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It is best to read this book at once and avoid jumping to different sections, as nothing will make sense. For over 2 years I have been thinking of explaining the mind, disease and wellness. It took me 2 weeks to write this down and you can read it in less than 2 hours if you are ready. It is easy, fun and interactive. Chances are, you will finish it in no time, and your life will never be the same again.

## The MIND

The human mind is so complex, nobody has been able to define it. We know about the brain, where it is and how it works, but very little is known about the mind. To understand the mind, let's look at it as an acronym, MIND.

M stands for Mother. The absolute most important function of your mind is to protect you, like a mother. If a grizzly bear walks into your room right now, your mind will make you run and hide, or fight for your life. When you eat and drink, your mind knows exactly what to do to provide hydration and nutrition for your survival. Anything automated that happened for you yesterday was to protect you, to help you survive and live. Your mind, like a mother, will always protect you, no matter what.

I stands for Intelligence. Your mind is extremely intelligent. Everything you see, hear, experience, taste and use

negative emotion. At the same time, your intelligent mind sees you are in pain (rage, anger, resentment) and will work hard to protect you, coming up with an intelligent solution, known as Disease.

## The Disease

To come up with the disease formula, we will use the 4 letters we have learned so far, but first, let's do a little recap. Your Mind will always protect you, like a Mother. It is extremely Intelligent, and it does not understand Negatives. Your mind becomes a danger when you experience negatives, and comes up with Disease to protect you, Danger = Disease. For example, you cannot forgive someone that did you wrong.

Unforgiveness is a negative emotion your mind doesn't understand, and you keep dwelling in that negative state. Your mind knows love, it wants you to forgive, love is kind, but you choose not to and continue living with resentment, hurt and upset, that cause you pain.

The most important function of your mind is to protect you, like a Mother, so it is constantly looking for solutions, even when you sleep, to see what it can do to protect you from that pain. It almost looks like a grizzly bear attacking you. That is when your mind turns into Danger and creates Disease.

Disease therefore, is your Mind's Intelligent protective function from Negatives it does not understand.

of all those negatives is love, and we will go into more details soon.

### Cause & Source

Let's look at a problem called "boiling water." I lived in England for many years and have always been using an electric kettle to boil water. Electricity, however, is not the only way to heat water. You may have a gas stove and use an old-fashioned kettle to heat water. Growing up in the mountains of Armenia, I have also seen people use wood fired ovens to heat everything, so the kettle may be boiling on a wood fire. As we can see, there are 3 different causes for the boiling water in this example - electricity, gas and wood fire. There is only one source though, the heat. If I turn off your electricity, so that your water stops boiling, it will not work, if your water is boiling on a gas stove. Not only I will not solve your problem, but all your electrical appliances will stop working. If however I turn off the heat for your boiling water, the problem will be solved. There may be many other causes for boiling water, but the source remains the same, the heat. In addressing any problem, it is therefore important to address the source, and not the causes. Likewise, there may be multiple causes and too many unknowns for any disease. We have already learned how disease comes about and we will soon learn how the mind is the

you wisdom. It remembers even the good old times, when we were hunter-gatherers. It knows that we are "stronger together", as we used to get attacked easily by the enemy in isolation. Honeybees are also stronger together, for they know, that making honey cannot be done alone.

We live in communities and honeybees live in hives, working hard together for the common good. They know how to make honey, nobody teaches them. They are born remembering everything. Our mind is the same, it remembers everything.

Most importantly, it remembers the creation. If I ask you, "Do you believe in ODG?", you will likely reply, "What is ODG?"

If however I correct the spelling and ask again, "Do you believe in GOD?", you will never ask the same question. Your mind is part of the divine mind behind creation and it knows even if you don't believe. It remembers everything even if you don't, just as you may not remember your great-great grandmother, even if you see through her beautiful eyes, that may now be yours.

Your mind is like a honeybee, it has a phenomenal memory and it flies.

### The Honey

Your mind is like a honeybee, your brain is like a beehive. The mind lives in the brain, but it's not confined to it, as it flies and ventures out. Your honeybee works hard up there in the beehive to make honey for you. It then drips down slowly throughout your body, becoming your health.

consume, makes a mental picture, and it does not pick and choose. You can choose if it's good or bad, healthy or unhealthy, but your honeybee can't. It just drinks nectar to make honey for you, and any nectar from any flower makes honey. You can plant sweet flowers in your garden, and your honeybee will drink sweet nectar, or you can plant toxic flowers, and your honeybee will drink toxic nectar. Sweet nectar would then make sweet honey and toxic nectar would make toxic or bitter honey. If your honey is sweet, you have good, strong health. If however your honey is toxic or bitter, you have ill health.

So, your mind is like a honeybee, your brain is like a beehive, your health is like honey and information is like a nectar. Sweet honey is good health and bitter honey is ill health. Now, let's look at the sweet nectar and bitter nectar again. Sweet nectar is everything that represents Love, and bitter nectar is anything that's against love, anything that is Not Love, anything bitter or toxic, anything Negative. Love is the highest form of intelligence. It is the reason we are all here, the reason we live, survive and thrive. We will never hear breaking news, that the sun forgot to show up, "It had a hangover and slept in", or "Some say the sun finally had enough", or "It's just upset with us". The sun shows up every morning with love and for love. Information we consume every day becomes Intelligence, and nectar is an Intelligence.

(stealing-negative action), and later on lost something in return, that's your honeybee flapping for Love. If you wish bad upon someone, your mind will bring it upon yourself, as toxic thoughts and hate are not familiar to your mind. It doesn't understand Negatives, and it will protect you and protect Love in the process.

Thoughts are electric, and feelings are magnetic. Together they make our electromagnetic field. If you ever thought about someone, then received a message from them immediately afterwards, it's your honeybee flapping up there, giving out electrical signals that travel at the speed of light. If someone walks into your room and it makes you want to leave and escape, it's your honeybee catching their negative thoughts in electrical signals and wanting to protect you. If, however, someone else walks into your room and it makes you smile and give them a hug, that's also your mind helping you to be drawn closer, like magnets, to embrace the feeling of Love.

By the way, if you have ever taken anything, that wasn't yours, but haven't yet lost anything else in return, you will likely hear from your children, that they lost something, and no idea why. The mind has a phenomenal memory; it will solve all Negatives from all generations, and it will do so for Love.

## The Sting

This is when things get very serious for the Honeybee.

The Honeybee Solution is the Honeybee's or Mother bee's protective mechanism. As you may recall, Disease is also the mind's protective mechanism or function from Negatives. Sting is also a Honeybee Solution, when the honeybee dies as a result.

So, your mind is like the honeybee, your brain is the beehive, information/intelligence (Love or Negative) is the nectar, health is the honey (Sweet or Bitter) and Disease is the Sting (Honeybee Solution).

## The Jar

We have completely overlooked this important area. If our honeybee works so hard to make sweet honey for us, we better have something to contain all that sweetness; we better have a jar. Your jar is very strong and it has the most advanced construction and design. It is called "body," and it is a real "brick and mortar" jar, made in the "Mother Nature". It is made of one ingredient, "brick", and they are stuck together with a "mortar"—your body is made of viruses and bacteria. Right now there are 380 trillion viruses within you, making your body. Trillion has 12 zeros, so that's 380,000,000,000,000 viruses inside you. They are all joined together by bacteria, and right now you have 39 trillion or 39,000,000,000,000 bacteria inside you. But wait! Before you reach out to clorox and masks, let me tell you, that these trillions of viruses and bacteria have always been there. All of them are

Kind words and compliments for other jars make your viruses happy, whereas bitter words and profanity make them sad, so they bang. They hear and watch everything - it's their job. Wave at someone in a distance happily, only to realize 380 trillion viruses are swinging on a swing. Dive in ignorance and isolation only to realize your viruses starve for friendships and die. Your jar gets leaky and cracks over time, letting go of all that sweetness inside and eventually making you unwell, if you do.

Let's now look at bacteria. All your 39 trillion bacteria like eating, playing and sleeping actively. Every time you eat and drink, your bacteria get pampered and fed. Your jar is made in the nature, so your bacteria love nature-made food. They are not familiar with manmade food and they cannot read ingredient lists; that makes them weak and scared. Anything made in the nature has only one ingredient - apple, tomatoe, fish, meat, walnut, etc; they love a good mix. All your bacteria are thirsty for water, as they are made of 70% water. Every time you sleep, your bacteria get rest, as they love playing hard during the day. If you don't get enough rest, your bacteria throw a tantrum, like a little child. That energy they use will likely make you cold and hungry the next day, so you have to then make an effort to "calm them down". Now, when it comes to playing, while your viruses play by watching

## The Honeybee Method™

The Honeybee Method,™ is a novel approach to health and wellbeing. It is a new discipline, that studies Honeybee Solutions™ to eliminate any disease. It is achieved by understanding the human mind, understanding disease, and learning from honeybees. Analogies are made between the honeybees and the human mind in order to simplify the understanding of health & wellbeing.

According to the Honeybee Method,™ the human mind is the source of all disease. It views disease not as a Problem, but a Solution - the mind's protective solution. The Problem in the disease equation becomes the Negative, that is seen as a threat to the human mind, causing pain to the person the mind is trying to protect.\*

The Honeybee Method and all related ideas are trademarks and foundations of Inspowernet, an educational non-profit centered on mental health. This new method is proposed by the founder/author, to inspire individuals to understand the role of the human mind in creating and eliminating any disease. It empowers people to live consciously, love abundantly and build stronger communities. The inspired and empowered community then creates a strong network of individuals globally that work together to make the world a better place and build a brighter future for the humanity (the idea behind Inspowernet Inc.).

\*The Honeybee Solutions attempt to solve the Disease Formula,  $D = \frac{f(M)^I}{N}$ , to eliminate the Negative ( $N=0$ ), using the highest form of Intelligence, Love ( $I=L$ ).

## THE HB METHOD CONTINUED

Disease Source	The Mind. (HB)	The human mind is the one source for all disease.	4; 6; 19.
HB Solution	HB's attempt to solve the Disease Formula, $D = \frac{f(M)^I}{N}$ , where $N=0$ & $I=L$ .	HB's or Mother Bee's attempt to eliminate the Negative ( $N=0$ ), using the highest form of intelligence, love ( $I=L$ ).	13; 14; 18.
Honey Restore*	Bitter Honey is replaced with Sweet Honey*.	The process of restoring good health.	20.

\* The jar has a locked lid (brain/bee hive), so it cannot be unscrewed to simply empty the toxic honey and replace it with a good one. The Honey Restore process is done without touching the jar. The honeybee needs to keep drinking enough sweet nectar over time to make new, sweet honey drip into the jar long enough to replace all bitterness, and before it is too late. Imagine you have to replace a glass of cherry juice with clear water without touching the glass. You would have to keep pouring clear water into the glass long enough, so that the contents of the glass are entirely replaced. Now, when it comes to replacing toxic honey with a new honey, all the bitterness needs to be pushed out through the cracks of the jar. This means viruses and bacteria need to be hard at work and pampered, so that jar's repaired to contain the new, sweet honey. To raise awareness of HB Solutions, the HB Method uses expressions, such as "Your mind is like a Honeybee; when it stings, it dies," or "Save A Honeybee".

or did that", are some of the expressions Gugin uses. Everything he sees, hears and experiences becomes a painful memory and causes him more sadness and regret. Gugin is also very tough on himself and likes getting things done a certain way. If he was to step out and accidentally forget his keys behind, for example, he would call himself "stupid"; "I can't believe I did that, so stupid, how could I forget!", so that he never makes such a bad mistake again. Life was taking away Gugin's joy, he was losing his smile and always dwelling in the past memories that caused him pain. His friends and family were slowly alienating him and Gugin was starting to feel all alone. Now let's see what Gugin's Honeybee is up to. She is flapping up there for him, over 200 times every second of his life to protect her Gugin. That's her primary job and she is working very hard every single second, to make sure her Gugin is safe. She wants him to be happy, joyful, loved and appreciated. Yet she sees Gugin suffer from regrets and painful memories. Gugin continues dwelling in negatives (N) and doesn't see good in anything - everything is turning dark and grey for him. The Honeybee keeps working hard and flapping faster to protect her Gugin from the pain (N) he is going through. She is not sure what's going on, she doesn't understand it (N), but she is tired of seeing her Gugin sad, lonely, depressed and disappointed (threat/grizzly). She is exhausted looking for the best solution to protect her Gugin. Finally, when she decides "enough is enough", as intelligent and loving as she is,

His name was Alois Alzheimer. While Gugin's Honeybee or Mother bee worked so hard to come up with an Intelligent solution to protect Gugin from the Negatives that cause him pain, Alzheimer's or dementia (D) are seen as modern-day problems. They are seen as Problems and everyone is working hard to find the Cause. In reality, Alzheimer's or dementia are Solutions and everyone should be concerned about the Source and not the cause (e.g. boiling water...). In other words, Disease is a Solution and the Source is the human mind working hard to protect the person (Honeybee Solution).

The Honeybee Solution (HB Solution) for regret and painful memories (N) is Alzheimer's or Dementia, whereby the Honeybee (HB) helps the person forget (Sting-memory loss), to safeguard from the pain caused by those negatives (not Love), so that the person embraces Love again (N=0; I=L).

The Disease Formula for Gugin's Alzheimers,  $D = \frac{f(M)^I}{N}$  would therefore be:

Alzheimer's =  $\frac{\text{Mind working hard (to protect Gugin from "below" so he experiences) again}}{\text{Painful Memories and Regret (N)}}$  Love&joy

Disease is the Mind's Intelligent protective function from Negatives.

This and the following virtual case studies feature the Honeybee (the Mind) flapping (working hard) to come up with an Intelligent Solution [HoneyBee(HB) Solution] to protect the person and protect Love in the process (I=L). In other words, the Honeybee (HB) Solutions attempt to solve the disease equation:

$$D = \frac{f(M)^I}{N}, \text{ where } N=0 \text{ \& } I=L.$$

VIRTUAL CASE STUDIES CONTINUED

<u>D</u> anger	<u>N</u> egatives	<u>M</u> other	<u>I</u> ntelligence	HB Solution Notes
HB Solution	Not Love	Mind's Protection	Love ♥	Mind's Solution Notes
<u>Addictions</u> <sup>5</sup> Sting-smoking, drugs, obesity... [Gugano]	Laziness + Indifference "It's flaming inside"	HB: You have a purpose in life and you matter. If you feel unmotivated, I will help you by making fires, so that you jump up and put them out.	Motivation (for fulfilling the purpose)	HB: You are here for a reason, to be Love, work for Love and share Love. You have to continue fulfilling your purpose, stay motivated and embrace Love.
<u>STDs</u> <sup>6</sup> Sting-reproductive infections [Guga]	Impurity + Perversion "Born this way..."	HB: I will watch over you and keep you from harm. I know what's best for you. I remember Exactly how you were born. I will teach you self-control to keep you safe from harm.	Righteousness Willpower	HB: Righteousness and self-control help you become more fruitful. Embracing morality makes you bear fruits and multiply in Love.
<u>Inflammation</u> <sup>7</sup> Sting-arthritis, swelling, aches & pains. [Gugine]	Toxins (toxic thoughts...) "I can't stand..."	HB: I want to preserve your hive and safeguard your future. I will fortify your hive, so that suffering together is no longer painful and done for Love.	Compassion Faithfulness	HB: Faithfulness and compassion are necessary for a fruitful life and I will help you stand strong to embrace Love again.
<u>Mental Disorders;</u> Other <u>Diseases.</u> Sting-losing your mind; other...	<u>Deception,</u> <u>Division,</u> <u>Discrimination</u> [Politics, religions, medicines, money, races, genders, etc... dishonesty, greed, jealousy, hatred, pride, arrogance...] "Human <u>Doing</u> "	HB: I want to protect you from manipulation to keep you safe from harm. Deception, Division and Discrimination are Dangers and I will protect you from each and every danger: $\underline{D} = \frac{f(M)^I}{N}$	Rising in Love; Falling in Love; Embracing Love.  Human <u>Being</u>	HB: Rising in Love every day helps you appreciate who you are created to <u>Be</u> . I will help you rise in Love and fall in Love to stay grateful and to embrace Love, by: $\underline{D} = \frac{f(M)^I}{N}$ N=0; I=L ♥

alkaline, so that it does more good for you and causes no harm. The lemon didn't exist, yet your honeybee protected you, as you most likely salivated to the "lemon test." Now you can imagine how often your honeybee is coming up with solutions like this, especially if you spend most of your time in front of screens, swiping and scrolling. It doesn't matter how big that screen is - small, medium, large or extra-extra large, your honeybee will be flapping to each and every imaginary threat to protect you. As soon as you create a mental picture in your mind, i.e., plant a flower, your honeybee'll land on it and start drinking nectar (information, intelligence). You cannot simply tell your Mind, "Oh, don't worry, this is just a fake lemon, don't worry about salivating, you are going to be useless; it's all fake." Your honeybee does its job, and your job is to plant the right flowers. If you are exposed to imaginary events through your screens, they will most certainly affect you the same way. It is therefore important to be aware of the nature of content you consume on daily basis, from the lyrics of the songs you sing along to, to the comment section extravaganza of any social media. It is important to plant the right flowers to make sure your honeybee doesn't work so hard and flap "like crazy". If, however, you choose to ignore and continue putting your honeybee through "lemon tests" all day long, she will only keep flapping so long, before she flips on you (stings). The mind is like a honeybee, when it stings, it dies (The Honeybee Method).

attitude that morning. She paused and reflected on all the experiences that made her who she was that morning. All of a sudden she started feeling grateful for the life they shared together, for the two beautiful children they had together, and started looking at the brighter side. Gugina's honeybee helped her realize life was just too short to dwell in resentment and anger. That morning she felt that the toxic baggage she has been carrying with her was probably the bag of acid that was quickly consuming her and deteriorating her organs. She picked herself up, put a smile on her face and decided to go and apologize to him that morning. Something that seemed so impossible before, was made possible because of the honeybee flapping. Gugina decided to plant new, sweet flowers.

Gugino was laying on his couch swiping and scrolling that morning. "Wow!", "What?!", "Really?!", "No way!", "Coming!...", "Give me a sec...", "Gugino speaking... you're kidding me!", "Wow!", "Not again!", "Can't believe", "No way!". Gugino kept looking at screens - some small, some Medium, some BIG, and Gugino's honeybee kept flapping, trying to keep him safe, as his face was covered in sweat and his eyes were full of terror. Gugino's honeybee remembered that same expression, when a grizzly bear appeared to his ancestors. He had to flap hard and give him enough energy to fight or escape the vicious animal. Gugino's honeybee remembered that moment, when she pumped glucose into the blood, so that the sugar

happy home. Gugi's honeybee has been flapping through arguments, seeing Gugi's sadness and looking for Solutions to help him out. Every time a fight would break out and objects kept flying, little Gugi kept saying "I don't want to see this", "I can't see this", "I don't want to see", and running to his room in fear. Gugi's honeybee protected him and helped him out, without understanding what they meant (N). She heard "seeing-pain", "seeing-pain", and helped little Gugi lose his vision, slowly, so he doesn't see all those fights any more. Gugi also felt worried and lived in fear due to his family drama. Gugi's honeybee kept flapping, wanting to help him further, so every time there was a family fight, his heart would "skip a beat," in fear of what might happen. Gugi's family couldn't believe the news that morning. little Gugi had a cardiovascular disease.<sup>(4)</sup> Gugi's honeybee helped his family drama to end, so that his parents never argued again, at least not in front of him.

little Gugi wanted to be happy and he wanted his sister Guga to be happy too. lady Guga was a young girl, yet she looked like a mature woman, and she rarely smiled. Guga couldn't stop eating and kept picking on her skin anxiously. Every time her dad's friend Gugano was around, she would look awkward and would hide away. Gugano was a heavy smoker, but he wanted to quit for many years, with no luck. Gugano always wanted to have his own shop and be his own boss, but things didn't work out the way he wanted. He loved playing poker and gambling, and thought

the entire fridge, so little Gugi would have no snacks for school. Her parents were concerned and her relatives were curious what was going on. Guga's Honeybee saw everything and knew the pain, even if it was kept a secret. She kept flapping, looking for Solutions to protect this young girl from her predator she thought was her only fan. Guga's honeybee kept flipping-flopping-flapping and came up with a decision, "If I make you ugly, he will stay away, so that you can go on enjoying your happy childhood." Guga kept eating non-stop, and looking into the mirror, her honeybee made her work even harder, so she could become uglier and uglier with every day. Guga kept picking on her skin so long, it would bleed. She would then cry and sink more and more into sadness, as she wasn't sure why she would do it to herself. She was obsessed with mirrors and would stay locked inside the bathroom for hours, until little Gugi would bang on the door, unable to hold himself.

Gugino's sister, the aunty, used to live nearby. She noticed that her niece was in pain and tried to help her out out before, but it wasn't until Guga called her into the bathroom one day discretely... Lady Guga was in more pain than anybody could have imagined. She had an infection, and a young girl her age wasn't expected to have an intimate infection like that.<sup>6</sup> Guga's honeybee was helping her further, so she could run and hide from the grizzly bear attacking her, to protect her from the pain.

One special morning Gugina decided to forgive. She knocked on his door. He noticed something was different this time. She was in tears, holding some papers in her hand. "I came to say, I am sorry", she said. "What?", "Really?"; "Why?"; "You did nothing wrong", Gugino replied, "It was all my fault. I have been thinking I should have kicked him out long time ago." Gugina carried on, "I have been angry and upset at you all this time, because he was your best friend. I have been holding on to that rage for so long... I have even been mad at my boss and I have been taking it out on you. This morning I realized it wasn't about you. Please forgive me; all I want is a warm and happy home and I want to see my children grow." Gugino was speechless; he was so thrilled to hear that; he smiled and wondered, "What took you so long?"; "Here..." she handed him some papers. "I had a checkup this morning and found this on the floor on my way out", she said. "What? This looks like someone's second grade homework", Gugino scrolled through the papers, confused. "The Honeybee Method?" he wondered... "Yes, I thought so too, but I read it all on the train on my way back home, then suddenly the penny dropped!". "What's it all about?" Gugino wondered. "You have to read it, then it will make sense" Gugina replied confidently. "Ok then, let me see...". An hour later Gugino was seen carrying a large screen to the nearest dumpster. There was a note on it with big letters "Tell a Vision, Anyone?". He cut down his screen time to an hour a day. His Honeybee saw Gugino was no longer

new flowers up there". "Wait! What? You've read the Honeybee thing?" Gugino exclaimed. Gugina couldn't resist, "Check this out", she said, "My husband stopped wearing his headsets, so he can hear his honeybee flap, ha, ha, ha!" "I love your new artwork, No Negatives", the aunty noticed, "Does it have channels?". Everybody was having a jolly good laugh. Little Gugi was finally happy.

### Saving A Honeybee

Without honeybees our stores would be half-empty. Without our minds, we would perish. Honeybees are currently under threat globally and so are our minds. A honeybee alone cannot make honey and wants to belong to a hive. Our mind is no exception - we cannot survive in isolation and we cannot thrive alone. A honeybee alone is useless, but honeybees together are strong and fruitful. In the world we live in today, there are 3 major threats to our minds and our communities - Deception, Division & Discrimination<sup>®</sup>. All 3 D words are Dangers and cause Disease. It is up to us, humans to save our Honeybees from Demise. To do that, we can learn from honeybees again. If a honeybee lands on your skin and starts stinging, there is only one thing you can do to save the honeybee from dying. It is almost impossible to do, but if you do, the honeybee will live. We will shortly learn what that is, but let's briefly look at the intelligence nature is openly sharing with us. Walnuts inside their hard shell look just like our brain

Surprisingly, nothing is also something we can do to save our Honeybee. Deception, Division & Discrimination are the modern-day thieves threatening us and stealing our peace and joy. We will call them D category thieves. To save our mind, we can do nothing - we cannot participate or be a part of them in any way, shape or form. Most importantly, we cannot confront them. I have been a biker all my life and had many bikes stolen by thieves. Imagine I am approaching a bike rack only to catch a thief, about to cut my chain and steal my good looking new ebike. What do you think I should do? Would you recommend that a petite female in her mid-30's confronts a big guy with hard tools that cut through metal? Should I choose my life or my bike? If you recommend that I choose my life, then I have to do nothing - I can just stand there and watch the thief walk away with my ebike. I can do nothing and I appreciate your recommendation, as that's exactly what I did. Of course, now I lock my bike in 3 different places and put a cover on.

These D category thieves that we are looking at here are extremely Dangerous! They also carry dangerous "tools" that not only cut through metal, but melt it in high heat. Honeybees fry and drop dead quickly. All these D category thieves have one thing in common - they have two hands; the right steals from the left and the left steals from the right. It doesn't matter which hand you

is speeding up your course just to be safe. You cross the street, stay focused on your path, walk in peace and carry on with your day. You never turned around to confront this thief that was about to steal your peace. You did nothing - you saved your Honeybee.

Now imagine you are walking down the same street. You hear the same Gugin D shouting behind you, "Hey, stupid!". You are curious, but you carry on walking. You hear it again, now a little louder, "Hey, stupid!". You get more curious and wonder if anybody is trying to offend you there. You turn around to glance and you see nobody else behind you, except from this Gugin, who notices you turned and shouts louder again, "Hey, stupid! yes you!". You turn around in fury. You are surely the one this Gugin is trying to offend. Now you are not just curious, you are serious. You want to show this lunatic who you really are. You want to prove you are not stupid, you turn around and this Gugin is staring right at you with fiery eyes. "Who do you think you are?!", "How dare you call me stupid!!", you shout out loud and notice his aggression in response. Your Honeybee is flipping flapping up there and you punch this Gugin in the face in defence. Gugin then takes something sharp out of his pocket and next thing you know, you are in an emergency room with a Gugin D category criminal. The police is called onsite, since both of you are covered in blood. Now not only you have to prove you are not stupid,

health disorders and diseases that shatter the world, break up families, alienate friends and destroy communities. It is hard to do Nothing, just as it is difficult to watch a honeybee sting you and do nothing. Remember that confronting thieves and defending yourself is not your job. You have a powerful mind and defending and protecting you is your mind's job. Your honeybee has been doing her job perfectly well for millions of years. Your job is to do Nothing in this case and save your Honeybee. You don't have to remember to breathe - your mind does it for you. You don't have to remember to blink - your mind does it for you, among millions of other things. Likewise, you don't have to defend yourself from any thief - trust that your mind will do it for you and live in peace. You can do Nothing, but be a human being, knowing in your heart that you never deceive, you never divide and you never discriminate - knowing your worth, your value and trusting your mind.

### Rising in Love

In this final chapter I would like an opportunity to "deceive" you to make the final point. I will do so by using basic English grammar, and the Gupins. If I have your permission, let's continue.

"The sun rises every morning." If you are like me, you firmly believe this statement is true. No matter where you are in the world, the sun rises every morning.

could barely breathe, and barely uttered the trembling words, "Well, I heard my mum say the son has risen, when I woke up, I heard my dad say the son has risen when I woke up, so I said the son has risen when I woke up". "Yes, what's wrong with that.???" all Gugins yelled at Gugano terrified. He shook his head again in fear and horror. The beautiful morning turned into darkness. Shortly after the prosecutors and the secret services rushed into the house, arrested little Gugi, questioned all the family, turned the place upside down, put little Gugi inside a van and threw him into a jail cell. Little Gugi had no idea what happened and why. All he wanted was a warm and happy home, and he was really looking forward to that Sunday roast. All his family members were hanged for treason. Gugi lost his mind, looking for answers, and perished in his cell without a trace. Generations of Gugis protested, demanding answers and seeking justice.

The sun certainly rises every morning, but today fewer people believe and millions are still living in fear. The sun certainly rises every morning and no matter where you are in the world, it rises for you. It is a reminder to love and be love. The sun rises every morning, and no matter where you are in the world, you believe that it does, without a shadow of a doubt. All you have to do is look up to see, or if you are too busy to see it, chances are, you believe without seeing. Sunrise

the evening comes and you haven't fallen in love yet, it's never too late to look for something. Maybe you will hear crickets sing or catch a turtle resting on the beach. Maybe you will pass by a stranger, share a smile that will make your jar glow in the dark. If it is too late and you found nothing to fall in love with yet, you may close your eyes and look within... It's always been there, and you will finally see with your eyes closed. You will feel that love in your heart and mind, knowing that you will Rise in Love again the next morning.

On 1<sup>st</sup> of January 2024, next morning never came for my father, Sergey Gulakyan. He left us just before sunrise. His mind left us a few years before he did, and it hasn't been easy to accept it. I have been since looking for ways to understand and explain the mind, and it hasn't been easy either. In fact, if it wasn't for that honeybee, I would have been totally lost! My father loved honey, it was his favourite food. He used to mix it with walnuts and apples. Apples had to be organic, peeled and finely chopped. I watched his last breath at home in London and it wasn't easy. I was reminded that it is only a matter of time before "next morning" never comes for all of us. I was reminded that life can either happen TO us, or FOR us; that moving forward we can either GO through or GROW through things.

I have absolutely no qualifications to explain the mind or anything else for that matter. In fact, I worked at Imperial

geographic location.

I would like this little book to stay handwritten to honor our mind. I was about to say AI cannot handwrite, but I just googled and there it is, a new robot that will mimic your handwriting! By the way, if you didn't know it yet, AI is here and it's been knocking on our doors. Some of us open, some of us don't, but it may only be a matter of time before it walks in, puts his feet up and asks for an ashtray. The question remains, "Are we using AI or is AI using us?". The Moneybee knows it's already using our oxygen molecule for energy, but what may happen next is unknown. The other concern is the impact of AI on our communities and the human mind. In these challenging times sharing information on mental health understanding and awareness is becoming urgent and important. The human mind created AI, but would AI be able to fully understand and interpret our mind? Would it Complete the human, Complement the human or Compete with us? We have to recognize that our mind is already complete, and we have to choose not to compete with AI, and simply use it to complement us, i. e. enhance our life experience to improve the quality of our life as humans. Most importantly, would it make us turn? What if AI starts shouting "hey stupid" behind our backs? Are we prepared to stay focused and walk our path in peace, knowing our worth and doing nothing, or would we be tempted to fight back and

# The Honeybee Method™

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