



## **AITI Curriculum & Standards for: “The HAPPINESS DRAGON, AITI”**

Minimum of 12 hours of training in at least 2 days

[www.ai-institutes.net](http://www.ai-institutes.net)

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### **1. Required training content**

**Your brain is not wired for joy and happiness.  
You need to train your brain for joy and happiness!  
AI can teach you the essence of being a happy human.**

#### **Let's understand the background**

**In this 2 days workshop, we support you in rewiring your brain to human happiness.**

Health and success will automatically follow when you live your happiness.

Explore and experience the difference between Artificial Intelligence (AI) and the essence of being human. Everything that AI can do better than humans is not essentially human. With the rise of AI, we now have the chance to find our true nature as happy humans. Let's explore “The HAPPINESS DRAGON”.

**We live in a chaotic and unhealthy world today.**

Today's lifestyle and mindset involve an overactive brain, lack of physical activity, insufficient sleep, social isolation, high stress levels, fast food, alcohol, meaningless sexual relations, and constant exposure to dramatic media.

#### **The HAPPINESS DRAGON**

True HAPPINESS is a challenge. The evolution process had its focus on surviving the dangers around us. So we are not well prepared for true fundamental deep happiness.

“DRAGON” is a metaphor for a challenge that requires inner growth. The hero needs to face his fear and find his true inner potential and strength before he can tame the DRAGON (solve the challenge/problem).

Please feel invited to meet and tame in these 2 days training with a little help of AI your HAPPINESS DRAGON.

**Through the 300.000 years of evolution of Homo Sapiens, your brain is programmed (wired) for:**

1. survival (eat XXL)
2. reproduction (sex)

3. permanently checking for dangers around you (crime) with typical standard reactions of:
  - a) fight (aggression)
  - b) flight (anxiety) or
  - c) freeze (depression)

**In the 300.000 years of the evolutionary selection process, those humans survived who:**

1. were eating as much as possible whenever they found something to eat
2. had as many children as possible who protected them in dangerous situations
3. kept permanently anxiously checking their surroundings for possible dangers

The standard default brain wiring of modern humans is through this evolutionary selection process on over-eating and focusing on news about sex and crime. These widely spread standard default reactions are conditioned (wired) by the evolutionary process to aggression, anxiety or depression.

**Don't act as if you are still a cavewoman or caveman**

Dare to realize your human potential fully. Dare to live the very best version of you. Dare to be fully present in the here and now so that you can present yourself as a present (gift) for yourself and others.

"Make the world a better place for you and for me and the entire human race" (Michael Jackson).

"Imagine all the people living life in peace..." (John Lennon).

**Inner states of true gratefulness, love, joy and happiness require training.**

There is nothing basically wrong with you when you feel aggression, anxiety or depression. This is simply your human heritage, as determined by evolutionary natural selection. Over the last 300.000 years of evolution, these reactions were beneficial for survival.

In our modern world today, the circumstances have changed for most humans. Overeating, aggression (fight), anxiety (flight) or depression (freeze) do not benefit survival anymore. Today, your health and happiness depend on your inner state of mindful centeredness. Your mindset matters.

**Use Mindfulness for your happiness. Health, inner peace and success will automatically follow.**

Our brain primarily lives in the past and future, while our body and senses exist in the present. A much more mindful connection to our senses is urgently required for our happiness, inner peace, health and success. Use our updated Mindfulness approach for being aware and awake in the present and for being a "PRESENT" for yourself and everyone around you. "Come to your senses" in the literal meaning of this expression. Use mindful breathing techniques, body scan, yoga, and meditation to stay centered, healthy, and happy. Success will follow automatically in all areas of your life.

**The main differences between AI and Humans make us aware of our potential.**

**1. Emotions and empathy**

Humans experience a wide range of emotions, such as joy, sadness, anger, inner peace, and love. While AI can recognize and simulate emotions, it doesn't feel them.

**2. Physical existence**

Humans are physical beings whose intelligence is closely linked to their biological nature. AI exists in the form of software and hardware without a physical body of its own.

**3. Ethics and morality**

Humans have a moral and ethical consciousness that guides their actions. While AI systems can have ethical guidelines integrated into their programming, they do not possess their own internal moral understanding.

**4. Consciousness and subjectivity**

Humans have consciousness, which allows them to have subjective experiences, feel emotions, and seek meaning. AI systems do not possess consciousness or subjective experiences. They operate based on algorithms and data.

## 5. Creativity and intuition

Humans possess the ability for creative and intuitive problem-solving beyond purely logical reasoning. AI can deliver creative results, but it is based on learned patterns and data. True intuition is alien to AI.

### Example exercises to explore what makes us human.

The following exercises are examples. The Master Trainer who offers the training chooses from this pool of examples those that best suit the participants. The exercises below are meant to provide a general orientation of the direction of the training. Within this orientation, the Master Trainer is free to choose similar exercises that support the experience of the differences between AI and humans and that are designed to experience happiness, inner peace, health, and joy. Exercises that support humans in taming their HAPPINESS DRAGON.

#### **DRAGON YES exercise – Come to your senses with DRAGON energy**

“Happiness is the truth” (Pharrell Williams).

You experience happiness in your body. So first of all, let’s intensify your connection to your body.

Start by checking: 1.) your energy level in your body, 2.) the intensity of your connection to your body, 3.) your happiness right now. Give each of these 3 levels a number between 1 and 10. 1 is the lowest, and 10 is the highest. Keep your 3 numbers in your mind.

Bring your arms and hands up in the direction of the sky. Then, grab the sky with your hands by making fists and move your fists and arms in a fast movement down by shouting “YES”. Now, intensify this by jumping when your hands go up and by roaring like a DRAGON. Do this at least 20 times as fast and as loudly as you can. Really do feel the energy built up. Do this as long and as often as you can enjoy it.

Now, recheck 1.) your energy level, 2.) the intensity of feeling connected to your body, and 3.) your happiness level right now. If there is any improvement compared to before the exercise, then you have learned an easy, joyful way how to increase your happiness, presence, health, and inner peace of mind.

#### **Inner/outer circle exercise**

The group forms an inner circle and a circle around the inner circle. Participants stand facing each other in pairs. After each exercise, the inner and outer circles rotate one position in opposite directions.

##### **1. Just look at each other for a moment and say hello.**

Activate energy with the DRAGON YES exercise with the whole group all together.

Then say to the one opposing you: “I am here now. I see you.”

Observe changes in body language and energy field. Share your experience. Give feedback if you notice any changes in your partner.

##### **2. Beginner's Mind:** Allow intuition to come up with a response from within. Ask your partner: “If you would practice Beginner's Mind without judging or already knowing, what would be the positive effects, and where exactly in your life? Please allow your intuition to come up with an inner picture or a word or a melody or a feeling?” Encourage your partner to accept whatever comes from within and help him to let this unfold in the direction of a loving Beginner's Mind.

Ask him: “Where in your body do you feel this Beginner's Mind now?” Ask him to put his hands on this part of his body. Ask him to let this feeling spread over his whole body.

Ask him, if he could imagine that experiencing this could be a moment of meditation. Ask him to try to mediate just for a minute by allowing himself to experience this to the fullest.

Then enjoy when your partner does this process with you.

##### **3. Energize your hands by rubbing them together.**

Then make contact by touching the palms of each other's hands.

Smile with your mouth: A does it and B observes. Switch. Both simultaneously.

Observe changes in body language and energy field. Share your experience. Give feedback if you notice any changes in your partner.

Smile with your eyes: A does it and B observes. Switch. Both simultaneously.

Observe changes in body language and energy field. Share your experience. Give feedback if you notice any changes in your partner.

4. **Smile with your whole body:** A does it and B observes. Switch. Both simultaneously.

Observe changes in body language and energy field. Share your experience. Give feedback if you notice any changes in your partner.

Exchange with your partner on where you could use this in your lives. What effect could this have? How could you ensure you remember this at the right moment?

5. **Gratefulness:** Allow intuition to come up with a response from within. Ask your partner: "What could you be grateful for if you allow your intuition to come up with an inner picture or a word or a melody or a feeling?" Encourage your partner to accept whatever comes from within and help him to let this unfold in the direction of loving gratefulness.

Ask him: "Where in your body do you feel this gratefulness now?" Ask him to put his hands on this part of his body. Ask him to let this feeling spread over his whole body.

Ask him, if he could imagine that experiencing this could be a moment of meditation. Ask him to try to mediate just for a minute by allowing himself to experience this to the fullest.

Then enjoy when your partner does this process with you.

6. **Happiness and joy:** Allow intuition to come up with a response from within.

Ask your partner: "What moments of happiness and joy come to your mind now, if you allow your intuition to come up with an inner picture or a word or a melody or a feeling?" Encourage your partner to accept whatever comes from within and help him to let this unfold in the direction of wonderful happiness and joy.

Ask him, if he could imagine that experiencing this could be a moment of meditation. Ask him to try to mediate just for a minute by allowing himself to experience this to the fullest.

Ask him: "Where in your body do you feel this happiness and joy now?" Ask him to put his hands on this part of his body. Ask him to let this feeling spread over his whole body.

Then enjoy when your partner does this process with you.

7. **Intention:** If, after these exercises now here you would set an intention as an orientation for your brain or mindset about what exactly you would like to experience more often in your life, what would this be? Please share this with your partner.

Discuss in small groups of 3 to 7 what this experience says about the difference between AI and humans. Then share a few insights with the whole group.

### **Telling a group story with the Milton Model**

One begins with a statement: "Once upon a time..." The next uses a "Milton Model Linkage word" (connection) to the next part of the sentence of the story (e.g.: and, because, after, but, before, when, therefore, as, while, since, during, opening, creating, allowing, thinking, enjoying, or,...). Let the story unfold in its very own, creative, and unique way. Just follow your intuition.

Discuss in small groups of 3 to 5 what this story says about the difference between AI and humans. Then share a few insights with the whole group.

### **Select a fairy tale and unfold it anew**

The group chooses a fairy tale and a very specific situation within it. Then, the roles are assigned, and the story is allowed to unfold creatively.

Discuss in small groups of 3 to 5 what this story says about the group and about the difference between AI and humans. Then share a few insights with the whole group.

## Stepping into PRESENCE

Enjoy a mindful group walking meditation using the slowest possible steps.

Discuss in small groups of 3 to 5 what this experience says about the difference between AI and humans. Then share a few insights with the whole group.

## Appreciation circle

1. 5 to 7 participants sit in a circle. One in the center of the circle, the others around him.
2. The one in the middle receives recognition from all the other group members for his/her strengths, contributions, or personal qualities. He/She only listens to what all the others say.
3. Change until everyone was in the center.
4. Discuss what this experience says about the difference between AI and humans.
5. Share a few insights with the whole group.

## Intention Setting

If you give your brain an emotionally attractive orientation (intention), it loves to follow you. If not, it will just follow every impulse from around you. Then you are easy prey for the interests of others and the media. If you are interested in staying highly focused on unfolding your potential, then emotionally attractive intention setting is the way.

If, after these exercises now here you would set an intention as an orientation for your brain or mindset about what exactly you would like to experience more often in your life, what would this be?

1. **Dragon:** To intensify the emotional attractiveness, let's activate our senses with the DRAGON YES exercise.
2. **Grateful:** Let's use gratefulness to intensify the emotional attractiveness further. Think about what you are grateful for right now. Allow your brain to come up with inspirations. It can be very concrete or an inner picture, or a word, or a melody, or a feeling. And it is okay if it is an inner picture, a word, a melody, or a feeling. Or just the feeling that is after the DRAGON YES exercise in your body.
3. **Intention:** Now set your intent using the energy that you built up in the first 2 steps. Explain clearly to your brain and mindset what you want to have more often in your life.
4. **Meditation:** Allow yourself 3 minutes of mental bathing in the feelings of the intent.

**Journaling Intention for 8 weeks:** We recommend practicing Intention Setting every morning for 8 weeks. To come from a state to a trait, at least a minimum time span of 8 weeks is the scientifically researched effective time frame (<https://www.mdpi.com/2227-9032/12/23/2488>). It is very helpful if you do for at least 8 weeks the 4 steps from above and use journaling in the form of writing your intention for the day every morning in your journal or somewhere in your mobile phone. An alternative is that you find a buddy (a friend) who also does this exercise, and both of you share with each other your intentions every day over WhatsApp.

If you want to experience more happiness and mindset work, we highly recommend our mindfulness trainings from our In-Me Mindfulness Association [www.in-me.world](http://www.in-me.world)

## 2. Binding formal training organization

### Training duration for “The Happiness Dragon, AITI”

- Minimum of 12 hours of on-site face-to-face or interactive online training (including assessment) over a period of at least 2 days

### Mandatory Details

- **The title** “The Happiness Dragon, AITI” can only be used on a certificate with an AITI seal.
- **A training hour** has 60 minutes. Breaks longer than 30 minutes are not counted as training time.
- **A training group** has at least 6 members (counted without assistants or “Artificial Intelligence Master Trainer, AITI”).
- **AITI sealed certificates** (sticker with the AITI logo and a unique seal number) are for AITI trainings that have been conducted at least 80% of the time by an approved “Artificial Intelligence Master Trainer, AITI”. The remaining up to 20% of the training can be conducted by another highly qualified person under the supervision of an “Artificial Intelligence Master Trainer, AITI”. The training content in this curriculum here needs to be covered.

The list of seal entitled “Artificial Intelligence Master Trainer, AITI” is here: [www.ai-institutes.net/users/all/mastertrainer?](http://www.ai-institutes.net/users/all/mastertrainer?)

- **Optional interactive online training:** All “Artificial Intelligence Master Trainer, AITI” may use **online interactive** training (e.g., Zoom with breakout groups) as long as they specifically write the number of days and hours that were online in the text of the certificate.
- **Optional non-interactive online training hours** (asynchronous training), up to 20% of course hours, are only allowed for Master Trainers who have received a written approval from our online commission. To submit your request for approval, please write to [office@in-ici.net](mailto:office@in-ici.net)  
Details are here: [www.ai-institutes.net/blog/commissions/commission-online-training](http://www.ai-institutes.net/blog/commissions/commission-online-training)

### Optional Details

- With more than 10 participants, it is highly recommended to involve an assistant who must be qualified at least at the level: “Artificial Intelligence Trainer, AITI”.
- We recommend individual or group supervision, buddies, peer coaching, and intervention.

### “Artificial Intelligence Master Trainer, AITI” can order seals in their login area.

The options are:

1. our wonderful designed online certificate (you find for this a video in your login area)
2. jpg or png seals that you can print on your own certificates
3. physical seals (the old and most inconvenient time-consuming way by snail mail)

### 3. Guidelines for certificates

**The AITI certificate for: “The Happiness Dragon, AITI” must include:**

1. **the correct title** of the qualification: “The Happiness Dragon, AITI”
2. **Duration, Entrance Qualification, optional Online Training,**  
The **duration** of the face-to-face training with precise information regarding training days and hours (at least 12 hours in 2 days) plus the required **entrance qualifications**  
**If interactive online training** was used, the precise amount of hours and days of the interactive online training part must be stated on the certificate.  
**If non-interactive online training was used,** the “Artificial Intelligence Master Trainer, AITI” needs a written allowance from the online commission for this, and the precise amount of hours and days of the interactive online training part must be stated on the certificate. Details of the Online Commission are here: [www.ai-institutes.net/blog/commissions/commission-online-training](http://www.ai-institutes.net/blog/commissions/commission-online-training)
3. **the date** of the first and last day of the training
4. **a statement** that all AITI guidelines have been met  
We recommend for 2. to 4. the following 2 sentences on the certificate:  
The training comprised of 12 full hours in 2 days on-site face-to-face training, from ...(date of first day) to ...(date of last day), in strict accordance with the high ethics and quality standards of the Artificial Intelligence Training Institutes (AITI).  
**If a mixture** of on-site face-to-face training and interactive online training was used, we recommend the following 2 sentences on the certificate:  
The training comprised of ... full hours in ... days on-site face-to-face training and ... full hours in ... days interactive face-to-face online training, from ...(date of first day) to ...(date of last day), in strict accordance with the high ethics and quality standards of the Artificial Intelligence Training Institutes (AITI).
5. **the AITI seal** (sticker with AITI logo and seal number)
6. **the signature** of the "Artificial Intelligence Master Trainer, AITI" (with place and date)

**Training content for the qualification:** We highly recommend to list the complete trained main content and the complete amount of training hours and days that are needed for the certified qualification in Artificial Intelligence on the backside of the certificate or on a separate signed document.

**The following statement is optional for an AITI sealed certificate:**

"Because of the high quality of this training, it may be recognized as ECTS credit points in academic studies in psychology with a focus on Artificial Intelligence."

**Free membership with a sealed certificate**

We highly recommend that you motivate your training participants to become a member for free. No admission fee and no yearly membership fee forever. Really totally free of cost. Registration has many advantages. First of all, it supports your marketing when members who come from you are listed in your profile. The benefits for the participants are listed here: [www.ai-institutes.net/about/benefits](http://www.ai-institutes.net/about/benefits)

**In the Certification Guidelines,** you find more details and the options for how sealed training participants can get their forever free of costs membership profile: [www.ai-institutes.net/pdf/guidelines.pdf](http://www.ai-institutes.net/pdf/guidelines.pdf)