



BP – Testimonials

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I've learned that if I take 3 minutes out of my day to just breathe, but breathe the right way, I handle little or big situations different. I've learned that once you're not afraid of who you are, your subjective (inner) and objective (outer) life will be much easier.

I've used this class to deal with people and things around me but at the same token my subjective world is really what matters 'cause as long as I got that right it don't matter what anyone else has to say or what they think. Other people and things don't get to me the way they used to. **Lolita, Hands On Academy alternative high school**

D.O.S. class is a class that helps you to get in with your inner self. It also helps with your breathing and it deepens your concentration and thoughts. It is to help you control your self. It helps you live a much more positive life and it can help you get the anger out of your body and put a little more positive feelings in your heart. Like one day I was going to get in a fight and I was about to knock this one man out and then I started to think about what I was taught in D.O.S class and started thinking positive and did some breathing and calmed down so I wouldn't have to hurt no-one. **Keenan Christopher, Skills for Tomorrow charter high school**

Discovery of Self is a curriculum about making people more aware about their position in the world as their behaviors, attitudes and the energy they send affects the world as a whole. Concepts such as synchronicity and imagery, both of which have been so helpful in my search to connect events that happen in my life to where I want to be eventually. I learned that nothing happens by happenstance and to pay close attention to the contributions that I make. I have been trying to apply imagery also. I heard that without a vision the people perish so I'm trying to always prepare my mind to strive toward the goals I have. The curriculum introduces different cultural groups who base their spiritual practices on these principles. The curriculum has given me a chance to take a closer look at myself and from what I have found, determine if I am a help or a harm to my surroundings. **Rebekah, Skills for Tomorrow charter high school**

I see students participating who usually wouldn't participate. A student who usually acts out until kicked out of class sits quietly - often afraid to talk or make eye contact - but listens...Students have become vocal about their feelings about **Discovery** class: "**Discovery** is cool." "They talk about interesting stuff." "I don't know what it is, but we want to talk in there..." **Chris Seilor - Special Ed Teacher**



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Before I came to this school my life was going way down, but one thing I learned in this class was that the way you think affects the way you live. I used to have a bad attitude and bad stuff used to happen to me because I didn't care, and I would bring it on myself. Another thing I learned was that everything in the world is an illusion – like a block of wood feels solid but it isn't. It opens your mind and gives your mind something new that helps so now my life is jumping around. I learned that life don't go one way, it goes up and down. **Tony – Skills for Tomorrow High School**

This program has helped me in many ways. It has opened my eyes to a variety of different views I would have never have thought of. I have already explained this program to a number of different people, and I said it sheds light on different parts of humanity and life that we neglect. As a result life isn't as successful as it could be.

I think what most caught my attention was that light is the basis of everything. Scientists don't know where light comes from, yet it creates the electrons and protons that make up the atom. I have definitely used the breathing and imagery exercises and it has helped me relax, and has helped me look at situations with a different state of mind. This program really has helped me understand a lot of things that I wouldn't have understood before.

Matthew – Age 15

I find that I use the information and applications from *Discovery of Self* both at work and in my personal life. It transcends the categories of both. I use the imagery regularly and it has an effect on outcomes – business meetings, board meetings, everyday life. I'm more effective and productive; it helps me with perspective and reduces stress.

I want to personally thank Jane for bringing *Discovery of Self* to the Winnebago Indian Reservation for staff and clients of the Winnebago Youth Facility, and for other Tribal members. I've received numerous comments from tribal members in regards to the components of the program that correlate with our own Native American spirituality and teachings. Your workshops have generated considerable interest from other reservations, other departments within our tribe's operations and from other individuals. The workshop participants have enthusiastically marketed *Discovery of Self* by sharing their experiences with others. **Prosper Waukon – Executive Director, Winnebago Youth Facility, Winnebago, Nebraska**

I think the workshop is very important to the youth because the information gets their attention. They begin to see that people view the world many different ways and they can begin to question how they think and how they want to be in life. I think it exposes them to new ideas and encourages them to find their identity as adults. *Discovery of Self* brings new ideas and concepts to youth. As they are transitioning to adulthood they need some guidance in how to live well, emotionally and spiritually and physically. I really enjoy seeing them challenged to learn new things, and I'm interested in working together again in the fall. **Deena McKinney – Program Development Supervisor, The Bridge For Runaway Youth**



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I started *Discovery of Self* about 9 months ago when I was 19 years old. It was a class that I was forced to take when I was a resident at Archdale (a residential facility of The Bridge, a non-profit organization serving runaway youth). At the time I was about to be kicked out for not following the rules. So there was really no reason for me to attend these classes, but after hearing Jane speak that first time, I thought she was talking directly to me. It was if she could tell what I was thinking.

You see, before I took this class I thought I was a positive person, but I soon realized I had this “Why me?” button that was always getting pushed. I wouldn’t do anything wrong, but I would get punished. I saw I had a pattern and learned that what I have going on inside me, my mind, my attitudes, my emotions, even my memories and expectations, is the reason that people who bring me down keep entering my life. And it’s up to me to keep them out.

It’s not easy and I still have my struggles, but when I sit back, breathe, listen and just daydream about the way I want things to be, it all seems just a little bit easier. I truly believe that by taking *Discovery of Self* I’ve grown > I also believe that the people around me would agree. In the past nine months I’ve managed to get my own apartment, buy a car, and I’ve kept the same job that I had since starting the *Discovery of Self* class.

The class opens your mind to a whole new way of thinking. Do what you can to make your life better, but once you’ve done your part, leave it up to the universe to work things out. Be it work, money, education or relationships, don’t work your nerves. Just know in your heart that it will be O.K., and don’t forget to take time out of your day to daydream about how you want your life to be, and work on your breathing. If you really stay positive and know what your “buttons” are, you’ll be more than O.K. **Sandra – a student in *Discovery of Self* (I’m still learning)**

Many new ideas that have been brought to me in my *Discovery of Self* class. This opportunity has been great because there are a lot of practices to use for everyone. One of the greater ones I used was imagery, because that really helped me move on. **James Scott - Skills for Tomorrow High School**

I’ve learned a lot in this *Discovery of Self* class. Some of the things that I remember best and/or have seen in action are synchronicity, diaphragmatic breathing, attitude (of course), the subjective and objective, and Cartesian science and quantum physics. Quantum physics is a new way of thinking that is still being developed. It takes into account that feelings, dreams, and all of the subjective world is very real. Just because you can’t see something or measure it doesn’t mean it’s not there or real. **Mary Farrell - Skills for Tomorrow High School**

This class has taught me that things aren’t always as they seem and how to let go. I used to snap and not calmly think things through. Doing things this way used to get me in a lot of trouble. And I learned imagery and how to use it in different situations. **Paul Hill - American Indian OIC School to Work program**



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An example of letting go was when I had bought a new pair of shorts last week at the mall that costed forty dollars and I ripped them working. I was all mad and didn't want to keep on working but I did and when the job was done I got paid thirty extra dollars.

Andrew - AIOIC School to Work Program

The fact that almost all of the stories and situations she told I could relate to. I really felt the teacher on certain topics I knew or have been through and this class will help me by not following up in the footsteps of those who have done wrong. **Elbert - Summit Academy OIC**

Discovery of Self has given students in a strictly traditional education program a forum for something new. This has created a challenge as well as an opportunity for them. The DoS curriculum has challenged their existing beliefs, not only about school and what is taught, but also about their own ideas and beliefs about how they are and how the world is and how it could be. And therein lies the opportunity for change. **Ms. Fessler - Capitol View Alternative Learning Center**

I learned that if you think positive and do good things, good things will come back to you. I would use this when something bad happens because if you think negative, you wouldn't get nothing out of it. It makes things worse. But if you try to stay positive and do something nice for someone else besides yourself, things will work out and good things can come back to you. I also learned about facing your fears. People have fears of bad stuff happening to them. If you think about it, it's gonna happen because it's like a magnet inside yourself. You have to learn how to let go... **Margaret - American Indian OIC School to Work Program**

Many times the school system is not addressing the issues kids are dealing with today. Issues such as how to deal with the problems and situations that youth encounter in today's world. *Discovery of Self* not only deals with it, but gives "real life" solutions that youth can use. Too many times we are asking everyone to be the same in our society. This program points out differences and lets them know there is more than one way to solve a problem or be successful. It does so in the every day language that everyone can understand. I would not hesitate in recommending DoS to anyone who is genuinely interested in making a difference in the lives of today's youth. **Darrell Thompson – Boulder Options Program Manager**

School-wide grades 5-12 weekly for 9 months:

What I learned is that you can do anything if you set your mind to it, without listening or paying attention to what others might say about you. Focus on what you want for yourself, not what other people want you to be.

Another thing I learned and thought was interesting was imagery - when you imagine yourself living better or just to be a better person. When you imagine it, it might happen to you. Another



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thing that works with imagery is diaphragmatic breathing. If you get frustrated or anything bad happens to you, to calm down you should picture yourself better and breathe through your diaphragm. **Lis/10th grade**

I think that I kinda understand myself a little better than I did before. The thing that helped me the most is "thinking positive". The reason for that is because I've been going through so much from living in a shelter to almost living in a car to being evicted. Not knowing where I'm gonna stay for the night. Ever since I've been taking the Discovery of Self class, I've been more positive when me and my dad were trying to find a place to stay and didn't know what to do.

While my dad is working 2 jobs, struggling with drugs and trying to find us a place to stay it was so very stressful. We just moved out of the shelter June 1, 2010 Tuesday into our new apartment. Before that there was nothing I could do but think positive and hope that each house or apartment we found the landlord would give us and we were turned down each time. I've also learned to kind of control my button. My button of being lied to.

All my life I was being lied to all the time and I never knew how to control it. Now that I took DoS I know how to control my button and not care whether people lie to me or not. Now I live in New Brighton, Minnesota and I like our new place and I'm planning to stay there for a long time and if other people don't like it OH WELL WHATEVER! **Jameisha/6th**

There are many things that I like about DoS. Also DoS has taught me many interesting and helpful things. One thing is the ability to ignore people. People tease me and call me names a lot. Now I ignore them. I sometimes even laugh with them.

A few other things are imaging and diaphragmatic breathing. I use imaging to imagine how things are going to go. I do the diaphragmatic breathing sometimes too. It helps me to relax and be more focused. **Paul/6th**

I felt that I wasn't going to learn anything from this class. I have learned a lot. I realized that my button is I rush into situations quickly. In those situations I forget to think and just act. Since I found this out I've been more in tune with myself and not taking the negative aspects of life so seriously.

This class has taught me that good things can happen, you can't always put so much energy on the bad, it'll only equal more bad energy. Too much bad energy will take away from your inner self. I hope that I remember these ways of thinking and acting responsibly. I learned to better control my anger by diaphragmatic breathing which I did before but thought of it just as breathing.

Diaphragmatic breathing helped my sleeping, along with imagining things that were good in my life. I'd slip into this positive place where anything could happen, where I wasn't judged. I found myself sleeping easier. **Jay/12th grade**

Nothing really interested me, I really wish I could think positive all of the time, but I can't. Buttons seemed to make me more frustrated but I don't mind. Breathing doesn't really help me, and I never really have time to just sit and breathe because of my five year old, two year old and six month old sisters and my often visits to the doctor's office. Thanks for the lessons in here, but I can't seem to finish off my anger. ☺ **Juliana/8th**



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Things are not always as they appear. You should not give up on yourself. Don't let people tell you what you should do. I learned about how people use their brains. Don't get down on yourself when someone says something negative to you. Don't think to yourself that you will fail. **Wain/11th**

In DoS I've learned not to be so stressed all the time and to meditate and it's alright to imagine and just to love who I am. DoS is so much fun, I've learned so much from it, my life has changed from DoS and DoS has encouraged me to just relax and stay still when I'm mad at someone so I don't take it out on them and I thank my mom and dad to do this too and when I have free time I draw my imaginations and they turn out very well. I just wish that everyone can do this too and in this class I learned who I really am. **Jennie/5th**

In the past 2-3 months I've been here I have learned in this class to appreciate who you are and work with what you got in life. First, I've learned to appreciate who you are. Like anything you do make the best out of it, life is too short, so just appreciate and love yourself cause you be gone today or tomorrow but at least you can leave this earth appreciating and loving yourself.

Secondly, work with what you got. You might not have everything in the world but the stuff you do got make the best of it. If you appreciate what you got right now maybe one day you will get what you want. **Skyla/9th**

In and outer mind and body ying and yang everything is connected getting rid of toxins. Adams (*Atoms*) I do a lot of things like diaphragmatic breathing and I've never had a boten. **Eli/5th**

DoS has helped me by make breath differently. When I breath differently it makes me calm down and think better. It helps me concentrate when I do my homework. Another way it has helped me was help me feel more aware of my feelings. When I feel sad I say it could be worse. And that's what DoS has done for me. **Joe/6th**

How you always try to stay positive, that's what made me think. I thought about how my family fights a lot and it makes me super sad. So I thought about the things that are the match for the fuse for the fight. So I thought that if I stay positive maybe my energy will get to them and they'll stop. So I just stuck with that plan whenever something bad happens I'll just keep tugging along with my positive attitude. It has been working out for me lately, I've been attracting nice and positive things to my life.

Also the diaphragmatic breathing is something that fascinated me. I taught it to my mom and it helps us big time. Whenever she starts to have a nervous breakdown we tell her to take a deep breath. Most of the time things work out, but sometimes we need to give her a big hug.

Mimi/6th grade

The most interesting thing I learned in this class was the imagery. Outside of this class I have tried to use imagery and it has worked for me, but I want to practice to make it stronger. Another thing that has helped me was to have a positive attitude about things, and not to get so caught



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up in the negative, and I really think the positive thing has helped me so much more than I expected.

Also I pay more attention to my dreams now, because I have learned that they are connected with what's going on around me and inside me. So I found that to be very interesting. This class has helped me a lot throughout the whole year, and even though I hear other people say they don't believe, I do. I know that the things that have been taught and represented in this class is true, but only if you believe it. **Natalie/9th**

This class has taught me a lot. The thing that helped me the most was the diaphragmatic breathing. This helped me because I never knew there was a right way to breathe. Now that I use this breathing I have noticed that I have a lot less stress. I am also able to sleep better and when I wake up I feel more rested.

The other topic that we covered that helped me a lot was the buttons. The first step I took was actually acknowledging that I had buttons. One of my buttons were "It's not fair and why me". I had to learn that I needed to get rid of those buttons. I now live my life to the fullest and just roll with the punches and I don't let things get to me as much.

I also took away a lot from the synchronicities. I never really knew what synchronicity was but after I learned what it was I realized that I had them all the time. I never really knew the universe worked in ways that I've learned they work in. I will take a lot from this class. Thank you so much. **Mary/11th**

Help ADHD person to be more calm by using diaphragmatic and meditation. Help ADHD person to avoid reacting (buttons) from other people's behavior. Hate is a curved blade, if you are hating someone else it really stabs you. (Spoken by Antonio, written down by his teacher) **Antonio/5th**

In DoS I learned a lot. I learned about the illusion of matter. The illusion of matter is where everything that is solid is pretty much 90% space. I thought it was cool. Another thing I learned about is buttons. Buttons are where there are certain things that make people mad. DoS has helped me get rid of my buttons. DoS has really helped me. **Josh/5th**

Well I think this class helped me in some ways. I really enjoy the stories about other people but we studied a lot about the body. My favorite thing we learned about is the brain and the yin yang. I also enjoyed talking about our buttons.

The breathing really helped me a lot. I think when I get upset or angry I try to just breathe through my stomach. I also liked the guest speakers. Their stories were interesting and also helpful for me not to do wrong. **Makayla/11th grade**

What I remember learning and was interested in was when we learned how to stay calm by meditating. The reason I think meditating helped me is because sometimes I'm kinda hyper but if I just try to meditate and calm down then sometimes it works. That's why most of the time in class I'm not really hyper and blurting out stuff like that since I learned how to be calm.



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Another thing that I think helped not me but others is when we talked about buttons. The reason it didn't really help me is because I don't really have any buttons. But now since you taught about them and how to get rid of them, now hopefully I won't get one any time soon.

Another thing that was helpful to me was when you taught us about breathing threw our diafram. I think that diaframmatic breathing is really important because if you learn how to do it you won't be so hyper all the time. **Trevell/6th**

DoS has helped me in a lot of ways. One of the ways is that I can make my own reality. I have the chois of how I take an insult. I use the frase "Oh well, whatever" a lot now. It has helped me understand that it only matters what I think of myself".

It has also helped me focus on the positive because if you ar negative, you will attract negative things. That is the obj/subj method. If you have a positive attitude you will attract good things. Learning to deal with my button has helped me to. DoS is a great class! **Katelyn/6th**

One thing I've gotten out of the class is that deep breathing really works. When I'm really mad & when I remember to do deep breathing it relaxes me. I focus on what really matters & try to let go of the rest. Another thing I've learned about are the buttons. I've seen others find their buttons & work on them. I haven't found my button yet but I'm still trying to figure it out.

Imagery really does work. I've imagined that, for example, things would get better between my mom & I which meant laughter & no fighting. It's true now. We still have our bad times but if I imagine certain things sometimes they come true. **Kayla/11th**

What help me the mosed is the breathing. The breathing helped me by when I got mad I just did the breathing for a minut and I was fin. Another thing I did was when I was bowling I would do really bad then do a couple deep breaths and I did better a lot better. I think the breathing has helped me a lot.

Another thing that helped me was imigry. I would use imigry a lot so it would calm myself down. I would do so by closing my eyes and picure a happy place. In the happy place everything was peaceful. I would go to Scotlin and try to find the Lockness monster. I found it and it was so nice. To me everyone should use imigry.

In dos I learned how to let things go. I let insalsts just roll off me. When people are mean to me I just ignore it. I always have a choise. **Dakodah/5th**

What I thought most intresting was buttons and how to deal with them. I didn't know that so many people have buttons. That was really a surprise. When I thought of how t get rid of them it really worked.

How DoS helped me in my life is that I don't get so angry anymore. I feel calm in class when I do diaphrammatic breathing. I feel not so jittery. DOS is very helpful when guest speakers come to the class. I learned that even if I have a disability I can do many things. **Lexi/10th**



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I have really learned a lot in D.O.S this year. One of my favorite things was learning about buttons. That has helped me a lot. It has gotten rid of a lot of my buttons and that process is just interesting to know. Now if my friends and family have a button I will help them get rid of it.

My other absolute favorite thing was learning about imagery. A lot of times when I am at home and am getting super frustrated I stop and think about D.O.S and picture everything being happy and positive. I always remember to do my breathing too. When I am hurt, frustrated or mad I stop step away and take deep breaths. I come down and then am ready to go back doing what ever I was doing.

Thank you so so so much. **Peter/6th**

There are many things I think that is interesting in this class. There is only one thing I use are the button systems. The button thing help me gave me the chance to learn how to come down of things. I like this class. **Derrick/8th**

What I learned in this class that nothing is impossible. There's no excuses for nothing. Don't ever say "I can't".

What I found really interesting in this class is that when you do diaphragmatic breathing really helps it calms me down actually & helps me. When I got really mad one day I did this breathing I was still mad so I turned on some relaxing music and I did it longer. I was relaxed and felt much better! **Alonna/8th**

Imagery has helped me when bad things have happened to me. I just imagine it differently and sometimes things work out and sometimes they don't. Buttons as well. I have a few buttons that I have made gone away but some I'm still working on.

I learned that looking inward is helpful. When my parents got a divorce I was really like looking outward and I couldn't sit still or anything but then I would pull myself in. Same with when my grandpa died.

And I always have a choice with pretty much everything. **Izzy/6th**

I learned that you can choose whether what happens is positive or negative. Everything can be positive. Knowing that helped me because now I don't think of everything as being negative towards my life. I also learned that you have 3 brains, they all help you do different things. **Brooke/7th**

I found the brain very interesting because I did not know about the different brains and hemispheres of the brain. I also found yin-yang interesting because I have been able to find the positive in the negative and that has really improved my life.

I found the diaphragmatic breathing helpful because it helps me relax when I am stressed. I also found the subject and objective worlds to be interesting because I have experiences with dreams predicting what happens in the real world. **Jason/7th**



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I used diaphragmatic breathing to get calm when I am in a difficult situation and it really helped me out. I used positivity to gain things. **Manny/8th**

I think that abdominal breathing is very important because it helps you hit inner calm. This class has inspired me to be more calm and look at things differently. **John/8th**

I liked the yin and yang it was very interesting, and all of the stories that we heard like the guy who climbed a cliff in a wheel chair and the guy who played baseball with no legs. And I think everything was very interesting. **Christian/7th**

I feel weird when I have to choose what to do. Usually I have to think more than I have to. But I learn my consequences any ways. But all it is, is the illusion of matter. My life is an illusion, right. We all have to face the consequences even if the going gets tough. And d.o.s. has helped me a lot. So I have to thank Miss Jane for coming here. **Link/6th**

What I remember from dos is buttons. What I found helpful was the breathing. I liked Dos. **Aiden/5th**

Something I learned in DOS was about yin and yang yo. It was about opposites like fire and water, light and dark! Also about subjective and objective. Like the real LIFE and your inside world.

We also learned about buttons. Which means that if you have lots of money (and have a button of people taking advantage) you will attract people that will only love you for your money and that lesson could be boring but it might be a metaphor for something.

Also about the brain. Like there is 3 parts of the brain. Thank you so much Ms Jane for everything you taught us. **Alayna/7th**

I have found this class very interesting and is one of my favorite classes. I love the subjects that we talk about. For example: dreaming about your future and how you thinking positively can change your whole life.

I was fascinated to find out that breathing from your stomach can make you relaxed. I have told my mom about it and she does that sometimes to. I have thoughts about my buttons and try to find some of my own too. Anyways, thank you you have been a big help. **Sam V/7th**

I learned a lot about life in a new way. The buttons are my favorite. I never really thought of problems would be a "button", but now looking at it, it does seem like a real button. Most people would not really get it but I do.



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The looking at the world in not just the world we know is really cool. Most people do think that way I use to but now I don't anymore. I try to leave this class with what is told to me. Most of the things in here are really good. **Mercedes/9th grade**

I've learned a lot of things in your class. When I first came to this school in Sept at first I thought this class was going to be useless and boring but over time I started to pay attention and learned some stuff.

One thing I learned in this class was about atoms and how everything is pretty much 99% space. And I found that really interesting (mostly because I'm a huge science freak).

Another thing I liked about this class was the guest speakers. I thought it was pretty cool to hear the stories you've told from the person it happened to. One last thing I liked about the class was the videos. The Quantum Leap one was pretty inspiring. Also the students that were taped telling their stories was creative.

Overall the class was pretty cool. And the positive thinking thing has really helped. **Kierra/9th**

This class has been very interesting. I have learned lots of new things. This class has changed the way I look at the world. One interesting thing I have learned is that we are only using 5-10% of our brain-mind capacity.

Another thing I have learned is that something that seems solid is 99% space. I have also learned that everything has negative and positive. I have also found buttons interesting. **Buddy/8th**

In this class I have learned how to control my emotions. All of the storys you have told us and all of the people who have come in has made me realize I don't have a really bad life.

This also helped me gane confidence in me to stand up for my self. It helped me by learning to not put myself down all the time. I have notice ever since this class has started my grades in all my classes has improved. Thank you for all the help you have given me. **Alex/10th**

I have learned a lot in this class, and a lot has helped me. Or more accurately a little has helped me a lot. I think that there are some things I just can't/don't want to believe: like that the universe can send something your way. Regardless of what I don't believe, what I do has helped me. I don't know which thing it was. But I think it was the not assuming and the breathing. **Josh/7th**

I have learned a lot in this class. This class has taught me that not everything is black and white. Even though I missed a lot because I wasn't here at the beginning, I feel I have still heard a lot of important things.

The thing I liked the most was buttons. I liked the buttons because I never thought about life that way. Also it makes sense. It helped me realize the people I attract is because of my buttons. I have learned to take a deeper look at my life from childhood. I realized I attracted



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men who take advantage of me and I have finally got the strength to move on from a bad relationship.

Another thing I liked was the synchronicity. This was a fun topic. I liked it a lot because things like this happens a lot to me. I am really into believing magic is really out there and this proved it for me. This made me realize everything happens for a reason.

Tara/12th grade

Something I learned is don't ever doubt somebody by the way they look. No matter how the reality is out there. Always think how YOUR reality is. Like the little eleven year old how she had no face or hands. She didn't give a damn and if you don't have your own reality you will be stressed by other people's bullshit. So be strong like the little girl.

Or like yin and yang. Don't be a follower be a leader. I also learned about buttons and don't carry it around! Because it's contagious. Don't carry it around with you everywhere. Fix it. And try to remember when was the first time that kind of bullshit happened or feeling. Also you have to take at least 5 minutes every day to just relax and breathe. It's good for your soul & brain. I really loved this class. It was very interesting. **Rebekah/8th**

I found imagery very interesting. I use my imagination a lot. I like to think of stuff that I would like to happen to me. It tends to put me in a good mood.

I also found buttons very helpful. Thinking of my buttons and what kind of people push them kinda help me understand why I have that as a button. I really enjoyed learning about this.

I like yin and yang because it helps me think positive. Knowing that a positive can come out of a negative situation puts me in a good mood. I think learning about this really made me realize I shouldn't stress so much even if something bad happens. **Lauren/10th**

One of the things that really helped is that I always have a choice. It helps me because I use to let people be the boss of me and now I know that I always have a choice. I can know how to make them not be the boss of me. **Zheneischa/5th**

One thing I found interesting about your class was that things aren't really as they appear. A table made of atoms is 99% space but feels solid. Another thing I found interesting was when you told us stories about people being strong when they had some disability. This helped me look at myself differently because sometimes when I feel shitty I think I have it bad but, in reality I have no clue. It has helped me be more positive and stop and think maybe this actually isn't as bad as it seems. **Abby/11th**

I learned that people can do anything they put their mind to. **Michael/7th**

DoS helped me more calm and peaceful by doing the breathing and it's very nice. I have been less stressed. I have overcome my friends and brothers' comments and now I am much happier and friendlier to my brothers and friends because DoS made it so I



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can still overcome with the classes. I'm still thinking about obj/sub worlds. I want to keep taking this class. **Ben/5th grade**

I found the stuff towards the end of the year more interesting. I liked the stories about people. The guest speakers were cool also. Chris was inspirational. The diaphragmatic breathing helped me calm down during stressful times. Sometimes I get annoyed I have to come because the teachers annoy me and I have to sit for so long. ☺

Holden/7th

I think that it was all pretty interesting but I honestly don't believe it. I mean if everything happens for a reason then it completely destroys the notion of free will, and I refuse to believe that I don't get a say in my life. I am not just a puppet of "fate". Also if I have the power to change the outcome of things then what's to stop someone else from changing it back, after all we are all people. **Zac/12th**

What I found helpful in Discovery of self is the yin-yang. I use it mostly in situations when something goes missing or I miss the bus. For missing the bus I take it as not a very good thing but there will always be another bus in 15 minutes.

When I am upset, scared I use diaphragmatic breathing to calm myself. It soothes my mind and makes me calmer. When I lost my ipod I was devastated, so I took deep breaths to make myself calm..

When we talked about buttons it never crossed my mind. I soon realized the smallest problem is my button. I now don't take things so seriously and not have things get to me. **Abby/10th**

In D.O.S I have learned a lot of stuff and there is some of the stuff like the way you react in your mind can change the thing that are happening like if you lose something and you keep thinking that you are going to find it then you would probably have a better chance of finding it but if you keep thinking bad then you probably won't find it.

Another thing I learned about is your buttons. A way a button is caused is when something you don't like happens a lot. A way you can get rid of the button is by ignoring it or just walking away.

The way you think can change the things that happen in reality. Like what Ms. Jane said the story about there was a box this kid wanted and the mother went to the store and it was sold out so she went to this place where you can get stuff for free and it was there. **Caleb/6th**

Educator Recommendations:



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[Wayne Jennings](#)

Education Transformist

During the twenty five years I have known Jane Barrash she has been a leader in expanding conceptions about learning and education. I served for a time on the Continuum Board and came to know her well as she broadened public understanding about human consciousness, physical and mental health, and human growth and development. Thousands of people benefited from her work,...[more](#)



[Darrell Thompson](#) President at Bolder Options

"Many times the school system is not addressing the issues kids are dealing with today. Issues such as how to deal with the problems and situations that youth encounter in today's world. Discovery of Self not only deals with it, but gives "real life" solutions that youth can use. Too many times we are asking everyone to be the same in our society. This program points out...[more](#)



[Chanda Smith Baker](#) Nonprofit Executive, (CEO Pillsbury United Communities which authorizes 27 charter schools)

Jane is a passionate advocate for struggling students. Her energy and belief that all students have endless potential is contagious. I know her talents extend to work with many populations including executives, and there is wide benefit to her confidence in human capacity. This belief - partnered with her personal commitment to learning, setting and meeting...[more](#)



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[Sue Valdes, Ed.D.](#) Chief Learning Officer at National Youth Leadership Council

I hired Jane to deliver character education to the students at Quest Academy and to support teachers' development in this very important area of the school's curriculum. Jane has very deep knowledge of this material, working with students as they consider how they can create the lives they desire by making choices consistent with their life goals.

The students and...[more](#)

I see students participating who usually wouldn't participate. A student who usually acts out until kicked out of class sits quietly - often afraid to talk or make eye contact - but listens...Students have become vocal about their feelings about **Discovery** class: "**Discovery** is cool." "They talk about interesting stuff." "I don't know what it is, but we want to talk in there..." **Chris Seilor - Special Ed Teacher**

I want to personally thank Jane for bringing *Discovery of Self* to the Winnebago Indian Reservation for staff and clients of the Winnebago Youth Facility, and for other Tribal members. I've received numerous comments from tribal members in regards to the components of the program that correlate with our own Native American spirituality and teachings. Your workshops have generated considerable interest from other reservations, other departments within our tribe's operations and from other individuals. The workshop participants have enthusiastically marketed *Discovery of Self* by sharing their experiences with others. **Prosper Waukon – Executive Director, Winnebago Youth Facility. Winnebago, Nebraska**

I think *Discovery of Self* is very important to the youth because the information gets their attention. They begin to see that people view the world many different ways and they can begin to question how they think and how they want to be in life. I think it exposes them to new ideas and encourages them to find their identity as adults. DoS brings new ideas and concepts to youth. As they are transitioning to adulthood they need some guidance in how to live well, emotionally and spiritually and physically. I really enjoy seeing them challenged to learn new things, and I'm interested in working together again in the fall. **Deena McKinney – Program Development Supervisor, The Bridge For Runaway Youth**

Discovery of Self has given students in a strictly traditional education program a forum for something new. This has created a challenge as well as an opportunity for them. The DoS curriculum has challenged their existing beliefs, not only about school and what is taught, but also about their own ideas and beliefs about how they are and how the world is and how it could be. And therein lies the opportunity for change. **Ms. Fessler - Capitol View Alternative Learning Center**



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