

**L.I.F.E.**  
love intelligence for evolution

a new educational community based on the premises of being before knowing

# INDEX



Shifting the model	3
Why the old model doesn't work anymore	4
The flaws of the old model	5
What is L.I.F.E.?	6
Why Love?	7-9
Our educational model	10
Our core values	11
Sports, technology, languages & music	12
Frequency	13-15
School structure	16-18
Age groups and activities	19-21
The seeds of Life	22-29
The fruits of Life	30-41
A day at L.I.F.E.	42
Ceiba by Life	43-46



we shift the old model of

doing  
+ having  

---

being

to the new

**being**  
+ doing  

---

having



# Why the old model doesn't work anymore

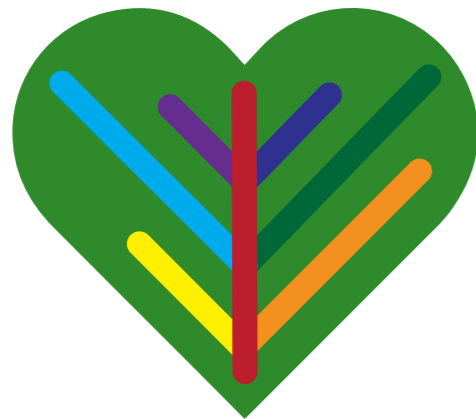
- The introduction of technology seeping up change faster than ever.
  - Internet access makes information available on demand.
- Dissociation between individuals and nature causing an unsustainable ecological reality.
- Learning through competition and repetition has been proven not to attain the maximum potential of a child.
- Quantum physics and neuroscience discoveries are changing the paradigms we had about the human mind, the power of intention and our capacity to co-create.
  - “Psychological disorders” diagnoses are on the rise.
- Increasing teenage suicide rates due to overstimulation, stress and disconnection between humans.



# The flaws of the old model:

- + Creates individuals trained to obey and listen to an external guidance system.
- ✗ Does not see the greatness of each child “just the way he is”. It is always trying to *fix* the child and squeeze him into already set parameters.
  - + It is “system based” and not “student based”
- ✗ Does not value individuality, creativity and uniqueness, nor admires diversity.
- ✗ Over-intellectualizes children before they get to inhabit their bodies and manage their emotions.
- ✗ Emphasizes the voices of the mind over heart and intuition.
- ✗ It is disconnected from ancestral wisdom, natural cycles and the Earth as a living entity.





**L.I.F.E.**  
love intelligence for evolution

## WHAT IS L.I.F.E.?

we are a new educational community based on the premises of being before knowing

$$\begin{array}{r} + \text{ LOVING} \\ \text{KNOWING} \\ \hline = \text{ WISDOM} \end{array}$$

$$\begin{array}{r} \text{BEING} \\ \text{before} \\ \text{KNOWING} \\ \hline = \text{PLENITUDE} \end{array}$$

$$\begin{array}{r} \text{LOVING} \\ + \text{ BEING} \\ \text{KNOWING} \\ \hline = \text{THRIVING} \end{array}$$



## WHY LOVE?

Love is the connecting tissue of humanity, love is our origin and love is our final purpose. Without love we are lost, without love our lives lack meaning, without love knowledge can never be transformed into *wisdom*.

*The heart communicates with the brain and body in four ways:*

- *Neurological communication (nervous system)*
- *Biochemical communication (hormones)*
- *Biophysical communication (pulse wave)*
- *Energetic communication (electromagnetic fields)*



“

New research shows the human heart is much more than an efficient pump that sustains life. Research suggests the heart also is an access point to a source of wisdom and intelligence that we can call upon to live our lives with more balance, greater creativity and enhanced intuitive capacities. All of these are important for increasing personal effectiveness, improving health and relationships and achieving greater fulfillment.”

- Science of the Heart. Exploring the Role of the Heart in Human Performance. An Overview of Research Conducted by the HeartMath Institute







Children at L.I.F.E. will grow to be agents of evolution at the time they discover their higher life purpose, aligned with humanity's higher wellbeing.



# Our educational model

we promote and present the right:

✓ **circumstances**

✓ **spaces**

✓ **material**

✓ **sources of inspiration**

so students can learn via direct experience and acquire expansive knowledge and true wisdom, creating profound emotional engagement in the process of learning, which is based on the interests and aptitudes of each particular student accompanied by different mentors.





# OUR CORE VALUES

courage  
nature  
self-expression  
technology  
wisdom  
consciousness  
uniqueness  
**love**  
creativity  
freedom thriving  
community



# Body movement

---

A guiding principle of our school are *sports and outdoor activities*, encouraging strong physical development and team building.

# Languages and Music

---

We offer a multi language platform in 5 languages:  
English, spanish, chinese, german and french.

For more info

<https://youtu.be/cN1TN8w7VE4>

# Technology

---

From age 7 onwards students will be introduced to technological tools and techniques, and they will be able to collaborate with kids from other countries.



# Frequency

A core pillar of L.I.F.E. is the understanding and mastery of the main energetic principles such as frequency and vibration.



Everything that a human being wishes to experience as reality like success, appreciation, love, creativity, power and peace come from a consciousness state that vibrates in the higher scale.


If a child is capable of sustaining a high vibrational reality during their first 7 years of life, he will be able to recreate high vibrational realities for the rest of it, living more through inner personal power and less through struggle.



# MAP OF CONSCIOUSNESS

	energetic frequency	emotional state	view of life
enlightenment	700-1000	ineffable	is
peace	600	bliss	perfect
joy	540	serenity	complete
love	500	reverence	benign
reason	400	understanding	meaningful
acceptance	350	forgiveness	harmonious
willingness	310	optimism	hopeful
neutrality	250	trust	satisfactory
courage	200	affirmation	feasible
pride	175	scorn	demanding
anger	150	hate	antagonistic
desire	125	craving	disappointing
fear	100	anxiety	frightening
grief	75	regret	tragic
apathy	50	despair	hopeless
guilt	30	blame	evil
shame	20	humiliation	miserable

developed by David R. Hawkins



at L.I.F.E. we co-create a high vibrational community in which each individual will be able and prepared to **thrive** in life by being able to sustain high vibrational realities from the first years of age.

# SCHOOL STRUCTURE

## 6 CLASSROOMS

we refer to these as the “seeds of life”

*divided by age groups*

activities for rest,  
connection & inspiration

## 12 LABORATORIES

we refer to these as the “fruits of life”

*divided by learning subjects*

Interactive workshops & projects

## 1 COMMON HALL

This is the “origin of life” center - I LOVE

*for all students and teachers*

Communal mindfulness practices

*heart-brain  
activation*



The **Origin** of their education is based on the sole principles of love and the recognition of *oneness*.

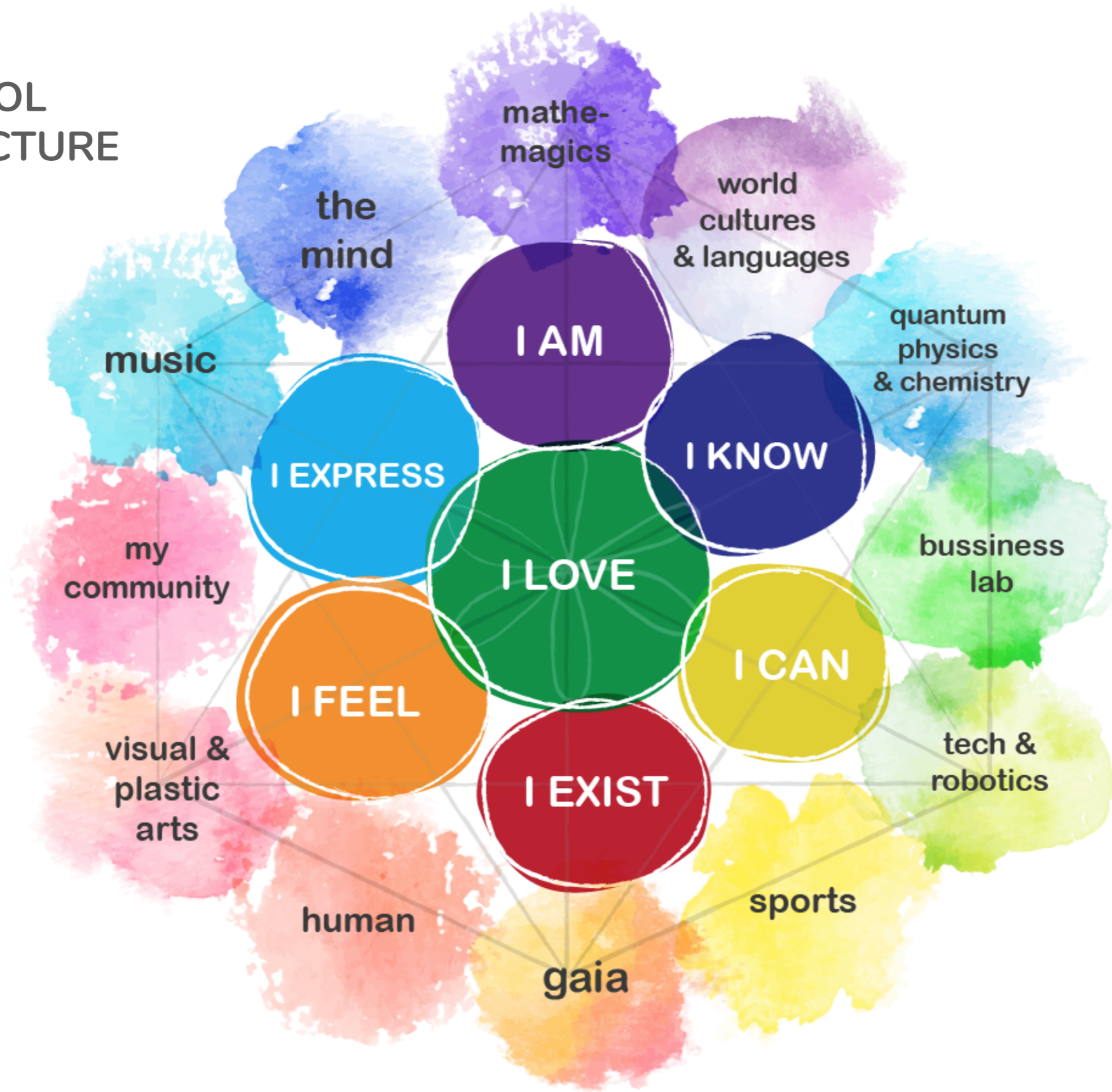
An efficient management of their life force, physical, emotional, perceptual and spiritual abilities will be developed in their age-group classrooms, called the **Seeds of Life**.

Children can move towards more complex knowledge, which will be presented to them in the form of "*laboratories*" called the **Fruits of Life**.





# SCHOOL STRUCTURE







# THE SEEDS OF LIFE

Activities for the 7 areas of being.





# I EXIST

*“I am grounded, safe and secure. I am stable, strong and healthy”.*



**Morning walk**

**5 sensory acknowledging exercises**

**Gardening**

**Grounding practices**

**Nature Contemplation**

Feeling secure and a sense of belonging are crucial to opening up to more evolved energies.  
When the Self feels secure and grounded it can start being creative and connect with his fellow human beings.



# I FEEL

*“ I am creative, I deserve to enjoy life.”*

Breathing through emotion  
Dance  
Art Therapy  
Emotion naming



It is vital for kids of all ages to acquire the inner abilities to be able to recognize and move through their emotions in a way that is safe and non repressive, so that they learn to navigate their own emotional guidance system and access their inner wisdom.



# I CAN

*“My energy bank is limitless”, “I have the power to do whatever is aligned with my highest truth”*



Martial arts  
Chi Gong  
Laugh therapy  
Shout therapy  
Team sports

To learn to use and channel personal power, our life force, our inner fire is one of the practices most needed to learn the development of as human beings and completely necessary to acquire leadership.



# I LOVE

“I am lovable”, “I am worthy of love”, “I create meaningful relationships”, “I can connect profoundly”,  
“I am a source of healing in the world”



Cacao ceremonies  
Heart opening exercises  
Heart-brain coherence  
Intuition development  
Healing circles and empathy  
workshops  
Heart intelligence techniques

When the heart functions in harmony, all of our other systems (physical, mental and energetic) work in the best way possible and at their highest potential.

*“Love is a better teacher than duty”  
- A. Einstein*



# I EXPRESS

*“I am truth”, “I am guided by my true purpose”,  
“ My life is guided by divine synchronicity”*

**Music Therapy / Healing and  
co-creation frequencies / Mantras  
Free expression workshops  
Singing / Drama / Oratory  
Assertive communication  
Decree and empowered use of  
word workshop**



Expression as a bridge between heart and mind, oriented  
towards cooperation, impeccability, love and truth.  
Building instead of demolishing through words.  
Development of self confidence to express one's truth.



# I KNOW

*“I am intuitive and follow my internal guide”*

*“I can see the highest perspective”*

**Activation of perception exercises**

**Use of sound frequencies**

**Extraocular reading**

**Perception with hands**

**Activation of visions**

*(as a form of accessing subconscious and more elevated worlds)*

**Non-restrictive development of the fantasy world through stories, free play, etc.**



Development of the power to see and understand unknown things. Extra sensory perception, the part of the brain that connects us to the soul and allows to trespass barriers between space and time.



# I AM

“I am”



**Daily meditation**  
**Mastery in downloading**  
**information from “The Field”**  
**Connection to the Solar energy**

The gate that opens to universal knowing and connection to “THE FIELD” that is the source of all wisdom, knowledge and information, the entrance to Akasha (the imperceptible force that the rest of the world is derived from).

I AM represents the highest state of being, through which the individual recognizes him/herself as an extension of the Divine, as the sovereign source of authentic power, love, wisdom and magnificence.





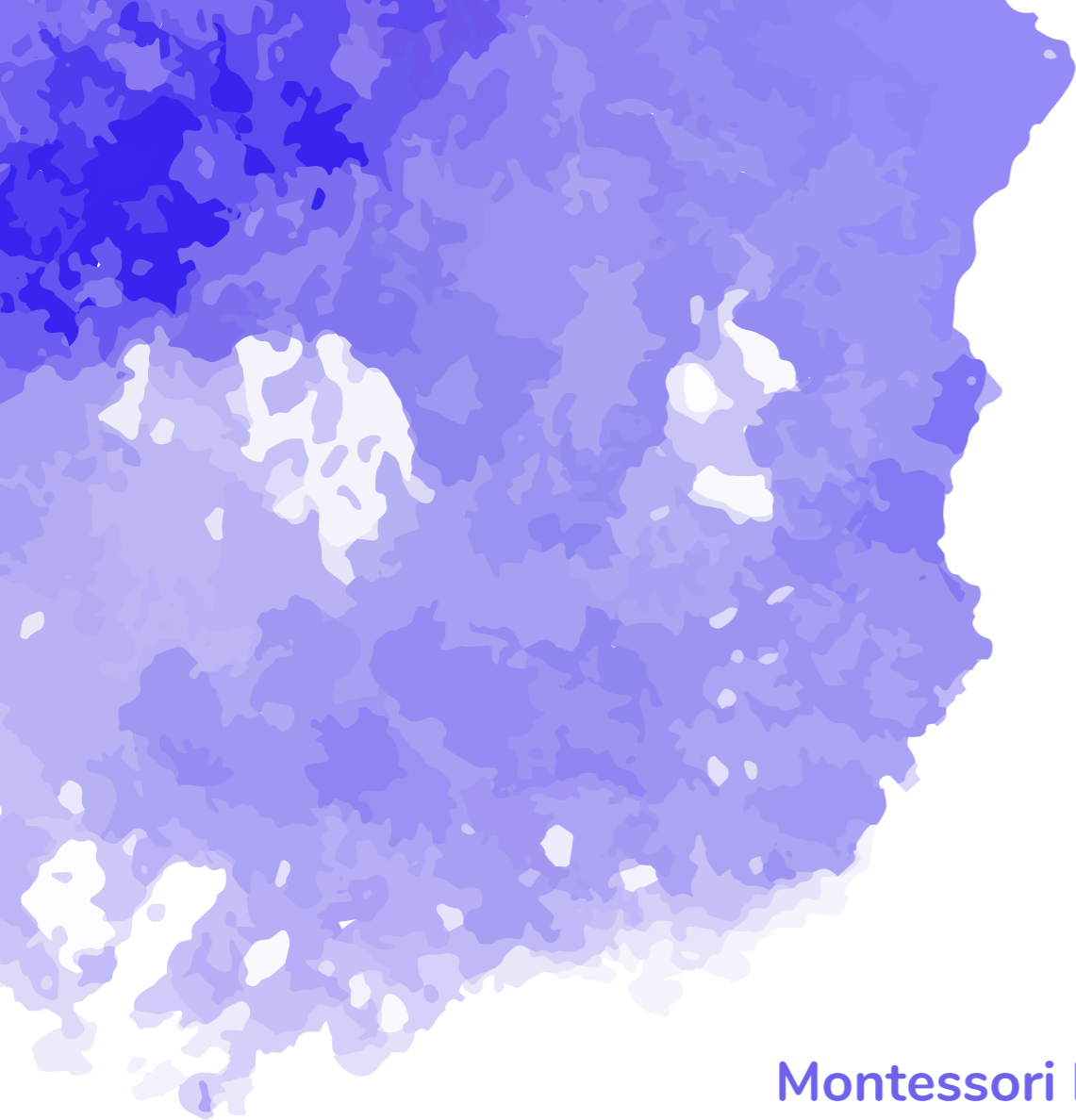


# THE FRUITS OF LIFE

The “*laboratories*”. Starting at age 7.

Multimedia courses curated by international experts for each subject will be applied to interactive workshops.

The learning experience is hands on, project-based and accompanied by mentors.



# MATHEMAGICS:

Understanding the Universe through the science  
of numbers and Sacred Geometry

Number sensing  
Sacred geometry  
Montessori based mathematics learning (first 12 years of age)  
Fractal Science  
Mathematics application into everyday life

*Students learn math best when they approach the subject as something they enjoy. Speed pressure, timed testing and blind memorization pose high hurdles in the pursuit of math, according to Jo Boaler, professor of mathematics education at Stanford Graduate School of Education and lead author on a new working paper called "Fluency Without Fear."*





# MUSIC:

The immersion towards the Universal language and power of Sound.

*"Emotion, expression, social abilities, theory of mind, linguistic and mathematical abilities, motor skills, attention, memory, decision making, independance, creativity, cognitive flexibility and emotional regulation: Everything converges simultaneously in a musical experience."*

*-Facundo Manes , neurologist and neuroscientist.*

# QUANTUM PHYSICS & CHEMISTRY:

A new enlightened vision that connects consciousness and science.





# VISUAL AND PLASTIC ARTS:

Creativity as our Divine Legacy

Painting, drawing, sculpting, discovering colours, shapes, expressions of creativity, amusement, sensitivity towards beauty.

Study of great artists

Stimulation of motricity, body image, space, time, emotion and thought helps to develop basic abilities that strengthen their structure and allows them to face and interact with society in a more coherent and stronger way.

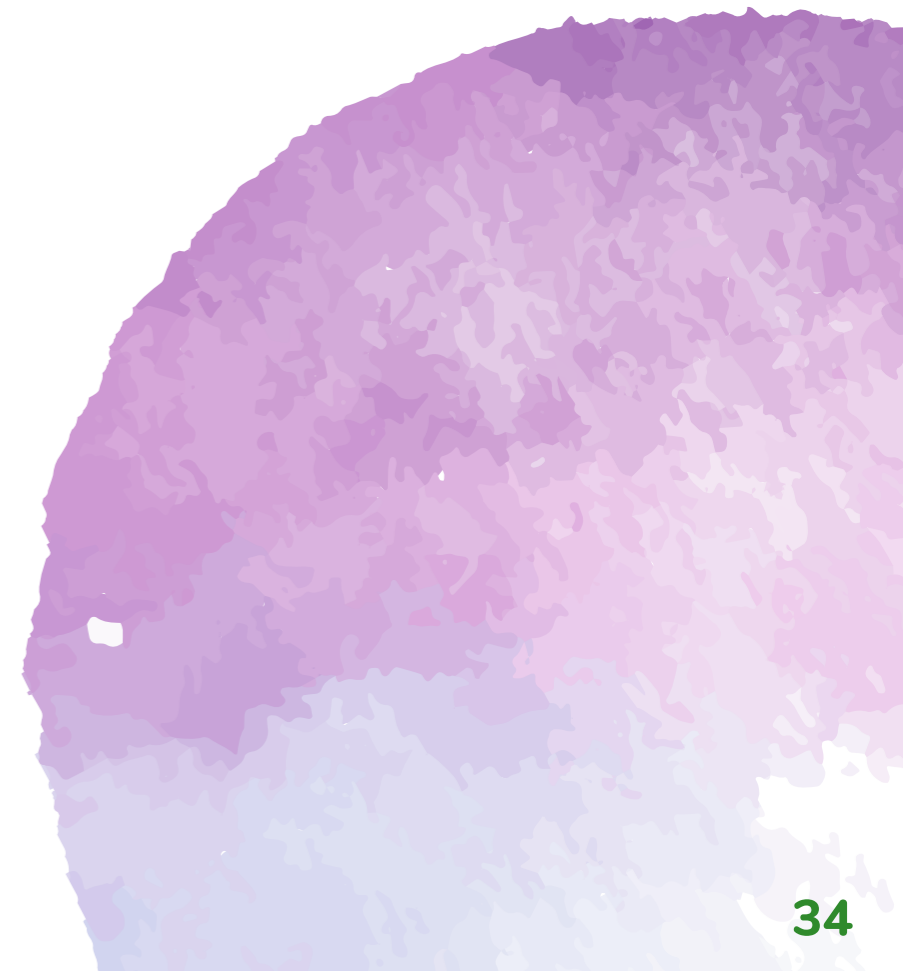


# WORLD CULTURES & LANGUAGES:

The immersion into the world's richness and diversity

By letting students know the different cultures, they will then get to choose the two languages they would like to learn, based on their own interests and inclinations.

- Language learning through app gaming and foreign teams collaborating.
- Multicultural setting classroom.
- Continent corners displaying material ( books, maps, audiovisual, videos, and objects representing different cultures and their origins.



# HUMAN:

- Anatomy of the physical body
- Anatomy of energetic body
- Ancestral healing practices
- Herbalism
- Holistic medicine
- Biology

The art of healing and understanding the connection between our minds, bodies and emotions.

Understanding the function of each organ, each system, the correlation between emotions and thoughts and their repercussion in our physical bodies means a total revolution in what we usually call medicine.

Developing and empowering our ability to self-heal, listening to our body and know what it needs is a true tool for life.





# GAIA:

The arts of the Earth.

The future is for those who are willing to respect, know and take care of the earth, not only to study the limits between different countries. That is why we apply the study of traditional geography to the study of several sciences of the earth.

Nature is our biggest teacher.

- Sustainability practice
- Permaculture
- Zoology: animal study. Pet care.
- Geography
- Building - sustainable architecture
- Orchard workshop
- Carpentry workshop
- Sustainable endeavour
- Renewable energies
- Oceanography
- Botanics



# BUSINESS & ENTREPRENEURSHIP:

Providing each child with the tools so he can make his dreams come true, to generate the economic resources to sustain them and generate abundance for others and for the earth.

“YOUR PASSION, YOUR BUSINESS”

- Creativity talks
- Empowerment workshops
- Basic finances to create abundance
- Access to the field of infinite possibilities
- Endeavor fairs- students will create, launch and offer their products and services to the school community and afterwards to the world, also by learning to use tools such as e-commerce, e-trading, creating virtual stores.
- Basic accounting.





# SPORTS:

Looking at sports from the point of view  
of cooperation vs competition.

Empowering minds to play sports in the NOW.

Learning to take your body beyond its limits.

If we are able to consciously control thinking, especially  
in high pressure environments, the natural result is a  
highly improved ability to remain calm and focused in  
the face of adversity.

- Parkour
- Martial Arts
- Archery
- Running
- Climbing
- Gymnastics
- Dance
- Ball sports



# THE MIND:

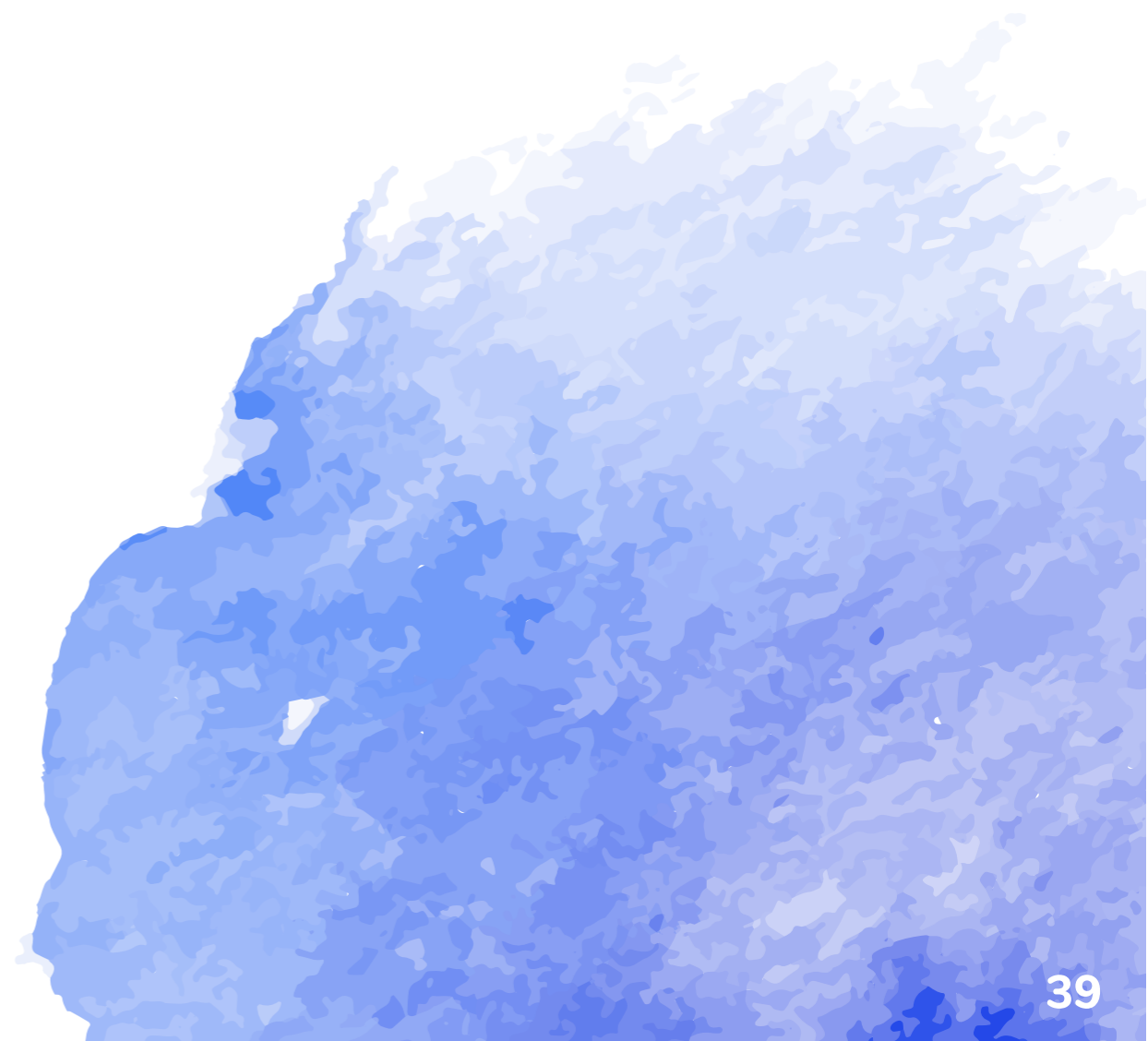
Introducing neuroscience and neuroplasticity to access our mind's full potential

Neuroscience, focuses on the neuroplasticity (ability to develop new and better connections) and allow us to make better and more powerful use of our brains.

- Neuroscience courses
- Neuroplasticity exercises
- Management, transformation and use of mental “beliefs”.
- Studies around the relationship between thoughts and experiencing reality.

*“Human beings have the capacity of metacognition, that is, the ability to monitor and control our mind and behaviour”.*

*-Facundo Manes and Mateo Niro*

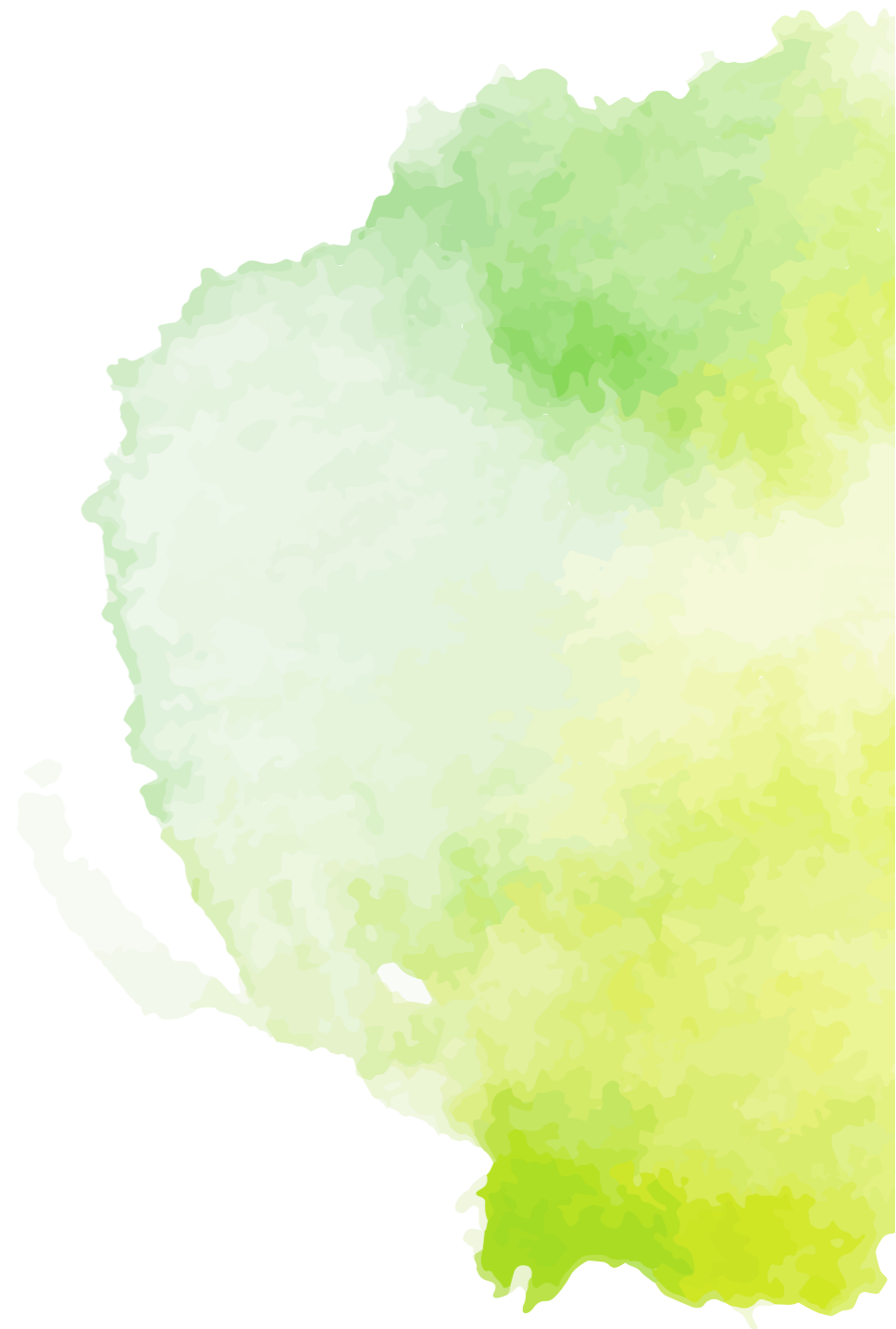


# TECHNOLOGY & ROBOTICS:

We help students and teachers to become creators rather than simply consumers. We help students to leverage technology as a platform for collaboration, creativity, and self-expression. Robotics programs develop problem-solving skills and creativity, promotes innovative thinkers and more productive members of society, teaches science and math concepts, it is a fun introduction to programming and builds self confidence

## Robotics

- Coding languages
- App development
- Social Media coaching:
  - E-commerce
  - Information sharing
  - Teambuilding



# MY COMMUNITY:

The art of cooperation and co-creation in a society. The parents are a cardinal part of this system, caring and sharing their knowledge and experiences with not only their own children but with all children in the community. From this core we will develop and nourish a range of supportive and collaborative relationships

## Whole school project based learning:

- Monthly market
- Yearly innovation fair
- Monthly school meditation
- Service to the community
- Sharing wisdom and knowledge through our virtual channel.
- Students in charge of cleaning their classrooms and cooking their food.





# AGE GROUPS & ACTIVITIES

This methodology divides children into 6 groups, where they work and develop the 7 basic energies of the being, according to their age.



# AGE GROUPS

**2 3 4**  
roots

**5 6 7**  
water

**8 9 10**  
sun

**11 12 13**  
truth

**14 15 16**  
vision

**17 18 19**  
wings

Each group works in one different classroom.

The only exception is the I LOVE classroom, aimed as a center for consciousness designed as an auditorium/shala, set to be used at all ages, where all the school students and teachers will gather once a day to remember that WE ARE ALL ONE and to connect with the power of our hearts.



60 min per school day are aimed to the work and development of the 7 basic energies of the BEING, which will be changing over the days of the week and according to each age group.

### AGES 7-13

They will travel among the 12 “Fruits of life”, where they will be able to learn through play and exploration in the different specialization & knowledge areas, and according to their age.

### ALL AGES

The learning approach will be individually adapted to each child's way of learning, aptitudes, abilities and interests.

### AGES 2-7

Classrooms will be set with a sample of the teaching/ interactive/ ludic materials of the 12 laboratories. All knowledge will be transmitted through free, guided and self-guided play.

### AGES 14-19

Children will be guided (internally and externally) towards the areas of specialization they mostly shine through.

### ALL AGES

The different areas of knowledge will be connected through project-based learning principles to integrate in an holistic way all knowledge and transform it into palpable wisdom and acquired skills.





# INTERNATIONAL CERTIFICATION

Our students will finish each year with an international scholar certification based on the Kangüru model with the highest academic standards based on Project Zero (learn through play) from Harvard Institute.

This international certification covers all of the expected knowledge from S.E.P. and allows your child to enroll in any school in México or USA if they ever choose to leave L.I.F.E.

**känguru**  
play and learn







## For more information

[lifeschoolmexico@gmail.com](mailto:lifeschoolmexico@gmail.com)  
Whatsapp 9841676032

- 
- An illustration of a house with a tree and several birds. The house has a white roof and a white wall. A large green tree with brown branches is on the right side. A wooden ladder leans against the wall. There are several colorful birds: a blue bird on the roof, an orange bird on the left, a yellow bird on a branch, a red bird on the roof, a purple bird on the wall, a blue bird on the right, and a green bird on the ground.
- LIFE café
  - LIFE boutique

- workshops & classes  
(for and by grown-ups)

- research & media  
development

- conscious  
parties

- afterschool  
classes

- ludoteca

**\* LIFE  
PRE-SCHOOL  
PIMARY  
SCHOOL**



CEIBA by **L.I.F.E.**  
love intelligence for evolution

***L.I.F.E preschool:***

Presenting the first two classrooms of LIFE. (Roots and water)

***Workshops:***

An open space for workshops and different classes for parents and the community

***Research area:***

We guarantee a flexible auto-developmental system up to date to the world's newest and biggest discoveries in the field of science, health, education, sustainability and consciousness.

***Afterschool Playground:***

We open an afterschool "eden" in which children of all ages can come and connect with themselves and their community through play, art and sports.

***Conscious parties and ceremonies:***

We offer meaningful celebration experiences taking care of our planet, the light of each child and the peace of all mothers.

***Youtube and IG channel:***

We share the love, freely share the knowledge, latest discoveries, workshops and light to the world.

***LIFE cafe:***

A beautiful, healthy and homey space where we gather around food and drink to share with friends or ourselves. Surrounded by plants, fountains and mind expanding/ paradigm changing books. A peaceful spot in the city to chill and re-connect.