

ICanDo:
Simple way to manage your life.

No need to fight the darkness – it's enough to emit the light!

Whether you beg
Wish you or not,
Fortune and happiness
Come with your thought.

Created by you,
Directed by you,
Looking back
And reading like a book.

All that you wished for
Has been achieved:
Meetings and farewells,
Gladness and grief.

Issues to cope,
Changes and hopes.
It's time of the vices
Filling the Globe!

TABLE OF CONTENTS

Preface

Part One. Theory and practice of ICanDo

ICanDo – management of invisible processes

Chapter 1. Briefly: What is ICanDo?

Chapter 2: Information field and our place in it

Chapter 3: Thought – directed quantity

Chapter 4: MRU – system of self-governance

Chapter 5: Methods of braking

Chapter 6: Mind – a universal cosmic instrument

Chapter 7: Management of invisible processes – subject of ICanDo studies

Chapter 8: How does it look in practice?

Chapter 9: Main method of managing your life

Chapter 10: Trainings for development of life management skills:

- ICanDo time
- ICanDo module
- Test-Training Basic
- ICanDo-keys

Part Two. Philosophy of ICanDo

The need to play. Game and players

Preface to Part Two.

Chapter 11: Our needs

Chapter 12: Brain – a Mission Control Center

Chapter 13: Brain's only need – THE GAME

Chapter 14: Caring about the brain

Chapter 15: Playing ICanDo

Chapter 16: About ICanDo as a game

Chapter 17: Playground

Chapter 18: Rules of the game

Chapter 19: How does it work?

Chapter 20: Simplicity – guarantee of success

Chapter 21: Everyone plays for him/herself

Chapter 22: Meaning of the game

Chapter 23: Result of the game

Chapter 24: Observers – Players – Consultants

Chapter 25: Allowed breaches and permissible exceptions

Conclusion

About our abilities and possibilities

About our dreams and wishes

Appendix

1. Test-Training Full “Changing the geometry of space”
2. Training “Letter from the future”
3. ICanDo-keys

Poems

Preface

Inevitability. What is INEVITABILITY? It is a sum of events that do not depend on us, on our perception, wishes and will power. An example of inevitability is death. We all die eventually... Another example of inevitability is the process of growing up – maturing – aging. It has been set from the beginning (not by us!) and continues till the very end (we never know when the end comes!). The basis of inevitability is beyond our control, to be honest, even beyond our comprehension. This is fact.

Human nature is dual: yes – no, black – white, mom – dad, me – not me. And this very nature evokes a thought about the existence of something opposite to INEVITABILITY. Of course, it is EVITABILITY! It is something that can be avoided! How? Through understanding and management! Inevitability can sometimes be observed with the help of experience of past years: with 18 years of experience, one can see the inevitability of some events that happened within these 18 years... with 40 years of experience... a completely different scope of past inevitabilities becomes obvious. By the way, the notion of INEVITABILITY in itself is absolutely positive! It is impossible to determine whether it is good or bad that we all will die one day (this short sketch is not for vampires and immortals!). We cannot decide whether it is good or bad that the years pass by. We can only speculate that before, we used to be more brave and frisky, yet now we are much wiser! Nonetheless, the years keep flying by, regardless of our wishes and attitudes to them.

However, dealing with the evitable is more complicated. It is far from being straight-forward. It can be avoided (if we want to), but it can also be transformed into the inevitable. Moreover, EVITABILITY can be wonderful, but it can as well be... the opposite.

To give an example: I have a daughter. And this is an absolutely wonderful EVITABILITY! She is beautiful, intelligent and she is the very-very best – she is my daughter! And it is frightening to think that I could have avoided IT! But I really could have!

Another example: my close friend is seriously ill. She has always been successful, attractive and smart... And suddenly – alcohol addiction. It is a 100-percent EVITABILITY! We all have been trying to help her prevent it! She had all the capabilities, conditions and prerequisites... but not her wish! Let's look at this life as a set of INEVITABILITIES AND EVITABILITIES and accept this system as a given. Let's say it is 100%. What is the percentage of inevitabilities in our lives? 10%? 20%? 50%?... It doesn't matter – it is inevitable anyway. So it is better to initially accept these figures as positive (+) in our coordinate system and treat them accordingly (positively!).

The remaining 50%..30%..20%?.. of evitabilities are worth being reviewed in detail. Since it is a matter of evitability, it can be avoided by definition. But under one condition: we should want to avoid it!

For example (this time – an imaginary one), a family is on the edge of a scandal: a daughter is in their teenage years, the parents have not had a vacation in 8 months... the tension is felt every evening during dinner. Is it an inevitability? Not at all! Either one of the parents (even though tired of working) is capable of changing the existing situation. Let me take the position of the mother here. I'd observe the situation: the daughter is having constant splashes of hormones and is suffering from the lack of life experience. The observation from the husband's perspective is somewhat clearer: life experience-OK, but he's simply tired! Once I turn my outlook to this position, another potential scandal over dinner becomes an EVITABILITY.

What's the nature of EVITABILITY? Where's that point, in which an evitability is still evitable so that we are still capable of avoiding it? In fact, all the EVITABILITIES are born in our minds and are guided by our own thoughts!

It's not a dilemma what came first: chicken or egg; here it's a clearly defined sequence: thought gives birth to reality; action gives birth to reaction. Nobody besides us can manage and direct this space. Controlling it belongs to the category of invisible processes. But don't confuse the invisible with the imperceptible and unreal! The results of our own) which are very much perceptible and real: just think positively, with love and without aggression and judgment – and your life will noticeably transform into a smoother and flowing reality.

In it, changes and luck will alternate with new acquaintances, but only in their best form: the changes are for the better, luck becomes the norm of life, and new people are nice and helpful... You move within this reality and enjoy the successes and achievements of your own creation.

Do you wonder how this scenario looks in the opposite version? – you think negatively, with censure to others, with complaints to events, with aggression – don't want to go into details, it's clear. It is simply the reverse formula of creating your reality.

I am not trying to convince you of the truth of all the above. It is much easier – every one of us plays this game of building one's reality and is entitled to perform experiments and tests with one's life until self-asserting results are obtained. The sooner you start to experiment, the faster you will make sure that the formula is functioning (either the direct one or reverse one, depending on the experimenter's wish) and the earlier you will realize how easy it is to control EVITABILITY. I recommend that you do not put it off. I have successfully passed a lot of tests (having applied the direct formula – with love to the world!) and I have no doubts at all that the formula works. What is more, I have formulated an axiom:

If the world has lost its use

Have a look at first at you!

We have no chance to peep into other people's heads and read their minds. However, the destinies of people around us seem to be spread in front of our eyes (since the players can never be as objective as observers) and we can read those destinies like the palms of their hands and understand the ways those people think.

If the person's destiny is moving smoothly with no tension, if it is successfully organized to build up well-being and health; if the person is smiling, positive, optimistic – trust me, this person lives by the direct formula – with Love to Oneself and to the World!

Creation of one's own reality is the best gift that we can receive along with INEVITABILITY. And it doesn't matter that controlling EVITABILITY never comes easy and for good! It is a life-long game with an endless sequence of levels of complexity, passages among the levels, ups and downs. And there is no chance not to play this game! Yet, there is a chance to win!

Controlling invisible processes will be called the game of ICanDo (I Can Do). With a strong belief in our success, we will be guided by the main rule of the game:

ICanDo – the game for all

Fly above and always tall

Once you learn the rules to play

You are happiest all the way.

Part One.

Theory and Practice of ICanDo

ICanDo –

Management of invisible processes

Chapter 1. Briefly what is ICanDo?

Everything is information. Everything around us together constitutes an information field. Among the constituents of the information field are quanta of information representing items, occasions, events, people, emotions and feelings... plus quanta of information about them: about their interaction, features, structures and means... in all the points of time and space simultaneously.

An information field is a global database. The means of conscious interaction between a human and the information field are the subject of study of ICanDo.

Learning the rules and principles of life and interaction with the information field comprises the basis of ICanDo management.

Application of the rules and principles of the information field in order to successfully control reality is the aim of ICanDo management.

Respect of and obedience to the balance of existing rules of organization of the information field is the principle of ICanDo.

Respectful and proper use of the rules of the information field defines a harmonious and joyful life of any human on Earth.

ICanDo is the system of controlling life processes through conscious application of the rules of the information field.

Chapter 2. Information field and our place in it

The rules of interaction with information differ strongly from the Earthly rules of life, yet the information field is eternal, global and is always placed within the boundaries of its own rules.

It is 100% certain that the information field influences human life, since the material world is only a small part of the information field (here, information is in the form of hard matter) and fully

conforms to its rules. Ignorance does not relieve from responsibility, nor does it influence the existence of the rule. Learning the rules of the information field is the privilege that belongs to higher organisms; just like the need for education, career and achievements.

Learning the rules of the information field is the integral and harmonious part of human development in the 21st century. Once upon a time, humankind realized the need to teach their descendants to read and write. In the 20th century, the basic factors of intelligence came to be the ability to drive, speak several foreign languages and use the computer. In the 21st century, this list was enlarged by the awareness about and skill of applying the rules of the information field, i.e. management of invisible processes.

A vivid example of the fact that people nowadays do not pay enough attention to the Rules of the information field in the disharmonious life on Earth, and imbalanced life processes: among them are illnesses, stress, depressions and aggression.

The crisis of 2009 is the conditional line; on the other side there is a strong need for learning and application of the rules of information movement which is even more evident.

The knowledge of the rules of the information field is a process similar to the urge towards the liquidation of illiteracy in 20th century Russia. Nobody wanted to learn! Everyone firmly believed that being an illiterate waif was more comfortable and simple. Now judging by the hundred-year experience, the opposite becomes obvious. The issue of elimination of illiteracy had nothing to do with the matter of comfort! It was a matter of survival.

As a result, today only those countries where education and literacy were ranked by the state as a first-necessity are economically advanced and able to live in harmony. 'Under-developed countries' is an unnatural phenomenon. Starving African countries possess immense natural resources and human potential, yet the problem of massive illiteracy among the population leads to poverty and the inability to govern.

In the 21st century, the issue of informational awareness is just as crucial as the issue of universal literacy in the 20th century.

And, as with the spread of literacy, the key role in spreading informational awareness is played by the government, the most advanced organizations and of course, influential personalities. Had there been no global programs aiming to eliminate illiteracy at some point, not a single waif would have come to the realization that learning how to read and write is essential in his/her life.

The realization of the critical importance of informational awareness is the privilege of highly intelligent people, similar to universal responsibility in controlling this process. That's because the process has been moving by itself; it has been progressing for quite a while, most likely, even with acceleration. Therefore, the purely material forms of its expression can no longer be disregarded, particularly computers, mobile means of communication and the Internet!

In contrast to yesterday's forms of contact between us and the information field, which used to look like prophecies, card reading or fortune-telling by coffee grounds and were heavily questioned due to the lack of physical confirmation, today this contact can no longer be dismissed from the realities of our lives, nor can the reality of the invisible processes be ignored or rejected.

How can we reject the dependence of our own kid on computer games? The inability to differentiate between the virtual reality of the game and physical reality is an issue as serious as a matter of survival: we need to find the ways to explain to our kids that they cannot “kill” their schoolmate because he will not revive on the “next level”...

... We really control wave effects to such an extent that now your mobile call from a remote boat in the middle of the ocean to your parents who are having tea somewhere in rural Russia does not seem unreal at all; moreover, we cannot even realize how we used to live without it.

Think how the notions of volume, transformation and storage have changed! Try to apply those terms to the notion of “information”...

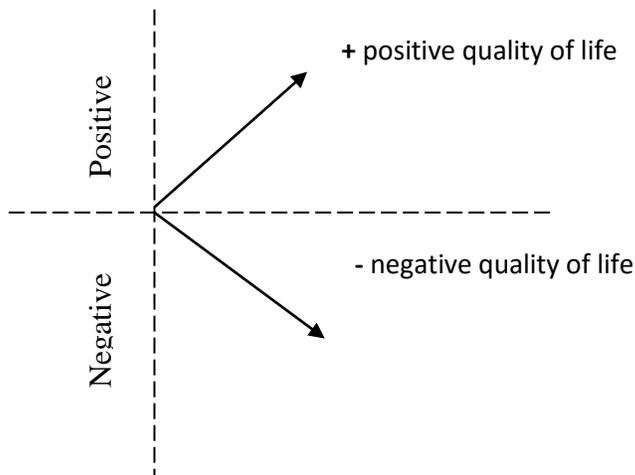
How big is your hard disk? Your flash drive can’t be smaller than 16GB, right? Don’t you use e-mails to transport information? You have no e-mail box whatsoever? Oh I see, it’s full already... so let’s upload everything on YouTube or additional reserves in America. Ok, let’s finish this deal over Skype. See you on Facebook!

This is a regular talk – and we’re not from Mars! We’re from planet Earth!

Chapter 3. A Thought – directed quantity

A thought is a directed quantity.

The direction of the thought is its relation to the Main Rule of the Universe (see ch. 4). There can be two directions – positive (+) and negative (-).



Chapter 4. MRU – system of self-governance

Main Rule of the Universe (MRU) is a universal system of self-governance, based on harmony and creation and conditioned by the constant pursuit for improvement within the goals of creation itself.

That’s why every thought that moves in this direction has a positive (+) vector, but a thought that runs opposite to this principle has a negative (-) one.

Examples:

<u>Thought:</u>	<u>Vector:</u>
I want Love	(+)
I accept life as it is	(+)
I wish all the best to everyone	(+)
I want to have a baby	(+)
First is money, love comes next	(-)
I don't want to fall in love	(-)
There are only assholes around	(-)
I don't want to have a child, it will complicate my life	(-)

In this way, as a result from the thought process, a general direction of one's thought-forms originates (either positive or negative), which defines the quality of one's life, which in turn can be defined as positive or negative in relation to the Main Rule of the Universe.

Since the Main Rule of the Universe exists and functions regardless of our realization, people always depend on their own way of thinking.

When accumulated, negative thinking creates such conditions for a person that keep him/her in a negative quality of life. Yet, the system that is directed to harmonious creation requires that a person – "its little particle" – constantly and progressively moves forward and upwards, which is possible only when the quality of life is positive, meaning that thinking is positive too.

Chapter 5. Methods of braking

In a global scope, the System (MRU) is in charge of its own methods of braking negative thinking, which are very humane from its perspective.

Such a braking process has three main levels of its physical expression:

First Level

Loss of physical values: loss of something, material damage, lack of money, theft, absence of funds and means of subsistence, etc.

Second Level

Illness: display of any signs and symptoms of illness, indisposition, injury, etc.

Third Level

Death

With the help of these methods (their quantity and variability are endless), the System brings the human-thinker back to the sphere of positive quality of life – and positive thinking.

That's why there is a well-known rule to human life: "you can't run away from yourself!". It precisely formulates the global scope of the Main Rule of the Universe and the impossibility to exist beyond this rule.

It is crucial to understand that the System (MRU) is permanently directed at improvement and creation of its key constituent – the human-thinker. As a careful parent, the System devotedly teaches its child and aims to turn him/her back into the positive quality of life, where s/he can develop and improve harmoniously without inner personal damage.

That's where all religious rules about God's lectures and ordeals come from. The difference is in the way you call and treat it. This attitude determines the direction of the thought and thus, the quality of life of the Thinker. If the Thinker takes God's ordeals with understanding and submission (which are propagated by all religions), he remains in the state of positive quality of life. However, if s/he experiences inner protests (let alone judgments and irritation), then he moves into the area of negative quality of life, where the methods of braking start to deal with him: for a start, he will lose something or get robbed. That is exactly the moment when the person should stop and consider everything happening in his life: why loss or damage has come into his life in the first place. If the Thinker realized this and accepted the incident with gratitude of an "obedient child", he automatically halted the process of braking and gained a big chance to prevent illnesses and accidents, which the System had prepared for him as a part of the Second level of braking.

An attempt to inwardly find the reason why the process of braking has even started does matter a lot.

When the Thinker located the reason – the very thought which has led him into the area of negative quality of life and by this automatically started the braking process, the quality of life immediately (!!!) transforms into positive. Then the incident is believed to be settled, with negative emotions dismissed and the process of braking turning off.

If the Thinker hasn't succeeded to reconsider all the happening events according to the outline described above, the System will stop the Thinker all the time!

That's why people fall sick and get needy... as a result, they are unhappy because they don't feel harmony within themselves. A feeling of happiness and harmony is an emotion that belongs to the positive quality of life. And once again, it confirms the activity of the Main Rule of the Universe – the constant pursuit of harmonious living.

It is easily comprehensible that the effect of the Main Rule of the Universe, as well as of the process of braking (as an integral part of the Rule) embraces and involves everything far beyond one human life.

Chapter 6. Brain – a universal cosmic instrument

A Thinker, physically embodied as a human, receives a gift from the Main Rule of the Universe – the brain, the universal cosmic instrument.

Our brain functions tirelessly. When we are awake, our brain solves a number of urgent problems. Primarily, there are matters of our regular vital activity. The brain as a main ruling center is in charge of arm and leg movements, breathing, chewing, swallowing, etc. Along with that, our brain

succeeds in reacting to information coming from the five major sensing centers, it processes the information of sounds, smells, colors... At the same time, it can solve logical dilemmas of life – how to live, what to do and why. Our brain is a big toiler! Even at night when the body is resting, the brain continually controls breathing and maintains vital functions of all the organs. In response to such a big chunk of work, every one of us can at least occasionally take care of one's brain. How can we do that? It's very simple – play with it, devote some time to it.

Brain abilities and features are a subject of constant studies and researches. From the moment of its separation into homeopathy and allopathy, the development of medical science on Earth has been progressing with an allopathic slant. That's why methods of brain examination have led researchers to purely physical attention towards the universal biological computer – the brain. Consequently, within the last hundred years the science of brain has hardly moved forward, actually just like other sciences that exclude the Main Rule of the Universe from their postulates. Not only does this very Rule lie beyond the physical level of the matter, but it also creates this matter and governs it.

Chapter 7. Subject of ICanDo studies

Let's have a look at management. The management of invisible processes that give birth to the visible ones is the subject of ICanDo studies.

ICanDo System of Activation is a system of studying, management and activation of all immaterial processes that organize and determine Human life, according to the Main Rule of the Universe.

The principle of respect towards the Rule is the key principle of ICanDo research.

The Main Rule of the Universe aims to guide one's life in all its directions – both visible and invisible.

ICanDo is meant to study and apply the Main Rule of the Universe in practice. In compliance with the rules and conditions of the Main Rule of the Universe, ICanDo helps to organize the invisible cognitive processes in such a manner that their display in the hard material (physical) sphere will directly lead to improvement and harmonization of human life.

Chapter 8. How does it look in practice?

In practice, it looks in the following way. Example: a person's wallet has been stolen while he was gone to a store.

A Human-Thinker who is not familiar with the Main Rule of the Universe would complain about somebody having stolen his wallet on the way to the store. From the perspective of the usual earthly logic, he blames the thieves who have stolen it or other people who have been involved in the situation – for instance, his neighbor, whom he met on his way. He started to chat with her, opened his handbag in order to show her the recent newspaper and then forgot to zip the bag up, which in his view has enabled the larceny.

Let's review this situation from the perspective of ICanDo, i.e. according to the Main Rule of the Universe.

1. Every Thinker always lives in the situations that s/he has created for oneself. The thief is not the one to blame. The thief is just an instrument of the Rule. The moment when the thief steals the wallet, he creates his own life (karma) and arranges his own situations and deals with MRU is his own case. Since the thief is also a human-thinker; the Main Rule of the Universe is invariable for every person.
2. The loss of material values is a first level of braking. It means that by allowing negative thoughts to occur systematically, the Thinker "descended" into the negative quality of life. MRU tries to help the thinker and bring him back into the positive quality of life, which is the only place where the Thinker is capable of experiencing happiness and inner harmony. Here we can only be glad for his sake: even though there is a braking process, it is on a lowest level (according to MRU's vision, no material loss can be threatening to the Thinker's quality of life).
3. The Thinker has a good chance to halt the process of braking with the help of his own thinking process. It is necessary to reflect upon a possible reason of the given incident. Perhaps, it is negative thoughts originating in any sphere of our lives and having nothing to do with the incident directly. It is fascinating that a mere attempt of such reflection brings positive results and often leads the Thinker to the full realization of the true reason. In this way, the Rule takes care of the Thinker.
4. A desire for finding the guilty among the surroundings worsens of the situation even further. By this, the Thinker only deepens his descend into the negative quality of life and stimulates the braking process.

This is a simple plan of analyzing any situation. Simplicity and straightforwardness of the effects of a braking process as an integral part of the Main Rule of the Universe often causes ICanDo beginners to think that the Rule is unreal and nonfunctional. However, these thoughts are also a part of negative thinking, and just as other thought-forms, they determine the direction vector of our lives!

That is why a Thinker who is aware of the Main Rule of the Universe will rather be grateful for a given lesson of life and immediately start his search of the possible reasons and factors that could have launched the braking process.

Chapter 9. Main method of managing your life

The easiest method to manage one's life is maintaining the hygiene of one's own thoughts. Any Thinker's thought constructed in compliance with the Main Rule of the Universe should be clean and light.

ICanDo Methods of cleaning and lightening a thought are truly simple: keep an eye on the thought, don't let your thinking process be infatuated by gossiping, irritation, anger, aggression, self-reproach or unhealthy egoism. But here is a note: You have to love yourself! A Thinker is a part and a goal of the existence of the Main Rule of the Universe.

A Human-Thinker himself is a mirror reflection of the Main Rule of the Universe. That is why the Rule constantly and carefully looks after and educates the Thinker. He is its beloved child! Moreover, every child – every Thinker – is a distinctive and unique individual. The Thinker's abilities extend far beyond the borders of his own perception of them. The Thinker can do EVERYTHING! I_Can_Do! Without limitations, but under one condition – through respectful and conscious application of the Main Rule of the Universe.

Ignorance of the Main Rule of the Universe is no excuse, moreover, it is another complication of the Human-Thinker's life. Yet, awareness and deliberate application of the Main Rule of the Universe simplifies all life processes, opens new doors and gives unprecedented chances.

Chapter 10. Trainings for development of life management skills

Training which will lead to comprehension and realization of the Main Rule of the Universe is an integral and logical part of the realization process itself.

The goal of such Training is returning the human-thinker to the point of self-realization as being a unique particle of a whole.

Subconsciously, the Thinker always aims to grasp the Rule and learn how to apply it in everyday life. However, on the conscious level it gets more complicated.

The world surrounds us with an endless number of hints and signs towards various temptations, which are willingly perceived (through radio, television, Internet, etc.) and absorbed by our brain. To cite an example, different rhymes and slogans from TV commercials constantly pop-up in our minds in certain situations. Also, children fall for the temptation of advertisements, when they are almost glued to the TV during commercial breaks even though they don't even speak yet!

That's why it is important to take care of yourself as of a Thinker: always train your brain, but don't forget to release the tension periodically and let it relax.

By the way, relax, in its contemporary understanding, is not relax at all. What is it then? Relaxing massage alongside with business meetings? Quick lunch with friends during the break? These are only changes of activity, which do not lead to the Thinker's relaxation.

The Thinker doesn't need non-stop activity: work, meal, golf, tennis, TV, PC... The Thinker needs a pause!

ICanDo provides two unique pausing techniques: ICanDo time and ICanDo module.

Training ICanDo time

ICANDO time is a training which lasts one second: that's exactly as much as it takes for a thought to occur in the Thinker's mind! So, set an alarm in your cell phone at 12 P.M. to repeat daily

forever. The moment when the alarm goes off, feel a Thinker in yourself: think of yourself as of a unique particle of something big and unknown, part of a nation, earth, galaxy, universe... That's it. Don't let the simplicity of the training discourage you. The result from your thankful brain will become obvious very soon. In fact, the more trainings the Thinker practices, the sooner.

Training ICanDo module

ICanDo module is online training. It lasts five minutes. It is available in any location, where you can find Internet access. Here a trainer is a computer program, patented by the ICanDo System of Activation. ICanDo module is a trainer, shrink, a friend's shoulder of the 21st century. Technology allows to activate one's strength or relax, depending on the aim of the user (see further information on the website www.icandosystem.com).

But most importantly, ICanDo module is a universal training for a Thinker. He spends five minutes alone, solely with himself, with the Universe and its Rule.

Training on the ICanDo module is the best way to comprehend the Thinker's responsibility for all the processes that happen around him.

ICanDo system recommends applying both trainings daily until the moment when the comprehension of the Main Rule of the Universe is realized by the Thinker to the fullest.

Test-Training Basic

To get an insight into the real effect of ICanDo trainings, you can pass a special TEST-TRAINING, the result of which you will experience immediately in the hard-material world, and thus, it will be really felt by the Thinker.

ICanDo Test-Training Basic is very simple:

Just eliminate a word "PROBLEM" from your vocabulary.

Since this word is so very widely used in all languages that even some locutions are based on it (like "NO PROBLEM!"), it is crucial not only to remove the word "PROBLEM" from usage but to also replace it with an analogous word – "situation"! On a subconscious level, a brain, as a parent of thought-forms, sees the word "situation" very differently from the word "problem". But the most fascinating part of this training is the rapidness of its results and effects! A Thinker will be able to see his life processes harmonized within mere 14-30 days. Many situations will have resolved by themselves, some will have lost their urgency, and life's edges will have been taken off.

Within the first seven days after one starts to apply the test-training, it becomes clear how often the word "problem" is used by the Thinker himself and his surroundings. The word will literally be on the tip of his tongue and strike his eyes. It means that the training is going OK.

Within the next seven days, the Thinker, having been surprised by the amount of 'pollution' in his own speech will consciously refuse to use the word "problem" and idioms that feature it. Then immediately the result will show: life will begin to have a mellow tint – a lot of issues will solve themselves somehow, only pleasing the Thinker.

The effectiveness of the ICanDo test-training – 100%.

The effects of ICanDo trainings are always dual: on the conscious and subconscious levels. Due to this, results after application of ICanDo trainings in the hard-material world are physically obvious and tangible.

ICanDo-keys

Another unique training concept is ICanDo-keys. It's short but power-intensive affirmative phrases that work with a positive vector in a certain direction: they encourage health, good mood, luck, success in private life, and they attract wealth...

* * *

I am successful, lucky Miss,
My life is filled with love and peace!

* * *

I'm fortunate and wealthy,
My life is great and healthy.

* * *

I know that my life is easy and light,
With luck on my left and wealth on my right.

* * *

Every ICanDo-key is charged with harmony and is used properly and correctly, and gives very noticeable results.

The rule of using an ICanDo-key: memorize it by heart; repeat it three times in the morning right after you wake up so that it is your first thought; before going to bed so that it's the final thought of your brain process; during the day, repeat it endlessly. It is highly recommended to repeat an ICanD-key after an ICanDo time.

Anyone is free to create and memorize an ICanDo-key him/herself. You will find examples of them at the end of the book.

Introduction to second chapter

Possibly...

Everything is possible!

Each and every one of us defines him/herself primarily as a human being. Only after this are we men and women, sons and daughters, moms and dads, wives and husbands... First of all, we are all Humans, and originally every one of us is a human-thinker. Try to ponder over a phrase “I am a Human”. What does it mean? It means that I have a body, brain, feelings...

Human being is a very well-designed and thought out mechanism. But now ponder over a notion of “Me”. Me is something within that mechanism.

I have a body. But Me is not the body. I have a brain. But Me is not the brain. And I do have feelings. Yet, Me is not the feelings either.

I am a creature that is above all this, and that is capable of making a choice and acting according to its own will. Techniques and trainings explained in this book are called “Playing ICanDo” – they are a method of communicating with this creature – with your inner Me.

Should a person’s life be complicated? No! But by far, not everyone is aware of that. Most people strongly believe that they have to fight and struggle. So they fight and struggle. Yet, this is not necessary at all. You can let the life go its way, while still applying **three ICanDo rules** – concentrate on your wishes, resolve current issues and believe in this process.

Yes, life can be tough, but it can equally be reasonable. Moreover, it can even be easy. The difference between the two, lies in your attitude towards events that happen to you.

If you consider a 10-hour flight from Paris to Seychelles islands boring, lengthy and tiring, then it will never seem easy to you. However, if you love to travel, you will take this flight as a part of your trip so that it will be quite enjoyable in the end.

Everywhere and always – it is your choice!

Let’s have a close look at the three ICanDo rules.

1. Concentrate on our wishes.

It means – to wish. If you have realized your wishes, you should start to fulfill them. By playing the ICanDo, you will achieve their fulfillment much easier and faster. In fact, your wish will definitely come true – you always get what you concentrate on.

2. Solve your current issues.

Don't avoid everyday life situations, don't be afraid of them, don't procrastinate and don't try to run away and hide from them. Take each life situation, just as a regular situation. Figure it out for yourself with no rush or tension. Smile at it even because at the moment when the situation started happening, it has already gradually neared the end. Remember King Solomon's ring: it has a statement "Everything will pass" engraved on it. Whenever the King found himself in trouble, he turned the ring on his finger by 180° degrees and saw a different engraving there: "This will pass too".

3. Believe in the process.

Faith is the strongest power, but unlike other Powers that have been studied by physics (say, attractive force, gravity, etc.), the Power of Faith has no unit of measure, yet effectiveness of this Power is never questioned by any reasonable person on the Earth (in particular, religion is a good example and proof of it). When talking about Faith, we can only determine its power in two phases: strong or weak; Yes or No.

Faith is an eternal concomitant. And it is the last one to die. The Power of Our Faith does not depend on anything else, but ourselves. "We will all be judged upon the strength of our Faith".

The majority of people don't even realize that they are the governors of their own destinies. Their ways of thinking are the ones of a victim. In this way, it's easier to avoid responsibility. Such people tend to blame everyone and everything else: weather, government, neighbors, circumstances... And there's nothing bad about it. This is just a first step towards understanding – complete understanding.

The next step is a thought that life can be different.

Further on – evolution of a belief that there's nothing impossible. Then a person is involved with this idea.

And finally, the final level – realization that truly anything is possible! The only limitation is our own intellectual abilities, borders of our perception and positivism of our thinking. Crossing the borders of our limits, and thus progressing towards a positive view on the world are those very "karmic aims" that every person-thinker is expected to achieve during his/her entire life.

But really, everything is possible! And the method that practically teaches how to make it true is called an ICanDo Game.

"Stop thinking that you are nothing more than a consequence of something:

You should know that you are a Reason to yourself!"

Francis Lerimer Warner

"Our invisible resources: Part 2", 1909

Part Two. Philosophy of ICanDo.

The need to play.

Game and Players.

Chapter 11. Our needs

The need to play is a unique human necessity.

We are used to taking such needs as breathing, drinking and eating seriously. Every day, we introduce amendments into these life needs. We are skilled to think globally about them: programs to recover from drought, hunger, global warming, and so on. We build out life perspectives with respect to all those needs: ecological programs, fitness technologies, etc.

This is how good we are in taking care of our body, since all the above-listed needs are the needs of our bodies. These needs are tangible; they are being felt and experienced. But the body has a main center of guidance – the brain. How often do we consider the needs of our brain?... What an unusual phrase, isn't it? Doesn't it sound very strange: needs of the brain? Even the spiritual need – to love and be loved – has more to do with the body in its nature...

Wait, does the brain need something? Anything more than it already has? Well, if the body always craves something and we constantly deal with it, how come that the brain's needs have been neglected?

It is simple – our body and its needs are always urgent to us. Every minute: the stomach demands some food and liquid, the skin begs for anti-wrinkle cream, at night we want to sleep, but don't feel like sleeping by ourselves... All the needs of the body fall under the material level of our being – the visible and tangible one.

Chapter 12. Brain - a Mission Control Center

But what about the main "Mission Control Center"? It's not visible! So it does not demand as persistently! It's not that the brain is totally silent and modest (Not at all!). But its needs lie underneath the material level of our being, even though they rule and govern this level completely.

So that's how we end up in "black theater": all we see is the puppets that move along the stage. But carried away by the fascinating action, we don't even think about what brings the whole performance into movement. Isn't that simple? Very! Yet, we do not have time to consider it, because we have enough other important issues: meeting the needs of the body – drink, eat, sleep...

As a matter of fact, we do want to eat substantially and drink well. That's why the mosaic of life is being constructed by itself: study – get married – earn money. I personally don't mind such a sequence of actions, more than that – I am for it! However, reality is different: the one who only thinks about the needs of the body and completely forgets about the needs of the brain predicts and determines one's route of moving along life: birth – maturity – aging – living one's days out...

Voltaire once said that “old age is a winter for the ignorant and a time of harvest for the scholars”. The scholars - meaning the wise. And the wise person knows how important it is not to let yourself grow old too soon.

The brain develops its first alarming signals that it has been left without needed care and attention by 40 years already. Then the body starts to show first symptoms of aging! God, so soon! Especially since for the largest part of these 40 years, we have been only learning how to live! And then 10 years we’ve been retraining ourselves. And here come these symptoms! So unfair!...

But on the other hand, is it fair to have been ignoring all the brain’s needs for all these years?

The logic behind my thinking seems to infer that at this age we reach the full realization and start to care about our brain... But not! Instead, we start to actively fight the aging symptoms! We use massages, cosmetics, plastic surgeries, “youth elixirs”... The result is obvious!... but only for half a year of each kind of intensive therapy. But in general, our body keeps aging implacably.

Then we involve medicine... I won’t go further, we all know this procedure by heart! The phrase “Oh, he’s an old man, what can you expect from him?” is considered quite merciful! But it’s true because at this point we don’t speak about the particular person, but about his brain! Finally, we’ve started to mention it! Yet, it doesn’t last too long – once we reach the age of 60, the brain claims its rights and needs in the most severe way: it gradually cuts off and disables your body! Again not fair?!

So what’s fair for us? Can the process of intake without compensation be fair at all? I am afraid not. The law of nature is the law of equilibrium.

Chapter 13. Brain’s only need – the game

...Let’s try to go a few paragraphs back... How often do we consider our brain’s needs? But what does it actually need? It needs to PLAY! That’s it!

Its only vital need!

So easy! Look around – since birth, every parent knows that the child should play, but play well! The better a child plays, the more opportunities s/he has to develop and evolve, and the better the result will be: the child becomes bright, intelligent, promising. And it’s a usual approach: the best games, toys, TV programs for kids – all the best is for kids! However, it’s only until a certain age...

This age ends approximately when the question, “What do you want to be when you grow up?” arises. Yet, as long as the child replies: “Astronaut!”, the parents keep playing. But once they start to receive answers like “Singer”, “Musician”, “Geologist”... the majority of parents quit playing: it’s enough of silly things – time to study real matters – s/he should grow into a manager or a lawyer! But the brain still needs to keep playing!

But the games turn into adult games: casino, computer games, entertainment centers, cinema, theater... Is it any different in life? No, it’s not! For instance, the best programs to teach

management are constructed in a playful form. It turns out that even the most complex and serious information is apprehended by the brain when it is not “loaded”, but when it is played with. In fact, all the recent scientific inventions and technical advancements are a vivid example of this process! What about such toys as a mobile phone, notebook, videocalls...?

Chapter 14. Caring about the brain

What if we view the issue of caring about the brain from the same perspective as we do when we care about the body? Make it a rule to exercise your brain together with body exercise. We do charge our body! So let’s try to charge the brain as well!

In the meanwhile, scientists have already tried... and the results are astonishing: the aging process has slowed down, a body of a 50-year old man with an active brain is nearly a body of a youngster! Let alone the psychic abilities in his 70s! Sounds tempting?

So shall we play? What about the rules? Who deals the round of our “playing cards”?

It is everyone of us who deals the round for oneself, as well as plays with oneself! When we were little, we used to sit quietly in a crib full of toys and playing by ourselves was interesting and as natural as a breath to us. Maximum of what we needed was our toys. And this maximum (it is at the same time minimum) that ICanDo offers to us in the form of its Trainings.

...Imagine a situation: it is Wednesday afternoon, your work schedule is very tough. You have no time for contemplation and massage. But that’s ok. Divert yourself away from work issues for mere 30 seconds! And say out loud:

ICanDo – the game I play,
I’m relaxing on the way!

Smile and repeat it several times. Your brain will happily appreciate such a toy and guarantee its positive influence on your day’s program.

The brain’s abilities are truly immense (according to scientists, we use only 6-10 percent of its capacities). That’s why involvement of additional trainings and backup resources will never hurt the brain. Just the opposite, it will have a positive impact on its functioning. Because the brain does want to play! And a small ICanDo-key is a desired toy for your brain!

Chapter 15. Playing the ICanDo

The game that we suggest to play is called ICanDo (I Can Do), which means that you can do it!

There is no doubt that a person can do EVERYTHING. Everyone can experience it! It’s easy, fast and simple – start to play ICanDo by using ICanDo Trainings.

Nobody will be telling you about the importance of the game nor bore you with dull techniques. ICanDo system simply provides us with toys! And you are welcome to pile up your playing “bricks” as you only wish! In turn, the system guarantees that they are safe for us: high-quality material, well-thought out form...

The result of ICanDo can really be equaled to results of children's progress after playing with bricks: the child evolves faster, talks less, walks better and starts to hold his spoon much more firmly... :-)

Do you want the bricks? Peep into chapter 10 once again.

Chapter 16. About ICanDo as of a game

So, let's have a look at ICanDo once more, and see it as a game. Let's collect all we have been speculating about before.

ICanDo is a Game for the Brain. This is the major difference from, say, football. With the rest, while describing the ICanDo Game, we can base on common notions:

- Playground
- Rules of the game
- Meaning of the game
- Result of the game
- Observers
- Players
- Consultants
- Allowed violations
- Permissible exceptions

Chapter 17. Playground

It is our entire life, the whole planet Earth. The Playground is limited, similarly to a football pitch: in our case – by birth and death, by North and South poles. We are free to move around within the Playground during the game. Certainly, if one of the players decides to be a goalkeeper, for example, s/he will no longer run around the pitch – instead s/he will stay to play in a particular sector. Why not? His/her contribution to the game can also be valuable, interesting and efficient! Yet, this is something about players. We'll get back to them a bit later.

Chapter 18. Rules of the game

It seems they are given from the very start. However, let's have a closer look and figure them out on practical examples.

When we are born and "learn" how to live, our parents, teachers at school, society at any given moment explain the rules of life to us in a very detailed and thorough manner. Regardless of our country of birth or native language, we are told pretty much the same:

If you study hard – you will have a decent job –
- you will be rich – you will be happy.

But what happens in practice?

Have all A-students become millionaires?

... Something doesn't match here... But frankly speaking, such mismatches abound in life. You know what, actually we can even say that this rule almost never works...

But what does work then? It is the Main Rule of the Universe and ability to Play! By the way, it's not that we should play without any rules – sneak out on the pitch with two footballs and start kicking them all around... NO! Only knowing the rules of the Game from the beginning (in fact, knowing them well and treating them with respect) can we learn how to play nicely and professionally! That's when the most exciting part of ICanDo Game starts!

Chapter 19. How does it work?

From the beginning, we start to apply the rules of ICanDo and observe the results.

The theory is described in details in the first section of the book, so let's move forward to practice.

Example: you have a certain goal. We'll start from a small one – you want to spend two weeks on the Seychelles islands: to relax and get away from everyday fuss, see a “different” kind of lifestyle, to go fishing.

But even such thought at first seems unreal: work, family,... funds in the end. Don't be afraid! Try to play ICanDo! First thing that you have to do is to wish such a trip to yourself, in other words – to start wanting it!

Step two – to formulate the wish. Make sure you have a piece of paper and a pen (or your computer in front of you) and write down a plan of your wishes:

1. I want to spend two weeks within this year in Seychelles.
2. During the trip, I want to live in a x-star hotel overlooking the ocean.
3. I want this trip to be full of positive impressions and the weather within this period to be sunny and pleasant.

Step three – sign the plan, put a date and year. Now put your letter-wish away and stop worrying about the ways how to make your wish come true.

Step four – get ready for the trip. And here's when ICanDo comes along with its special secret – application of ICanDo trainings. In this case, it's first of all the use of ICanDo-keys.

For example:

Islands is a dream of mine –
Now my life will be sublime!

There are plenty of options! And only one condition: an ICanDo-key has to be simple, positive and joyful! You should read (but better memorize it) the ICanDo-key in the morning, in the evening... during the whole day...

I'll explain that with an example: you are stuck in a traffic jam, which barely moves at all, you are in a hurry – the situation has all the conditions to start being nervous. But there's NO reason to get nervous, and you perfectly know that. Nonetheless, our brain drags out some standard program of anger from its archive that features yourself in an unhappy stage of living, and it starts to bore you and complicate your life... Your brain simply has nothing to do! So give it an ICanDo-key:

I go to the islands –
Live in peace and silence!

The brain reacts immediately; it shifts its focus onto the new toy and quits to whine. At this particular moment, you clearly realize: Yes, there is a traffic jam, yes, I am late, and yes, there is no need to worry. And that's when your brain invites you to play with it – your thoughts are drawn to a new baggage of pictures and images of a white sandy beach and gorgeous yachts...

Such a way to “survive” a traffic jam is good for two reasons:

- a. The traffic jam will dissolve sooner
- b. You actively work towards realizing your dream.

Chapter 20. Simplicity – guarantee of success

Above I mentioned the importance of simplicity of ICanDo-keys. It is a very serious issue in the process of comprehension of the Rules of ICanDo Game.

You should always remember that controlling your life is a Game, while your brain is a child!

Imagine: you have a child on your hands. Your own child! And you have no chance to send it to a nanny, kindergarden or drop it off at Granny's. No way! Eventually the child gets bored and starts to whine. You have to entertain him somehow. But how? Well, you have a choice: a three-volume edition of quantum mechanics in Arabic in small font with no pictures or ... your car keys on a shiny key ring... That's the principle of playing ICanDo. Simplicity is the key to Success!

Chapter 21. Everyone plays separately

The next rule of the game – everyone plays separately! With yourself and for yourself. Same as in football! It only looks as if the game is happening in a team – because in this way, it's more interesting to play: there is someone to pass the football to, someone to shoot... As a result, the game is exciting, lively and breathtaking. In the end – a team wins, yet a two-million-dollar contract is offered to one single player...

The same scenario happens in life. So let's play for ourselves! However, if someone does not agree with it, I respect such an opinion and can only remind you that this rule of ICanDo Game is just an interpretation of one of the Taoist principles:

“Not a single truth comes from OUTSIDE, each and every one comes from WITHIN!”

So no need to argue against it – ICanDo is just a game, built around a principle of respecting the Main Rule of the Universe as a System of managing life (try to argue with a referee! But sure, go ahead and try to argue with Tao...)

Chapter 22. Meaning of the Game

Management. Managing one's life (certainly, towards improvement!), staying in a positive quality of life, achieving one's goals, and finally, reaching the point of HAPPINESS and WELLBEING. What else do we, kids of the cosmos, need?

Everyone of us sees WELLBEING differently. For some it is money, for others – health, for somebody it combines the two...

ICANDO is AT ONE with EVERYONE! ICANDO believes that ALL are RIGHT! As many people, as many opinions about life. But ICanDo is not religion. ICanDo is a GAME of LIFE. You don't have to be a Buddhist to play football!

What is fascinating is that the meaning of the Game is grasped once you start to play. That's how it is. The meaning of life is also understood only during its flow, yet it seems pretty clear by the age of 18 already... by 30 it is less clear, but there is no spare time to think about it... by 40 you reach the basics of wisdom. However, not to everyone... Well, this book is not for everyone either – not everybody plays football in the end!

Nevertheless, when attempting to comprehend the meaning of the ICanDo Game, the key notion is MANAGEMENT.

We all aim to govern and manage our own lives by 100 percent of our abilities. We plan our life out, we try to take shortcuts and most efficient ways to reach our goals, we look after our kids and get ready to get old!

Everyone of us is a director (or manager) of his/her life.

Depending on the abilities and wishes of each person, the area and scope of management can vary greatly. Some people cannot cope with relations within the family... someone might be managing thousands of people... but for someone it may be enough of a challenge to manage his own children... someone dreams of becoming a president. Large-scope management is called power.

Thus, we all manage different sectors within our personal desires and abilities. By the way, how are things in your in particular factor? Everything good? Are you satisfied? It is very rare!

ICanDo welcomes everyone! We recommend that those who really want to change something in life do not hesitate or postpone it! It is appropriate to start to change with any issue, any time within the day and at any geographical point. The main thing is to learn how to think positively with the features of a Player. To achieve that with no complication and stress, simply use ICanDo Trainings (see ch. 10). Moreover, select them with taste and up to your taste.

Those who are satisfied with their lives are kindly invited to share their experiences – one can never mark time in life!

My life is going very well –
Everything solves by itself!

Chapter 23. Result of the Game

So the meaning of ICanDo game is the game itself; the goal is to develop a skill of controlling your thoughts at any given moment and directing them in a desired course in order to achieve high results. So what is the Result of ICanDo game? It is life. The way we create our lives by every single thought is the way it will be! I think you've heard that many times... for example:

"If you want to be happy – so be happy!"

It follows the same topic, yet this is a slogan, it is a call for action. Which action? Ok, now we are on the ICanDo playground with its simple everyday trainings and care about our own brain and thinking.

Realization of the deep simplicity and credibility of the slogan about availability of happiness is something what Buddhists would call "knowing your path". However, as we know, "knowing your path and following it are two different things".

But how do we follow the life path so that the path makes you happy? At this point, any speculation or discussion transforms into a pause and an exhalation... It is believed that an answer to a "How?" question is pure philosophy wrapped in a set of moral maxims held throughout generations. Not at all! Such an approach to using the opportunity to change one's life is just one of the standard dated programs of our brain, which has been installed in our memory a while ago and is automatically retrieved when it is needed.

But what if we stop following the hackneyed programs and consciously replace the old file with a new one? For instance: "How do we follow the life path?" – Easy and joyfully, playing ICanDo!"

Try it yourself! Every morning when you wake up, repeat the following statement to yourself (or out loud) three times:

When I play ICanDo game
Everything I want I can!

Minimum what is going to happen is that you will smile to yourself because of such a "crazy thought" about the possibility of such a thing occurring...

Based on the dated programs, your brain will immediately tell you, "delusion", but don't listen to it! Feel the heat of the game! Choose a role for yourself: be a creator-ruler, administrator, director, VIP-manager, whoever you want to be and you feel comfortable being! Be a careless bird, a nimble fish, a wise lion – king of beasts... be free with the help of ICanDO game! Be yourself, dismiss the role of a victim! ICanDo players do not have such a role at all... delete... You believe that? If I were you, I wouldn't believe right away, but rather start checking immediately:

With ICanDo I am always leading,
Living as if in the Garden of Eden.

And we're already playing... So easy and simple! But what a joy it brings to your brain! It is so tired of idleness, constant use of standard and dated programs. Usually they are so old that if we compare the process of thinking to a computer processor, we can easily conclude that using outdated software considerably slows the process down! And sometimes, even blocks it, disabling progress and movement forward.

However, don't give up all the stereotypes of our thinking right away! For instance, the brain's program regarding respect towards parents, love to your children, principles about sincerity and trust to friends – all these are old, reliable and unfailing programs which are so flawless that they update themselves automatically regularly, year to year, generation to generation... Such programs should be preserved and inherited.

Play ICanDo game whenever you wish to change something in your life, and use the Game whenever you want to preserve something you already possess.
Reach your goals!

Chapter 24. Observers – players – consultants

Just like any other game (say, football again), ICanDo by its own nature separates humanity into

- Observers
- Players, and
- Consultants

You may be sitting on the stands, even clapping actively and even being familiar with the rules of the games... Until you have walked out on the field and kicked the football – you are not a player!

You are an observer.

Comparison with football is in fact very fortunate, yet it needs a little amendment: the process of observation or playing football is directed towards changing an emotional state for a certain short term. Yet, ICanDo Game is a purposeful and conscious management of life. The bets are very different! In ICanDo they are significantly higher.

That's why every observer is a potential player, while every player is a potential consultant. ICanDo consultants in our game are those advanced users who have once deeply realized the existence of the Main Rule of the Universe and the Principle of the GAME and learned to play it perfectly: they set their own goals, they program the paths of their achievement, they move along those paths and learn from their own lessons! In other words, they create the rules of the game and play along with them!

ICanDo consultants are interesting and successful people (well, they just can't be anything else!); they vary greatly in skin color and language of communication, nonetheless they all possess one thing in common – they have a positive view on life!

Chapter 25. Allowed breaches and permissible exceptions

Develop a habit of playing ICanDo Game regularly. The easiest and fastest way to it is through using online Trainings – they are activation ICanDo modules on the website of ICanDo System of Activation (www.icandosystem.com).

It can be compared to a gym visit. The only difference is that in the virtual space of ICanDo there are machines for brain training.

It's an action as easy as pie, but the result really simplifies life! On the web, you can find small programs (ICanDo modules), aimed at busy people: creative, active, business-like. They are for those people who are allured by whatever they do in life, able to value their own time and take care of themselves.

Such 5-minute long ICanDo trainings know how to activate, meaning relieve and recharge your brain effectively IMMEDIATELY. Uniqueness of the trainings lies in its simplicity. Tired? Stressed? Need a 5-minute break? Go to the ICanDo website.

No Internet access at the moment? Repeat an ICanDo-key out loud (see the full list in the end of this book).

No ready-made ICanDo-key at hand? Create it yourself!

...Haven't managed? Nothing seems to come to mind? Have an ICanDo break: straighten up, take 3 breathes and take a second to feel yourself a part of the world essence... beyond worldly vanity.

Above all, channel your thought positively, think positively, stay in the positive quality of life!

... That's how simple the game is, with straight-forward rules and available methods. And with allowed breaches and permissible exceptions.

Which ones? Any! The player is free to decide whether to break the rules and whether to allow him/herself the little breaches. Similarly, everyone is welcome to come up with a list of exceptions for him/herself, as well as to permit these exceptions.

You only have to remember that the Main Rule of the Universe works regardless of our awareness about it and attitude towards it. That's why our breaches and exceptions tend to hold us away from reaching the impressive results of the game.

CONCLUSION

«It is such a pity that before I never knew that I can succeed in anything... Now I believe that I can, and that's why I can... but before I used to think that I can't, so I couldn't. If you want to change your life for the better, believe in your own power and strength, believe that you have a right, believe that you can achieve everything you wish if you only involve your brain.»

Jim Edwards,

Author of "5 Steps To Getting Anything You Want".

About our talents and abilities

ICanDo System of Activation is a system of Activation of Human Abilities. ICanDO consultants assert (in fact, not without reason) that human abilities are endless. A human can do everything. Any limitation is set exclusively by every single person. Everyone of us is restricted by the borders of their own thought-forms, which give birth to our outlooks, attitudes to the world around us and to our own abilities. Such a self-contained system. Is there an exit? There is one! To use the ICanDo System of Activation by playing ICanDo Game. ICanDo trainings are directly channeled at broadening the limits of our perceptions, in other words, at increasing the potential of our abilities.

Talking about abilities, by directing the brain's activity towards expansion of our potentials with the help of ICanDo Trainings, we get two kinds of results:

- We move towards reaching life goals;
- We train the brain.

A notion of an ICanDo-key is a nickname established within ICanDo. However, we don't pretend to be the pioneers. Such short affirmations are widely used in other theories of activation of human abilities. For example, Louise Hay's affirmations are quite famous. Her system of application of such affirmations is commonly used to correct various mood states, as well as to relieve pain and succeed in autotherapy.

A systematic approach to consciousness management through programming and re-programming thought-forms is a basic technique of not only ICanDo, but also in neuro-linguistic programming (NLP). In addition, it is a subject of studies and close examination of numerous scientific centers

and research institutes in the world. The systematic approach to self-programming enables us to achieve noticeable results in our pursuit for realization of our life goals. Such a systematic approach itself is an order of thoughts and actions. And order is cosmos (the word “cosmos” derives from Greek – order).

And cosmos is all of US! So, we’re back at the base in our self-contained circle.

About our thoughts and wishes

It is important to want something in life, yet it is crucial and necessary to dream. It is a formula of progress of a human-thinker along the life path. Our dreams evoke intentions, while our dreams produce aims. It is important to learn to move towards aims without tension, “playfully”. Then, you won’t get bored on the way and time will fly by very fast.

ICanDo Game is a game towards a result! A human-thinker chooses the goals, whereas ICanDo provides the result. Do you want to learn a foreign language? Wishing for promotion at work? Perhaps, you want to get married... or divorced? ICanDo is an expert in reaching goals. In fact, with no stress and tension. You simply play ICanDo Game with us, use ICanDo trainings, expand your abilities – and live happily!

Game of ICanDo is clever –
I can aim and reach whatever!

Appendixes

ICANDO Test – Training Full

“Changing space geometry”

Say what you think.

Yet, always think what you say.

When we talk about geometry of a plane’s wing during take off and landing, we mean the direct influence of open (closed) wing-flaps on the trajectory of the plane’s movement.

Similarly, within ICanDo there is such a notion of space geometry, i.e. quality and direction of our thoughts, their changes and influences of these changes on our lives.

The influence of our thoughts on our lives today is obvious from a set of regularities, which everyone can experience in one’s life. In order to trial the space geometry on one’s own experience, try the following Full Test-Training:

Eliminate the filler words and cult words from your vocabulary, which bring negative information in themselves. Among them are: problem, bomb (in a slang meaning), disaster, dammit, etc...

Throughout a fortnight control your non-usage of such words in your speech (although they may still sneak out!) and realize how often we use these words and phrases in our everyday lives. They destroy the peace and quiet in our informational and energy space.

To simplify the experiment, replace these words with synonyms that have no destructive effect, for example:

- Problem – situation (a crossing point of various circumstances, which has to be solved)
- Bomb! (slang) – awesome! fantastic! great!
- Disaster – natural phenomenon
- Dammit - ... eliminate completely!

... Control your vocabulary and remove everything that clutters your speech.

During the experiment, everyone tends to reach the following simple conclusions:

- Filler words and cult words significantly litter one’s speech;
- We use such words uncontrollably, not realizing how often we do that;

- People around us constantly use those words and don't realize their harmful effects either.

Realization of the harm comes in two weeks, but we start seeing the evident results in a month: the life has suddenly changed! It has become smoother and more uniform, you start to have nicer people around, critical situations tend to straighten themselves out by themselves... The world is filled with peace and love again!

Congratulations! The experiment went successfully. Now it is up to everyone of us: whether we will protract the experiment for the length of our lives and improve our lives or we'll give up and say, "What the ...!" Everybody decides for him/herself.

ICANDO Training

«Letter from the future»

That's when the brain leaves its own concept.

Get a piece of paper and a pen or start your computer. This exercise should be completed with the help of writing and imagination.

Put a date on the piece of paper – today's date and month + next year. Imagine that it's been exactly a year from today. Write a letter to your friend as if you have achieved everything that you wish to achieve by next year. Feel the joy. Share your excitement while describing your own success.

When describing the events, use your imagination. Let it break loose, see the brightest colors and sunny pictures. Don't limit your flight of fancy!

Don't forget to sign your completed letter, fold it... and shelve it. Stop thinking about it.

Set an alarm in your mobile phone on the date which you had put in the letter. On that day (a year later) – you can take it out, read and compare to the real achievements. You will be nicely surprised how much had actually worked out!

You can write the following.

ICanDo-keys

Everything around is great:
Everybody is my friend,
I am flying high,
Living easy life!

.....
My man is really loving me,
I'm proud of my family!

.....
Beloved man is loving me,
I'm happy in my family.
The love we both enjoy
Brings happiness and joy.

.....
The man in my life
Is my other half –
We build a love tree,
I know he loves me.

.....
My life is going very well –
Everything solves by itself!

.....
I am successful, lucky Miss,
My life is filled with love and peace!

.....
I am a healthy, lovely Miss,
My life consists of pure bliss!

.....
My day is great, inside I cheer,
My path is light, my sight is clear!

.....
I'm fortunate and wealthy,
My life is great and healthy.

.....
When I play ICanDo game
Everything I want I can!

.....
I'm open to new ventures,
I go along with nature,
Life presents I consume,
I prosper and I bloom.

.....
Anything I seek – I find
Anything I want – I get
Life to me is very kind,
Which I happily accept.

.....
Money in my bank account

Is increasing in amount

.....

Peace inside, at work – success,
All I do in life is best!

.....

When in life I'm acting well,
Everything solves by itself!

.....

I live with love inside,
My thoughts are pure and light!

.....

My love secures me and cares,
It's with me always everywhere.

.....