

The Class at a Glance

Sun Wheel

Module 1: [The Horizon Series](#) (podcast series)

Module 2: [The Soul's Code](#) & [The Great Work of Your Life](#) (books)

Module 3: [Atomic Habits](#) (book)

Module 4: [Mastery](#) by Robert Greene

Graduating Standard: [Focused 45](#) (aka how to make a dharma artifact)

Recommended companion during Focused 45: [Arete](#) (book)

Moon Wheel

Module 5: [Inner Work](#) (book) & [Dream Podcast](#) & [Dream Article](#)

Module 6: [No Bad Parts](#) (book) & [How To Defang Demons](#) (article)

Module 7: [He](#) / [She](#) / [We](#) by Robert Johnson

Module 8: [My 4th Ayahuasca Trip Report](#)

Graduating Standard: Create & Publish a Trip Report

Fire Wheel

For Entire Wheel: [The Shimmer Series](#) (podcast series)

Module 9: [Getting Things Done](#) & [The PARA Method](#) (books)

Module 10: [Building A Second Brain](#) (book)

Module 11: [The Beginning of Infinity](#) (podcast)

Module 12: [The Art of Dharma](#) (my book)

Introduction

Hey, I'm Erick.

I've been studying psychology for 15 years and I've kept all my notes.

I've tested the best ideas I've found and used them to go from wrapping burritos for \$8 an hour to making 6 figures as a writer and teacher.

(**truth caution:** it did take 10 years of consistent work though).



But more importantly, I used these ideas to put my mind back together after I broke it.

(I had a schizoid episode for roughly a year in college because I was [drinking lighting](#).)

These books and their core ideas saved my life and built the one I live now.

While I teach the best of what I found in my [Mentally Fit class](#), that class is a 2k investment and there are only 60 spots. The first 4 classes have sold out, and I'm seeing the life changing effect it is having on people, so I've decided to create a free guide for anyone who wants to redesign their mind using the best of what psychology has discovered.

This is the backbone of my curriculum. These are the vertebrae I've used to build my life.

PS. If you're interested in taking my MF class, the 5th cohort is open for enrollment. [Peep it here.](#)



Module 1: The Rise of The Dharma Artist



The Core Story: [The Horizon Series](#) (podcast series)

The Opponent: [Meditations on Moloch](#)

This is not an easy read, but I think it is the most significant piece of writing I've ever read on the internet. It does a good job of outlining the main 'antagonist' humanity faces, and it is **Moloch**.

Moloch is the spirit of 'zero-sum game dynamics.'

This series is the best way I know how to introduce you to the world I see.

If you resonate with it, this document is worth a college degree if you play the MF Game.

And if it doesn't resonate with you, you can close this tab and carry on with your life.

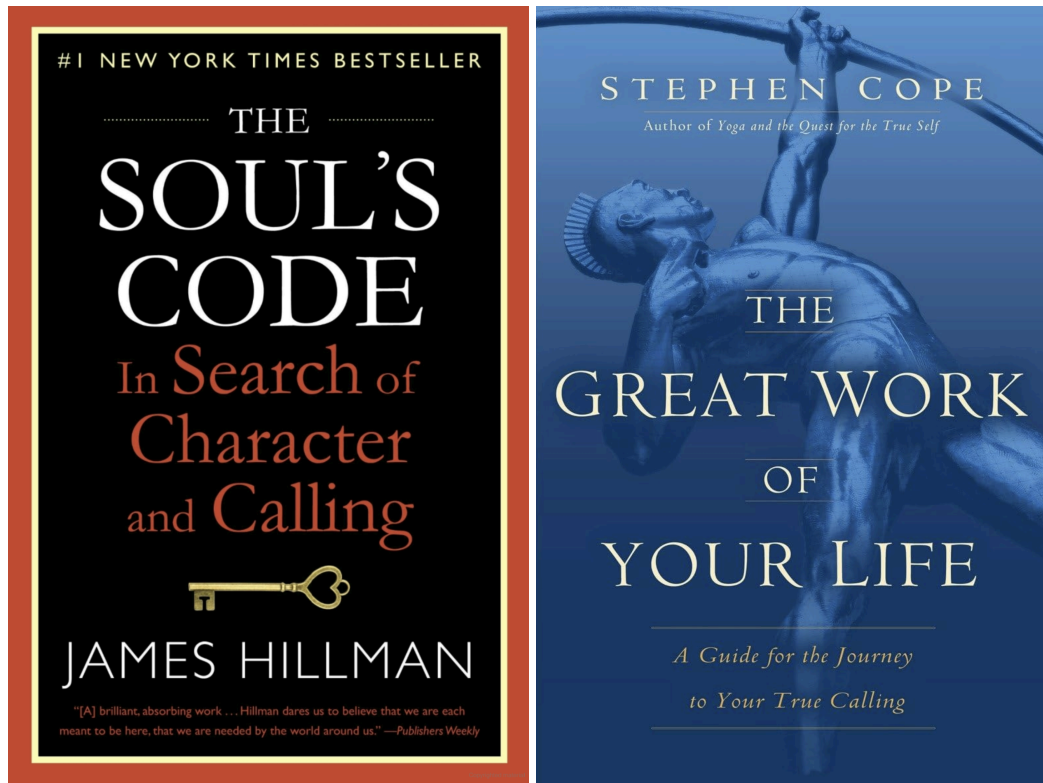
Take-Away: Your mind has a teleology. If you feed it what it needs to grow, you will flourish. If you do not feed it what it needs, you will suffer unnecessarily.

Homework: Fill in the STAGES matrix with your Thrice Born Story (found in horizon series)

Graduation Standard: You know what perspective you're currently at in the STAGES matrix

Hint: You'll know you're doing it well when you find yourself crying

Module 2: You Have A Dharma & It Wants To Dance



Your mind has a teleology. The best model I've found to understand the purpose of the mind is Dharma. The Soul's Code is a singularly unique western view of dharma, and The Great Work of Your Life is clear and instructive.

I won't give it away, but the core idea in Hillman's *The Soul's Code* has consistently been one of the most 'combustible' ideas I can share with a class. Whenever I share it, people's eyes start widening and jaws start dropping.

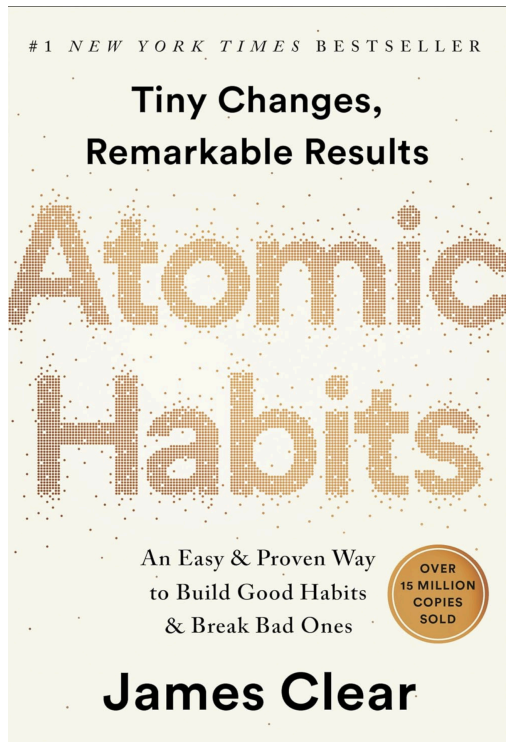
Take-Away: [Start telling the truth and eating death cookies.](#)

Homework: [5 Days of Hell \(and Heaven\)](#)

Graduation Standard: When asked "what's your dream for your life?" you have an answer that feels true on your tongue.

Hint: You'll know you're doing it well when you find yourself crying

Module 3: A Practical Guide on How To Die



Once you can connect to your dream, the tension begins.

The tension between who you are and who you are called to be.

The path from here to that eternally expanding horizon is the skill of dying to who you are to make room for who you could be.

The neutered phrase for this foundational life skill is called 'habit change.'

Don't let the feeling of familiarity trick you. This is deep magick. It will be the hardest thing you'll learn, and the most rewarding.

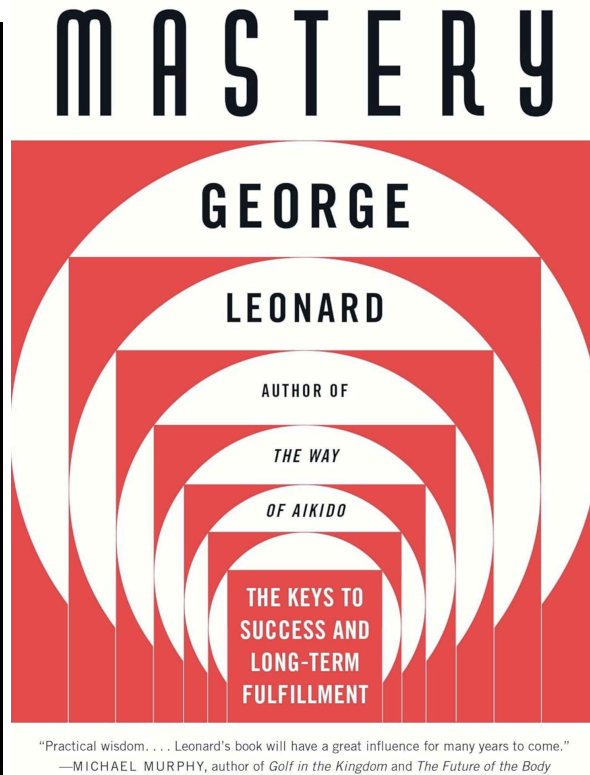
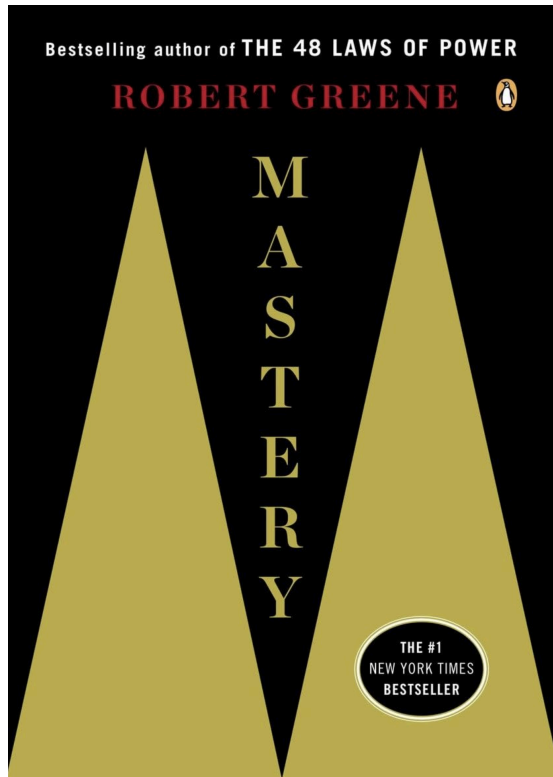
Take-Away: Your identity is a symphony of habits. Your potential is a different symphony of habits. Replacing the atoms of your potential with your current identity is the core of the Dharma Game. The skill of habit change is the compounding asset of soul force.

Homework: map your current habits for a week

Graduation Standard: you actually did the homework lo

Hint: if you don't use this book to track your current habits you're missing the gift

Module 4: The Way of Mastery



Dharma is not a destination; it is a way of being.

The best map for orienting to the infinite game of our dharma is the way of mastery.

Read this book to understand the tao of dharma.

Take-Away: The pinnacle of the Left Hemisphere (Sun Wheel) is the Mastery game. Tune your Sun Wheel towards the star of mastery and you will flourish.

Homework: Design and test your first [Focused45 experiment](#)

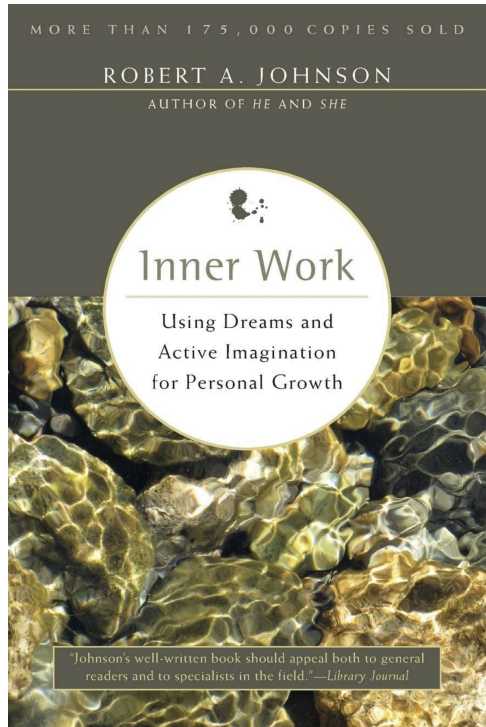
Graduation Standard: Create a dharma artifact from your Focused45 experiment

Hint: Arete and The Artist's Way are great companions while you run your Focused45 experiment.

Sun Wheel Graduating Standard: [Focused 45](#) (aka how to make a dharma artifact)



Module 5: Your Dreamer Is Talking To You



Learning The Language of Dreams

read time: 17 minutes

Introduction

Have you noticed The Shimmer today?

We're in it.

It's been a little over two weeks since I've noticed it. It's been humbling to observe that noticing it doesn't do much to diminish the Attentional Fusion Blindness effect. I can go long stretches of time forgetting that I forgot.

But I'm writing to you from a lucid moment.

And with this moment, I want to share what I know about dream tracking.

It'll help you navigate the Shimmer.

The Discovery of The Unconscious

The greatest discovery of the 21st century was the discovery of the unconscious.

[Inner Work](#) (book) & [Dream Podcast](#) & [Dream Article](#)

Your dreams are talking to you. The day we realize this in our soma is a day we'll remember the rest of our lives.

Take-Away: Don't waste your time on dream dictionaries and googling 'what does a dragonfly mean.' To do that is to completely miss the invitation dreams offer us. Learn the 4 step process Robert Johnson teaches (the clearest distillation of Jung's view on dreams I've ever found).

Homework: Complete the dreamwork process on at least one dream (document the ritual you do).

Graduation Standard: You've created a dream journal where you record your dreams and work with them as a way of life.

Hint: Set the intention to record your dreams the first moment you wake up. Even if you don't remember anything, try. You'll be surprised.

Module 6: You Are Not Singular, You're A Symphony

RICHARD C. SCHWARTZ, PHD
Foreword by Alanis Morissette



Healing Trauma &
Restoring Wholeness with
**THE INTERNAL FAMILY
SYSTEMS MODEL**

No Bad Parts

The Metaphor

The current popular metaphor scientists are using to teach how the mind works is [The Rider and The Elephant](#). Our minds are divided. We have a slow, rational, and conscious mind (The Rider), and we have a fast, emotional, unconscious mind (The Elephant). For more information, check out [Dual Process Theory](#).

Our Elephants and Riders are infected to the degree that our Rider automatically generates negative (non-adaptive) thoughts to deal with emotions coming from our Elephant.

To help visualize how our automatic thoughts influence our lives, I'd like to add to the metaphor.

Have you seen Princess Mononoke? Do you remember the boar at the beginning? That is what most of our Elephants are like when we realize the hundreds of automatic negative thoughts we are programmed with.



Module 6: [No Bad Parts](#) (book) & [How To Defang Demons](#) (article)

I think Richard Schwartz, the creator of Internal Family Systems (parts work), deserves to win a Nobel Prize. The system he's given us is the most elegant system for working with our psychodynamics that I've found.

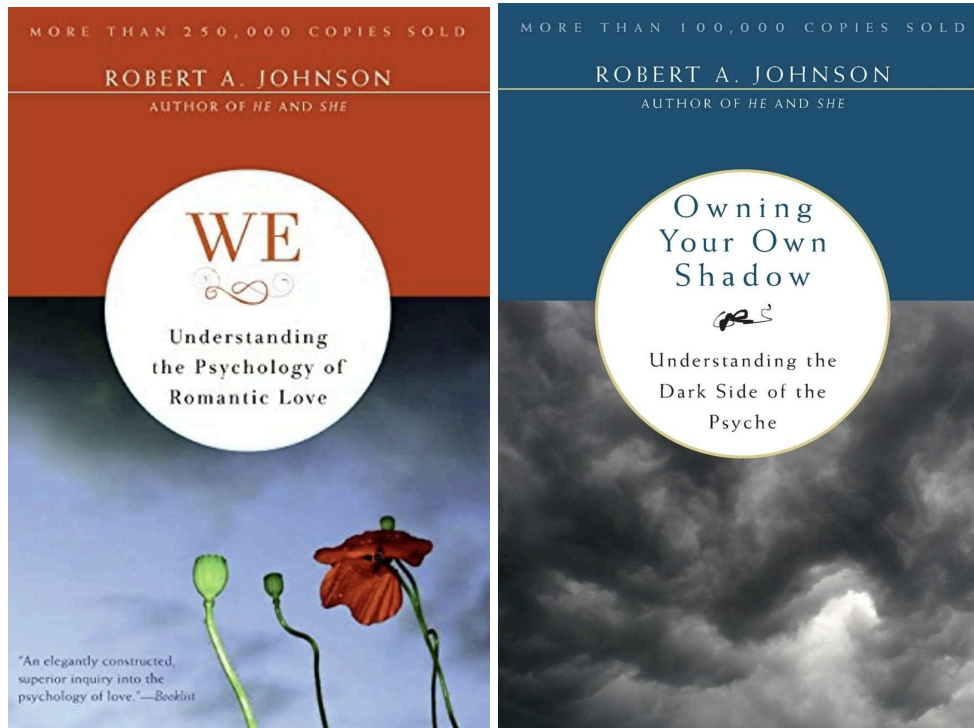
Take-Away: You are not a singular personality. Your personality is a symphony. Many of your parts are overworked, many more are in the shadows. Learning the skill of **conducting** your inner symphony will improve your inner life, all your relationships, your creativity, and your productivity.

Homework: At least once, when triggered, instead of succumbing to the old pattern, you sit down and do parts work.

Graduation Standard: You've met and named your core parts (IFS practitioners report the average number of core parts they find in clients is 4 to 8).

Hint: The Psyche is infinite and fractal. There is no bottom. Don't try to catalog a comprehensive list, because there isn't one. Simply work with whatever parts are present in the moment and don't overthink it.

Module 7: King, Queen, Maestro, Maestra



Module 7: [He](#) / [She](#) / [We](#) / [Owning Your Shadow](#) by Robert Johnson

The most important part in our inner family system for us to learn how to attune to is what the Greeks called our 'Daimon,' what the Romans called 'Genius,' what artists call ***The Muse*** and what New Agers call ***their channel***.

I won't spoil the magical ride reading Robert Johnson's four books will be for you, but I'll give a teaser: integrating this part will change forever what you expect from your romantic relationships.

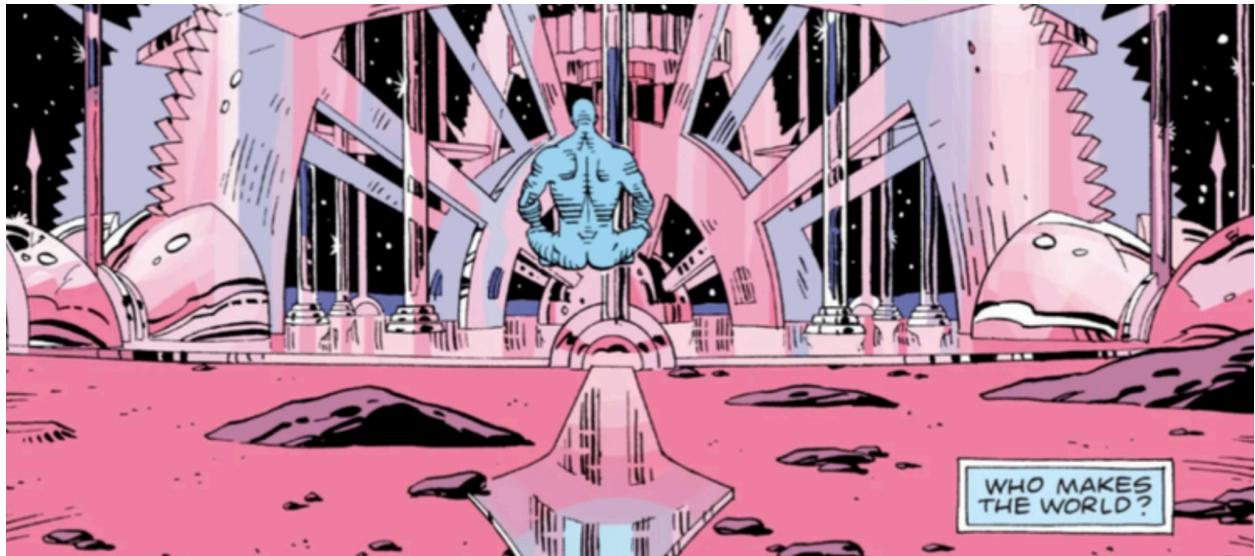
Take-Away: I'm not going to spoil it for you. Read his books.

Homework: Read the books.

Graduation Standard: Find your inner cathedral and tend it daily.

Hint: The people who will get the most from this are those who will find it the most triggering. Good luck.

Module 8: Digest Fate, Reveal Destiny



Module 8: [My Ayahuasca Trip Report](#)

Carl Jung said “Until the unconscious is made conscious, it will control your life and you will call it fate.”

My Aya trip report is a real, living example of how to integrate an exile.

Take-Away: You have exiles. Integrating them is one of the great tasks of your dharma. To bring them home, you will have to digest shame, guilt, fear, and pain. It’s worth it. Doing so can change your fate.

Homework: Meet an exile.

Graduation Standard: Create a trip report (written, audio, or video) about how you integrated the exile.

Moon Wheel Graduation Standard:

1. You have a dream journal you record and cultivate your dreams
2. You do parts work when you need to
3. You’ve created at least one Trip Report

Fire Wheel

For Entire Wheel: [The Shimmer Series](#) (podcast series)

Module 9: The 'Free Your Mind' Mod

Getting Things Done
the art of stress-free
productivity

from the New York Times bestselling author

David Allen



The
PARA
Method

Simplify, Organise
and Master Your
Digital Life

TIAGO FORTE

BESTSELLING AUTHOR OF BUILDING A SECOND BRAIN

Module 9: [Getting Things Done](#) & [The PARA Method](#) (books)

Our modern information ecosystem is polluted. If you don't learn how to create an external system your mind trusts, you will continue to feel overwhelmed by life. There is a scientifically precise protocol for creating an external thinking system that can free your mind. If we lived in a sane culture, we'd all be taught how to do this in middle school.

When you learn how to do this, and you feel for the first time your mind truly feels freed, you will be changed forever.

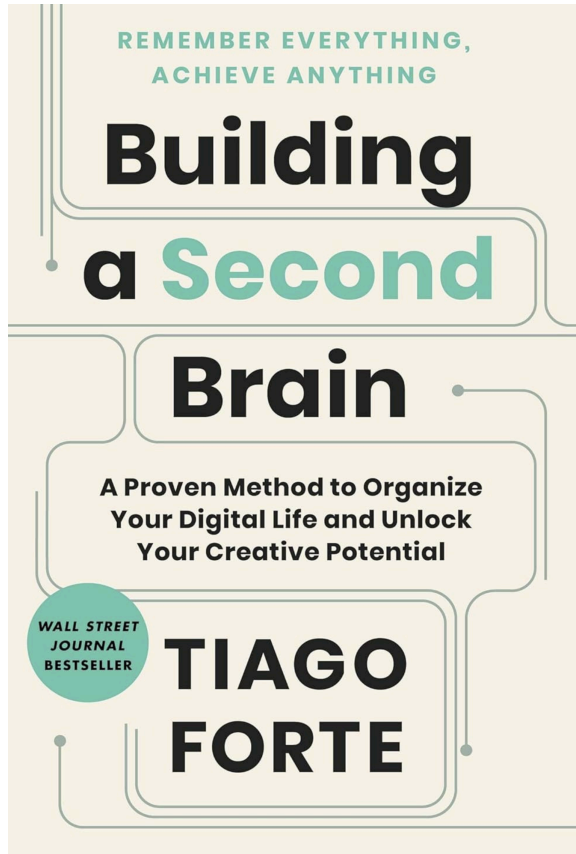
Take-Away: The two Nerd Kings who wrote *Getting Things Done* and *The PARA Method* have figured out how to create an external mind that will free your mind. Learning to do this will be one of the greatest gifts you can give to your future self.

Homework: Read the books and try to build your system.

Graduation Standard: Keep iterating your system until your mind trusts it (you'll know when this happens because it will be one of the most pleasurable moments of your adult life).

Hint: Like Neo trying to make the first jump...no one makes the first jump. You won't free your mind on the first try. Keep trying.

Module 10: The 'Natural Genius' Mod



Module 10: [Building A Second Brain](#) (book)

Once you have an external system your mind trusts, the next step is to learn how to use this system to naturally cultivate your unique genius.

Tiago Forte's CODE method is the most elegant model I've found for how to use the Free Your Mind mod in such a way that we become effortlessly prolific creators.

The Free Your Mind Mod + The Natural Genius Mod is the heart of my artistic body of work.

Learn it, and you will thrive.

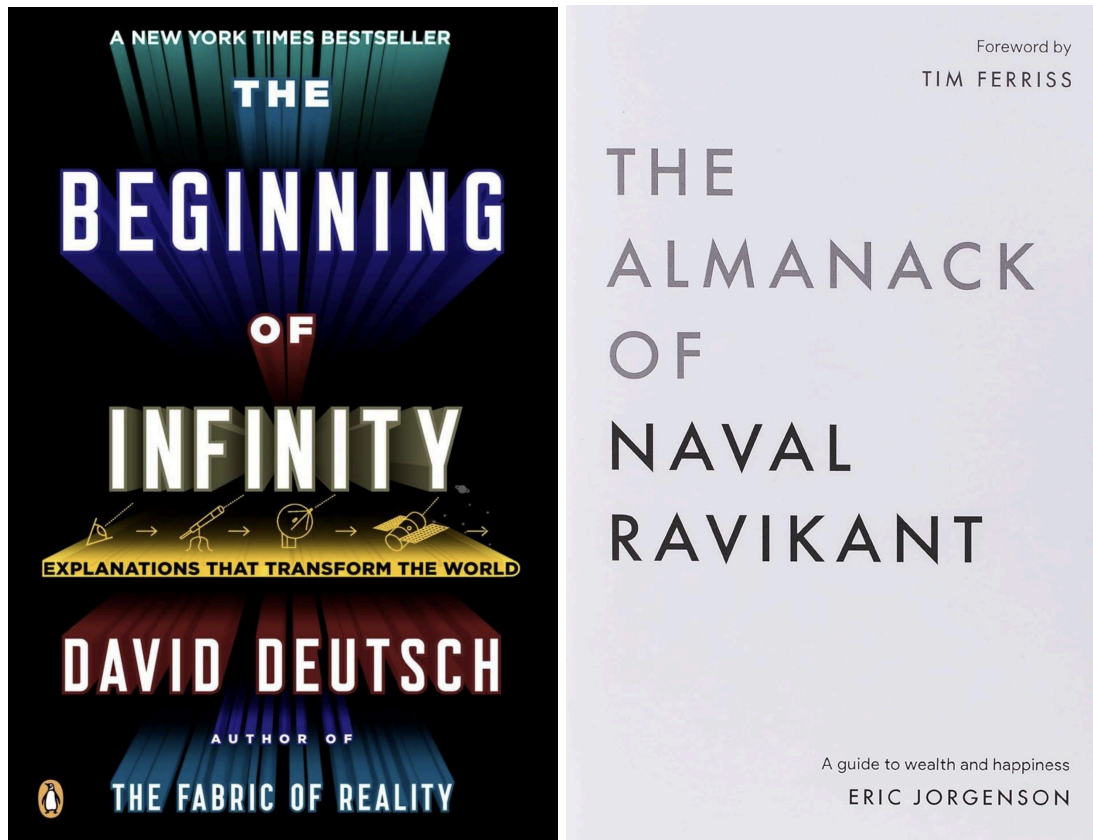
Take Away: Prolific creative expression is a skill that can be learned. When you stack this Mod with the Free Your Mind Mod, you will taste a kind of creativity that most people don't think is possible - *you can be an artist and have excellent mental health*. This stack is how.

Homework: Create something using the CODE method.

Graduation Standard: You consistently create what you love (ex, weekly articles etc)

Hint: This system works if you create from it, no matter how ugly. This system does not work if you don't create from it, regardless of how perfect it is. The point is to use it to create.

Module 11: The Beginning of Infinity Mod



Module 11: [The Beginning of Infinity](#) (podcast)

David Deutsch's argument for **The Beginning of Infinity** changed my life as profoundly as The Artist's Way (which saved my life). This book is the reason I am an entrepreneur and the reason why my Mentally Fit class exists. It is the reason this document exists. Being able to see the beginning of infinity unlocks infinite pragmatic optimism.

Take-Away: To say something is impossible would require the speaker knows all possible good explanations that exist in an infinite universe...which is to say – pessimism is fundamentalism. It is never true because it can't be. The Beginning of Infinity unlocks infinite pragmatic optimism.

Homework: Listen to the podcast.

Graduation Standard: Somatically understand that, because we are always at the beginning of infinity, nothing is impossible (this unlocks infinite pragmatic optimism).

Module 12: The Dharma Artist Operating System

Module 12: [The Art of Dharma](#) (my book)

Now that you know your mind has a purpose and that its purpose is to help your dharma enter the world, you've committed to playing that game well.

You know that the core skills to play this game well are habit change and cultivating mastery.

You know that your Sun Wheel turns when you are actively designing, running, reviewing, and iterating experiments.

Once your Sun Wheel starts turning, you've learned to expect your shadow to start reacting.

You've learned how to listen to your dreams and how to work with your parts. These skills help you notice the contents of your shadow that are ready to be integrated.

Every once in a while you'll find yourself deep in a trigger. This is good. Use your dreams and your parts to bring the exile home.

When you do, share your story with the collective.

Your Sun Wheel aims you at your dream.

Your Moon Wheel helps course correct and helps you integrate the parts of your shadow that living your dharma currently activates.

You've learned how to free your mind using an external system, and you've learned how to use that system so that it naturally produces creative expression.

Finally, you've noticed we're always at the beginning of infinity.

You now have a vehicle and an infinite horizon.

So the question is...what do you want to do with it?

The invitation of the Dharma Artist Operating System is to use these tools to become a

True Adult & help us seed a cultural renaissance.