

Life Lense – Complete English Course (Descriptive)

■ 01. Awakened Life

Theme: Awareness, Purpose, and Direction in Life

What is an awakened life?: Learn the meaning of living consciously and intentionally.

Understanding your daily awareness: Recognize how your thoughts and emotions shape your day.

Breaking the cycle of autopilot living: Identify unconscious habits that limit your growth.

The science of consciousness: Explore how awareness affects your mind and energy.

Morning and night awareness practices: Develop routines that align your mindset with your purpose.

Journaling & reflection methods: Use journaling to strengthen self-awareness and insight.

Building your awakened routine: Design a personal daily system that supports mindfulness.

Living with gratitude: Learn to transform your energy through appreciation and reflection.

■■ 02. Life System

Theme: Balancing the 5 pillars of a complete life

Understanding the system of life: Discover how every aspect of life connects as a unified system.

The 5 life pillars: Understand the importance of balance across Body, Mind, Family, Work, and Spirit.

Energy management & daily flow: Learn how to manage physical, emotional, and mental energy effectively.

Decision making through clarity: Build clarity-based decision habits to avoid confusion and stress.

Time, attention & emotional system: Master your schedule and emotions for peak productivity.

Designing your personal system: Create your own lifestyle framework for balance and progress.

Tools for balance & harmony: Use practical techniques to maintain inner and outer harmony.

■ 03. Mastery Path

Theme: Skill, Learning, and Growth Journey

Discovering your natural talents: Identify what you are naturally good at and how to refine it.

The art of focused learning: Learn strategies to deepen focus and accelerate learning.

Building habits for mastery: Develop consistent habits that lead to long-term excellence.

The 10,000-hour rule explained: Understand the journey toward mastery through dedication.

Learning from mentors & models: Gain wisdom by observing and connecting with experts.

Turning skills into service: Transform your expertise into value and contribution to others.

Continuous self-upgrade system: Design a lifelong system for learning and self-improvement.

■ 04. Soul Legacy

Theme: Meaning, Values, and Life Impact

What is a legacy?: Understand how your actions and values shape what you leave behind.

Living with long-term vision: Develop a vision that guides your daily decisions.

Core values and moral compass: Clarify your core principles to lead with integrity.

Purpose-driven life design: Build a life structure aligned with your purpose and beliefs.

Family, society & global contribution: Explore how to make a meaningful difference around you.

Building your personal philosophy: Define the wisdom that will guide your lifelong journey.

Legacy statement writing: Create a personal legacy statement that reflects your mission.

■ 05. Awakening to the Soul

Theme: Spiritual awakening & higher consciousness

Understanding the soul dimension: Explore the deeper layers of your being beyond the mind.

Layers of human consciousness: Understand the connection between the conscious, subconscious, and higher self.

Meditation & silence practice: Learn techniques to calm the mind and access inner stillness.

The power of surrender: Embrace the flow of life through acceptance and trust.

Living beyond fear & ego: Transform your life by overcoming attachment and fear.

Oneness and universal connection: Experience unity with all life through awareness and compassion.

The journey of inner peace: Discover lasting peace through self-realization and inner harmony.