



BETA !

Plus  living  
version 1.0

by

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**MANUAL**

*"The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to himself. Therefore all progress depends on the unreasonable man."*

[George Bernard Shaw](#) *Man and Superman* (1903) "Maxims for Revolutionists"  
*Irish dramatist and socialist (1856 - 1950)*

Do you have a dream or an idea that has been in the back of your head for months or years? Do you feel that you have not been given a chance to reach for it? Has your confidence been stamped down to the ground by the people around you who tell you that it's not worth your time, effort or risk to go into the unknown? Or maybe you feel that the goal you have in mind is so overwhelming that you have been putting off starting on it?

Before you continue reading this, you need to know that, in every person there is a life spirit that pushes us towards these dreams – but it's usually suppressed, hidden, and starved of light.

It once were free to run, play and discover, but gradually it had been put down and silenced by 'grown-up' people whose light had long been buried under the excuse of the reality of life.

This spirit is called a **Life Rider**. It's the little kid that goes out of its way to discover. It would set a trap for a grown up and see how much it could get away with. And if it were to be too much, it would apologize. However with every test of courage it would learn more about the world around it and race further ahead. It would try and try again and find new ways that it didn't know the last time. And then it would try once more.

Reawaken the spirit of that kid within you. Find a new challenge, set some traps, kill your excuses. Get out there and learn, grow and create a new world for yourself and your loved ones!

First let me tell you this: it will not be easy to regain your true self, but it's not your fault. There's a war waging in each and every one of us. The stake is our minds, hearts and very bodies. There are many foes pulling on us, hampering our actions, flanking our dreams and destroying our plans. They come from years of conditioning of living a mediocre life. Don't do that - they say - it will not work. Have a safe job, don't learn to fly - it's dangerous. Be risk-averse.

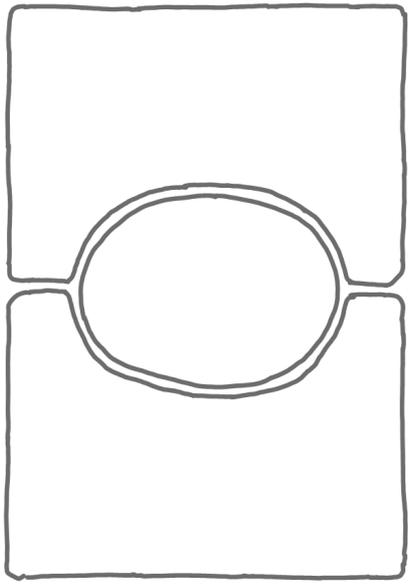
Your task will be to extract yourself from the power of these foes. You will not be alone in this task and you will have the equipment to do that. It will be an ongoing battle, that will probably never end, but as long as you keep at it, their power over you will diminish and you will be able to expand your territory. The good part is that you don't have to commit to anything long term. Do it for a week and then see how you go and decide what next.

Guide your Life Rider Spirit towards the direction you want to go in and it will have the energy to discover, learn, play and break things and apologize for it, and move on. When you help it grow, you will grow with it. **Your Life Rider is free of doubts, anxiety, or fear.** It never rests on laurels, and never procrastinates. It would always accomplish whatever it sets out to do, because it needs to validate its efforts and know where its discoveries lead to. It does things for fun, to see if it can. It would do the boring and dissolve the difficult and frustrating only to see what's in the end.

The Life Rider is key to unlocking your superpowers. Set it loose and you instantly feel powerful. You are full of life in the face of adversity, you're able to see things beyond your imagination, you have infinite courage and willpower that gently but effortlessly push you towards your destination that you can see clearly with laser sharpness.

Listen to your Life Rider Spirit to tell you what is it that you really want and you will know that this is what you **truly** want. It's no brainer why you want it, but you will write it down anyway just in case (Life Riders have to sleep too you know, and your foes are afoot at all times...). It will also help you see that your dream comes from deep within you. Such dreams are most powerful, because you will have endless energy to pursue them,

because they are interesting and keep you stimulated and happy. Keep all these notes in your **Destination Guide**.



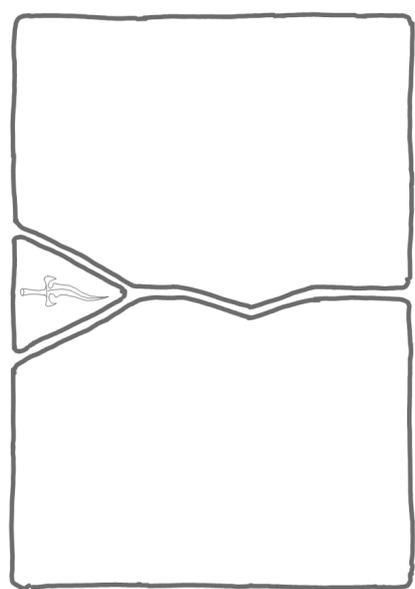
Why is it that you want to do this?

Put a rough idea of your destination in the middle. You can draw a picture.

Where does the want come from?

(Keep the Destination Guide in a place where you could always see it: on a wall in front of you is one idea)

Quite possibly soon after you do that, fear will strike, doubts will set in and you will be flooded with a swarm of assumptions. These are the harassments sent by your foes to stop you from advancing. They know that when you start doing, moving towards your dream, they would have less power over you. This is where you will call in one of your greatest allies - the **Assumption Assassin**.



Write your assumptions, fears and doubts here.

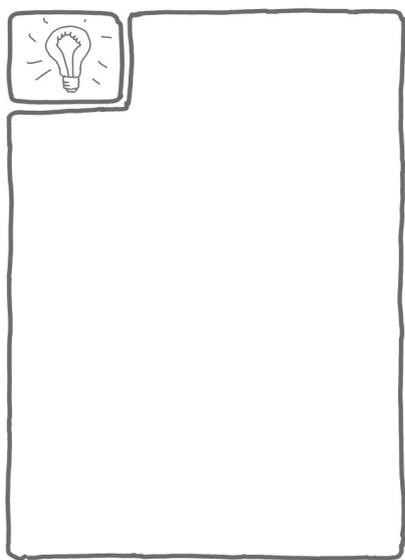
Write here how you will test your assumptions.

He will seek out all these fears, doubts and assumptions lurking in the shadows, waiting to jump on you, and slay half of them before they can come near. The rest he will leave for you to test. This will be the most important thing you do along your journey, and the only thing you can do to create a safe distance between you and your foes.

We have to explain a bit where they come from. The half that he'd slay would come from other people's opinions. The half that he leaves would come from your past experiences quadrupled in size by your very own superpower - the **Uber Vision**...

You see there is a dark side to many powers we possess. Uber Vision helps you see the unmade future, however - first of all - it produces both sides of the picture and second - it enhances the visions so much that they seem to be real; and even if just one assumption sneaks inside the vision, it can tip the scales in favour of your fears and scare you so much that you will want to bury your dream 6 feet deep underground and never think of it again! Even if you fight and keep your dreams with you, it can have you go round in circles for days, months or even years. The reason for this is that when we use Uber Vision we get really close to the Infinite Loop Wormhole. After you're pulled in you feel as if you are productive, time flows by, and when you snap out you are in the same place, just older. The only way is to control how you use this superpower.

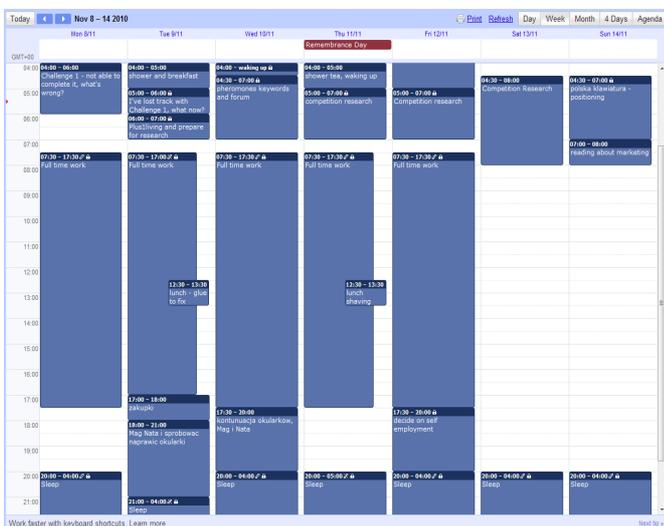
The key is to limit the sessions and put the stuff you see on paper - you will mind map your brains out!



Mind-mapping isn't something you need to learn. Just write any ideas you have here in whatever form you like. List, no list, mind-map or not. This is the 'everything goes' tool. You will keep the actual tasks elsewhere.

Don't ever limit yourself with space; get A0 paper if you think you need it. This is the only way to use this power to your advantage and limit the downside.

Once you have some idea where to start - start. Just do. Set time aside for it though. Use the **Future Window** to see where you will be in the next five to seven days. Trust your **Time Guardian** however to give you adequate time for pursuing your dream so that you can do other work, rest and play with the family without constantly thinking about your Quests. Once a session is over you will write down what you have done so that you can compare it to what you saw in the Future Window. It closes the loop and gives a sense of accomplishment that allows you to go onto living the rest of your day in peace. It allows you to see whether you moved-on or stood still during your journey. It is imperative that you unwind, otherwise you will be vulnerable to your enemies. You see, they count on you getting exhausted with your efforts, so when you rest, you are in a safe place they cannot find and harass you. Your Life Rider also regenerates, and the Assassin has time to sharpen his knives. If you don't close that loop, you will be swarmed by little creatures with big friendly eyes that push you on, prod you, keep you anxious to move on, unable to rest.



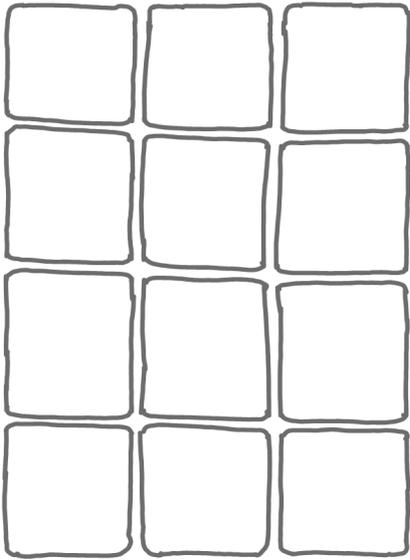
The Future Window can take many forms. This is an ancient FW called the Google Cah-Len-Dah. You can put whatever pulls on you today into the a time frame in the future. It's better than a Crystal Ball.

The Future Window will let you place these little foes where they belong - in the open field, ready for you to tackle them on your terms. They will stand no chance with the Assassin, so in the mean time, you can relax and enjoy yourself and the company of your loved ones.

It also helps you see the big picture, and how much time - your most valuable, non replenishing currency - you have available. You can see where you spent that currency in the past, how you can streamline that spending and budget it into the future. Additionally it allows you to handle those little critters that make you anxious by planning your moves loosely into the future, so that you can kick them without a worry that you will lack the time for your advancements. You see, most of our quests don't happen in space, but time. People don't realize it, but it's true. Our entire journey starts when we are born, and ends when we die. Think about it: a lot of us live out our lives in the same country, even in the same town. If that's the case, then we don't really move in space. We may commute to work and back, but all that really changes is the days and seasons (and even those come back in cycles). The only thing that flows for us in only one direction is time. Make the Time Guardian your best friend and ask it for help when you look into your Future Window so that you have time for your dreams and for work and for your family and for your rest. This is the key to happiness.

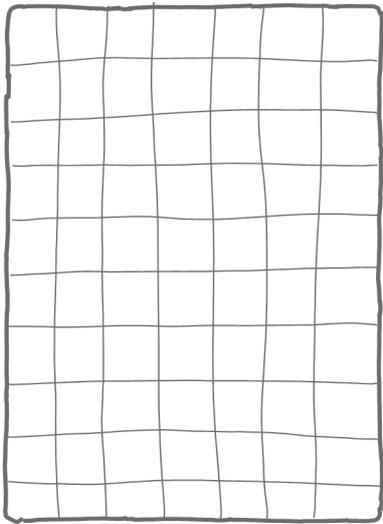
Now that you have seen your future, and chose the best time for your journey, it is TIME to move on!

You're there, you want to go, but your foes are very advanced and they even use chemical and biological weapons. One of them is a laboratory made disease called Excusitis Vulgaris and most people have it already. It's highly contagious and difficult to get rid of. The symptoms are lack of energy to do anything, and the constant repetition of the word "but". Usually the infected person would mumble in delusion phrases like "I can't" and "I'm busy" right after the word "but". To cure it, take a capsule of **Excusskill™** - a very powerful new drug that instantly takes care of the true causes of this potent bug - assumptions and false beliefs and if needed feeds them through to the Assumption Assassin who does the rest (kill, kill, kill!)



Excusitis can strike at any time, but now you're ready. Put any excuse that results from this terrible bug into one capsule. As you can see it hasn't got much space to breathe there – that's a good thing. Keep it there until the Assassin can take care of it.

Then there is IT - the biggest foe that you will EVER encounter. Fears are nothing compared to what IT can do to you. Fears are visible, easy to feed through to the Assassin or framed by the **Pixel Grid** along with things to be done.

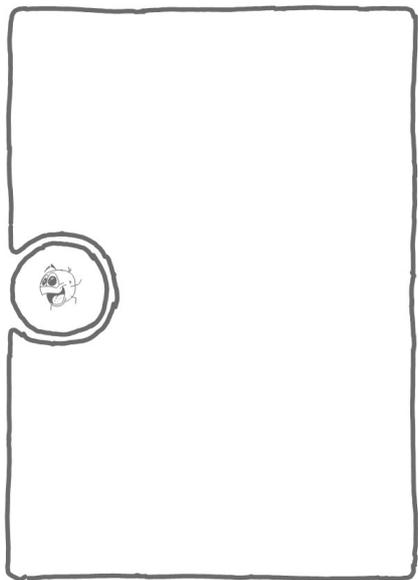


This is obviously not a task list, but rather a task's relative importance perception tool. Your entire Quest or Challenge is represented by the outer frame, and the pixels are all the scary tasks along the way.

Fears are magnified by IT. IT is your Ego. Yes, I will repeat it. IT is your Ego. IT sits there, right on your lap, watching fearfully the world around it, scavenging on the smallest of victories so that it can boast how well it's doing. It would be content with a mere thought of an accomplishment and yap incessantly about it, and made sure you do nothing to go for it, because it's scared to death of failure, ridicule, and imperfection. It's constantly shaking worried, and the worst part of all, is that 99,9999999999999999% of us don't realize that it is working against us.

We think that it is a part of us! The Ego seeks constant recognition, but will stop you in your tracks if you even think of moving. It is the ultimate secret agent of your enemies because you cannot get rid of it. People who succumb to its suggestions hide behind a thick shell that protects them from the world. They become one with their ego. It grows into them like a parasite seeping blood from their veins and glowing with each brag. Such people have really LARGE mouths and heavy earmuffs and really dark glasses effectively separating them from the outside world. They have let their egos take control over them and there is little hope they would regain it. There's nothing we can do about it. No one can reach an ego driven person from the outside, only their own Life Riders have the ability to slowly separate the ego from its host. It's a slow and painful process because the Assassin has to cut open the connections with the veins and blood spills everywhere, it's nasty. Bleah, I'd rather not look.

Fortunately, such extreme cases are in the minority and you have nothing to worry about. Not that you don't have to do anything about your ego - you do, but it won't be as painful or messy as for those other people. Your ego is not attached to you. To prevent further assimilation and to mitigate its suggestive abilities, you will use the **Ego Shield**. It's the most important and most useful piece of kit this end of Milky Way (the other is the Do-Everything-For-You-So-That-You-Don't-Have-To-Do-Anything-And-You-Still-Realize-Your-Dreams-Xtra-Photon-Impropersonatorisator X1080, but UPS hasn't opened the trade route yet to planet 124-5673F (known to the inhabitants as Melmac) that orbits around a not very well known pulsar Z2012; therefore unavailable on planet Earth, yet).

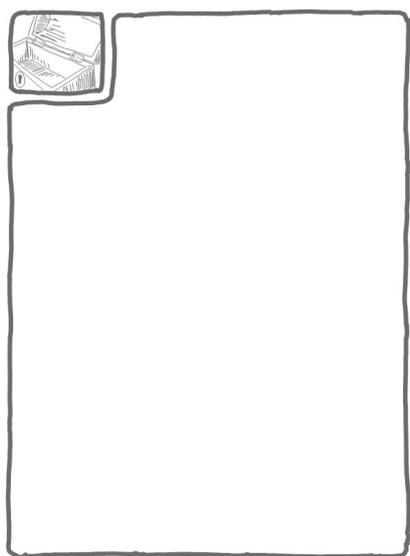


You may think you have a great idea; you would brag about it and do nothing. Additionally, your idea might be rubbish, but your ego would not allow you to see it. This is where the Assassin comes in. Put all your potential bragging here.

The Ego Shield works simply by creating an energy field around the ego that simulates the shell that those egos create once they become one with their host. The shield then filters small amounts of successes and failures to it so that it's not aware of the deception, but the levels of information are so low that it keeps its big mouth shut. The big and small and the very tiny accomplishments are kept in the Shield's filter so that we could get our dopamine injection whilst still allowing us to plan our journey into the Future Window and move on and not rest on laurels. The fears and assumptions bounce off in a narrow stream directly towards the Assumption Assassin where he deals with them accordingly.

We ought to stop here to reiterate that a big part of your journey will be working with the Assassin testing your assumptions (you two need to spend some time together to make sure you are comfortable with each other's presence. If he doesn't like you - it's not good - he is a killer). These foes are like pieces of heavy clay, but invisible to the naked eye. They stick to us and as we know it's difficult to move about with a heavy load. The lighter we get, the easier the journey becomes. Therefore we need to test and shed these assumptions as soon as they become visible. Do the things that we fear whilst keeping the risk to a minimum. Most of the time the risk is imaginary, and after doing the thing once or twice the fear or assumption comes off and never returns.

Lastly, when we have finally enclosed our ego inside the Ego Shield, made friends with the Assumptions Assassin, let the Time Guardian help us see our future through the Future Window and were able to move on our journey, we need to make sure we remember the lessons along the way. Please accept this **Token Box** in which you will keep a token for each time you test your assumption, conquer your fear and learn from your experiences anything that helps you during your quests. Knowledge is only assimilated through experience. No scrolls ever have made a man wiser than life itself. Learn from your journey and never forget the lessons. The tokens will help you do it.



Keep a token of everything new that you have done successfully, like: 'I can draw a token box', or 'It's possible for me to do x'. The most rewarding ones will be the ones you get to keep after completing entire Challenges or Quests.

You must also know that you're not alone in this. Even if you may be on a different quest to another person (who also set their Life Rider free), the two of you are on the same journey. You can let both of your Life Riders play together or in a group and they will be happy exchanging positive vibes! They will encourage each other and keep the foes of criticism, opinions, and egos well away thanks to their combined strength. They will be able to help you gather your own experiences and test other people's ideas yourself like they would on their own, but with added energy!

Once you have acquainted yourself with your superpowers and your equipment and your allies, you are ready to go on your quest. Let your Life Rider guide you in defining your dream. It is your child spirit - it is ever curious, hopeful, doubtless, reasonably courageous and always loving life and other people. Keep it alive and you will always be happy.

To start – print off all the tools. You can make as many pages of each tool as you like, so that you don't run out of space. (Since they're all grey, you could print them in shades of grey to save ink). Keep the Destination Guide on top at all times or put it somewhere in front of you where you can see.

Lastly, a note to you – the Beta Tester. Thank you for your time. I am full of hope that with proper feedback, this project has a chance to become the means of real change for many people. Your experience, how you

understand and receive this text and apply the tools will be the basis for the improved v2.0. Please look at it with all your subjectivity. Do go ahead and log onto [plus1living.org](http://plus1living.org) – this is the Life Riders' playground!

Thanks, Daniel

**[Plus1living.org](http://plus1living.org)**  
(under construction)