7 Year Journey to Life

FOR DUMMIES®

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Starting your own journey to life

Have you decided to start your own Journey to Life? Cool! In this document you'll find all the relevant information to make sure you're equipped with the tools you need to make your blogging effective and have your presence on the web be consistently spread

What is the Journey to Life?

The Journey to Life is a decision to through writing share your process of self-realization on the web in the form of blogs and within that, be an example for others in showing that it's possible to change oneself for the better.

What is special about the Journey to Life blogs is that they are written in sequence, wherein each blog post is named according to how many days you've written. Thus, when you've written 99 blog posts, your next post should be called "Day 100: …", because that is the hundredth blog post you're writing in your Journey to Life. The number can be written at the beginning or after the title you've given to your post of the day: examples

Day 1: My first entry in this Journey to Life

Or

My first entry in this Journey to Life – Day 1

Also the word day is not entirely necessary, keeping the number in the title is what's important.

The reason why we name each blog post according to a day is because it takes on average 7-14 years to walk through the patterns, behaviors, thoughts, feelings, relationships, fantasies, characters, constructs that we exist as in the mind, and establish through this journey our own directive principle and self-stability to be self-directive here, in our physical reality as our living Self Corrective Application. Thus, we count the days we're walking and at the end of your Journey your days will stand as a testimonial to your consistency and steadfastness and as a proof that it's possible to birth life from the physical.

Important articles and interviews

To get a deeper understanding of what the Journey to Life entails we suggest investigating the following material.

Articles

Day 1: Self Forgiveness
http://creationsjourneytolife.blogspot.com/2012/04/day-1-self-forgiveness.html

'Ascension' Tools
http://desteni.org/faq#10

Interviews

2012: Nothingness -- the 7 Year Process to Birthing Self as Life
http://www.youtube.com/watch?v=AJXczq0rPcQ

2012 - Finding your purpose in the journey to life.
http://www.youtube.com/watch?v=gYWqhzY5n3k

Changing the Character of the World
http://www.youtube.com/watch?v=VVwyAo8dEmU

Creating your blog

If you're unfamiliar with blogging you'll find video tutorials under this heading explaining the basics of how to set up your blog and how to begin posting.

How to set up a blog on blogger
http://www.youtube.com/watch?v=Wa7d7DCPLGc

The generals of how to design your blog
http://www.youtube.com/watch?v=bk-N1nb5zF0

Customizing your blog with Desteni-buttons
http://forum.desteni.org/viewtopic.php?f=75&t=4046

How to add a blog-roll
http://www.youtube.com/watch?v=11kMmnjbx_Y

Writing your blog

Now that you have your blog created and customized you're ready to begin writing. There is definitely no right or wrong way to write, though there are some general principles that you must take into consideration for the blog to be effective.

Do not mention names

Never mention the names of others in your blog. Remember, you're writing out your own accepted and allowed patterns and thus others do not have anything to do with your acceptances and allowances – as such extract the pattern from the situation and write about it in such a way that it stands on it's own. Meaning, that for a visitor coming to your blog the first time, he can take your writings and apply it in their own life, because your writings are universal to the particular pattern your working with – for example, your writings are not about what "mom" or "dad" did towards you – but instead about what patterns you've discovered in situations involving the family as a context.

Another aspect as to why not to mention the names of others in your blog is because this might compromise your relationship with them if they happen to read your blog and react to what you've written. Thus, apply prevention and make sure that your blogs are universal and general so that they do not cause any unnecessary friction and conflict in your world, which includes family, work, neighbours, colleagues, other Destonians, etc.

Find the solution

When you write your blog it's important to write from a starting point of establishing a solution for the pattern you're investigating. Remember that you're responsible for what you place out there on the web, and that in writing a blog consisting solely of self-pity and self-victimization, you might cause a human being reading your blog to go into the same state of mind. Thus, make sure that when you've written about the problem, you write about the solution – write the self-forgiveness, self-corrective statements and self-commitments to make sure you've taken responsibility for your patterns and created a path to the solution that can be walked by those coming to your blog for assistance and support.

Do not share personal information

This world is not a place within which we can share all of our secrets openly without risk of having what we share being used against us. Thus, be careful of what you put out there, make sure that what you write doesn't contain personal information that can be utilized by abusers and bullies to get to you. We need to be professional in our writings and make sure that what we share does not compromise us in our personal lives.

Still, this doesn't mean that we should cover in fear and not write that which is controversial and considered strange or weird. We should simply be aware that that we don't post that which can be used as material for abusers to target us in our personal capacity, for instance in regards to career, personal relationships, family, legal situations and money.

Here again what you can do is to make the pattern you're writing about general, make it universal, take out all the personal information and write about the pattern without it being connected to your life.

Structure

There are no rules for how you should write your blog, though it's suggested that you include, for each pattern that you walk through in writing and self-forgiveness, self corrective statements and self commitment statements wherein you decide to correct your physical practical living.

This is important, because after you've released the grip of a particular mind pattern, you require redesigning yourself and unless you do this, the mind will yet again step in and take over the creation process. Thus, with placing the self-commitment statements, you take directive principle in the creation process and make sure that you give and place new directions to fill in the void or gap that was created as the old pattern was released.

Important articles and interviews

In order to get a more comprehensive understanding of what dissecting mind patterns imply, and what writing, self-forgiveness and self-commitment statements entail, we suggest that you research the following material.

Articles

Veno - PRACTICAL support and Guidance with Self Forgiveness
http://desteni.org/a/veno-practical-support-and-guidance-with-self-forgiveness

Veno - PRACTICAL support and Guidance with Self Forgiveness Part 2
http://desteni.org/a/veno-practical-support-and-guidance-with-self-forgiveness-part-2

Self-Writing
http://wiki.destonians.com/Self-Writing

Self-Forgiveness
http://wiki.destonians.com/Self-Forgiveness

Self Forgiveness DIY
http://desteni.org/faq#36

Interviews

2012: Expose the Mind in the Physical with Self-Forgiveness
http://www.youtube.com/watch?v=xXMaELSV8ZQ&feature=youtu.be

2012: Quantify Process - Speak Self Forgiveness OUT LOUD
http://www.youtube.com/watch?v=zuiFn8kHLMY&feature=youtu.be

2012: What is Effective Self Forgiveness?
http://www.youtube.com/watch?v=-F9k-phE6Gc&feature=youtu.be

2011: WHERE do I START with Self Forgiveness?
http://www.youtube.com/watch?v=vNLd2szsV0g&feature=youtu.be

2011: Self Forgiveness - Taking Self Responsibility for Self Change
http://www.youtube.com/watch?v=sfoec_3a8_Q

2011: Self Forgiveness and Time
http://www.youtube.com/watch?v=mLC8KlXA8As

2011: Self-Forgiveness - From Pre-programming to Directive-Principled Living
http://www.youtube.com/watch?v=Q2uLKK8smMk

The Solution of Self-Forgiveness
http://www.youtube.com/watch?v=Uri6Ft4mgrA

2007 Solution of Writing Yourself to Freedom
http://www.youtube.com/watch?v=VNk3JFKt5oE&feature=youtu.be

2012 -- Why Self Forgiveness?
http://www.youtube.com/watch?v=7_NDWNcHGdM&feature=youtu.be

Search engine optimization

Before finally posting your blog it's suggested to optimize it for search engines. This will allow your blog to end up higher in the searches in search engines, such as for example Google. Down below are some basic techniques that can be applied for this purpose. The more easy it is for your blog to be picked up by a search engine, the easier it will be for people who might be assisted by your blog, to find it. As your blog gets more views, it will be picked up by search enginges more, making again the chances higher of someone stumbling across your blog and it possible touching their lives in a self-supportive way. For this reason, it is important to be aware of how you 'market' your blog.

Pictures/Images

Images and pictures are an effective way to attract readers to your blog. Thus it's suggested to insert a picture that is relevant to the topic of your blog in each blog that you post. Here you can also rename the picture to suit the topic you're writing about and in doing this, you'll be able to open up yet another channel through which people will be able to reach your blog.

Though, it's important to remember that not all pictures are free for use and that in using pictures without discrimination it can have legal consequences due to copyright. Thus it's suggested to use pictures where the artist have allowed to usage and such pictures can be found on various websites, such as for example: http://www.stockfreeimages. com/.

Another resource that can be used freely is the pictures produced by the Desteni artists; these pictures can be found here: https://www.facebook.com/DesteniArtists

Use of Links

Making specific keywords links to relevant sources is an effective way of creating more views for those items that you've linked, as such links will make search engines, such as Google, more likely to put them higher up in their search results.

If you for example link the word "anger" in your blog to a Eqafe interview about anger, this will support that Eqafe interview to become more easily picked up and found by search engines. It's thus suggested to in every blog link at least three words to relevant sources that you wish to promote – for example, an Eqafe interview, another JTL blog, one of our websites or facebook pages.

Tagging

Tagging your blog is a way to make it show up in search engines as these many times target and sort content through keywords. Though, remember to not over-tag a post, because search engines might perceive this as spam.

Tagging your blog with effective keywords will ensure that your blog receives maximum exposure. Not tagging will mean that process is going to take longer, because this can have the effect that if someone doesn't find your blog, they will not be able to start their process, as each blog is an opening, an opportunity for new people to find and make use of the self support we share.

To make your tagging as effective as possible you can check google.com/trends to see what tags are trending. You can also do a search on the topic you've just written about in a search engine, and look at the results that came up, and the titles of some of the top hits in the search and use these as tags in your blog.

You can also make tags key-phrases, and work these out through placing yourself in the shoes of a potential reader of the topic your writing about, and design the tag to be interesting to that person; for example "How to stop drinking alcohol" or "how to gain confidence" or "how to stop anger".

In sum, tagging is fairly simple; just add words related to what you've written that you see would be something people might search for.

Sharing your blog

After you've written your blog you want to share it on social networks as well as make sure that it can be found by search engines. This is important because it's how we expand and grow our presence on the Internet and reach out to more people. Thus, sharing your blog effectively is equally important as writing the blog, because unless someone finds it, we as a group and our message won't get through the media-noise that is existent in this world.

Forum

We suggest that you share your blog on the Desteni Forum under the relevant topics. One of these would be your own JTL-thread, which you're free to create after you've become a

member on the forum – here is a link to the topic – http://forum.desteni.org/viewforum.php?f=75&sid=03d80f4e167e479f7fa727a16af72e56.

It's important to post your blogs on the Desteni Forum because through this we create a snowball effect, where we with an increasing amount of blogs, accumulate a library of information that can be utilized by all members of the Desteni group. We want those looking for support to be able to find your blog through targeting keywords with help the of the forum's search function – it's thus important that you post the entirety of your blog (all the text) and not just a link to the blog.

Destonians

Destonians is the Social Network for people that have decided to walk their process and thus it's important we share our blogs here: http://destonians.com/.

Sharing your blog on the Destonians network will allow for members of the group to keep up to date with your latest writings and allow easy access for those wishing to follow the texts and videos being produced by each one of us, Destonians.

Stumble Upon

Stumble Upon is a very effective and simple tool to use in order to promote your own as well as others' blogs.

Thus, right after you've published your blog, submit it to http://www.stumbleupon.com/submit.

The first time you use StumbleUpon remember to submit your own blog to StumbleUpon before you submit others' blogs – else you 'waste' your 'new' opportunities to StumbleUpon and won't be able to submit your own blog because of having limited amount of blogs one can submit per day, and if one doesn't submit one's own blog, others have to do it and as such, 'waste' their spaces of the day to submit their own blog.

Importance of StumbleUpon

To understand the importance of using Stumble upon – here is a short story from a member of the Desteni group:

Bernard pointed out a profile of someone on StumbleUpon who had 40,000 Likes and said -- THAT is effective and explained that with StumbleUpon we have the ability to build a CORPUS of information / material that is there for people to find - CORPUS means BODY - StumbleUpon - as well as other media sharing sites - are like BODIES built of information / material. So - when we are adding material to these sites - -we are BUILDING a BODY of DESTENI material. And that BODY is built each DAY, CLICK by CLICK. 1+1+1.

Now I have over 30,000 Likes. So -- it is a process of Accumulation - that takes YEARS. And this is why it's important to get in all the clicks - every day - So that we can INSTALL the Desteni material into the Body that is the Internet. Stumbleupon is effective because other stumblers will follow your profile and read what you submit.

So - the point with all the daily likes / shares / submissions to various sharing sites - is that it shows that our movement / material has consistent SUPPORT. One CLICK may result in ONE person reading that blog who might otherwise not have FOUND it --- and that one person may be someone who will be very effective and SPEED up process for everyone in some specific way that we DON'T imagine.

StumbleUpon Toolbar

Make sure you download the StumbleUpon Toolbar as it will make it much easier for you to submit your blogs and like (upvote) others.

You can find the StumbleUpon Toolbar here: http://www.stumbleupon.com/addon/

Content not written in English

If you do not write your blog in English, this doesn't matter as to the functionality of StumbleUpon, simple submit your blog specifying your language using tags in your own language.

Facebook

Facebook is a very important social network to share your blogs on. Remember to make your sharing dynamic and interactive – and be careful of being perceived as a spammer, as this will decrease the attention you're able to draw to yourself.

Thus, make your participation personal, write something that can catch the interest of someone so that he's compelled to go and read your blog. Here you find some tips in regards to how to formulate your posts titles: http://qz.com/168727/is-this-headline-manipulating-you/

Groups

It's important to post your blogs at the relevant groups, as this will enable other Destonians to see and like it – try and stick to the purpose of each group and post blogs that are pertinent to each of them.

Here are the groups it's suggested to post in:

https://www.facebook.com/groups/journeytolife/
https://www.facebook.com/groups/10080524250/
https://www.facebook.com/groups/2403779056/

Twitter

Twitter is also a cool tool to utilize in building an audience and spreading the message. Simply start up your account and begin posting your blogs in the twitter feed – down below are some effective tips on how to maximize your twitter usage.

Specific and interesting tweets

The most important rule of Twitter is to make each tweet specific and interesting, so that as your tweets spread across Twitter, people will see them and begin following your Twitter feed.

Hashtags are words with a '#' in front of them that are keywords.

Using hashtags, like #desteni or #destonian, helps organize tweets across twitter by creating a link which you can click on to see everyone who has used that particular hashtag. You can search popular hashtags by going to the '#Discover' tab on your front page of twitter and typing in a hashtag. You can also make your own hashtags out of any word by placing a '#' in front of it.

Some examples of cool common hashtags we can use are:
#desteni
#DIP
#DIPlite
#JTL
#journeytolife
#desteniiprocess
#commonsense
#equallife
#eqafe
etc...

Note, you do not want to overuse hashtags -- don't put 10 hashtags in a single tweet, that is considered spamming, use common sense

In Twitter you can tag your friends or other people by placing their username with the @ symbol in your tweet.

For example, if person X has a cool quote you want to tweet, type "@X" anywhere in the tweet - and your tweet will be connected to X's twitter page. Clicking the '@Connect' tab in twitter shows you all of the people who are mentioning you or have interacted with you -- you can also search peoples name in this tab, in case you forgot their Twitter name.

Note, make sure you are using the person's correct twitter username

Get followers on twitter by consistently placing your daily tweets, placing supportive comments, and following other people.

If you don't have a lot of followers yet, or are new to twitter, go to twitter account @

eqafe and follow everyone from desteni. Make sure that if someone from desteni follows you, that you follow them back so we are all connected. Also, start following other people talking about relevant points on Twitter, and reply to their tweets with common sense.

Retweet & Reply

If you come across a cool tweet from someone else, click the 'Retweet' symbol (it looks kind of like a recycling symbol with two circled arrows). This will post their tweet to your Twitter feed with an automatic tag. Also, if you read a cool tweet from someone, reply to it with support.

How to Make Short Links for Twitter

When you tweet, you are limited in the length of your tweet, so it is cool to turn video and blog links into short links so you have more room to place hashtags and username tags, and it keeps your tweets from looking cluttered and spammy. You can do this with any link by going to this website: https://bitly.com/ and type in any link you have - it will give you a shorter version of the link. Make short links for video links, blog links, news article links ---This is not necessary for general links like equalmoney.org or desteni.org, as these links are already short.

There are also add-ons for your browser to create tweets that already contain the bit.ly link

Firefox: https://addons.mozilla.org/en-us/firefox/addon/shorten-url-bitly/
Chrome: http://www.chromeextensions.org/social-communications/bit-ly-shorten-url/

Connect your blogs to Twitter

This website: http://twitterfeed.com/ is so cool! Create an account and follow the instructions to have your blog automatically feed to your Twitter.

Networkedblogs

Networked blogs is a great resource that can be used to share your blogs.

Register your blog/s at http://www.networkedblogs.com as this can support in setting up automatic posting to various facebook groups automatically after you post on your blog.

Tumblr

You can also open an account at tumblr.com which is another social-media site for 'microblogging.' So it is convenient to also post a link to your blog there by simply visiting tumblr.com/dashboard and choosing either 'link' or 'quote' – if you want to place an abstract of your blog or a particular quote'

You can also use this direct link http://www.tumblr.com/new/link to place the link.

As with everything, placing effective tags also applies to Tumblr as well as the use of catchy images since this site is mostly image-driven.

You can also check whether you can automate your blog-publishing by linking your blog account to Tumblr – Wordpress allows this and so, it's automatically distributed from the moment the blog is posted.

Pinterest

Pinterest is a social network that is particularly effective when you accompany your blog posts with a catching picture as the sharing of information is mostly done through thumbnail images. In order to get exposure on this network it is important that you follow others because in that expand your circle of influence and there is bigger chance that you will be noticed.

 You will find Pinterest here http://www.pinterest.com/ and when posting we suggest that you add some small excerpt in the pin in order to catch the attention of people.