

ABEP DRAFT. Goals. Mission. Finality.  
Methodology. Benefits. Structure.  
Resources. Implementation

# ABEP Draft

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master del pe  
**BE**life  
live your greatest life

# ABEP. Anti Burnout European Project

Self-Management, Self-Care, Self-Development Autonomous Practical Strategies.

## GOALS - Overcame and Grow.

1. TO PREVENT AND EARLY MANAGE THE CONSEQUENCES OF DIFFICULT SITUATIONS, CONFLICTS, CRISIS AND EMOTIONAL DISTRESS LIKE: DEPRESSION, ANXIETY, BURNOUT, SUICIDAL TENDENCIES, AGGRESSIVENESS AND VIOLENCE, BY APPLYING **DABSEM™** STRATEGIES (Depression, Anxiety, Burnout, Sleep problems Energy Management).
2. TO ACCELERATE GROWTH AHEAD OF ITS TIME BY NATURALLY DEVELOPING 5 on 7 ASCENDING LEVELS OF INTELLIGENCE, BY APPLYING **ARSE** STRATEGIES (Growth and Service Training).

International Cooperation project with the collaboration of Regional, National and International Governments; International Entrepreneurs; Foundations; Philanthropists; Show Business People; Scientific Research; Religious Leaders; Media. It was born in Tuscany in order to spread internationally.

## WHY?

ABEB was born in 2012 as the consequence of an intuitive vision about future increasing violence and chaos all over Europe, coming from the observation of lack of emotional control in managing difficult situations and the life challenges, by many entrepreneurs.

## MISSION

To open up Higher Levels of Consciousness to naturally develop highest Human Qualities and Intelligences, in order to bring the best solutions, according to the highest good for a growing, sustainable, right, and prosperous society.

## FINALITY

- ◆ To spread and integrate practical self-management tools and culture to balance life with autonomous life strategies, to prevent and resolve health conditions, aging, conflicts, crises. Plus overcoming difficult situations, to turn them into growth opportunities, and the integration of advanced qualities.
- ◆ To train new Trainers and Specialists creating new qualified specialists and job opportunities spreading the service faster.
- ◆ To educate at the principle of Unity Through Diversity, according to the new humanity's requirements.

## OBJECTIVES

1. Acquire physical strategies to quickly release stress, fatigue and negative emotions.
2. Increase vitality and stamina.
3. Learn mental techniques to leave peace and inner calm daily.
4. Sharpen mind and improve higher emotions
5. Master the techniques to sustain and maximize the autonomous and natural growth.

## METHODOLOGY

It consists in the application of the BEwell Science™ System programs. The strategies are globally distributed by MDP BELife™ (based in Houston, TX, USA). They have controlled, predictable and reproducible effects on the human system, comprehensive of the 5 levels of health: physical, vital, emotional, mental and spiritual.

The protocols are the result of 30 years of research and experimentation. The practical techniques were tested by more than 300.000 people of different ages, gender, culture and religions, in over 100 Countries. They were designed by the world expert Master Del Pe, Founder at MDP BELife™, BELife Institute for Higher Consciousness (BIHC), Wisdom Institute for Leadership & Global Advancement (WILGA), and MDP Foundation™, in which he gathered more than 200 programs to balance and improve life quality, and to accelerate the growth ahead of its time.

## TOOLS

Integration of bio-mechanical movements, breathing techniques, focusing and centering techniques, synthesis martial arts, and meditation.

**Note:** The entire basic sequence takes 15 minutes to be done. It can be performed in any place and it does not require any specific kind of equipment.

### AUTONOMY



Self-manage the techniques according to one's priorities.

### PRACTICALITY



Practical strategies to naturally develop new qualities.

### RAPIDITY



5 to 20 minutes easy sequence, to do 2-3 times weekly, or more.

### IMMEDIACY



Immediate benefits, also managing contingency situations.

### SUSTAINABILITY



Regular practice to support and improves results over time

TOOLS TEST LINK <https://www.angieclaire.com/blog-1/restricted-area/>

## BENEFITS

Some of the immediate benefits obtained by these programs:

- ✚ Release stress, fatigue and bad emotions
- ✚ Increase vitality, will power and focus
- ✚ Improve decision-making
- ✚ Develop dispassion
- ✚ Manage and develop higher emotions and mental clarity
- ✚ Improve joint fluency
- ✚ Improve the sleeping quality

## With the regular practice we can also observe:

- ✓ Slowdown the aging process
- ✓ Development of creative decision-making
- ✓ Resistance and Resilience skills and proactive approach to difficult situations
- ✓ Reinforcing of the immune system and Total Health Quotient improvement.
- ✓ Development of 5 ascending levels of intelligence (**Instinctive, Emotional, Concrete, Abstract, Intuitive**)
  - ◆ **Instinctive** - Rhythm and Timing. It improve a better decision-making to make quick decisions at the right time and to immediately execute them, increases and supports the vital energy. It slows down the aging process and introduce to longevity.
  - ◆ **Emotional** - Heart and Immune System. To live sense of peace and satisfaction in the workplace and at home, it improves the ability of team working and team building, develops empathy, inclusiveness and acceptance. Boosts the immune system.
  - ◆ **Concrete** - Sequential and Analytical Mind. It increases the detailed logical analysis skills and a structured schedule capability; it improves communication and expressive skills and regulates metabolism.
  - ◆ **Abstract** - Vision and Focus. It allows the vision of the big picture and the ability to focus on the end goal, increasing the mental will-power and the ability to synthesize the experiences into guidelines and paradigms. By regulating the Pineal gland, it balance the hormones.
  - ◆ **Intuitive** - The deep purpose in life. It stimulates precursor and intuitive thought to be inspired and make the best choices ahead of time, preventing crisis. It develops wisdom, universal love and dispassion, aligning to the Higher-Self.

NOTE. By knowing how to develop and balance these qualities in a concrete way, it is more effective to combine the physical exercises, with the breathing techniques and the appropriate intention.

## PROGRAMS

**JustBE alive™** - Physical strategies in 4 phases

- ♣ The 8 steps: compact series of bio-mechanical movements to release stress and fatigue, improve stamina and blood oxygenation; increase the muscular tone and bring dynamism.
- ♣ Synchronized breathing: to quickly release stress and negative emotions. It improves the quality of sleep with immediate effect. Develops detachment and peace.
- ♣ Combined breathing: to quickly increase energy and make bones and muscles more dense.
- ♣ Centering meditation: breathing technique to recharge vital energy. It develops sense of rhythm and timing and slows down the aging process.

**Note:** The entire sequence takes 15 minutes. It can be performed in any place and it does not require any specific kind of equipment. Some techniques can be extrapolated from the sequence and applied in 5 minutes to prevent and handle some emergencies, such as insomnia, anger, fear, anxiety attacks, sudden fatigue. The training also provides to acquire the capability to manage contingent situations.

**JustBE free™ and Renewal Meditation** - Mental Strategies. Basic meditation techniques to release stress, trauma, emotional and mental pains, obsolescence, bad habits and vices, included their side effects. It reinforces positive emotions, calm of mind and peace. These meditations is also useful in problem-solving and conflicts-resolution.

**AMAYS™** - Martial Arts-Yoga Science and Self-Defence Techniques. Specific synergy of simple physical exercises with concrete effects on body, emotions and mind. Basic approach on self-defense techniques. The program works on:

Immediate management of excessive emotionality, overcoming fear, increasing willpower. Releasing physical, emotional and mental collateral effects of bad memories from the past, including sense of martyrdom, victimization and sense of helplessness. Acquisition of the right and the ability to defend ourselves. Bringing new muscular memory and development of survival instinct. Forming strategic attitude to detect and prevent critical situations.

## **METHODS OF IMPLEMENTATION**

### **Structure:**

1. Physical strategies to release stress and fatigue and get a quick physical revitalization
2. Emotional and mental strategies to prevent and correct the attitude to live in worries and bad emotions.
3. AMAYS™ physical strategies

### **Session type in 3 modules**

**Module I:** Introduction

**Module II:** physical exercises

**Module III:** emotional and mental Strategies

### **Content of each module:**

**Module 1:** Theoretical introduction and sharing on burnout aspects.

**Module 2:** JustBE alive™ practice (8 steps and breathing techniques) + AMAYS™

**Module 3:** Inner Renewal Meditation or JustBE free™; feedback; advices; closure.

NOTE. The implementation time of the programs is 4 weeks for group in case of DABSEM™ strategies | 6-7 weeks in case of addictions | 4 - 8 - 16 hours in case of preventive programs and workshops.

## **INDICATED PARTNERS**

Corporates	
Philanthropists /Foundations	
Show Business	
Research	
Religious Leaders	

## **RESOURCES**

### **Human Resources**

Trainer and Specialists MDP BElife™ early on. New Specialists and Trainers on going. Translators.

**Economic Resources** - Entrepreneurship; Foundations; Philanthropists; CEE.

**Locations.** Companies, dedicated BEinshape Centers.

## IMPLEMENTATION PLAN - 10 years.

### **INCUBATION** 7 months

- Step 1A: Collecting 1st part of funds
- Step 1B: One experimental month with a group of volunteers.
- Step 1C: Connections with more partners
- Step 1D: New Trainers and Specialists training (3 - 6 months according with the level)
- Step 1E: Teachings and public events.

### **START UP** until the 2° year

- Step 2 A: Economic resources and partners' growth.
- Step 2 B: Training of new specialists.
- Step 2 C: Dissemination strategies and public events.
- Step 2 D: Monitoring and adjustments.

### **BREAKTROUGH** since the 3rd year

- Step 3 A: Connections with more partners and more economic resources
- Step 3 B: Continue Trainers training
- Step 3 C: Dissemination and communication
- Step 3 D: Monitoring

### **CONSOLIDATION** until the 7th year

- Step 4 A: Coverage of the largest number of Countries
- Step 4 B: Continue training
- Step 4 B: Monitoring
- Step 4 C: Studies of new strategies and projects according with the new needs

### **FINAL and UPDATING** 8th to 10th year

- Step 5 A: Total coverage
- Step 5 B: Final monitoring and closure
- Step 5 C: Updating of new projects according with the next needs

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