TATSUJIN PROGRAMS 人

Life Transformation:
Achieving Mastery over all problems and difficulties

Many of us feel at various times of our lives that things are not working. During these times feel that since we are not getting the results we want (*things are bad*), then we feel by extension we are also *"bad"* and therefore need to be fixed. We embark upon a fool's task of trying harder, being smarter, working longer, or seeking deeper personal examinations to find out what part of us needs fixing (and then trying to fix it).

The **reality** is that we are not broken, but the form and process (models) of our activities (behaviors) are inappropriate to the circumstances/situations we face and the results we seek. **We are very simply performing the wrong actions, with the wrong tools, at the wrong time, with the wrong intentions.** We are using the wrong models. We are not efficacious.

The models we typically use are derived from a variety of random and unrelated sources. They were osmotically *"received"* from our parents, our education system, our friends, the media, etc., and were rarely cognitively chosen, and were rarely optimized. They were arrived at by *"trial and error."* They *"worked at the time"*; that was the criterion. But while angry outbursts from a baby *"works"* when a baby, in an adult anger is unacceptable behavior.

We learned in our idiosyncratic model development, not to differentiate between behaviors and the self. So if I get *"bad"* results (a behavior), I am *"bad"* (who I am). My intent may always be correct (I am doing *"good"*), but because the behavior (action) does not work, the logic of the model consistently is that I am *"bad"*. My self-worth links to my performance. I am less if I don't do the *"right thing."*   BUT, the behavior is the only problem (I am fine as a person) and utilization of this particular modeling does not allow me to solve the problem (which is performance).   Imagine if I try to run 100 meters and having never trained, fail to achieve the expectation of world-record performance I set for myself before I started the run. We would think that silly. How could I make such a standard if I had never tried before and certainly never trained? Yet in life we do the same thing. I am a failure for any such attempt (a Proof of *"badness"*) yet I have no basis for such a ridiculous expectation in the beginning. Behavior must be

viewed differently than Self.

The **solution** to our *"failures"* is not to *"fix ourselves"* but to transform the behavioral results we get through learning how to objectively create or utilize new behavioral forms and processes (models) than we currently employ. These models likely already exist in the world and are within our capabilities to employ immediately if we are so inclined. However, these models will not be utilized or explore if we remain so invested in what we consider historically "works for us" and if a change is outside of our comfort zone.

For those brave souls willing to take a new road less traveled, we offer *Tatsujin*: a customized pathway leading to the uncovering of new models designed specifically to yield the results we seek. Tatsujin does this in four steps. First, we carefully describe all aspects of our current circumstances and ultimate objectives in a detached way utilizing Mind-Mapping ™ (q.v. Tony Buzan) and association diagrams (called Mandalas).

Second we employ special visualization and problem solving tools to establish multiple models based upon the information derived from the Mind-Maps ™ and the diagrams.

Thirdly, we take the models we have generated, use them for a while, and then measure whether we are achieving the progress we seek toward the specific we desire results over time.

Along the way, we employ daily tracking systems (which facilitate spaced repetition creating new habits), homework, and visual/auditory re-enforcement methods. Since these multi-sensory systems remain in place for approximately 42 days or 6 weeks (the length of the average Tatsujin Program), we "hold the gains" of our efforts.

A final and fourth step is to evaluate the impact of our modeling/development program on our potential for excellence in other areas of our lives.

Key elements of the program include:

> Areté: Search for excellence and absolute personal honesty
> Aristotle's philosophy on deception/delusion and results
> Ancient modeling systems from the West, Middle East and Asia nearly 2,500
> years old and developed along the Silk Road linking Europe and Asia
> Heroic models (right and idealistic) from Western and Eastern civilizations
> Practical and utilitarian historical models from more recent times
> Meditation
> Physical actions

Unused fees are refundable less nominal charges if not satisfied
Normal sessions run for 3-6 weeks at a set location and/or time
Students must have ready access to a computer, email, and telephone
Homework/feedback is done online
Students must commit to reading a biography over 6 weeks, and 20-60 minutes per day integrated with their normal activities
Each session is 1.5-2.0 hours long
The focus of each session is functional/utilitarian (what works) not normative (what is right or wrong)

Notes and materials given after each session on the Tatsujin website:
www.tatsujinprograms.com

For More Information, please contact:

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