



## PROGRAM INTRODUCTION

For centuries our ancestors have been trying to make sense of this world and the universe, yet few people spent time until recently trying to understand the human mind. In the 5th Century AD, Saint Augustine candidly wrote, “Men go abroad to wonder at the heights of mountains, at the huge waves of the sea, at the long courses of the rivers, at the vast compass of the ocean, at the circular motions of the stars, and they pass by themselves without wondering.” Saint Augustine knew sixteen centuries ago, that in addition, we needed to explore, with similar wonder, the intricacies of the human mind and our own behavior.

Today on the Internet, we can discover instantly almost anything we want to know about our planet. We can even image close up pictures of Mars from the exploratory vehicle that NASA recently landed there— after a 250,000,000 mile, eight month journey.

With such unbelievable exploratory triumphs, how many of us are still, as St Augustine suggested, passing by ourselves without wondering? Perhaps, historically, we’ve just been too interested in exploring other wonders, rather than what needed exploring the most—namely, our minds.

Fortunately, however, things are changing. Even though there is still much to explore about ourselves, behavioral and neurological scientists have discovered more during the past 30 years about the three-pound mass in our heads than in all previous history.

Some information intertwined in this vast new knowledge is important for us all to understand. Of great benefit is learning how to manage the effects that emotions have on our lives. With better understanding, we can improve our health and well-being, as well as our relationship with the outside world.

Improving how we manage our emotions falls under the realm of “emotional intelligence” (EI). Author Daniel Goleman first introduced the concept in a best-seller book titled, *Emotional Intelligence: Why It Can Matter More Than Our IQ* in 1995. His revolutionary work became the most widely read social science book in the world in just seven years. Since then, thousands of Internet web sites explaining emotional intelligence have been created. The term Emotional Quotient (EQ) is defined as a measurement of one’s adequacy in EI.



Possessing such vital knowledge enables us to identify, qualify, and reduce ill reasoning. By studying emotional intelligence, we can improve our thoughts, communication, and behavior. We can reduce misinterpretations, such as misleading assumptions, exaggerations, denials, frustrations, and fears. We can also more cautiously avoid self-centered over-indulgences and under-educated opinions.

It’s been sixteen centuries since St. Augustine suggested the need to better understand ourselves. Isn’t it about time we

all made such investigation a higher priority? How could we not want to know our minds in ways that would make our lives more meaningful and increase self-awareness? St. Augustine must have known that such knowledge would bring about countless benefits.

By the end of this century we are hopeful that the masses will learn more about healthy mind development— the very reason why the Institute’s program is offered to you for free, even though it cost hundreds of thousands of dollars in lengthy development time to create this program.

Please continue with us and gain some profound insight that will strengthen you psychologically. Such understanding can empower every realm of your life— reducing frustrations as you deal with the most intricately complex computing system known, your own mind.

