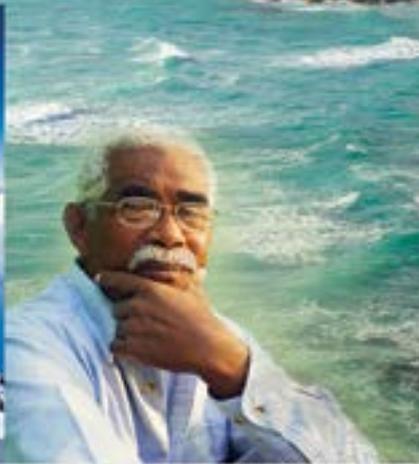
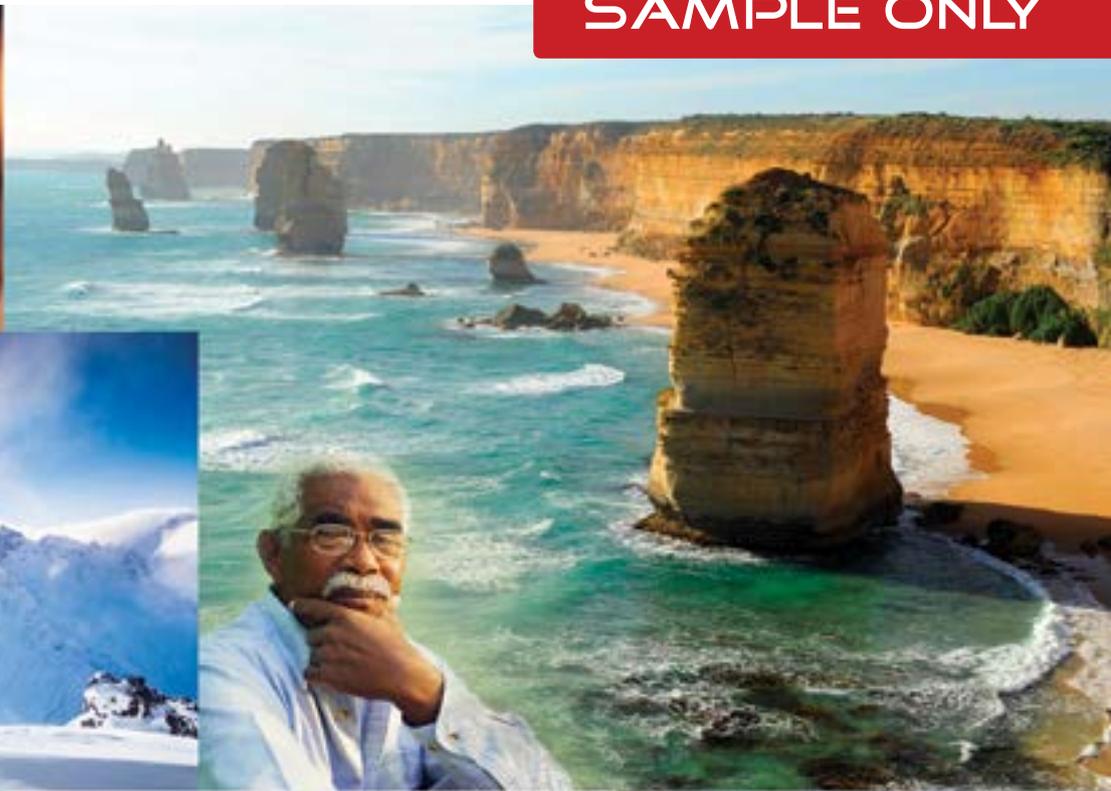


THE CODE

STUDENT MANUAL
FIRST YEAR EDITION

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

SAMPLE ONLY



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School Program offered by:



SAMPLE ONLY

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FIRST YEAR EDITION

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THE CODE

SCHOOL PROGRAM

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

YEAR 1

Dear Students,

DO YOU KNOW WHAT EMOTIONAL INTELLIGENCE (EQ) IS?

It is the capacity to sense, feel, perceive and deeply, profoundly understand what you see...

HOW DO WE DO THIS? CHECK THESE EMOTICONS... WHAT DO WE FEEL?

Is this one happy or sad?



Oh, and what about this one? ... do you think it is positive or negative?



What is this one doing?



And this one... what do we feel when we look at it ?



You see... to know what they mean, **we need our Emotional Intelligence (EQ)**... *we think, we analyse... we sense and we feel... and then we know what it means!* Wow.... do you see?... You are very intelligent... and this is just the beginning, dear friends... .. we are here to help you reach the next level... **Welcome to the +|- Code Program!**



EXPLANATION OF THE STUDENT MANUAL

Your *Student Manual* will help you understand how to decode life, thoughts, emotions...and all kinds of things. You will learn to decode, not only with your thoughts, reason and logic, but also with your emotions... your profound perceptions... **Did you know that we can all understand things with our emotions? WELL, YES WE CAN** 😊

This very advanced program designed especially for you is an extraordinary key to help you develop and expand your **Emotional Intelligence (EQ)**.

Year 1 of this program is based on:

- 26 HD videos of approximately 25 minutes each that will be played by your teacher in your school or class + 1 full year Student Manual with exercises;
- This book includes exercises that you can complete after watching the video with your school friends. You can do the exercises under your teacher’s guidance and they can be done either at home on your own (or with a friend, if you work well together), or at school with your teacher. He/she will tell you what to do;
- With the exception of Cats Edition#1, there are 5 Images per Edition to analyze with 15 questions to answer;
- You will see friends... it is a truly educational, entertaining game, which is also very deep to understand and learn from.

The main goal of this *Student Manual* is to help you understand **the +/- Code** and apply it in your daily life to multiply your Emotional Intelligence (EQ) and discern life profoundly.



Are you ready to play?
OK.... LET'S BEGIN !!!

HOW TO START THE PROGRAM AND USE THIS MANUAL?

Step 1: Don't forget to read the intro where there is a lot of useful information before beginning the game 😊

Step 2: Enjoy the video of the First Edition in class with your teacher and your friends

Step 3: You should answer choices the questions related to the First Edition.

Step 4: Your teacher will interact with you to guide you in your answers or to answer any questions you may have. We are sure you will have wonderful discussions!

THE +/- CODE KEY POINTS

This Program, which represents the future of **ADVANCED EDUCATION:**

- Helps High Potential STUDENTS LIKE YOU
- Helps YOU to make choices
- Gives YOU knowledge
- Activates YOUR Emotional Intelligence (E.Q.)
- Helps YOU to see beyond the form
- Helps YOU to become a leader
- Awakens and develops awareness in YOU
- Helps YOU to solve problems

“ Remember friends! There is always a plus (+) and always a minus (-) in everything...”

YOU CAN VISIT US AT:

▶ **WWW.PLUSMINUSCODE.COM**

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).

IMAGE E1.1



1- Tick the right answer(s)

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

- Shyness
- Weakness
- Anger
- Sadness
- Defensiveness
- Serenity
- Calmness
- Anxiety
- Aggression

2- Tick the right answer(s)

- The cat's aggression is a defense mechanism
- The cat is aggressive and is going to attack
- The cat is about to vomit
- The cat's behaviour is more receptive than emissive

3- Tick the right answer(s)

- If this cat were in a bedroom, this picture would become even more negative
- It would be OK to stand near this cat if we don't look at it

- This image would have been positive if the cat were joyful and serene
- The only thing that is negative in this image is the cat's facial expression
- Sometimes we can see human beings behaving like this cat
- In this image there is less than 1% of negativity

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
- Someone approached it too fast and now it feels aggressive, ready to attack and defend itself
- It saw its own reflexion in a mirror and didn't like it
- It ate something that didn't agree with it and now it feels like throwing up

5- Tick the right answer(s)

The cat is a symbol of:

- Purity because it likes to clean itself
- Work
- Right and/or excessive independence
- Anger because of inner sadness
- Longevity

This image is:

- +
-
- Tendency

IMAGE E1.2



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
- It would leave a lot of hair on our clothes
- It would help the cat become more and more gentle toward people

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
- Agility, great capacity to adapt
- Gracefulness

3- Tick the right answer(s)

Having a cat in our closet is:

- A blessing
- A sign of negligence
- Good behavior for cats
- A symbol of good relaxation
- A notion of wanting too much to relax
- A notion of not having enough dog energy (joyful, playful, enthusiastic, etc.) in our life

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

- Laziness
- Tiredness
- Anger
- Relaxation

5- Tick the right answer(s)

What are the ideal places for a cat to sleep?

- In our bed
- On the kitchen table
- In a place especially for it
- In a shoe
- Inside a closet
- Outside
- In the laundry basket
- In a bus

This image is:

- +
-
- Tendency

IMAGE E1.3



1- Tick the right answer(s)

How would you define these cats' energy?

- Motivated
- Joyful
- Patient
- Meditative

2- Tick the right answer(s)

The negative aspects of taking selfies are:

- Impatience
- Seduction
- Loving your appearance too much
- Being calm and peaceful
- Having too much technology
- Generosity
- Wanting to be the center of attention
- Not celebrating an event enough
- Superficiality

3- Is there a positive aspect of taking selfies?

- Yes
- No

4- Tick the right answer(s)

Which of these cats has the more positive facial expression?

- The cat on the right
- The cat on the left
- Both of them have negative facial expressions

5- Tick the right answer(s)

Which human behaviors could these cats represent?

- A couple that enjoy working
- Two people showing off in the street
- Two friends having fun
- A superficial couple; or, a couple who know how to have fun sometimes

This image is:

- +
-
- Tendency

IMAGE E1.4



1- Does the cat seem aggressive?

- Yes, its inner aggression is merely repressed, ready to emerge at any moment
- No, it is calm, serene and interiorized

2- Tick the right answer(s)

Can we say the background is luminous?

- Yes, the beautiful grass and the light make it very luminous
- No, since the grass is too green, almost fluorescent, it's superficial
- I'm not sure because the cat's eyes are closed

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
- No, it's only a cat enjoying the sun
- No, because it's not recommended to meditate outdoors
- Yes, we can have this energy when we're in deep reflection

4- Tick the right answer(s)

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

- Too independent
- Interiorized
- Receptive
- Sneaky
- Too emissive
- Calm
- Generous

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

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

6- Tick the right answer(s)

This image inspires in us:

- A frustrated, angry attitude
- The wish to eat lots of fresh green salad
- A desire to explore the world
- An interiorized, zen attitude

This image is:

- +
-
- Tendency

IMAGE E1.5



1- Tick the right answer(s)

Is it positive to play chess?

- Yes, it can help us develop concentration
- Yes, it can teach us patience
- Yes, it can teach us how to remain serious
- No, it's only a game where there's nothing to learn
- No, because it activates aggression and conflict
- Yes, it can teach us to win and to lose well
- Yes, because it teaches us to compete with others

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
- 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

3- Tick the right answer(s)

The energy in the room is:

- Funny, joyful
- Calm, peaceful
- Active, energetic
- Sleepy, lethargic
- Weird, unnatural

4- Tick the right answer(s)

What kind of energy do we see in the boy?

- Hyperactivity
- Calmness
- Excitement
- Receptivity
- Manipulation
- Kindness
- Gentleness
- Patience

5- Tick the right answer(s)

What kind of energy do we see in the cat?

- Aggression
- Delicacy
- Clumsiness
- Peacefulness
- Hesitation
- Over-independence
- Abuse of power

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
- It's peaceful and almost magical, just like in a movie
- It inspires fear and a lack of understanding

This image is:

- +
-
- Tendency

[Optional]

ADDITIONAL IMAGES TO ANALYSE:

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



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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 profound symbolic understanding of the mechanisms of human consciousness.

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) 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. In thus 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 couple, family and/or professional relationships, as well as obtaining a global perspective of their strengths and weaknesses. **SCT** research offers essential keys that can be used in robotics or computer communication systems.

WWW.SOURCECODEFOUNDATION.ORG

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

SAMPLE ONLY

DO YOU KNOW WHAT *EMOTIONAL INTELLIGENCE (EQ)* IS?

It is the capacity to sense, feel, perceive and understand what we see profoundly... This manual will help you to learn, not only with your thoughts, but also with your emotions... Did you know that we can all understand things with our emotions? 😊

This very advanced program designed for schools is an extraordinary key to help students from 7 to 17 develop and expand their Emotional Intelligence (or Emotional Quotient - EQ). Welcome to Year 1 of this program... Based on 26 HD videos of approximately 25 minutes each. These courses - 26 Editions - will be presented to you during the school year with very interesting subjects like: *How to understand cats' emotions? Or dogs' behaviors & feelings... How to recognize a facial expression...* Together we will think, reflect and ask ourselves questions, such as : *'Is it a real smile or a fake smile that this person is expressing?'*

" Hello friends... are you ready to analyze images & learn to discern and recognize life? Wow! You will see... you will receive so many answers to questions that you have always felt but not quite understood. Prepare yourself, your neurons will feel & activate magic intelligence!"

The **+|- Code** is a truly educational and entertaining game, one that is very easy to play, but also very deep to understand and learn from.

Ok, friends... are you ready to play with your emotions? 😊

MAIN OBJECTIVES OF THE **+|- CODE**:

- 1- A program for high potential children & teenagers
- 2- Brings awareness, helps to solve problems
- 3- Helps to make choices, brings knowledge
- 4- Is the future of advanced education
- 5- Activates emotional intelligence (EQ)
- 6- Helps to see beyond the form
- 7- Helps to become a leader & decision maker

" Remember friends! There is always a plus (+) and always a minus (-) to everything..."

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