Personal Development Three Day Program

manifesting the goals.

- Creating a receptive attitude of expectancy.

10:30 A.M. – 10:45 A.M.

Health Break

10:45 A.M. – 12:00 P.M.

- The Seven Steps to Manifest Vision into reality
  - Intention
  - Attention
  - Creative Imagination
  - Order/Reason
  - Intuition
  - Discrimination
  - Receptivity (Field of Action)
- The importance of knowing the Motive behind the Vision (Beingness... BE)

12:00 P.M.- 1:00 P.M.

Lunch – Nourishing the Body

1:00 P.M. – 2:30 P.M

- Creating a Blue Print for your life the Nishiiyuu Way
- Mind Mapping a Vision with Mind Mapping Software (Open Source – Freemind Software download for free from:  
<http://freemind.sourceforge.net/wiki/index.php/Download>)

2:30 P.M.- 3:00 P.M.

Health Break

3:00 P.M.- 5:00 P.M.

**Attitudes, Decision Making and Communications the Nishiiyuu Way**

Independence, Interdependence and co-dependence

- Each decision we make determines the quality of our

lives.

- How our Self-Image determines our Attitude of Independence, Interdependence, and Co-Dependence. (We don't get what we want, we get what we are – The Nishiiyuu Way of right speech (Unspoken Speech, Thought and Spoken Thought))
- Our Thought, Speech and Action is the portrait of our Attitude for the world. (*Our attitudes determine our altitude*)
- Skills in developing relationships and resolving differences with our new formed Self-Image, our new attitudes and opinions by role-playing (time permitting) and simulated case studies by invoking the Nishiiyuu Way (Everything is Spirit, and Unity) with:
  - Family
  - male and female partners, and same sex partners
  - Friends
  - Employers
  - Co-workers
  - Teachers
  - Freeing the mind from old hurts with our new attitude... Acceptance without being Defensive and taking Responsibility.
  - Communicating the Nishiiyuu way
- Nishiiyuu Training Aftercare And Follow-Up Form