

Superior Man Mini-Story Text

Hi, this is AJ. Welcome to the mini-story for “Superior Man.” Are you strong? You feeling good? Let’s get started.

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Kristin wanted to go to the moon. She wanted to visit the moon.

Who wanted to visit the moon?

Well, Kristin did. Kristin wanted to visit the moon.

Where did she want to go?

She wanted to go to the moon.

Who wanted to go there?

Kristin, Kristin wanted to go to the moon.

What did she want?

To go to the moon, Kristin wanted to go to the moon.

Why?

Why did Kristin want to go to the moon? She wanted to go for spiritual reasons.

What kind of reasons did she have?

She had spiritual reasons. Kristin wanted to go to the moon for spiritual reasons. Of course, obviously.

She wanted to meditate on the moon for 10 days.

What kind of reasons did she have?

She had spiritual reasons.

Who had spiritual reasons for going to the moon?

Kristin, Kristin had spiritual reasons for going to the moon.

Did she have practical normal reasons or spiritual reasons?

She had spiritual reasons for going to the moon. She had spiritual reasons for going to the moon. In fact, she wanted to meditate on the moon for 10 days. To meditate means to sit and breathe quietly and have a calm mind, calm brain. It's kind of relaxing your body, relaxing your brain. So it's a little bit like praying if you're Christian or Muslim or Jewish, you pray. Buddhists and Hindus they meditate. They sit and they focus their mind, clear their mind. So she wants to do that on the moon. So this is her spiritual reason for going to the moon. So Kristin wanted to go to the moon. She wanted to go for spiritual reasons.

But, of course, she had some problems. The biggest problem was that rockets are expensive. Rockets are very expensive. To go to the moon she needed a rocket but rockets are expensive. So she had to earn a living with a great job to make a lot of money to buy a rocket.

Did she need to earn a good living to pay for the rocket?

Yes, she needed to earn a great living to pay for the rocket. She needed to make a lot of money to pay for the rocket.

What kind of living did she need to earn? Poor or great?

Great, she needed to earn a great living to pay for the rocket. She needed to make a lot of money to pay for the rocket.

Who needed to earn a great living?

Kristin, Kristin needed to earn a great living.

What did she need to earn?

A great living, Kristin needed to earn a great living. She needed to make a lot of money.

Why did Kristin need to earn a great living?

Well, to pay for the very expensive rocket. She needed to earn a great living to pay for a huge, expensive rocket.

Unfortunately, her job did not pay a lot of money. Oh no.

Did Kristin's job pay a lot of money?

No, it didn't. It did not pay a lot of money. Kristin's job did not pay a lot of money. She was not earning a great living. She was not earning a good living. She was poor.

Kristin started her own business. She decided to cater to penguins.

What?

She decided to cater to penguins. She decided to sell to penguins. She decided to help penguins. Penguins would be her customers.

She sold fish to penguins.

Who did Kristin cater to?

She catered to penguins.

Who catered to penguins?

Kristin, Kristin catered to penguins.

Did she help penguins? Did she focus on penguins?

Yes, she did. She catered to penguins.

Did Kristin cater to dogs?

No, no, no, not dogs. Kristin catered to penguins.

How did she cater to penguins?

Well, she helped them by selling fish to them. She sold fish to penguins. That was her new business.

Every day she sold fish to penguins. Now, of course, she made a lot of money.

Did she make a little money or a lot of money?

She earned a lot of money.

Why?

Well, obviously because penguins are super rich. And they eat a lot of fish. So Kristin earned a lot of money from the penguins, from her business.

And finally one day she bought a rocket.

Did she buy a car?

No, no, no.

Did she buy a house?

No, no, no. She bought a rocket, a huge powerful rocket.

Why did she buy a huge powerful rocket?

To go to the moon, of course, to go to the moon.

And so one day...the rocket took off. It started to the moon. First it went to the edge of space.

Did it go to the limit of the earth? Did it go to the limit of earth and space, the boundary?

Yes, it did. It went to the edge of space, the edge of earth. It went to the edge of space, right to the limit.

Did it go to the edge of the water?

No, no, not the edge of the water.

Did it go to the edge of her emotions?

Not the edge of her emotions, it went to the edge of space. To the limit, the boundary between the earth and space.

And it went beyond the limit.

Did it go past the edge of space?

Yes, the rocket went past the edge of space.

All the way to the moon.

Where did the rocket go?

To the moon, the rocket went to the moon.

Was Kristin alone in the rocket?

No, she was not alone.

Who was with Kristin?

Well, a penguin, of course. Her favorite penguin was with her. So Kristin and her favorite penguin, Bob, were in the rocket.

Kristin and her favorite penguin, Bob, went to the moon. Bob accompanied Kristin.

Did Bob join with Kristin? Did Bob go with Kristin?

Yes, Bob the penguin accompanied Kristin.

What accompanied Kristin?

A penguin, a penguin accompanied Kristin.

Did a giraffe accompany Kristin or did a penguin accompany Kristin?

Well, a penguin accompanied Kristin.

Who accompanied Kristin?

Bob, Bob the penguin accompanied Kristin.

Who did Bob accompany?

Bob accompanied Krsitin.

Where did he accompany her to?

He accompanied her to the moon. He went with her to the moon.

And together Kristin and Bob the penguin meditated...ommmm...they meditated for 10 days on the moon together. They were peaceful, calm and happy.

That's The End

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That's the end of the mini-story for Superior Man. Listen to it every day. Pause after the questions and answer them. You can answer slowly in the beginning but try to answer quickly, quickly. Remember one word answer or two word answers are fine. You don't need a full sentence. One or two words or a short phrase, it's okay. Shout it out. And as always, always have energy. Always have your shoulders back and your chest up. Always be breathing and smiling and moving your body. This is so important. You learn faster when you are standing tall and smiling and happy. When you have energy in your body you learn faster, your brain will learn much, much faster, three to five times

faster. If your shoulders are down and forward, if your head's down, if you feel tired and bored, you learn much more slowly. You're wasting your time. So don't do it. If you start to feel tired, if you feel bored, bring your shoulders back, chest up, big smile. Take a break. Put some music on. Dance. Jump. Run. Get energy in your body then start again.

Okay, see you next time.