

# LIFE LIGHT FOUNDATION

## RE- DISCOVER YOURSELF AND GET HAPPY

### THE LERM PROTOCOL

#### OVERVIEW

A life values and spiritual awakening program based on three personality dimensions that make the functions of a human being wholesome. These personality dimensions tend to have different needs that are satisfied differently as follows:

#### SUMMARY OF PROCESS OF NEEDS SATISFACTION

#### Life supporting Components of the human entity

Body

Mind

Spirit

#### Types of needs for life

Mental needs

Natural Needs

Spiritual Needs

#### LIFE ENERGY AND RESOURCES MIX (LERM)

Now in our quest to maintain wellness and satisfaction we need to satisfy these three individual personalities. Each one has needs that feed it for its proper life and health. Accordingly balancing such life supporting needs is the keys subject of the LERM Protocol



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It follows that in order for an individual to maintain a state of life satisfaction and fullness, the following should be observed:

Each personality dimension must equally be taken care of by having its needs considered and appropriate action made and not to neglect any one of them.

Caring for one on the expense of another is just like derailing the wholeness and fullness of the whole entity/persona.

For example,

**Mind-** Our five senses are dependent on it. It's about feelings and emotions. - To win problems here the strategy we need is Emotional Intelligence (IQ).

**Body-**Our heart will have joy and happiness when life is good. The strategy need here aims at provision and satisfaction of physical life needs such as food, shelter, security and love. Maslow's Hierarchy of Needs works here.

**Spirit-** This inner or spiritual person is life caring and always tells us to do good. This one has a Godly character. Sometimes this spiritual personality softly whispers to correct bad behaviour in its quest to maintain perfect life balance, happiness, satisfaction and fullness. The strategy is to use spiritual awakening tools.

As mentioned above, the three personality dimensions are: 1 Mind, 2 Body and 3 Spirit.

Respectively the effective and corresponding LIFE care learning resources are:1 Emotional Intelligence, 2 Life values and Realities 3 Spiritual Awakening Concepts.

The resourcefulness and employability of these life energy supporters in practice will be explained in the following sections

LERM is all about firing and maintaining the system for continuous life and high spirit energy. It teaches us how to tap into life resources that we build in ourselves for self-healing, success, joy and happiness. Refilling and maintaining the energy wells.

**LERM is a smart builder and reinforcer of:**

- a) A Positive mindset
- b) Wisdom for success, joy, and happy life
- c) Strong, unshaken life base of high and secured spirit

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d) Perfect energy wells

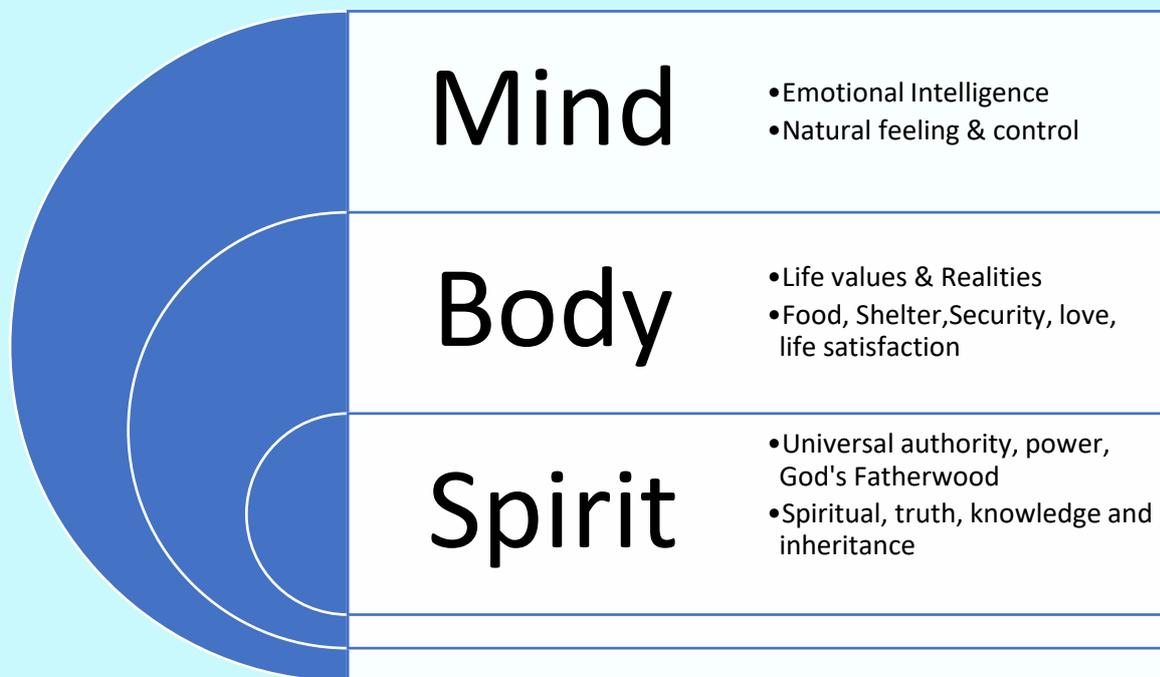
**Below is a mini summary of how it works:**

**Mind:** -Teach Emotional Intelligence to cultivate a positive mindset

**Body:** -Teach Life values and Realities to cultivate self-apprehension, life satisfaction, success, joy, and happy life but without greed.

**Spirit:** -Teach supremacy of God's true Fatherhood love, security and authority to cultivate self-trust/worthiness, and an unshaken life base founded on the power of faith in the might of God

Here is the connectivity and how the mix works



Perfect and wholesome life coaching should aim to provide life skills with clear awareness of areas of the above need satisfaction areas and components.

**Mind-** needs mental health. Mental health can be obtained by a stable emotional state. A stable emotional state is maintained by improved self-awareness, others-awareness and environmental awareness. These soft skills can be well gained by learning Emotional Intelligence and Positive Psychology.

**Body-** needs physical health. Physical wellbeing can be obtained from eating good food, good shelter, security and stable mental health. This position can be achieved by apprehension of perfect life values and realities.

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**Spirit**-When the mind or emotions and body's physical needs are not mindfully taken care of such as greediness, hate, unforgiveness. This can lead to spiritual wounds as the spiritual person groans inwardly for lack of love and freedom.

LERM is a complete life serving and saving protocol. It digs deep into the realities of unseen realm of life and provides complete life healing truths so that those who did not have joy, happiness, success and life will have them.

We do this by wonderfully mixing and connecting personality subjects to real and suitable awareness baselines where they fit. That understanding is key. We get to the root and connect with the original truths and realities in order to find the healing power.

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When we look at life we find that it is made of the satisfying of needs and wants. This is made through feelings. Our bodies need food for energy. Our souls need peace of mind for energy. Our spirit needs love and true spiritual supremacy for energy. Remember energy is the power to do anything.

When you are low in your spirit because your loved one filed paper for divorce and you have no motivation to drive out for lunch, we say you are lacking spiritual energy. What it means is that at that moment your mind is not giving the soul good food. So spiritually you have no power at the moment. The mind is like the mouth that feeds the soul and gives life to the spirit. But it depends on the type of food taken. Some food may be poisonous like thinking in the negative. If you think in the negative longer than necessary, like fdays, weeks, months etc you certainly cause illness to your body through stress related diseases due to lack of actual food intake and bad thinking. Be careful what your mind feeds on.

However, there are ways to build energy reserves so that one can easily come out of the mess of negative feelings.

**Let's briefly look at this.**

- 1.The process of helping you to master skills to control your negative feelings and emotions is in the understanding of Emotional Intelligence.
- 2.The process of getting life satisfaction and balance is in the understanding of Values and Realities of life.

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3.The process of understanding purpose and fullness of life, security and power is in understanding -God and inheritance of His Fatherhood & Supremacy-Spiritual Awakening.

For total complete wellbeing and success these three resources work interconnectedly

**Example 1.** Through emotional intelligence you can control what to keep in the mind and let dangerous emotional material out. This process leads to a positive mindset. Which is a good resource for the power of bouncing back when faced with problem situations

**Example 2.** Through life care values and realities, you can quickly realize what is important to you. You can also quickly accept reality and let go negativities and issues that steal your joy and happiness then go on with life and start pursuing your goals. New power and life is created immediately.

**Example 3.** Through knowledge of God's supremacy and Fatherhood you can always know that you are in save hands. You are assured of success, happiness and life as His own child and this is the largest energy resource ever.

Having said that, let us say that each one of the examples represents a programme of study in a particular area with the aim of building necessary knowledge and skills for the betterment of life.

The skills earned interconnect to produce a valued personality whose stature and values are profoundly unshaken and purposefully unmatched

Let me say that many life coaches teach these courses separately. For example many teachers teach Emotional Intelligence alone yet others teach Life Care Values alone too and finally Pastors would teach about God's Fatherhood and supremacy alone too.

We mix them for the best brand of content for life care and resilience

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## LERM PROTOCOL MEMBERSHIP

As part of our LERM (Life Energy and Resources Mix); life care and awareness campaign, we are extending free education for three MONTHS to two YEARS certificate and Diploma courses. These are life building courses including

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Emotional Intelligence, Life Care Values & Realities, Entrepreneurship and diploma in Business Administration. These courses are all done online hence the pleasure of self-pacing and learning in the comfort of your home.

The LERM Initiative has three stages of membership and each stage takes three to four months of study to complete.

The order of the stages and membership are as follows; -

1. Emotional Intelligence -**Affiliate member**
2. Life Care Values & Realities– **Associate member**
3. Spiritual Awakening Concepts- **Fellow member**.

On completion of the **three stages** a Diploma in Counselling and Spiritual Awakening is awarded.

Table below shows program levels and membership titles

<b>COURSE TITLE</b>	<b>MEMBERSHIP TITLE</b>	<b>STUDY PERIOD</b>
1.Emotional Intelligence	Affiliate Member	3- 4 Months
2.Life Care Values & Realities Awareness	Associate Membership	3-4 Months
3.Spiritual Awakening Concepts	Fellow Membership	3-4 Months

The whole world today is busy trying to find solutions to the current pandemic manifesting from terrible emotional and mental health issues. This seemingly incurable emotional and spiritual black hole is threatening to destroy the dignity of humanity especially the youth. The socio- economic and political environments in many communities today is mentally and emotionally unhealthy. It is exposing many people especially the youths to drug abuse, committing suicides as well as deaths due to stress related diseases.

As Life Light Foundation Team, we believe the first and key thing to consider as a strategic measure to counter this emotional health sickness is apprehension of these principles in people; Emotional Intelligence (IQ), Life Care Values & Realities as well as Spiritual Awakening Concepts. This learning protocol carries all the key attributes of effectiveness in training desistance from the deadly behaviour.

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This wide spreading black hole behaviour that leads into this emotional self-destruction and heartlessness is not without some force behind. Therefore, it may not be complete to use only the traditional ways of counselling and teaching without extending further deep into the inner person to arouse the wits of the inner person's conscience.

At the same time let us not forget the realm of the spirit which we all know is so real and influential to humans and their lives. Spiritual awakening is key here and this is where LERM is the best strategy.

**We have the LERM as the key tool.**

Let's act together to help reduce and end this life-threatening social pandemic. LERM is the first such tool to effectively help make people rediscover themselves and get life going in its fullness.

As you can see the course bases on three major influential areas of human life and behaviour.

On completion of No 1; a certificate in Emotional Intelligence is awarded

Completion of No 1 and 2; certificate in Life Care and Emotional Intelligence

Completion of all three courses; a diploma in Counselling and Spiritual Awakening.

Some benefits of membership:

- Re-discovering yourself and getting happy
- Seamless life and business skills development
- Receive regular posts and develop more life and business skills
- Develop your entrepreneurship skills
- Achieve your vision and personal goals
- Be a professional life coaching and counselling guru equipped with practical skills.
- Be part of a professional team dedicated to save and improve people's lives

For more information visit Life Light Foundation website and subscribe here

<https://wordpress.com/page/lifelight.foundation/1989>

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