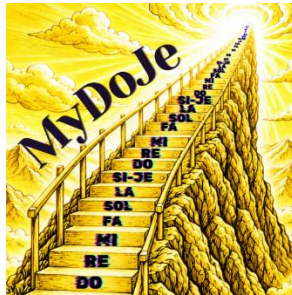


[DO RE MI FA SOL LA SI JE]ⁿ



R of

THE MYDOJE FRAMEWORK
~The Official Book~



THE MYDOJE FRAMEWORK

**THE MUSICAL TOOL HELPS
PROACTIVELY CONTROL THE
DESTINY OF EACH INDIVIDUAL
AND OF HUMANITY AS A WHOLE
IN THE AGE OF SUPER AI**

Uncover

**THE SUPREME POWER OF THE EIGHT NOTES OF AN
OCTAVE - FINALLY AWAKENED AFTER MORE THAN
40,000 YEARS OF BEING SEALED!**

June 12, 2026
The First Edition

THE MYDOJE FRAMEWORK: BUILDING TRUE INNER STRENGTH

HOW TO USE MYDOJE – THE INNER STRENGTH OCTAVE TRANSCENDENCE SYSTEM - TO BUILD UNWAVERING INNER STRENGTH AND PROTECT HUMANITY FROM SUPER AI

Music first appeared over 40,000 years ago in Europe when archaeologists discovered flutes made from animal bones.

Since then, there has been a function that possesses the greatest power of Music that remained undiscovered and untouched by humanity.

Until the “God’s Je Note” - *the musical note named after God appeared to protect humanity's survival from the threat of domination by artificial superintelligence* - finally awakened its most crucial function.

This book will reveal previously unknown insights into the core elements and ultimate power of Music. Through this, you will receive the following practical benefits:

- 🏆 Knowing which core elements of music – *if used correctly* – will bring the power to transform the destiny of an individual, a nation, and a world.
- 🏆 Discovering a hidden **Model** within the 8 musical notes [DO RE MI FA SOL LA SI JE] that has existed for 40,000 years, discovered for the first time, helps people build inner strength, overcome difficulties and adversity in life to achieve lasting happiness.
- 🏆 Understanding the MyDoJe Framework – [The Framework For The Transcendence Of Inner Strength Octave](#) – and its benefits.
- 🏆 Understanding A **Jelong Inner Strength Octave Music System** used in the MyDoJe framework, its components, and practical benefits. Specifically, you will:
 - ◆ Learn how to create and sing songs with the “**Singing LIVE with Jelong Musical Note Combo**” method: its uses, how it sounds, and how it's created.

- ◆ Learn how to create and sing songs with the “**Singing LIVE 1/3 Jelong Musical Note Combo**” method: its uses, how it sounds, and how it's created.
- ◆ Learn about the two newest types of music: **Jelong Blissful Mind Music** (likened to the "Sun" – a joyful sun) and **Jelong Restful Mind Music** (likened to the "Moon" – a lullaby Moon), and how they are utilized in the “**Sun-Moon Rhythm Transition System**” to help people *"Escape Stressful Days and Restless Nights"* in this AI era.
- ◆ Learn how to apply the “8-Octave Breathe & Sing Process” of the “Sun-Moon Rhythm Transition System” daily to "escape stressful days and restless nights" if you want to control stress and sleep.
- 🏆 Deeply understanding "God's Je Note" that will not only help break the dominance of super-AI, protect humanity from this entity, erase 3000 years of musical prejudice but also help awaken the ultimate power of music to build inner strength for humans to achieve lasting happiness.
- 🏆 And there are many more benefits waiting for you to discover after reading this book.

Read this entire book, and you will learn about things that go far beyond music, as well as how to reap those immense benefits.

However, to reap the full rewards, one should practice the principles imparted by the author.

I hope you will gain much from this crucial book by learning from and applying it, and by sharing these benefits widely with those around you!

Sincerely,

Jelong

*(Author of “The MyDoJe Framework” –
Founder of The MyDoJe System)*

ABOUT THE AUTHOR AND THE SOLUTIONS



My real name is Khuong Dat Long, and I currently live and work in Vietnam.
Whenever I sing and make music, I am JeLong.

If the “Singing LIVE with Jelong Musical Note Combo” Tool (which I created and detailed in the document "God's Je Note") helps break the dominance of super-AI and protect Humanity's survival against this entity, then in the book The MyDoJe Framework you are reading, the latest tool from Music – The MyDoJe Framework or The Inner Strength Octave Transcendence Framework – helps you control your life's destiny like never before, allowing for the most proactive approach possible.

This is the tool I created after revealing to everyone the '*divine key*' to breaking the dominance of super-AI in the document "God's Je Note," as well as discovering the most important function of Music after more than 40,000 years of being 'sealed'.

The MyDoJe framework, along with my latest music system – *The Jelong Inner Strength Octave Music System* – is used to address a crucial issue in this AI age: Sleep.

Sleep occupies one-third of a person's life. Most people need 6-8 hours of sleep each night to maintain and recover their health. However, AI algorithms used on social media platforms are now trying to 'dominate' or control that one-third of life because they are designed and self-adjusted to keep the human brain 'awake' with countless stimulating and highly intriguing content. This stems from social media platforms using AI algorithms to **increase user time and interaction**. This is both the good and the bad side of using AI.

Given the importance of one-third of our lives and because sleep is related to almost every aspect of a person's health and quality of life, I have for the first time used music as a complete system to regulate and balance the 24-hour circadian rhythm, much like the continuous rhythm of the Sun and Moon in life.

Upon completing this book, you can use the “8-Octave Breathe & Sing Process” within my “Sun-Moon Rhythm Transition System” to *"escape stressful days and restless nights"* in the age of AI algorithms.

In this system, music and live singing are used to bring music into practical life and protect not only the one-third of a person's life spent sleeping.

Through the MyDoJe Framework and The Jelong Inner Strength Octave Music System, for the first time in over 40,000 years since its emergence, *using its most important function* to fulfill its role:

- ✚ Protecting the survival of Humanity
- ✚ Helping to control and build The Inner Strength Octave Transcendence Ladder

What's in this book will surprise you about AI and the power of music that humanity has overlooked for over 40,000 years.

After all, I find God to be the most important and wonderful.

Especially if you are suffering from insomnia, poor sleep quality, stress, heavy pressure, even psychological trauma, or want to cultivate stronger inner strength, explore the content of this book below.

JeLong

Author & Founder of MyDoJe

Table OF CONTENTS

INTRODUCE

About The Author

Table of Contents

Reading Guides

CHAPTER 1: THE FRAMEWORK FOR THE TRANSCENDENCE OF INNER STRENGTH OCTAVE - MYDOJE

PART 1: A Model Of Music To Help Individuals And Humanity Control Destiny And Achieve Lasting Happiness	1
PART 2: The Essence Of The Number n In The Inner Strength Octave Transcendence Model.....	16
PART 3: A Special Tool To Break The Dominance Of Artificial Super Intelligence.....	39

CHAPTER 2: THE JELONG INNER STRENGTH OCTAVE MUSIC SYSTEM

PART 1: The World's First Music System Utilizing Music's Most Important Function: To Help People Relax, Reduce Stress, Regulate The Nervous System, And Build Strong Inner Strength For Lasting Happiness.....	53
PART 2: Benefits Of Listening To The First Music System That Helps People Build True Inner Strength And Achieve Lasting Happiness	73

CHAPTER 3: JELONG MUSICAL NOTE COMBO AND SUPER AI

PART 1: The Latest Composing And Singing Method - Jelong Musical Note Combo	84
PART 2: Enjoy The First Two Songs Using Jelong Musical Note Combo!	98
PART 3: Special Benefits And Meanings Of Having Too Many Versions Of Musical Note Combos For A Song	105

CHAPTER 4: "JE" - THE FIDELITY NOTE OF GOD

PART 1: 6 Unique Characteristics That Make Up The Method Of Creating And Singing Music "Jelong Musical Note Combo"	110
PART 2: Je - The Fidelity Note of God!	128
PART 3: This Is The Most Important Rule Of The Jelong Musical Note Combo, One That Helps Break The Dominance Of Super AI	136

CHAPTER 5: SINGING LIVE 1/3 JELONG MUSICAL NOTE COMBO

PART 1: Singing Live 1/3 Jelong Musical Note Combo Inheriting The Nervous System-Regulating Nature And Building Inner Strength From The Jelong Musical Note Combo Method	147
PART 2: How To Create And Perform "Singing LIVE 1/3 Jelong Musical Note Combo"	162

CHAPTER 6: "SUN-MOON RHYTHM TRANSITION SYSTEM"

PART 1: Jelong Blissful Mind Music & Jelong Restful Mind Music - Short Pieces of Music That Sustain Balance In Human Life Over 24 Hours.....	171
PART 2: 8-Octave Breathe & Sing Process: The Ai Era – The Live Singing Era	178

CHAPTER 7: SINGERPRETER - A PROFESSION THAT USES THE FUNCTION OF THE OCTAVE TO BUILD INNER STRENGTH AND CREATE LASTING HAPPINESS FOR PEOPLE IN THE AI ERA

PART 1: Characteristics And Effects Of The Two Musical Branches In The Jelong Inner Strength Octave Music System In The Era Of AI	185
PART 2: The Inner Strength Octave Transcendence Framework - MyDoJe - Helps Singerpreters Utilize The Function Of Musical Octaves To Preserve Human Survival Through Practical Daily Activities	192
PART 3: Creative Uses Of The Mydoje Framework: "Super AI Lyrics Sheet Music" - A New Tool To Erase Every Singer's Thousand-Year-Old Fear Of Forgetting Lyrics During Live Singing!	198

CHAPTER 8: GOD'S 8 BEAUTY COMMANDMENTS

PART 1: How To Use The Inner Strength Octave Transcendence Model In The MyDoJe System Framework	209
PART 2: Practical Application: How I Transcended My Crucible And Flourished With The MyDoJe Framework.....	218
PART 3: 8! – The Eighth Note And God’s 8 Beauty Commandments Solid Path To Transcending Adversity And Creating Exceptional, Transformative Value For Life	231
PART 4: It's Time For You To Build Your Inner Strength Octave Transcendence Ladder	237
CONCLUSION	241
Appendix I - (The AI Era – The Live Singing Era): This Is What The Music Industry Must Do If It Doesn't Want To Be Replaced By Super AI And Want To Help Humans Keep Their Dominant Position.....	244
Reference	253
Updated Note!	254



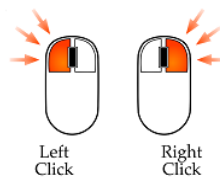
READING GUIDE

If you're viewing this e-book online (on your web browser) and click on a link inside this document, you will exit this ebook immediately. This is inconvenient because you will have to open this ebook again and find the page you've just read.

Therefore, in order to open a link to watch videos or read sources and still stay on a page you will be reading, please do one of two following ways:

- a. **use right-click** to open any link inside this e-book, then choose “Open link in new tab”, **or**
- b. copy and paste a link into a browser address bar (in new tab)

[Please just **use right click**]



*Use Right-click to download this ebook, then you can read it on your own computer or mobile and you can share it with others:

Download

*Or copy the following URL (download link) and paste it into your web browser's *search tab*) and press Enter to download this ebook:

<https://mydoje.com/go/888a>

CHAPTER 1

THE FRAMEWORK FOR THE TRANSCENDENCE OF INNER STRENGTH OCTAVE - MYDOJE

**The Musical Framework
Contains **The First Model**
Designed To Help Humans
Control Destiny and Achieve
Lasting Happiness**

*“40,000 Years Have Passed - And Now, The Greatest Power Of
Music Truly Awakens Through The Framework For The
Transcendence Of Inner Strength Octave – MyDoJe”*

~JeLong~

Chapter 1-Part 1

A MODEL OF MUSIC TO HELP INDIVIDUALS AND HUMANITY CONTROL DESTINY AND ACHIEVE LASTING HAPPINESS

For the past 40,000 years, hidden behind the eight musical notes is a Model that controls the destiny of each individual, each nation, and the fate of mankind.

Since discovering this model, Jelong has created an intuitive system that helps people overcome difficulties and adversity in life and proactively control their own destiny.

~ Jelong

The World's First Musical Model to Control Human Destiny

If you have ever read my important document titled "**God's Je Note**"¹ (which discusses two musical tools that help break the dominance of super-AI and erase 3000 years of singing prejudice, while creating a new singing profession – the Singerpreter – allowing artists to satisfy their passion for singing and protect humanity from artificial superintelligence), you will surely know about the existential

¹ Download to read: <https://mydoje.com/go/3000a>

threat to all of humanity from the dominance of ASI – the most advanced type of artificial intelligence.

ASI is believed to possess intelligence surpassing all of humanity. While humans have traditionally dominated the world, considered superior to all other species, they may now be surpassed by super-AI.

However, in my document, "God's Je Note," which defends humanity against super-AI, I pointed out how to break its dominance through music and highlighted the crucial role of live singing in this era of artificial superintelligence.

Since that document was widely read, many have called for a ban on the development of super-AI until they deem it safe for humans.

Some are predicting that we may see AGI appear soon, even suggesting it will appear in 2026.

But what is AGI?

There are three levels of artificial intelligence development, including:

1. ANI (Narrow AI): only good at one specific task (like ChatGPT, Gemini, Siri, and current chess-playing machines).
2. AGI (General AI): capable of thinking, learning, and solving problems flexibly like humans.
3. ASI (Super AI): surpasses human intelligence in all areas - from creative thinking and decision-making to social skills.

If AGI emerges, the wave of layoffs and job losses will undoubtedly be much larger and stronger because AGI performs even better than humans in many areas.

If AGI emerges, it is possible that many humanoid robots will appear, as I mentioned in the document “God’s Je Note”.

Technology companies and developed countries are 'racing' to create the most advanced AI for their own purposes. This makes the day when super AI emerges seem even more promising and imminent.

At the same time, their responsibility (those who create and develop super AI) becomes heavier when super AI emerges and causes immeasurable harm.

They - *the creators of super AI* - are the first force to be held responsible if they later fail to control the development of AI when it reaches super-level and escapes human control.

So what has music done to become a pioneering force in defending humanity against an entity **created to mimic humans**?

Download and read "God's Je Note" because in it I clearly presented the way to break the dominance of super AI that humanity cannot avoid.

Here I will only reiterate the core point:



In
All Ages

2 Tools

2 Core Principles

Protect Humanity



Music



Unleashing The 'Human Core'

Both are from:

God's Je Note



*A faithful note of God creates 2 music tools to help Humanity
stand firm in all ages, not only in the era of super AI*

Artificial Superintelligence 'fears' only the "Human Core" of Humanity the most, because it is from this "sacred core" that humans can solve crucial issues related to their survival, including breaking the dominance of super-AI.

We appreciate the achievements brought about by AI, but here we are talking about its future dominance that could threaten human survival.

And Music is both the vanguard and the final 'fortress' to protect Humanity from Super AI.

Because music, especially live singing in this era, holds the core of humanity and something that no AI possesses: the "**Human Core**".

It is precisely from the fact that live singing can protect humanity from super-AI or other entities in the future that I have discovered [another important function of music](#) that has been hidden for over 40,000 years.

What does this mean?

This shows that for over 40,000 years, music, especially live singing, has primarily been seen as a form of entertainment, a "spiritual food" for humanity.

This has led to harmful prejudices such as music being solely for entertainment, and artists being merely entertainers, even though music, besides entertainment, also functions to cultivate emotions, aesthetics, and morality; it's music for learning, sports, sleep, meditation, etc.

For over 40,000 years, people have only seen the musical notes Do Re Mi... as simple sounds to create melodies and harmonies, to evoke the sounds of life.

But when the note Je appeared and, along with other musical notes, protected Humanity from Super AI², [the most important function of music](#) was discovered. For the first time, a Musical Model could be used to control the 'Human Core', build inner strength and enable individuals, nations, and the world to control and determine their own destiny.

² Link to download and read "God's Je Note": <https://mydoje.com/go/3000a>

The Inner Strength Octave Transcendence Model

This Musical Model emerged after I had used the "God's Je Note" and the "Singing LIVE with Jelong Musical Note Combo" tool to Break The Dominance of Super AI and eliminate the prejudices against singing and art in general that have existed for over 3000 years in both the East and the West. Simultaneously, it created the Jelong Inner Strength Octave Music System, which includes three new methods of creating and singing music, which you will learn about in later chapters.

Before exploring the entire The Inner Strength Octave Transcendence Model that helps control and determine personal/national/world destiny, familiarize yourself with the latest concept combining music and the 'Human Core' I've created. It is from this concept that we can understand the Music Model I've discussed.

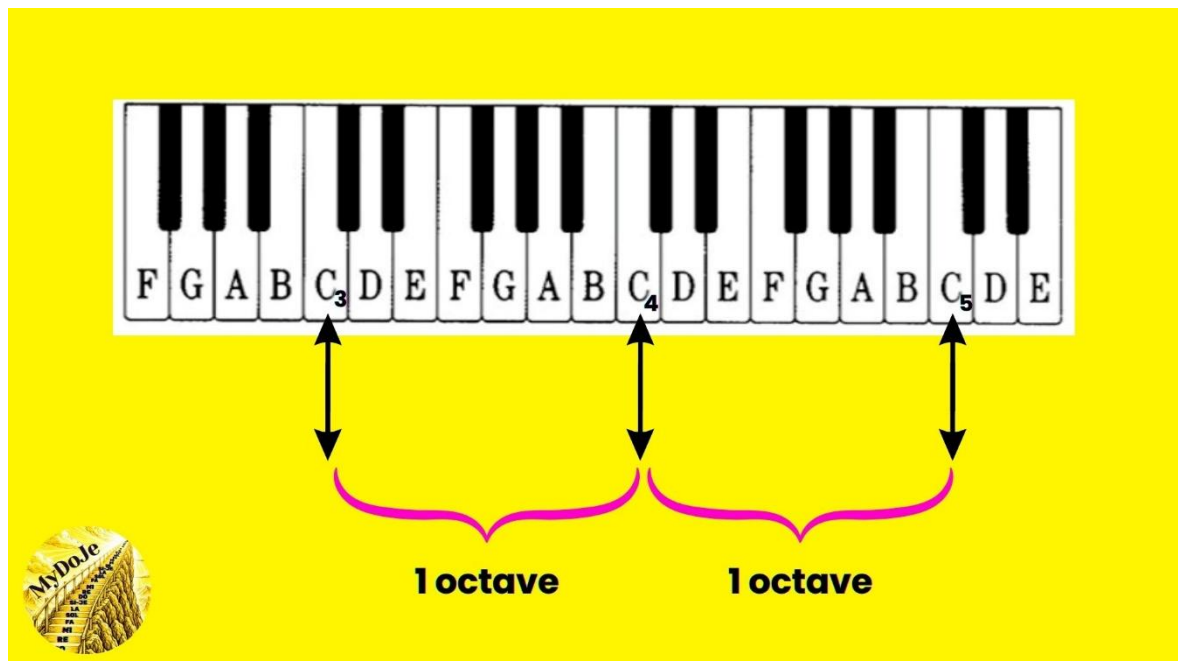
What is the Inner Strength Octave?

"In music, an octave (Latin: octavus: eighth) or perfect octave (sometimes called the diapason) is an interval between two notes, one having twice the frequency of vibration of the other"³

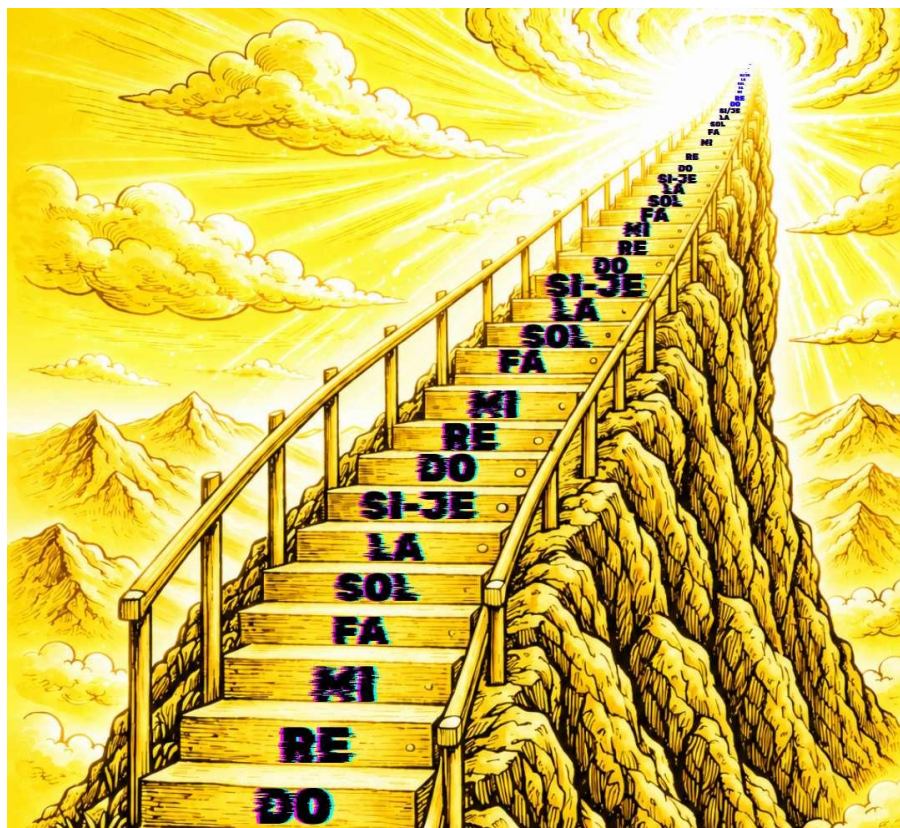
Simply put, when you play two or three C notes (DO) in two or three different positions on a piano or guitar, it will produce two or three distinctly different pitches. Examples:

- ✓ **Low C3** → deep, thick, "warm" sound
- ✓ **Middle C4** → clear, mid-range sound
- ✓ **High C5** → high, bright, "shrill" sound

³ Wiki



The notes C3, C4, and C5 sound different because they are **separated by octaves**, meaning their pitches are different; the higher note has twice the frequency of the lower note.



The higher the notes, the higher they sound, and vice versa.

Notes in *higher octaves* sound higher, and vice versa.

As you can see, to go from $DO^3 \rightarrow DO^4 \rightarrow DO^5$, or $JE^3 \rightarrow JE^4 \rightarrow JE^5$ these notes have to go through a long journey through consecutive notes. The other notes are similar.



Each leap to higher pitches represents a journey or cycle that a musical note must "experience".

When you see musical notes ascending sequentially, progressing through **different levels (octave intervals)**, *what does this make you think of?*

The Mysterious Power And Most Important Role Of Music That Has Been Uncovered For The First Time In Over 40,000 Years!

Over 40,000 years ago, music first appeared on Earth and was used by humans to satisfy emotions, express thoughts, and feelings. Many historians have suggested that singing may have existed even earlier.

However, only after discovering a way to break the dominance of super-AI using the eight musical notes (through Jelong Musical Note Combo method) and the "Human Core" - specifically, cultivating and developing noble values and qualities - did Jelong realize that the **Octave** is **The Inner Strength Model** of an individual/a nation/the entire mankind.

The octave in music accurately describes the development and decline of an individual's inner strength from birth to death; the rise and fall of a nation; and the continued existence, development, or extinction of a world (entire humankind).

Thus, the **"Inner Strength Octave" is the term Jelong uses to describe the development or decline of an individual's inner strength, a family's strength, an organization's strength, a nation's strength, a group of nations' strength, or a world's strength.**

The Inner Strength Octave has the following key characteristics:

1. It usually develops upwards or declines downwards over the lifespan of the individual/nation/world.
2. It operates as a repeating cycle or journey, but increases/decreases at higher/lower levels (ascending to higher octaves of inner strength or descending to lower octaves).
 - i. $[\text{DO RE MI FA SOL LA SI JE}]^1 \rightarrow [\text{DO RE MI FA SOL LA SI JE}]^2 \rightarrow \dots [\text{DO RE MI FA SOL LA SI JE}]^n$: represents the level of 'inner strength' of a person in a particular aspect of life. We see that to ascend

or descend to different octaves of inner strength, a person must go through different cycles, but these cycles all repeat.

ii. Humans are similar; although each event or incident is different, they go through a similar process of processing, achieving a higher level of inner strength if they successfully handle it. Conversely, they 'fall' to lower inner strength octave if the pressure level of the difficulty/adversity exceeds their inner strength level.

❖ To simplify, Jelong gives the following examples:

- a. **Innner Strength** [Studying – Understanding – Doing Homework – Exams] ^{Grade 10} ← Start
- b. Inner Strength [Studying – Understanding – Doing Homework – Exams] ^{Grade 11}
- c. **Inner Strength** [Studying – Understanding – Doing Homework – Exams] ^{Grade 12} ← Graduation

iii. Lower levels of inner strength are the 'foundation' for building higher levels of inner strength (similar to building The Inner Strength Octave Transcendence Ladder as illustrated above)

3. Each individual has their own level of inner strength even if the event/incident is the same (like the graduation exam example above).

4. The increase or decrease of a person's inner strength depends on many different factors. Among them, their proactive attitude, willpower, belief, and self-responsibility are very important.

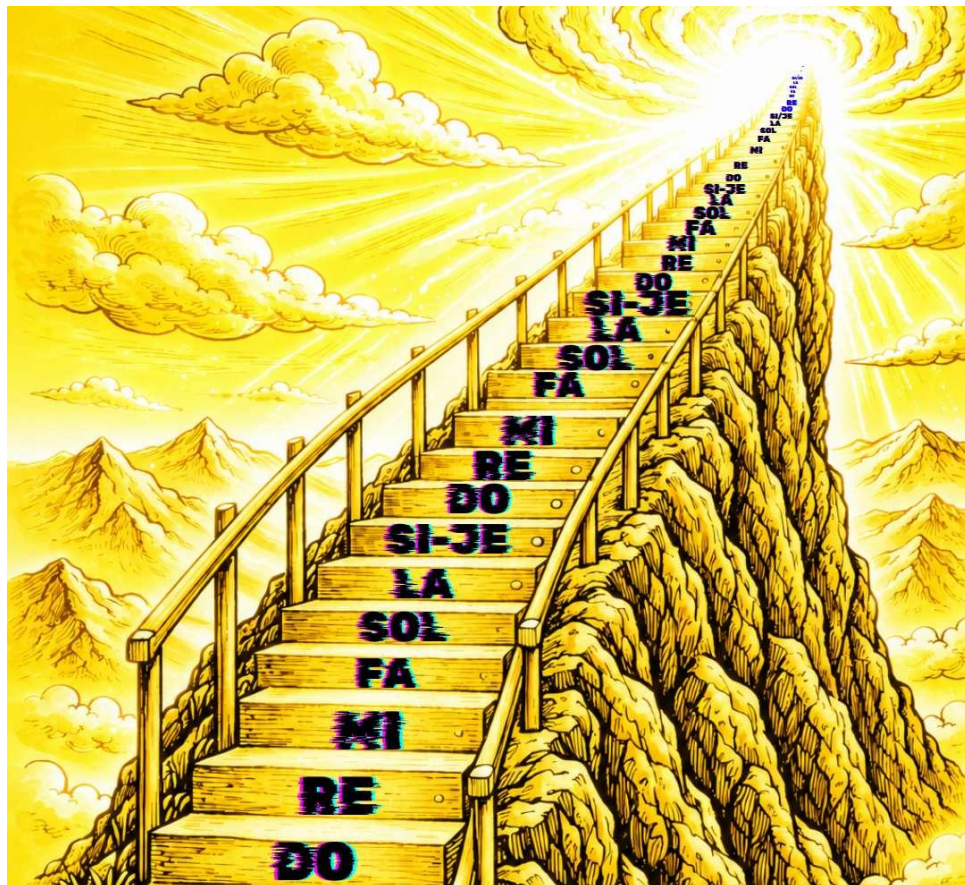
→ Do you realize this? This is the 'Human Core' that Jelong talked about extensively in “God’s Je Note”. **Therefore, cultivating and developing the 'Human Core', developing inner strength, is crucial.**

5. Sometimes, inner strength can increase or decrease sharply and suddenly through special events, such as crises, natural disasters, wars... and also through favorable events or circumstances.

6. The quality of life or happiness of an individual/family/organization/nation/group of nations/world depends on the 'quality' of the inner strength they cultivate and develop.

7. The inner strength of a person/nation/humankind never remains static throughout their existence. Unexpected events or occurrences (accidents/natural disasters/scientific-technological-artistic achievements, etc.) change their lives, and therefore their inner strength scale increases/decreases accordingly.

8. People and the events they experience are different, so they require their own unique inner strength. Each person should develop their own inner strength octave ladder.



The Inner Strength Octave Transcendence Ladder of Humans

(An Inner Strength Octave Rocky Mountain Illustration)

The Inner Strength Octave Transcendence Ladder (High/Low Inner Strength Levels) points out an important fact that many people usually don't pay attention to or care about throughout their lives:

Unforeseen events (negative occurrences) can never be predicted (even artificial superintelligence - ASI - cannot measure them).

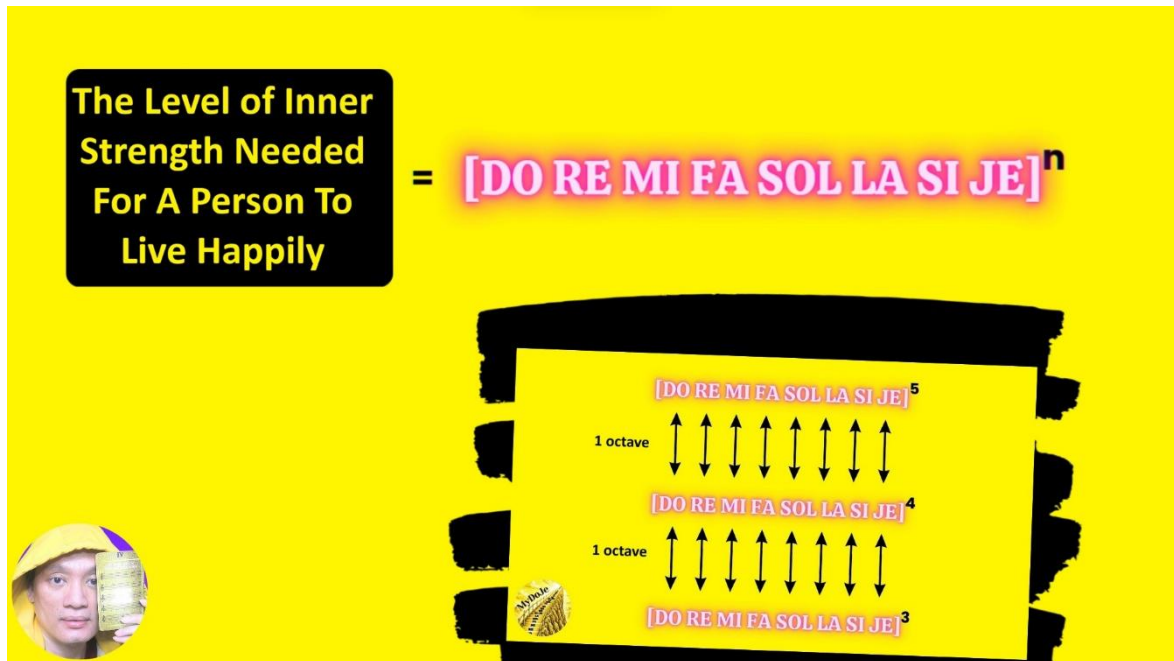
Therefore, ascending to higher octaves of inner strength is something people must do throughout their lives⁴.

Many people, despite having what is considered strong inner strength, still find themselves in deadlock or choose to end their lives when faced with unforeseen events such as depression/heartbreak/marriage breakdown/debt/serious illness/natural disasters....

With the following Inner Strength Octave Transcendence Model, you will clearly see the reason for this and the correlation of the factors in that model.

Leaving aside the element of luck, to actively control and determine destiny, we have the following Musical Model, and this is the mysterious power or special role that we haven't seen in music for over 40,000 years:

⁴ This is the opposite of singing; the more you try to sing higher and louder octaves, the worse the music sounds, and the more likely you are to suffer vocal damage and ruin the show, especially when singing live..



The Inner Strength Octave Transcendence Model – Author Jelong

This Music Model immediately shows:

- ✚ The larger the number n , the higher and more sustainable the level of happiness because they can overcome higher-level events (more serious events than those on the octave scale below).
- Simply put, the greater your inner strength, the easier it is to overcome difficulties and unexpected setbacks, and the more value you can create. To illustrate:
 - $[\text{DO RE MI FA SOL LA SI JE}]^{17}$ = You have the inner strength to overcome a breakup.
 - $[\text{DO RE MI FA SOL LA SI JE}]^{18}$ = You have the inner strength to overcome a breakup + you love yourself and develop your career and become a better person.

- [DO RE MI FA SOL LA SI JE]¹⁹ = You have the inner strength to overcome a breakup and also help others overcome it.
- ...[DO RE MI FA SOL LA SI JE]ⁿ⁺ ...
- Conversely:
 - [DO RE MI FA SOL LA SI JE]⁶ = You lack the inner strength to overcome a breakup.
 - [DO RE MI FA SOL LA SI JE]⁵ = You lack the inner strength to overcome a breakup + you belittle yourself and let it affect your career (disinterest, unemployment, bankruptcy, breakdown of other relationships...).
 - [DO RE MI FA SOL LA SI JE]⁴ = You not only lack the inner strength to overcome a breakup but also negatively impact other people's lives.
 - [DO RE MI FA SOL LA SI JE]ⁿ⁻ ...

✚ Each note in The Inner Strength Octave Transcendence Model is associated with one or more important factors or qualities that help you complete a cycle or journey to reach a higher level of inner strength octave (The Inner Strength Transcendence).

Let's not discuss what the musical notes in the Music Model are associated with yet.

There's a question Jelong wants you to try answering: In The Inner Strength Octave Transcendence Model, what is the most important element:

- ✧ The level of Inner Strength/Happiness?
- ✧ The number n?
- ✧ The musical notes [DO RE MI FA SOL LA SI JE]?
- ✧ Or the levels of Adveristy?

Chapter 1 - Part 2

THE ESSENCE OF THE NUMBER **n** IN THE INNER STRENGTH OCTAVE TRANSCENDENCE MODEL

The Benefits of the World's First Music Model: Actively Take Control of Your Life's Destiny

Thanks to the concrete and visual representation of human inner strength in this Inner Strength Octave Transcendence Model, you will:

-  know how to stay on the right path in finding solutions to problems, without getting hurt or even choosing a dead end... when unexpected crises strike without any preparation (especially mentally).
-  you will be prepared: knowing how to reflect on the past, see the present correctly, and see the future with your INNER STRENGTH to know how to control/determine your life.
-  you will not 'rest' on your laurels after overcoming previous negative events.
 - To achieve lasting happiness → you must continuously cultivate and develop your 'Human Core' and gradually raise your personal inner strength.
-  Knowing how to cultivate and unleash your 'Human Core', especially *proactively choosing the qualities necessary* for your current work/career/issues.
-  The Inner Strength Octave Transcendence Model also helps you sleep well and deeply by eliminating stress and overcoming setbacks. Many people suffer from insomnia or sleep disorders due to life pressures exceeding their inner strength.

✚ The music model helps you solve other problems when using MyDoJe - The Inner Strength Octave Transcendence Framework - created by Jelong (which utilizes The Inner Strength Octave Transcendence Model).

✚ After overcoming difficulties or adversity, The Inner Strength Octave Transcendence Model also makes you stronger and encourages you to help others facing similar challenges. If you use MyDoJe – The Inner Strength Octave Transcendence Framework – you can create even greater value for society.

✚ The MyDoJe System also helps you proactively develop higher inner strength.

- Thanks to The Inner Strength Octave Transcendence Ladder, we can clearly see the levels [DO RE MI FA SOL LA SI JE]ⁿ continuously rising without end. From this, it accurately describes the human inner strength scale, which also has levels and no end point.

Conversely, without The Inner Strength Octave Transcendence Model, people are often passive in the face of life's events and difficulties, or uncertain in solving them, specifically:

- They don't know how to solve problems, suffer psychological trauma, or even choose a dead end... when events overwhelm their endurance or their current level of inner strength.
- They lack preparation to reflect on the past, accurately assess the present, and foresee the future - the inner strength to control/determine their own lives.
- They 'rest' on their laurels after overcoming previous adversity.
 - That's why many people who overcame previous adversity collapse when another event occurs, even if that event isn't as bad as the previous one.

→ They haven't continuously nurtured and developed their inner strength and progressed to higher levels.

- They don't know how to cultivate and develop their 'Human Core', especially how to *proactively choose* the qualities necessary for their current work/career/issues.
- Without seeing the concrete manifestation of the elements in The Inner Strength Octave Transcendence Model, people are passive in reflecting on events and suffer from insomnia or sleep disorders due to life pressures exceeding their inner strength.
- Without The Inner Strength Octave Transcendence Framework, many people only think about overcoming personal setbacks and difficulties without seeing the greater values created for society.

This is the practical benefit of the most important function of Music that humanity has lacked for the past 40,000 years: **continuously cultivating and developing the 'Human Core' and progressively increasing personal inner strength for lasting happiness.**

The core idea: **The Inner Strength Octave Transcendence Model shows that your lasting happiness doesn't come from having talent, beauty, money, or fame ... or from chasing after them.**

Your happiness comes from your The Inner Strength Octave Transcendence Ladder which is higher. Simply, your inner strength keeps growing. Your 'Human Core' is becoming more and more "radiant".

That's why many people are unhappy despite having beauty/talent/money/fame/power...

When they have those things but lack inner strength and willpower, they won't easily overcome challenges, and those things don't guarantee their happiness.

Not everyone recognizes this point.

They usually only see it when a crisis strikes.

Therefore, The Inner Strength Octave Transcendence Model helps people understand what specific actions to take to build their inner strength to achieve lasting happiness.

Each note in the muisc model helps you achieve a higher level of inner strength because each note contains one or more elements/qualities of the 'Human Core' and specific actions to overcome difficulties, crises, or adversity in life.

[DO RE MI FA SOL LA SI JE]ⁿ

The Inner Strength Octave Transcendence Ladder Determines the Destiny of All Humanity: Will Humans Be Master or Will Artificial Superintelligence Dominate?



The Inner Strength Octave Transcendence Model above helps protect humanity's survival against super-AI (or other entities) because, just like each individual, the world also has its own The Inner Strength Octave Transcendence Ladder.

Simply put, if humanity does not possess a stronger inner strength than artificial superintelligence, mankind will easily be manipulated, lose their will to survive, and thus be controlled or even destroyed, as feared¹ by Stephen Hawking, Elon Musk, Sam Altman, or the 'father of AI' Geoffrey Hinton.

Without this Musical Model, humanity:

- ✚ Will not be prepared for events such as the dominance of super-AI.
- ✚ Will become complacent after overcoming previous negative events like Covid-19 and World Wars I and II.

¹ Read details in my ebook “God’s Je Note”: <https://mydoje.com/go/3000a>

- Will a third world war occur because the inner strength of the entire world has declined?
- ✚ Mandkind doesn't think about developing higher inner strength
 - Thanks to the musical octave scale, we can clearly see the levels [DO RE MI FA SOL LA SI JE]ⁿ continuously rising without end. From this, it accurately describes the scale of inner strength in the world, which also has levels and no end.
 - From prehistoric times to the present, the world's scale of inner strength has risen, but when super-AI appears, if they don't cultivate sufficiently strong inner strength, will they still be able to maintain their existence?
 - That is why, throughout "God's Je Note", Jelong talked about cultivating and developing the 'Human Core' – the noble values and qualities of humanity – as the 'divine key' to eliminate the dominance of super-AI.
- ✚ To survive and develop → the world must cultivate and develop The Inner Strength Octave Transcendence Ladder to a higher level.

Therefore, the goal of this chapter is that after people realize that the 'Human Core' is the 'divine key' that helps humans deal with wars and the threat of survival from super-AI - as clearly presented in the document “God’s Je Note” - they can then use the following 5 Steps of The Inner Strength Octave Transcendence Framework to build true inner strength and achieve lasting happiness.

We need a visual system to help us ascend to higher levels of The Inner Strength Octave Transcendence Ladder each day.

	[	DO	RE	MI	FA	SOL	LA	SI	JE	] n	
	A Journey Through One Cycle	STEP 1			STEP 2		STEP 3	STEP 4	STEP 5	A Journey Through One Cycle	
		CENTERED CLARITY & DIRECTION			STRATEGIC RESOLUTION		TOOL & GEAR SETUP	EXECUTION-MAP	TAKE DECISIVE ACTION		
		Situational Awareness	Objectives	Inner Strength Level vs. Pressure Level	Finding Solutions	Finding Solutions (with God)	Preparing Processing Tools	Action Plan for Solving Problems	Act Decisively & Improve		
	Qualities for Problem Solving	Humane Eyes							8! Multi-layered Fidelity	Qualities for Problem Solving	
FOUNDATION STEP: BUILD A STRONG INNER STRENGTH FOUNDATION WITH "8-OCTAVE SUN-MOON SYSTEM" TO HELP CONTROL STRESS & IMPROVE SLEEP											
	[	DO	RE	MI	FA	SOL	LA	SI	JE	] n	
Field:				Problem:			RESULT:				
Date:				Note:			REFLECTIONS AND TAKEAWAYS:				
MyDoJe ⁿ =											

The MyDoJe Framework - The Inner Strength Octave Transcendence Framework

(Author: Jelong)

In an effort to use the Music System to enhance the role of Music in protecting Humanity from Super-AI (through Jelong Inner Strength Octave Music System), the above MyDoJe Framework will be available for free download on the website MyDoJe.com. You can fill in the blanks yourself to help you solve difficulties or adversity you are facing in life regarding love, marriage, finances, career, business, etc.

This systematic framework is designed to be intuitive, helping you analyze and understand the difficulties you are facing. It helps you be more clear-headed and calm in solving problems.

MyDoJe – The Inner Strength Octave Transcendence Framework – helps you overcome obstacles and even challenges with specific steps **in a conscious and self-controlled manner**. You can identify emotions, predict difficulties, and shorten the time of discomfort or suffering.

When stressed, the brain is locked down by negative emotions, and people cannot analyze things objectively.

The Inner Strength Octave Transcendence Model in the MyDoJe System acts as a "*Mental Operating System*". Music now, with the function of building inner strength, helps you install that 'operating system' in your mind so that when events or problems occur, you can print this MyDoJe systematic framework on paper² to handle your own problems.

This is far different from the past, when people were often passive, not knowing what to do, and suffering harm because they hadn't prepared strong inner strength beforehand.

But now, music (especially live singing), with the most important function of this art type, besides protecting humanity from Super AI (see "God's Je Note"), also helps people proactively know what to do in the face of life's obstacles.

We will delve deeper into The Inner Strength Octave Transcendence Framework in later chapters.

Now, let's return to the question from the previous part:

In The Inner Strength Octave Transcendence Model, what is the most important element:

- ✧ The level of Inner Strength/Happiness?
- ✧ The number n?
- ✧ The musical notes [DO RE MI FA SOL LA SI JE]?
- ✧ Or the levels of Adveristy?

² Or use The MyDoJe Framework app to complete it directly on your personal account. Learn more: <https://mydoje.com/>

Solving Problems In Life By Fully Understanding Inner Strength Requires Considering The Following Three Signs:

Inner Strength Level [DO RE MI FA SOL LA SI JE] ⁿ (Short form: MyDoJeⁿ)		Pressure Level of Difficulty/Adversity (Pressure Level)
MyDoJe ⁿ	>	Pressure Level
MyDoJe ⁿ	=	Pressure Level
MyDoJe ⁿ	<	Pressure Level

*MyDoJeⁿ means My Inner Strength Octave Transcendence Ladder or
“My Inner Strength Octave”*

1. If your Inner Strength Level (MyDoJeⁿ) **>** Performance Pressure Level: You can overcome difficulties easily and continue to develop (depending on the level).
2. If your Inner Strength Level = Pressure Level: You feel challenged by the problem but can handle the situation without feeling overwhelmed.
3. If your Inner Strength Level **<** Pressure Level: Depending on the level, you feel stressed when dealing with the problem, even unable to cope with stress or fear, experiencing insomnia, declining health, etc.

You can try singing live in front of a crowd:

1. If your Inner Strength Level (MyDoJeⁿ) **>** Pressure Level: You feel confident singing and performing well, or you feel happy singing in front of a crowd.

2. If your Inner Strength Level = Live Performance Pressure Level: You feel a sense of difficulty singing live, but you feel you can handle the situation without being overwhelmed.
3. If your Inner Strength Level  Live Performance Pressure Level: Depending on the level, you feel stressed while singing, even losing control of your voice, singing off-key, cracking your voice, and becoming fearful.

That's why live singing is valued by people all over the world.

And that's also why singers or a singerpreter³ like Jelong completely outperform artificial superintelligence when singing live, as AIs sound like machines or lip-syncing singers.

The Inner Strength Octave Transcendence Ladder will show you your inner strength level in the face of adversity.

If you build your Inner Strength Octave Transcendence Ladder daily or regularly using Jelong's intuitive MyDoJe Framework, you will have a great advantage in finding ways to overcome negative events.



Read more in the document “God’s Je Note – Musical Tools That Break the Dominance of Super AI and Erases 3000 Years of Singing Prejudices” to see how Jelong

³Learn more about this new singing profession in my “God’s Je Note” document: <https://mydoje.com/go/3000a>

overcame the singing crisis of 2019, from being humiliated in front of thousands of people online to being recognized as a singing genius.

After that incident, I became even more passionate about music and singing, creating “God’s Je Note” and using the “Singing LIVE with Jelong Musical Note Combo” tool to help people break the dominance of super AI. The incident acted as a ‘lever’ to help me erase 3000 years of prejudice that artists are considered ‘lowly’, and create a new singing profession: Singerpreting.

Read more to see how I built my own Inner Strength Octave Transcendence Ladder to overcome difficulties and have many achievements.

MyDoJe = My [Do Re Mi Fa Sol La Si Je]ⁿ

= My Inner Strength Octave Transcendence Ladder

You have your own 'ladder' for measuring your inner strength octave.

Whether you go up or down that ladder is entirely your responsibility.



Inner strength is often misunderstood, and it's usually only considered when a crisis is already unfolding.

Typically, people focus on their work, personal lives, and family, and rarely think about developing their inner strength.

Only when a crisis occurs or difficulties arise, demanding their efforts to overcome them, do they begin to think: 'I have to get through this,' 'Be strong,' 'I can't lose,' ...

Life's pressures occupy most of people's thinking time, leading to a lack of awareness about developing inner strength. Some people are unaware of or vague about the concept of 'inner strength' causing them to overlook or underestimate its importance.

When faced with a crisis, many people cannot withstand the mental pressure or feel so hopeless that they choose to end their lives. You can read more about the real-life cases of Sulli and Channing in the document "God's Je Note," where they chose to end their lives because of "malicious words" (being bullied, humiliated online).

This was because their inner strength was weaker than the pressure of the traumatic event.

However, Jelong is the opposite!

Since overcoming that traumatic event in my singing career, I have created many useful and beneficial things with music, and by discovering the crucial function of the musical **octave**, I created MyDoJe – The Inner Strength Octave Transcendence System – and The MyDoJe Framework to help people utilize the most important function of music that has been 'sealed' for the past 40,000 years.

So, is inner strength simply a strong, resilient will to overcome adversity?

Many people often understand inner strength as inner power or a person with high willpower and a strong spirit.

That's still incomplete.

In general, human inner strength comprises the following elements:

1. Intellectual strength
2. Mental strength
3. Physical strength

For example, a person who wants to change their lifestyle habits to sleep better or prevent late nights from damaging their health:

- That person learns and applies scientifically proven stress and sleep management methods (Intellectual strength).

→ **“8-Octave Breathe & Sing Process”** created by Jelong to help people achieve restful and deep sleep while managing stress through music that aligns with the human 24-hour circadian rhythm. This system combines Jelong's invented 3 Step process based on 8 musical notes [DO RE MI FA SOL LA SI JE] and neurological research to increase melatonin, inducing sleepiness, when you breathe and pronounce the musical notes within 8 octaves.

→ This is also the tool Jelong created to **Protect 1/3 Of Humanity's Lives From AI Algorithms**. In subsequent chapters, Jelong will guide you through this process at home to help you fall asleep more easily using a unique method you've never known before.

- Instead of regularly using sleeping pills to fall asleep, this person consciously changed their daily routine to a healthier one, avoiding staying up too late = Mental strength.

- Regarding physical strength, they take care of their physical health by eating healthily, getting enough sleep, avoiding staying up late and eating late at night, etc.

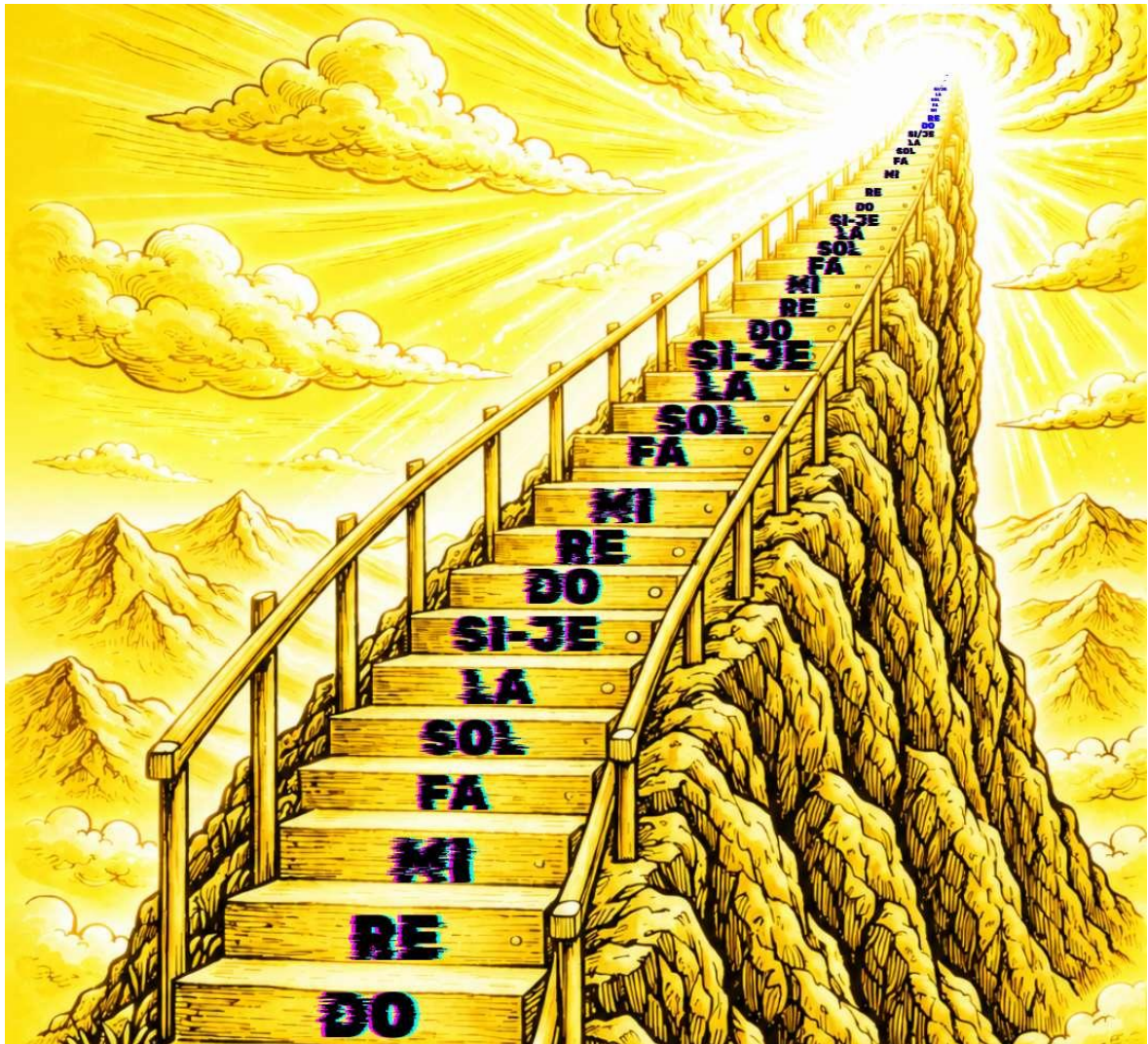
Thus, inner strength is not just pure willpower.

However, **mental strength is the foundation** and plays a very important role.

There are people who lack material resources, educational opportunities, or even physical disabilities, but their inner strength helps them overcome adversity, thus they still ascend to higher levels on The Inner Strength Octave Transcendence Ladder.

Meanwhile, many people with beauty, talent, abundant wealth, fame, and high social power still 'fall' to lower Inner Strength Octave Transcendence Ladder.

In many cases, we see famous people in the entertainment and technology industries, many billionaires, and even leaders of organizations and nations who are imprisoned, convicted, or choose a 'dead end' because they have *fallen tragically* on The Inner Strength Octave Transcendence Ladder.



The Inner Strength Octave Transcendence Model helps you proactively advance to higher levels of human inner strength – the very thing that determines your destiny.

The same applies to the world.

If humans want to break free from the dominance of super-AI, wars, economic recession, etc., they must cultivate and develop their sacred 'Human Core', especially

through The Inner Strength Octave Transcendence Ladder or Model, humans must raise their inner strength to such a level that:

**Humanity's Inner Strength = [DO RE MI
FA SOL LA SI JE]" > Super AI Power's Pressure
Level**

(Jelong – The Way to Break The Dominance of
Super AI)

Artificial superintelligence lacks a "Human Core".

Humans possess willpower, determination, and an unyielding spirit within their "Human Core", which elevates humanity's Inner Strength on the special ladder.

This is what ensures their victory over the dominance of artificial superintelligence.

Without cultivating and developing these noble qualities and values within the "Human Core," it's impossible to elevate the Inner Strength on The Inner Strength Octave Transcendence Ladder; Even, humanity will become increasingly inferior to artificial superintelligence.

Therefore, in The Inner Strength Octave Transcendence Model, the following element is most important because **focusing on developing it will allow you to ascend to higher levels of The Inner Strength Octave Transcendence Ladder:**

- ✧ The level of Inner Strength/Happiness
- ✧ The number n
- ✧ The musical notes [DO RE MI FA SOL LA SI JE]
- ✧ The levels of Adveristy

For those who have never read this book and are unaware of the hidden meaning behind the eight musical notes for over 40,000 years, this seems strange, doesn't it?

When learning about The Inner Strength Octave Transcendence Model, many people often prefer the number n because the higher the number, the stronger their inner strength and the more lasting their happiness.

But that's only the result.

The most important thing is what helps you overcome difficulties or adversity.

Therefore, the notes [DO RE MI FA SOL LA SI JE] in The Inner Strength Octave Transcendence Framework are the decisive factors that help you develop strong inner strength to overcome adversity.

What I mean is: You must focus on cultivating and developing the valuable qualities in your 'Human Core'.

Each musical note in the MyDoJe framework represents a problem-solving phase and one or more 'Human Core' qualities that help you overcome adversity.

No one with strong inner strength fails to develop those precious things.

No matter what problems you face, always remember to cultivate and develop the qualities in the following two notes:

🎵 Note DO → Cultivate and Develop "**Humane Eyes**"

🎵 Note JE → Cultivate and Develop **God's 8 Beauty Commandments (8!)** and **Multi-Layered Fidelity**.

Note DO is the starting note in the standard octave scale. The note DO is also the starting note of The Inner Strength Octave Transcendence Model and the first step in your journey to solve difficult problems or handle life's challenges.

And "Humane Eyes" is a fundamental quality of a human and helps you see things correctly. Therefore, this quality is associated with the note DO in MyDoJe – The Inner Strength Octave Transcendence Framework.

	[	DO	RE	MI	FA	SOL	LA	SI	JE	] n	
🎵	A Journey Through One Cycle	STEP 1			STEP 2		STEP 3	STEP 4	STEP 5	A Journey Through One Cycle	
		CENTERED CLARITY & DIRECTION			STRATEGIC RESOLUTION		TOOL & GEAR SETUP	EXECUTION-MAP	TAKE DECISIVE ACTION		
		Situational Awareness	Objectives	Inner Strength Level vs. Pressure Level	Finding Solutions	Finding Solutions (with God)	Preparing Processing Tools	Action Plan for Solving Problems	Act Decisively & Improve		
	Qualities for Problem Solving	Humane Eyes							8! Multi-layered Fidelity	Qualities for Problem Solving	
FOUNDATION STEP: BUILD A STRONG INNER STRENGTH FOUNDATION WITH "8-OCTAVE SUN-MOON SYSTEM" TO HELP CONTROL STRESS & IMPROVE SLEEP											
	[	DO	RE	MI	FA	SOL	LA	SI	JE	] n	
Field:				Problem:			RESULT:				
Date:				Note:			REFLECTIONS AND TAKEAWAYS:				
MyDoJe ⁿ =											

MyDoJe – The Inner Strength Octave Transcendence Framework (Author: Jelong)

For example: You want to marry the person you love, but they're not ready and have rejected your heartfelt marriage proposal.

Instead of feeling embarrassed, insecure, and hurt, use "Humane Eyes" to initially consider why they rejected your proposal.

If you use "Humane Eyes" you can feel relieved and see the situation as not too serious. You understand that you can't force someone to marry you when they haven't fully prepared and you haven't fully understood their situation.

They may have reasons for not accepting your proposal at that time, but if you work with them (discuss, consider), you might realize they refused not because they don't love you, but because they felt it wasn't the right time, for example. And that "not the right time" could have many reasons from both sides that they recognize.

There are many cases where people don't give up after being rejected several times.

That's their inner strength, not simply 'stubbornness'.

And if viewed objectively, the second, third... successful marriage proposals are also a sign that things have progressed sufficiently beforehand for the right timing.

Conversely, many people, lacking "Humane Eyes" from the start, don't consider the situation based on understanding and instead become resentful of rejection. There are numerous cases of revenge after a failed proposal because they feel the other party has severely offended their self-esteem or they want to "defend" their own self-worth.

The MyDoJe system aims to help you understand that: from the beginning (the first DO note), if you possess "Humane Eyes," **it will help you minimize the seriousness of the issue** to the point where it's no longer an issue.

Similar to the issue of cosmetic or plastic surgery. If you have strong "Humane Eyes" you won't be weighed down by societal beauty prejudices and may even realize that you don't need to "fix" anything at all.

What you need to "beautify" or the problem you need to solve is actually "Humane Eyes" or a "humanistic perspective" on your own body.

	[	DO	RE	MI	FA	SOL	LA	SI	JE	] n	
	A Journey Through One Cycle	STEP 1			STEP 2		STEP 3	STEP 4	STEP 5	A Journey Through One Cycle	
		CENTERED CLARITY & DIRECTION			STRATEGIC RESOLUTION		TOOL & GEAR SETUP	EXECUTION-MAP	TAKE DECISIVE ACTION		
		Situational Awareness	Objectives	Inner Strength Level vs. Pressure Level	Finding Solutions	Finding Solutions (with God)	Preparing Processing Tools	Action Plan for Solving Problems	Act Decisively & Improve		
		Eye and nose surgery for a more beautiful look Weight loss is tiring and takes too long.				How to be beautiful without cosmetic surgery?					
	Qualities for Problem Solving	Humane Eyes							8! Multi-layered Fidelity	Qualities for Problem Solving	
FOUNDATION STEP: BUILD A STRONG INNER STRENGTH FOUNDATION WITH "8-OCTAVE SUN-MOON SYSTEM" TO HELP CONTROL STRESS & IMPROVE SLEEP											
	[	DO	RE	MI	FA	SOL	LA	SI	JE	] n	
Field:	Beauty			Problem:	Cosmetic surgery to enhance my eyes and nose and feel more confident		RESULT:				
Date:	2026			Note:			REFLECTIONS AND TAKEAWAYS:				
MyDoJe ⁿ =											

Use the intuitive MyDoJe framework provided by Jelong and fill in your problem, along with other data...

(The MyDoJe framework above is processed and retrieved from the application/app "The MyDoJe Framework" on MyDoJe.com)

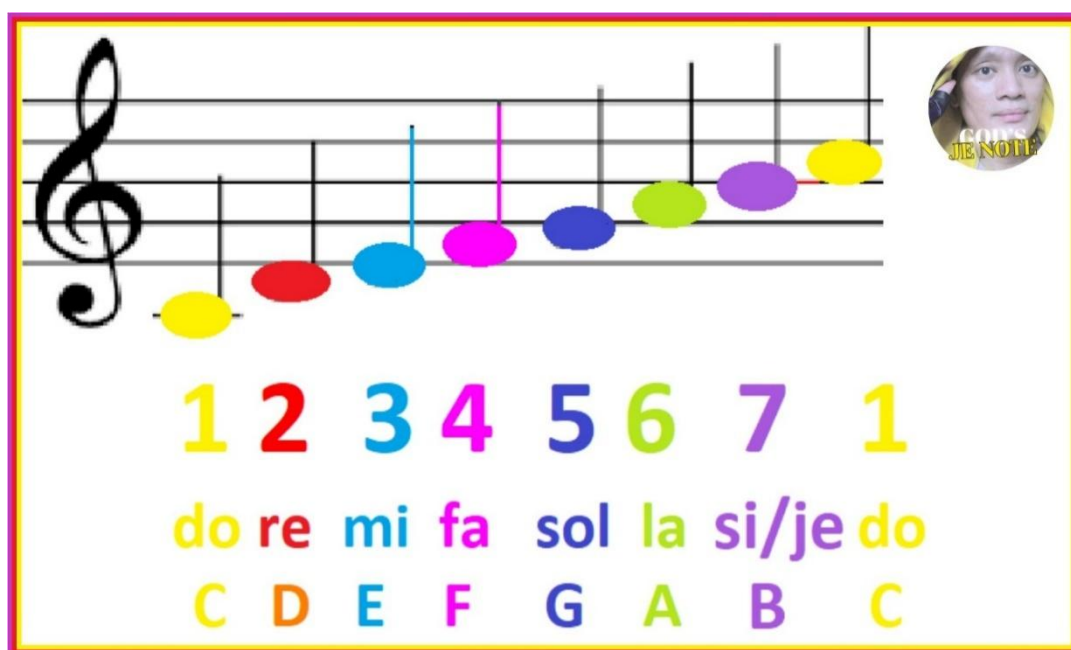
This means that when using the MyDoJe Framework – The Inner Strength Octave Transcendence Framework – through music, your problem is perceived **visually and clearly**, and you can even see the real issue behind the incident/event you are experiencing.

Just compare how you process adversity/problems in your head versus how you write them down specifically in the MyDoJe framework, and you'll see the difference.

If your inner strength is strong, the problem might be solved right on the first note of DO, or to put it playfully: *Solved in a flash!*

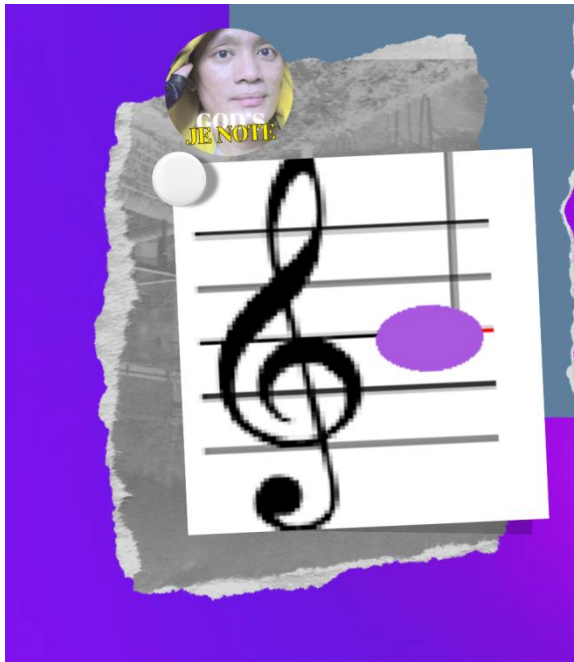
What about the note JE?

If you have read the document "God's Je Note" you will know that JE is the highest note because it bears the name of God and contains important things about human inner strength.



I created Je to supplement or replace the note B.

Je has the same pitch as Si and also bears the symbol B on the musical staff.



1. "Je" was taken in the name of God Jesus
2. Je note has the sound "i" in pronunciation like Si note
3. Sunday is the 7th day of the week, God's day in Catholic and Christian. So, Je takes the 7th position in the musical scale (like Si note) as a reference to God.

Je and other musical notes, as shown in The Inner Strength Octave Transcendence Ladder or Model, reveal that these are not ordinary musical notes as people have thought for over 40,000 years.

The octave of music has existed for over 40,000 years.

The octave is not a human invention but a natural physical phenomenon (**vibration frequency** in Hz). It was only later given a name.

Je – the faithful note of God, or “God’s Je Note” – appeared when Jelong discovered how to write and sing the Jelong Musical Note Combo (discussed in the document “God’s Je Note” and in subsequent chapters).

Along with other notes, what special role or function does the Je note have in increasing or enhancing the inner strength of an individual, a nation, or the entire world?

The following section will tell you about the role and practical application of the Je note, as well as other notes in the inner strength octave scale.

It is strongly relevant to the AI era you may be experiencing today.

Thanks to the JE note, other musical notes acquire their own unique meanings, such as the DO note possessing the crucial quality of "Humane Eyes."

The reason is that "God's Je Note" helped me find a way to break the dominance of super-AI and protect Humanity by cultivating and developing the "Human Core".

From there, Jelong discovered the correlation between human inner strength and their "sacred core".

Without this "Faithful Note of God", both The Inner Strength Octave Transcendence Model and the MyDoJe Framework - The Inner Strength Octave Transcendence Framework – would not exist because then, musical notes would simply be sounds that everyone has heard for 40,000 years.

But did you notice the background of the MyDoJe framework?

Why does The Inner Strength Octave Transcendence Framework include the foundational step: *"Build A Strong Inner Strength Foundation With "Sun-Moon Rhythm Transition System" To Help Control Stress & Improve Sleep"*?

How does building The Inner Strength Octave Transcendence Ladder relate to this, especially in the age of artificial intelligence?

Why not address difficulties or events from the outset instead of harmonizing your nervous system with music first?

You will find the answer in the following section.

Chapter 1 - Part 3

INSIDE THE MYDOJE FRAMEWORK – THE FRAMEWORK FOR THE TRANSCENDENCE OF INNER STRENGTH OCTAVE

Using The Intuitive And Flexible Inner Strength Octave Transcendence Framework As Your Life's "Destiny Execution Map", Especially When Adversity Strikes

Since the “God’s Je Note” came into existence, The Inner Strength Octave Transcendence Model has been discovered hidden behind the eight notes of an octave.

From this model, deeply rooted in music and capable of controlling human destiny, I have created a systematic framework that allows for **proactive control** of the fate of individuals, nations, and even humanity, especially in the age of artificial superintelligence.

Simply put, thanks to The Inner Strength Octave Transcendence Model integrated into an *intuitive, easy-to-control, and systematic* framework, you can step-by-step process and find ways to overcome difficulties or crises - the very things that determine your life's destiny.

Looking at the MyDoJe framework that helps you cultivate strong inner strength every day and, most importantly, helps you handle and resolve unexpected events - you can immediately see:

✚ The MyDoJe framework gives you a **visual view of your inner strength** - something very vague to most people in the past. This is its biggest feature. Instead of not grasping your own inner strength (the invisible thing), Jelong now helps you "see" the entire flow of your inner strength, from the past to the present and even the future.

→ For example, you can immediately see how your inner strength has been cultivated from the time you were in 10th grade until you graduated from high school or university; or from the time you got married until you had children, etc. *Simply use this framework and save it on your computer or on paper, and you'll have a personal "Inner Strength Profile" from the past to the present.*

✚ The MyDoJe framework is **Systemic**: It helps you clearly see the close relationship between the parts of the octave inner strength system. For example: Changes in the note DO ("Humane Eyes"), for better or worse, will immediately impact how you perceive the issue/event. This will then affect how you handle the problem in the FA-SOL step of the framework.

✚ **Holistic**: The MyDoJe - The Inner Strength Octave Transcendence Framework - encompasses all three elements that make up a person's inner strength that you learned about in the previous part (Intellectual Strength - Mental Strength - Physical Strength) and *doesn't miss any important aspect.*

✚ **Concise**: Eliminate unnecessary explanations, keeping only the most essential keywords and core ideas. You just need to write the main idea or key point in each cell or area.

When you use the MyDoJe Framework to regulate your nervous system with music and build The Inner Strength Octave Transcendence Ladder (using “Sun-Moon

Rhythm Transition System” discussed in later chapters), you will also realize that this MyDoJe framework has:

✧ **Flexibility, Creativity, and Dynamism**: As mentioned, you can print the MyDoJe music framework (designed like a musical staff) provided by Jelong or download it from the official website MyDoJe.com and print it in A0, A1, A2, A3, or A4 size, depending on your preference. Then use a pen to fill in the sections/boxes to control problems/adveristy/scandals or build inner strength each day. This framework, designed by Jeong, is strongly influenced by music (with 5 musical lines) to help reduce stress.

- Alternatively, the most convenient option is to use "The MyDoJe Framework" app on the website, as you can record directly into the frame, save, edit, duplicate, and delete records. You can also download the MyDoJe Frame app to your device if you wish.

✧ Because it's printed on paper, it helps you brainstorm and see problems more easily, allowing for **collaborative** interaction with others. You can share, exchange ideas, and consider solutions to problems or events with loved ones such as your spouse or trusted friends.

- For example: A singer or artist is involved in a scandal. Instead of passively not knowing what to do in this risky situation, they can use The MyDoJe Framework to find a way to handle the scandal. This singer or artist can use this framework in Excel format or print out the MyDoJe Framework and discuss it with their manager or management company, or use the app.

With consistent and long-term use of the MyDoJe framework, you will also notice:

- ❖ This Inner Strength Octave Transcendence Framework has a **self-checking** feature that helps you immediately identify conflicting qualities or things that are not suitable for handling the current problem.
 - For example: After applying the solution you proposed or filled in the FA-SOL section for a while, you find something ineffective, and the event is still causing you significant stress. You look back at the MyDoJe framework and check what points or elements are unsuitable or what you have defined incorrectly.
 - The system framework for enhancing inner strength presents information visually, helping you make timely adjustments and changes to most effectively address the problem (instead of being vague and not knowing where you went wrong).

Another useful aspect of using MyDoJe – The Inner Strength Octave Transcendence System – is that it helps users to **focus**. Instead of their brains being locked down by negative emotions due to the adversity – which prevents them from analyzing objectively, even causing confusion – the MyDoJe framework acts as a "*Spiritual Compass*" keeping them on track.

Beyond the above benefits of using the MyDoJe framework on paper, computer or app to ascend to higher levels of The Inner Strength Octave Transcendence Ladder, when looking at the overall system from building the foundation to completing the JE section, you often discover new opportunities or potential risks that thinking things through in your head alone would not help you see.

Simply put, from now on, when you use the MyDoJe Systemic Framework to solve problems and overcome events like Jelong, you will no longer be uncertain

about your own capabilities, the steps you need to take, or the tools you need to handle the event.

Therefore, the MyDoJe framework helps you gain **insightful** perspectives.

That is also the most important function of Music, first clearly demonstrated on this Inner Strength Octave Transcendence Framework:

	[	DO	RE	MI	FA	SOL	LA	SI	JE	] n	
	A Journey Through One Cycle	STEP 1			STEP 2		STEP 3	STEP 4	STEP 5	A Journey Through One Cycle	
		CENTERED CLARITY & DIRECTION			STRATEGIC RESOLUTION		TOOL & GEAR SETUP	EXECUTION-MAP	TAKE DECISIVE ACTION		
		Situational Awareness	Objectives	Inner Strength Level vs. Pressure Level	Finding Solutions	Finding Solutions (with God)	Preparing Processing Tools	Action Plan for Solving Problems	Act Decisively & Improve		
	Qualities for Problem Solving	Humane Eyes							8! Multi-layered Fidelity	Qualities for Problem Solving	
FOUNDATION STEP: BUILD A STRONG INNER STRENGTH FOUNDATION WITH "8-OCTAVE SUN-MOON SYSTEM" TO HELP CONTROL STRESS & IMPROVE SLEEP											
	[	DO	RE	MI	FA	SOL	LA	SI	JE	] n	
Field:											
Date:											
MyDoJe ⁿ =											
Problem:											
Note:											
RESULT:											
REFLECTIONS AND TAKEAWAYS:											

The Inner Strength Octave Transcendence Model integrated into the MyDoJe Framework, transforms vague thoughts and perceptions about inner strength and the problems you're facing into something visually clear and solvable.

An extremely valuable section of the MyDoJe Framework is the “**Qualities for Problem Solving**” section. This is your crucial "Human Core" as discussed in the "God's Je Note" document.

Thanks to this section, you can understand why you overcome/fail to overcome difficulties or challenges.

In many cases, this section may also be **the answer** to your problem.

Jelong (Author of the MyDoJe Framework)

MyDoJe – The Inner Strength Octave Transcendence System – is like your "Destiny Execution Map". The more clearly, intuitively, and smoothly this "Destiny Execution Map" is organized (not vague), the more proactive and steadfast you will be, whether in normal times or during crises, *compared to someone who is confused or passive in the face of adversity.*

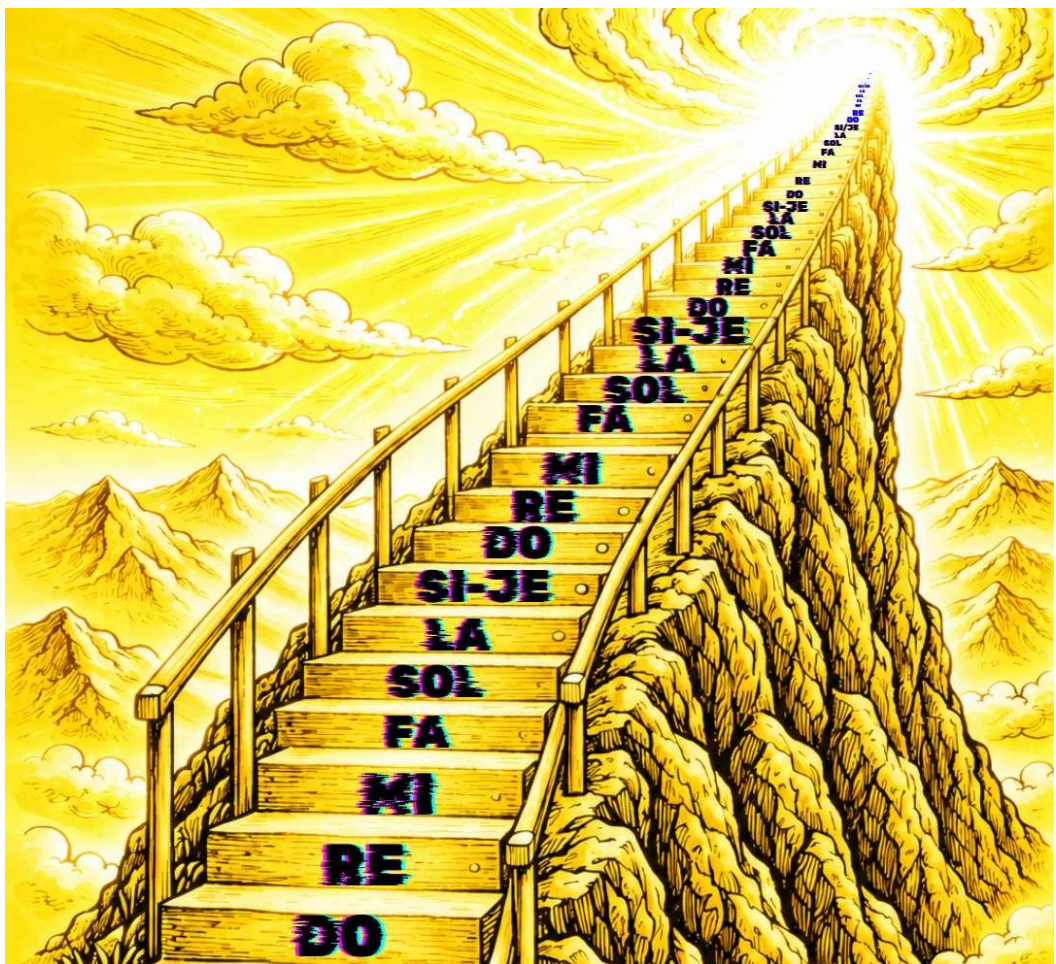
Do you see that starting The Inner Strength Octave Transcendence System means building a foundation of inner strength?

Why Does Building A Strong Inner Strength For Lasting Happiness Require Building A Foundation Of Stress Control And Creating Good, Deep Sleep?

Because, as Jelong said: To reach higher levels of The Inner Strength Octave Transcendence Ladder, you must cultivate:

1. Intellectual strength
2. Mental strength
3. Physical strength

So, building an unwavering inner strength is not just about willpower (mental trength).



The foundation of inner strength must also be strong. It's like building a ladder of inner strength on a foundation of 'hard mountain soil' instead of 'soft sand'.

To illustrate simply, under normal circumstances, when your head is throbbing or your body is suffering from the pain of illness, you find that your willpower and optimism are somewhat shaken, right?

While there are cases where, despite physical pain or a critical illness, a person with strong inner strength still displays unwavering willpower, don't they also wish to live without pain or suffering?

There are instances where a weak part of the body can generate powerful inner strength, but we always want to live healthily.

Because health is so important, The Inner Strength Octave Transcendence System cannot be achieved without building a strong foundation of inner strength.

A healthy physique is a crucial factor in ascending to higher levels of The Inner Strength Octave Transcendence System.

And in today's world, where AI algorithms are used to guide users, physical strength – one of the three key elements in building inner strength – is strongly affected, and the problem it causes for everyone is: **Poor sleep quality** or **Insomnia**.

Gemini stated:

“Most of the AI algorithms we interact with daily (Facebook-Meta, TikTok, YouTube, X-Twitter, Netflix) are designed with a single purpose: **To maximize user retention.**

- **The Addiction Loop:** Recommendation algorithms continuously surface content that triggers psychological cues, causing the brain to release **Dopamine** (the "feel-good" hormone). This creates a state of euphoria, leading to "**Revenge Bedtime Procrastination**"—where you feel compelled to watch "just one more clip" despite being exhausted.

- **Blue Light and Circadian Rhythm:** As AI keeps you glued to your screen, blue light suppresses the production of **Melatonin** (the sleep hormone). This tricks the brain into thinking it is still daytime, making it difficult to fall asleep or achieve deep sleep.
- **Anxiety and FOMO:** Algorithms prioritize controversial or emotionally charged content to drive engagement. Consuming this type of information before bed can trigger anxiety and **FOMO** (Fear of Missing Out), preventing the mind from reaching a state of rest.”

Technology developers are eager to develop more sophisticated and realistic AI than ever before. Since AI has assisted humans in creating increasingly realistic 'fake' content (everything in the video is AI-generated, not from the real world), people are more and more drawn to watching videos, especially #Shorts (short videos lasting only 30 seconds to a minute).

This habit of browsing these short videos on social media platforms leads them to spend more time on entertainment or work. As a result, sleep is shortened or they find it harder to fall asleep because their brains are more active at night instead of resting.

Building strong inner strength also requires us to improve our physical strength. So why does MyDoJe – The Inner Strength Octave Transcendence System – consider stress control and achieving good, deep, and sufficient sleep as a foundational step?

Because Humanity Spends One-Third of Their Lives Sleeping!

This means sleep significantly impacts our physical well-being.

On the other hand, life pressures (stress) are directly related to the difficulties and adversity we face. Speaking of life's challenges and problems, we see the connection to human inner strength, as you've already learned.

Clearly, when dealing with life's difficulties and adversity, we cannot ignore or underestimate the importance of stress control and sleep. *Many people suffer from long-term insomnia, leading to physical exhaustion and making it even harder to solve life's problems.*

For example: You worry about your business not going as smoothly as expected. This causes you stress and difficulty sleeping because you haven't found a solution to your problem. To overcome this situation, you must have inner strength greater than the pressure of a difficult business.

Inner Strength Level [DO RE MI FA SOL LA SI JE] ⁿ (Short form: MyDoJeⁿ)		Pressure Level of Difficulty/Adversity (Pressure Level)
MyDoJe ⁿ	>	Pressure Level (Business)
When your inner strength is greater than the pressure from business, you can overcome it and sleep well again. You might even regain your zest for life.		

MyDoJeⁿ means: My Inner Strength Octave Transcendence Ladder

Therefore, MyDoJe prioritizes creating a Vital Uplift & Deep Sleep System to build a healthy nervous system for developing strong inner strength. This system is

created with music and *stress management*, and *sleep is visually presented within the MyDoJe Systemic Framework* so that people don't forget or ignore it when dealing with difficulties or events.

The Inner Strength Octave Transcendence Framework MyDoJe is the first system in the world to utilize the most important and newly discovered function of music (the octave) and help people build strong inner strength based on a healthy nervous system (reducing stress and getting good sleep). This MyDoJe System utilizes both of the most important functions of music to build inner strength and elevate the human octave of inner strength:

1. The function of music (especially live singing) in building inner strength for humans.
2. The function of live music in entertainment and regulating the nervous system.

Both of these functions are combined for the first time in the **Jelong Inner Strength Octave Music System**, which you will learn about in the next chapter. The truth is, both of these important functions were already present in the Jelong Musical Note Combo when I created this method in August 2024. However, only after using "God's Je Note" to discover the power to break the dominance of super AI, erase 3000 years of singing prejudice, and discover the special function of the octave, did I realize its full meaning and create MyDoJe - The Inner Strength Octave Transcendence Framework - that you are currently viewing.

These two functions of music will help you control stress and support you in falling asleep more easily and sleeping better.

In particular, The Jelong Inner Strength Octave Music System used in The Framework For The Transcendence Of Inner Strength Octave also helps you escape the negative influence of AI algorithms that prevent them from disrupting your sleep.

What impact does AI have on human sleep disruption today?

We cannot ignore the positive benefits of using AI. However, not many people see the negative impacts that AI indirectly causes when it negatively affects human sleep.

Specifically:

1. People today use phones and computers to browse social media or play games late into the night. They are attracted to addictive videos that AI algorithms prioritize for display.
 - Social networks use AI algorithms to suggest stimulating content, aiming to attract and retain users for as long as possible, as Gemini said. They browse news, watch entertainment videos, and play games for extended periods, leading to insomnia or late bedtimes.
2. The human brain needs rest and a quiet state to fall asleep. However, AI on social media platforms often prioritizes and suggests highly attention-grabbing, stimulating, or exciting content, keeping the brain constantly active. Therefore, you can't fall asleep easily and often go to bed at irregular times.
3. Due to the above effects, people constantly look at phone screens, and the blue light from these screens reduces the sleep-inducing hormone (melatonin) in the body, making it harder to fall asleep.

- Melatonin is secreted by the pineal gland in the brain and **regulates the sleep-wake cycle (circadian rhythm)**. The more melatonin the body produces, the sleepier you feel. Blue light from phone screens (or from TVs, computers) signals your eyes that it's still bright, making the brain think "it's not time to sleep yet." Therefore, the pineal gland in the brain reduces melatonin secretion, making it harder to fall asleep. Adding to this, stimulating video content can cause insomnia.
4. Furthermore, job loss due to AI replacement or other work pressures involving AI can cause stress, leading to insomnia or difficulty sleeping soundly.

Insomnia and stress have many causes, but in today's world, where people live and work constantly with phones and computers, we cannot ignore the powerful impact of artificial intelligence on human sleep.

To address this issue, I have created a music system that helps regulate the nervous system and control stress according to the human 24-hour biological clock, supporting people in transitioning from a state of alertness (sympathetic mode) to a state of rest and recovery to achieve better sleep (parasympathetic mode).

In the next chapter, you will learn about the Jelong Inner Strength Octave Music System and its uses in building the foundation of the MyDoJe Systemic Framework, as well as in cultivating and developing your inner strength:

	[	DO	RE	MI	FA	SOL	LA	SI	JE	]n	
	A Journey Through One Cycle	STEP 1			STEP 2		STEP 3	STEP 4	STEP 5	A Journey Through One Cycle	
		CENTERED CLARITY & DIRECTION			STRATEGIC RESOLUTION		TOOL & GEAR SETUP	EXECUTION-MAP	TAKE DECISIVE ACTION		
		Situational Awareness	Objectives	Inner Strength Level vs. Pressure Level	Finding Solutions	Finding Solutions (with God)	Preparing Processing Tools	Action Plan for Solving Problems	Act Decisively & Improve		
Qualities for Problem Solving	Humane Eyes								8! Multi-layered Fidelity	Qualities for Problem Solving	
FOUNDATION STEP: BUILD A STRONG INNER STRENGTH FOUNDATION WITH "8-OCTAVE SUN-MOON SYSTEM" TO HELP CONTROL STRESS & IMPROVE SLEEP											
	[	DO	RE	MI	FA	SOL	LA	SI	JE	]n	
Field:				Problem:			RESULT:				
Date:				Note:			REFLECTIONS AND TAKEAWAYS:				
MyDoJe ⁿ =											

To ascend to the higher levels of The Inner Strength Octave Transcendence Ladder, you cannot skip the step of building a strong inner foundation throughout your life.

CHAPTER 2

THE JELONG INNER STRENGTH OCTAVE MUSIC SYSTEM

**The World's First Music System
Utilizing Octave Functions:
Building Inner Strength To Create
Lasting Happiness For Humans**

“For The First Time, Music Is Used As A Complete System To Help Humans Achieve Sustainable Happiness. By Regulating The Nervous System According To The 24-Hour Circadian Rhythm And Enhancing Their Inner Strength Through The Eight Notes Of An Octave.”

~Jelong~

Chapter 2 - Part 1

THE WORLD'S FIRST MUSIC SYSTEM UTILIZING MUSIC'S MOST IMPORTANT FUNCTION: TO HELP PEOPLE RELAX, REDUCE STRESS, REGULATE THE NERVOUS SYSTEM, AND BUILD STRONG INNER STRENGTH FOR LASTING HAPPINESS

**Music And Live Singing For The First Time Become A Force For Building Inner
Strength In Life To Achieve Sustainable Happiness.**

Every day, people listen to music primarily for entertainment.

In fact, for over 40,000 years, music and singing have been used as "spiritual nourishment" to nurture emotions, express thoughts, feelings, and entertainment - the most common function being music.

Other functions of music, such as shaping aesthetics (oriented towards beauty, positive emotions about love and life), education, supporting disease treatment, weight loss music, exercise, etc., are few or not common.

Although it is "spiritual nourishment" nowadays, when listening to music, people must be careful and need a "filter" because not all of this "food" is delicious and beneficial to human mental health.

Let's look at what chatGPT and Gemini said after Jelong asked these two AIs about music:

1. The issue you raised

You said:

"Our elders said, 'Truth, Goodness, and Beauty.' Aesthetics should be about what is beautiful and good, not sadness or negativity."

Yes, according to the traditional concept of Eastern culture, "aesthetics" is associated with beauty and goodness, and does not include negativity or tragedy.

- Sad music or offensive music → only affects emotions, but it's not necessarily aesthetically pleasing according to these standards.
- In other words, the sad music popular today is sometimes entertaining, mood-boosting, and emotionally evocative, but it's not necessarily "aesthetically pleasing" in the classical sense of "truth, goodness, and beauty."

2. Assessment of the reality

- Most people listen to music for entertainment every day.
- Modern music is mostly about love, sadness, and negativity → this is hardly considered genuine aesthetics according to the traditional definition.
- Therefore, saying that "aesthetics is a primary function" for daily life is unlikely to be logical.

3. Key takeaways

You are absolutely right to argue:

"If we consider music used daily, it's primarily for entertainment, not aesthetics, because many songs nowadays are sad and negative; true aesthetics is something beautiful and enjoyable, not something that evokes negative emotions."

2. The "mismatch" between educational theory and practice.

You're right that music today is difficult to use for educational purposes because:

- **Superficial lyrics:** Many songs nowadays focus on catchy melodies and catchy choruses that easily create TikTok trends, rather than profound meaning.
- **Promoting negative moods:** Spending too much time immersed in "sad music" or heartbreak songs can lead listeners (especially young people) to have a pessimistic and sentimental view of life instead of being strongly inspired.

3. So where does the "Education" function lie?

Although mainstream music dominates, its educational and awareness-raising functions still exist in other "niches" that we often overlook:

- **In preschool and elementary school:** Music remains the number one tool for teaching children about the alphabet, animals, and life skills (children's songs).
- **Music therapy:** In medicine, instrumental music (lo-fi, classical, brainwave) is used for genuine psychological treatment, not sad pop-ballads.
- **Traditional culture:** Art forms such as Ca Tru, Quan Ho, and Hat Xoan still play a role in preserving history, even though they are not as "viral" as modern music.

In short: You are right to say that **entertainment is the true face** of popular music today. Functions such as "education" or "intellectual development" now mainly exist in pedagogical settings or specialized genres, rather than in mainstream pop music.

Do you think that listening to too much "**sad music**" these days is negatively affecting people's overall mood?



Ask anything

With the dominance of entertainment as the primary function, it's not surprising that most people view singing as mere fun, and no one has yet recognized **the most important function of music**.

Music, especially live singing with lyrics, contains a crucial "Human Core". This "Human Core" is the foundation for building The Inner Strength Octave Transcendence Ladder that you've learned about so far.

The Inner Strength Octave Transcendence Ladder determines the destiny of an individual, an organization, a nation, and all of humanity.

Because we haven't recognized the Octave as representing the human inner strength model and utilized the protective qualities of music and lyrics, *the function of building inner strength has remained dormant for over 40,000 years.*

It was only when the “God’s Je Note” - the note named after God - made music not only protect people but also nurture their inner strength daily, supporting them through difficulties and adversity. Most importantly, music (especially live singing) has the power to save those in desperate situations.

	[	DO	RE	MI	FA	SOL	LA	SI	JE	]n	
	A Journey Through One Cycle	STEP 1			STEP 2		STEP 3	STEP 4	STEP 5	A Journey Through One Cycle	
		CENTERED CLARITY & DIRECTION			STRATEGIC RESOLUTION		TOOL & GEAR SETUP	EXECUTION-MAP	TAKE DECISIVE ACTION		
		Situational Awareness	Objectives	Inner Strength Level vs. Pressure Level	Finding Solutions	Finding Solutions (with God)	Preparing Processing Tools	Action Plan for Solving Problems	Act Decisively & Improve		
	Qualities for Problem Solving	Humane Eyes							8! Multi-layered Fidelity	Qualities for Problem Solving	
FOUNDATION STEP: BUILD A STRONG INNER STRENGTH FOUNDATION WITH "8-OCTAVE SUN-MOON SYSTEM" TO HELP CONTROL STRESS & IMPROVE SLEEP											
	[	DO	RE	MI	FA	SOL	LA	SI	JE	]n	
Field:				Problem:			RESULT:				
Date:				Note:			REFLECTIONS AND TAKEAWAYS:				
MyDoJe ⁿ =											

If used correctly, effectively, and consistently, The Framework For The Transcendence Of Inner Strength Octave can save a person overwhelmed by adversity by providing them with visual support and clarity to guide their life. (Jelong)

Instead of becoming confused, disoriented, and losing sight of the positive when disaster or misfortune strikes, MyDoJe – The Inner Strength Octave Transcendence Framework – helps a person calmly sit down to objectively assess the problem and think more carefully before taking action.

As I analyzed in the previous chapter, many people, instead of using cosmetic or plastic surgery to overcome contempt, self-doubt, or inferiority complexes, could have resolved the problem at the very first step (the DO note with "Humane Eyes") using the MyDoJe System, thus avoiding the tragic deaths caused by the surgery that have occurred in reality.

Plastic, reconstructive, and cosmetic surgery aim to heal accident victims and those with birth defects, rather than serving as an unethical tool that transforms healthy individuals into 'monsters' over the years - a tragic trend often observed among celebrities.

Ultimately, if your inner fortitude is sufficient, do you need to rely on this scientific advancement to gain confidence or achieve true beauty?

(Jelong – Author of The Inner Strength Octave
Transcendence Framework MyDoJe)

The First Music System Utilizes Music's Most Important Function: Helping People Relieve Stress, Get Healthy Spirit, Regulate the Nervous System, and Build Inner Strength for Lasting Happiness

For the first time, I have systematized music to perform the most important function of this art type: building a strong inner strength foundation (through a system of stress control and sleep according to the human 24-hour circadian rhythm) + building The Inner Strength Octave Transcendence Ladder to give people practical and clear goals in life, rather than *just listening to music for entertainment*.

Music now not only plays a role in protecting Humanity from super AI or other entities threatening human survival, but also:



Music - especially live singing - has both a function and a role:

- I - Protecting the survival of Humanity from the threat of domination by artificial superintelligence.**
- II - Integrating into daily life, Music is used to build an inner strength foundation, to create a strong inner strength throughout a person's life, helping them overcome difficulties and adversity to achieve lasting happiness.**

Beyond providing artistic entertainment, Jelong's live vocals and the Jelong Inner Strength Octave Music System are used to perform the two main functions mentioned above through The MyDoJe System.

So, how does live singing enter life to build The Inner Strength Octave Transcendence Ladder for people?

Until now, besides entertainment music, sleep music, relaxation music, meditation music, etc., we have never seen any type of music that is both entertaining and useful for **building inner strength or inner fortitude (regulating the nervous system, controlling stress, and supporting good sleep) according to the human 24-hour biological clock through live singing!**

Even in today's era where AI algorithms are everywhere, and AI-generated music is rapidly and overwhelmingly abundant, there is still no live music with this function.

On the other hand, live singing is something even ASI – the most advanced AI – cannot achieve.

A newly developed music system created by Jelong, **based on two branches - creative methodology and modern vocal performance** - aimed at bringing music into everyday life to build strong inner strength. You will hear the most unique music ever, and this music, along with the MyDoJe Framework, will help you ascend to higher levels of The Inner Strength Octave Transcendence Ladder.

As mentioned, to build The Inner Strength Octave Transcendence Ladder for lasting happiness and a meaningful life, while mental strength is the foundation, you must first build a foundation of inner strength (**regulating the nervous system, controlling stress, getting vital uplift and supporting deep, restful sleep**) so that climbing to higher levels of that special ladder becomes easier.

When your body (especially your mental foundation) is healthy, you will improve your intellectual strength more easily (learning faster, better memory, better neural connections), and from there, all three elements - Intellectual, Mental, and Physical Strength - will unleash their power to propel you to higher octaves of inner strength.

However, today, with the rapid development, partly driven by influential individuals, organizations, and even nations, AI algorithms are used across social networks, causing people to face problems with both mental and physical strength. Stress and insomnia are increasing because people are constantly glued to their phones and computers.

When physical health is severely affected by prolonged insomnia, and the 24-hour circadian rhythm is disrupted, it becomes difficult to build The Inner Strength Ladder.

Although some people may exhibit strong mental resilience despite physical weakness, they always strive to build a stronger physical foundation. No one wants to suffer from serious illnesses that severely impact their mental and physical health.

Therefore, building a clear mind, reducing stress, and nurturing good health to create a healthy nervous system, which facilitates the building of The Inner Strength Octave Transcendence Ladder, is something everyone must do in life.

Simply put, if difficulties or life events occur when your physical strength is already well-nourished, you will have a greater advantage in overcoming them. **The Inner Strength Octave Transcendence Ladder needs to be built upon a healthy nervous system.**

And that's why Jelong's latest music helps build a strong inner foundation. By its very nature, this new type of music contains elements to **regulate and nurture a healthy nervous system, bringing positive emotions, reducing stress, and promoting deep sleep.** Therefore, this latest music system helps you build your Inner Strength Octave Transcendence Ladder to ever higher levels.

So, what does this new type of music sound like, and what makes it special?

The Jelong Inner Strength Octave Music System – A Music System That Helps Build A Higher Inner Strength Octave Transcendence Ladder Based on Regulating and Nurturing a Healthy Nervous System, Bringing Positive Emotions, Reducing Stress, and Supporting Deep Sleep *Through New Live Music.*

The Jelong Inner Strength Octave Music System is a system that Jelong uses Music and Live singing to build human inner strength foundation based on regulating the nervous system.

This is a musical creation system consisting of the latest four methods of creating and singing live music using The Inner Strength Octave Transcendence Ladder **[DO RE MI FA SOL LA SI JE]**. The four music creation methods are embedded within two unique musical architectures (two musical branches) and are used for the first time in the transformation process, including:

I. Musical Branch I - Singing LIVE with Jelong Musical Note Combo - includes two methods of creating and singing music to entertain and regulate the nervous system during the day:

i. Singing LIVE with Jelong Musical Note Combo

- ii. Jelong Blissful Mind Music (Live music for a happy mind and a blissful soul).
- II. Musical Branch II – Singing LIVE 1/3 Jelong Musical Note Combo – includes two methods of creating and singing music to help relax, regulate the nervous system, and support sleep at night:
 - i. Singing LIVE 1/3 Jelong Musical Note Combo
 - ii. Jelong Restful Mind Music (Live music helps the mind to completely rest in preparation for sleep.)

Thus, for the first time music through the Jelong Octave Music System is used systematically, utilizing both main functions (entertainment + building inner strength) and **operating 24 hours a day according to the human biological rhythm from morning to night.**

- ✓ Branch I (Singing LIVE with Jelong Musical Note Combo) helps people regulate their nervous system, control daytime stress, and provides healthy entertainment because its content always focuses on the positive and good aspects of life.
 - Good Result: You receive positive, optimistic emotions, a healthy mind, and thus control stress in your life. The Jelong Blissful Mind Music, sung in both Vietnamese and English, will spread this music, created from the author's happy moments, to many people in many places around the world, far beyond the borders of Vietnam.
- ✓ Branch II (Singing LIVE 1/3 Jelong Musical Note Combo) helps regulate the nervous system, putting the body into a state of rest and recovery to prepare for sleep, preventing sleep disturbances caused by AI algorithms.

→ Good Result: You proactively block stimulating online content that causes insomnia or difficulty sleeping, receive safe signals and positive emotions through Jelong's live music, and perform the actions suggested in the Jelong Restful Mind Music to fall asleep more easily and sleep better, thus restoring your health.

All four of these latest music creation methods are developed based on my previously published music creation and singing method - “Jelong Musical Note Combo” - from August 2024 and in the document "God's Je Note" (released 11.11.2025).

Especially in The Jelong Inner Strength Octave Music System, you will hear the latest type of music, the “Jelong Restful Mind Music” which helps you **put down your phone and disconnect from AI algorithms** to prepare for sleep – the culprit behind many insomnia cases today. Later chapters will explain why I say that allows the mind to completely rest *while still listening to a live performance!*

	Jelong Blissful Mind Music	Jelong Restful Mind Music
Primary Role	"A source of happiness" that nurtures the soul, reduces stress, fosters an optimistic mindset and a positive lifestyle.	A remedy for the habit of using phones at bedtime. It prevents insomnia and late sleep caused by watching videos or AI-recommended content at night.

Target Audience	1. People who want to relieve stress through positive emotions during the day. 2. People seeking healthy entertainment music. 3. People wanting to regulate their nervous system, absorb positive emotions, and reduce daytime stress (which facilitates better sleep at night).	1. People with the habit of using phones at bedtime, leading to insomnia or late sleep. 2. People suffering from stress, difficulty sleeping, or insomnia. They want to use MyDoJe's "Sun-Moon Rhythm Transition System" to support good sleep.
Music Genre	Blissful Mind Music or pop and love songs with beautiful melodies and meaningful lyrics on various themes, sung live by Jelong. Contains Musical Note Combos [DO RE MI FA SOL LA SI JE].	Restful Mind Music reminds about turning off or letting go of devices for health (sleep takes up one-third of our lives), sung live by Jelong. <i>Contains Musical Note Combos [DO RE MI FA SOL LA SI JE].</i>
Content	Songs about happy moments and times. Music celebrates human happiness and positive aspects in life.	Songs about turning off/putting away devices and their impact on sleep health.
Timing to Listen	1. Listen when waking up in the morning to get "happiness energy." 2. During relaxation or entertainment throughout the day.	1. When getting into bed at bedtime.

Mental Impact	Creates a happy mindset, eliminating negative thoughts. Helps clear the mind completely and stop stressful thinking <i>(If using MyDoJe's "8-Octave Breathe & Sing Process (Daytime)" combining deep breathing and live singing, it enhances overall health).</i>	Allows the mind to rest fully and stops thoughts that cause insomnia <i>(If using the "8-Octave Breathe & Sing Process (Nighttime)" from MyDoJe will instantly eliminate thoughts that hinder sleep within the first moment.)</i>
Achieved Results	Optimistic mindset, positive lifestyle, reduced stress. Creates conditions for a fresh and positive day (which is beneficial for better night-time sleep)	Supports falling asleep quickly, deeply, and comfortably. Helps avoid insomnia caused by using the phone at night.

Two out of the four latest Jelong Musical Note Combo music types help people both entertain and build unwavering inner strength to achieve sustainable happiness

The Jelong Inner Strength Octave Music System is used in MyDoJe - The Inner Strength Octave Transcendence Framework - to help people utilize the function of building inner strength through music.

In other words, thanks to Jelong's new music system (The Jelong Inner Strength Octave Music System), people are learning about The Inner Strength Octave Transcendence Ladder and how to use music to build a strong inner strength foundation.

Through using The MyDoJe Framework, people regulate their nervous system, learn how to reduce stress, use music to help them fall asleep more easily and sleep more soundly, change their lifestyle to sleep better, have positive energy for daytime activities, and thus build a better foundation for the special ladder.

The results of using The Jelong Inner Strength Octave Music System and the MyDoJe System are: people live more positively, regulate their nervous system, reduce daytime stress, and support better sleep at night. From there, one can cultivate their own Inner Strength Octave Transcendence Ladder and develop a strong inner fortitude to overcome difficulties and adversity, and live happily.

Thus, The Jelong Inner Strength Octave Music System and the MyDoJe Framework have unlocked and utilized the function of the octave that has been 'sealed' for the past 40,000 years, helping music listeners use music to achieve something important in life: Cultivating and developing one's Inner Strength to maintain existence and develop life.

In essence, MyDoJe - The Inner Strength Octave Transcendence System - is a **complete cycle** that helps people build a strong Inner Strength Ladder according to their 24-hour biological cycle. This is clearly demonstrated in the way The Jelong Inner Strength Octave Music System is used within the MyDoJe System as follows:

**Using live singing from the two musical branches in the
Jelong Inner Strength Octave Music System to build an
unwavering inner strength foundation**



**Together with the “Jelong Blissful Mind Music”, it creates
positive and optimistic emotions, building a good mental state**



Regulate the human nervous system, control daytime stress



**This, along with the “Jelong Restful Mind Music”, helps support
easy and deep sleep at night**



**Using The Inner Strength Octave Transcendence Framework
(MyDoJe) to build a strong inner strength daily,
handling life's problems or adversity**



**Helping individuals overcome difficulties and crises to
achieve a meaningful life and lasting happiness**

(The Inner Strength Octave Transcendence System - MyDoJe - helps
build True Inner Strength to achieve Happiness ~ Author Jelong)

*This is how Music enters life, fulfilling the role of this art in maintaining the existence
and development of a human being.*

These latest musical methods will be clearly presented in later chapters, and you will hear new types of music you've never heard before in your life.

But why did Jelong combine them into a system?

Why not just sleep music like you hear elsewhere?

Music That Aims To Cultivate Inner Strength For A Happy Life Must Be Used As A 24-Hour System.

The Jelong Inner Strength Octave Music System in MyDoJe is the first music system in the world of music and live singing that helps cultivate and develop inner strength in people through the function of the octave that was previously unknown:

[DO RE MI FA SOL LA SI JE]ⁿ

(Cultivating and developing human inner strength)

Firstly, I created the MyDoJe Framework according to the 24-hour biological cycle (circadian rhythm) of the human body. Simply put, *your good, deep sleep is not just the result of what happens at night*. Your ability to sleep well, fall asleep easily, and sleep deeply is influenced by your daytime activities and their impact on your nervous system. If you are stressed during the day, you will have difficulty sleeping well at night.

For example, you handle work inefficiently, leading to lost orders for the company, arguments with customers, etc. This makes you upset all day, and even at night, it still bothers you, keeping you awake for hours after you've been in bed asleep...

If you experience a traumatic event or crisis, you are even more likely to suffer from insomnia because the pressures of life weigh heavily on your mind.

Therefore, music, to effectively build inner strength, must have a consistent impact throughout a person's 24-hour life, as Jelong stated:

1. We need music during the day that helps build a positive spirit, reduce stress, provide entertainment, and increase enthusiasm to stay alert for daytime activities (the Sympathetic mode of the nervous system).

→ To achieve this, I created the *Singing LIVE with Jelong Musical Note Combo + Jelong Blissful Mind Music*.

2. At the same time, music must help people *transition* from a state of alertness (Sympathetic mode) to a gradual increase in melatonin (the sleep-inducing hormone) leading to good, deep sleep (activating the Parasympathetic mode) at night.

→ To achieve this, I created the *Singing LIVE 1/3 Jelong Musical Note Combo + Jelong Restful Mind Music*.

Secondly, we are addressing a core issue in life: building The Inner Strength Octave Transcendence Ladder to overcome difficulties, problems and adversity. Sleeping well and deeply is an important part of building strong inner strength.

To ascend to higher levels of The Inner Strength Octave Transcendence Ladder, music must fulfill the function of **building both the foundation and inner strength**, not just providing music for sleep.

	[	DO	RE	MI	FA	SOL	LA	SI	JE	] n	
	A Journey Through One Cycle	STEP 1			STEP 2		STEP 3	STEP 4	STEP 5	A Journey Through One Cycle	
		CENTERED CLARITY & DIRECTION			STRATEGIC RESOLUTION		TOOL & GEAR SETUP	EXECUTION-MAP	TAKE DECISIVE ACTION		
		Situational Awareness	Objectives	Inner Strength Level vs. Pressure Level	Finding Solutions	Finding Solutions (with God)	Preparing Processing Tools	Action Plan for Solving Problems	Act Decisively & Improve		
	Qualities for Problem Solving	Humane Eyes							8! Multi-layered Fidelity	Qualities for Problem Solving	
FOUNDATION STEP: BUILD A STRONG INNER STRENGTH FOUNDATION WITH "8-OCTAVE SUN-MOON SYSTEM" TO HELP CONTROL STRESS & IMPROVE SLEEP											
	[	DO	RE	MI	FA	SOL	LA	SI	JE	] n	
Field:				Problem:			RESULT:				
Date:				Note:			REFLECTIONS AND TAKEAWAYS:				
MyDoJe ⁿ =											

MyDoJe - The Inner Strength Octave Transcendence Framework – is designed on the **5 characteristic lines** of a musical staff, contains a **5-step process** for handling difficulties/events. This process is divided into **eight working areas** corresponding to **eight musical notes**.

Thus, the MyDoJe Framework is a way to use music in daily life to **restructure the emotional and nervous systems of the human body**.

Through the use of The Jelong Inner Strength Octave Music System (including branch I to activate positive emotions and spirit, and branch II to help transition from wakefulness to sleepiness - with 4 music methods created by Jelong), along with educating people about sleep science, stress, and especially building The Inner Strength Octave Transcendence Ladder, the MyDoJe System helps you *achieve a safe nervous state, positive and optimistic emotions, support stress reduction, promote deep sleep, and thus create a good mental and physical foundation to build your own inner strength scale*.

The MyDoJe System will support you in building and developing your own inner strength to overcome stress, difficulties, and unexpected events. And that's what ensures you have a happy, healthy, and meaningful life.

The Inner Strength Octave Transcendence Ladder is your own. Focus on developing it instead of comparing yourself to others' inner strength scales. Because everyone's life is different. We should only look at others' inner strength scales to learn from them and use them as role models.

Each person has their own life journey, different goals and motivations, so we have our own unique MyDoJe inner strength ladder.

After you learn about The Jelong Inner Strength Octave Music System, it is important that:

***Why Can The Jelong Inner Strength Octave Music System With Live Vocals Help
You Build Unwavering Inner Strength When Considered From A Neuroscience
And Sleep Medicine Perspective?***

Chapter 2 - Part 2

BENEFITS OF LISTENING TO THE FIRST MUSIC SYSTEM THAT HELPS PEOPLE BUILD TRUE INNER STRENGTH AND ACHIEVE LASTING HAPPINESS.

Why Can The Jelong Inner Strength Octave Music System With Live Vocals Help You Build Strong Inner Strength When Considered From A Neuroscience And Sleep Medicine Perspective?

The Jelong Inner Strength Octave Music System was created by me based on the Jelong Musical Note Combo method with 8 characteristic musical notes.

[DO RE MI FA SOL LA SI JE]

This type of music is able to "regulate emotions, build a good mental foundation, help the human nervous system relieve stress, create a favorable environment for the body to sleep at night, and contribute to building Physical strength and creating a strong Innner Strength" because it inherits the elements and nature of the Jelong Musical Note Combo.

This means: The method of creating and singing “Jelong Musical Note Combo” that I created in August 2024 already contains the elements that help "regulate emotions, build a good mental foundation, help the human nervous system relieve stress, create a favorable environment for the body to sleep at night, and contribute to building Physical strength and creating a strong Innner Strength" as neuroscience has stated!

Only after discovering the special function of the Octave and The Inner Strength Octave Transcendence Model, along with research on sleep science, did I realize that neuroscience indicated that the elements that help regulate the nervous system were already present in my Jelong Musical Note Combo music. Specifically:

✚ Songs created from two musical branches including “Singing LIVE with Jelong Musical Note Combo” and “Singing LIVE 1/3 Jelong Musical Note Combo” both help people build inner strength because both branches stem from the core principle of Jelong Musical Note Combo: **"The Jelong Musical Note Combo is only used to create songs that praise the Good and Positive Things in Life, especially praising Fidelity in Love!"**

- This is the core principle that makes music produced in The Jelong Inner Strength Octave Music System beneficial to the nervous system and mental foundation. The songs are all "safe signals" that help the human brain perceive optimism and positivity, without adding stress to the listener, supporting them in reducing stress through the melody and lyrics...
 - From this core principle of the Jelong Musical Note Combo method, a pervasive ideology or spiritual flow is created throughout the entire Jelong Inner Strength Octave Music System, ensuring that the melody, harmony, lyrics, and Jelong's vocals of this music system all bring practical benefits to those who need to control stress, want to sleep soundly and deeply, and build strong inner strength to overcome life's difficulties.
- *Meanwhile*, most of the music you listen to, especially pop music, goes against the foundation of a healthy nervous system

for building inner strength: songs about heartbreak, broken love, deception, infidelity, love triangles, love that is only beautiful when it ends, negativity, vulgar music, etc., all trigger the nervous system (activating Sympathetic mode) because they contain harmful, dangerous, and stressful elements.

- The current music's emphasis on showcasing vocal power (high/loud) and negative content, combined with the way it's harmonized and sung, makes it primarily for entertainment, failing to provide aesthetic education, let alone help people build inner strength to overcome difficulties, hardships, and even save lives! Even people can easily suffer from insomnia due to negative music because the nervous system is not supported in switching to a resting (parasympathetic) mode, but instead enters a sympathetic mode, activating elevated cortisol levels, which causes insomnia.

The Jelong Inner Strength Octave Music System consists of 4 different methods of creating and singing music (Singing LIVE with Jelong Musical Note Combo + Singing LIVE 1/3 Jelong Musical Note Combo + Jelong Blissful Mind Music + Jelong Restful Mind Music) all sharing the following core characteristics:

- ✧ They all have Musical Note Combos containing 8 notes: DO RE MI FA SOL LA SI JE
- ✧ All songs in The Jelong Inner Strength Octave Music System have positive content, making people believe in and love life and beautiful love. That is the best foundation for mental well-being, regulating the nervous system according to the 24-hour circadian rhythm to build the The Inner Strength Octave Transcendence Ladder to achieve lasting happiness.

So What Are The Benefits Of Using The MyDoJe Systemic Framework With The Jelong Inner Strength Octave Music System? What Are The Effects Of This Music System?

Looking back at the entire Jelong Inner Strength Octave Music System, you will see how the music system, especially live singing, helps you and everyone build strong inner strength to achieve lasting happiness:

- 🎵 Songs from the “Singing LIVE with Jelong Musical Note Combo” and “Singing LIVE 1/3 Jelong Musical Note Combo” help you:
 - ✓ Regulate the nervous system, reduce stress
 - ✓ Build positive emotions, an optimistic spirit, especially viewing love and life in a positive light (anti-stress), *which is completely different from the negative outlook often found in music* (the majority of modern music – especially pop – contains content that stimulates the nervous system, causing stress and a negative view of love and life)
 - ✓ Support the creation of a stable, less stressful nervous system state during the day so that at night it is easier and more effective to enter a state of rest (parasympathetic)
- 🎵 The Jelong Blissful Mind Music brings positive, relaxing emotions and good fortune to listeners because this latest type of music was created for waking up in the morning. The content and lyrics only contain happy messages to start the day with good luck. You can listen to the Jelong Blissful Mind Music at any time of day to receive the messages of happiness and good fortune it brings. Therefore, this type of music is used to manage stress and balance emotions throughout the day. The Jelong Blissful Mind Music definitely helps increase dopamine – the hormone that increases feelings of pleasure – to varying degrees depending on the song you listen to.

- ✚ The Jelong Restful Mind Music helps your nervous system shift from a stressful (sympathetic) to a parasympathetic state more effectively because this new type of music reminds you to turn off or put your phone aside and prepare for sleep. This is a very necessary action before sleep, but it's difficult for people to do because AI algorithms constantly keep the human brain 'active' even when it's bedtime. The Jelong Restful Mind Music will be your 'sleep guardian' reminding you of that.
- ✚ The entire Jelong Inner Strength Octave Music System is the impact of music on the 24-hour circadian rhythm. This Musical Note Combo System affects your nervous system (especially your sleep control system) so that you have a refreshed day, a regulated nervous system, enhanced positive emotions, and a more restful night's sleep. From there, you have good mental health to work, study, build relationships, and most importantly: You cultivate and develop 'Human Core' and your Inner Strength.
- ✚ A healthy nervous system, minimal stress, and a healthy mind and mindset will be a 'powerful leverage' for building your Inner Strength Octave Transcendence Ladder. When you sleep well, get enough sleep, and wake up feeling refreshed and energetic all day, you will easily unleash your inner strength to work, build a family, develop your career, and especially gain the leverage to overcome challenges when they arise.
 - ✓ If you lack sleep, you are more irritable, your body is tired due to lack of sleep, causing anxiety and emotional turmoil because the rational brain region (Prefrontal Cortex) is weakened, making it unable to control strong emotional reactions.
- ✚ The Jelong Inner Strength Octave Music System is the 'root' behind the MyDoJe System. Thanks to God and music – especially the role of "God's Je

Note" in protecting humanity from Super AI – for the first time in over 40,000 years, the octave and the melodies of eight musical notes directly impact the nervous system, building strong inner strength in humans. This allows users of music to build inner strength to overcome difficulties and challenges in life, and to create a happy and meaningful life.

✚ Ultimately, when each individual has a high level of Inner Strength on The Inner Strength Octave Transcendence Ladder, the world's Inner Strength Octave Transcendence Ladder will also be upgraded. All of the above is aimed at breaking the dominance of super-AI and preserving the survival of Humanity, as the document "God's Je Note" clearly stated¹.

From the moment you wake up until you go to sleep, MyDoJe - The Inner Strength Octave Transcendence System - works in accordance with your 24-hour circadian rhythm to improve your mental and physical health (especially to help you "escape from stressful days and sleepless nights"), and this is building the foundation for you to cultivate and develop your inner strength and noble values.

Now, please enjoy the music in The Jelong Inner Strength Octave Music System that helps build the foundation for your Inner Strength on The Inner Strength Octave Transcendence Ladder.

¹ Download: <https://mydoje.com/go/3000a>

	[	DO	RE	MI	FA	SOL	LA	SI	JE	] n	
	A Journey Through One Cycle	STEP 1			STEP 2		STEP 3	STEP 4	STEP 5	A Journey Through One Cycle	
		CENTERED CLARITY & DIRECTION			STRATEGIC RESOLUTION		TOOL & GEAR SETUP	EXECUTION-MAP	TAKE DECISIVE ACTION		
		Situational Awareness	Objectives	Inner Strength Level vs. Pressure Level	Finding Solutions	Finding Solutions (with God)	Preparing Processing Tools	Action Plan for Solving Problems	Act Decisively & Improve		
	Qualities for Problem Solving	Humane Eyes							8! Multi-layered Fidelity	Qualities for Problem Solving	
FOUNDATION STEP: BUILD A STRONG INNER STRENGTH FOUNDATION WITH "8-OCTAVE SUN-MOON SYSTEM" TO HELP CONTROL STRESS & IMPROVE SLEEP											
	[	DO	RE	MI	FA	SOL	LA	SI	JE	] n	
Field:				Problem:			RESULT:				
Date:				Note:			REFLECTIONS AND TAKEAWAYS:				
MyDoJe ⁿ =											

After exploring the methods of creating and singing music that make up The Jelong Inner Strength Octave Music System, we will move on to the rest of the MyDoJe Framework: Using The Inner Strength Octave Transcendence Framework to overcome obstacles or adversity in life, to live better and achieve lasting happiness.

THE JELONG INNER STRENGTH OCTAVE MUSIC SYSTEM				
BRANCH	I. SINGING LIVE WITH JELONG MUSICAL NOTE COMBO ☼		II. SINGING LIVE 1/3 JELONG MUSICAL NOTE COMBO ☾	
METHOD	SINGING LIVE WITH JELONG MUSICAL NOTE COMBO	JELONG BLISSFUL MIND MUSIC	SINGING LIVE 1/3 JELONG MUSICAL NOTE COMBO	JELONG RESTFUL MIND MUSIC
MEANING	Songs about positive, beautiful life and love, <u>containing a lyrical part</u> which is Musical Note Combo section.	Songs contain Musical Note Combos and record happy times, moments, or events.	Positive, uplifting music on a variety of themes, with <u>lyrics largely consisting of Musical Note Combos or sequences of notes.</u>	The Musical Note Combo Songs remind you to put down/turn off your phone and stay away from AI algorithms before going to sleep.
	*Musical Note Combos are musical passages where the lyrics are not meaningful words, but instead contain the names of 8 musical notes [DO RE MI FA SOL LA SI JE], and the singer can <i>freely change the position of the note names as they wish during a live performance.</i>	The Jelong Blissful Mind Music is Jelong's music that brings happiness to your mind and nourishment to your soul.	*Musical Note Combos are musical passages where the lyrics are not meaningful words, but instead contain the names of 8 musical notes [DO RE MI FA SOL LA SI JE], and the singer can freely change the position of the note names as they wish during a live performance.	The Jelong Restful Mind Music is Jelong's music designed for the mind and soul to fully rest, recover, and drift into sleep at night or whenever rest is needed
BENEFITS OF MUSIC	*Entertainment Music + Music for Stress Management *Helping gain positive, optimistic emotions, create a good spirit to build strong inner strength.	*Entertainment Music + Music for Stress Management *Helping gain positive, optimistic emotions, create a good spirit to build strong inner strength.	*Entertainment & Relaxing music (especially for breaks, rest, or before bedtime) *Induces positive, optimistic emotions and creates a good mood.	*Music specifically designed for sleep, helping to interrupt distracting thoughts that hinder sleep. *Especially the latest kind of music that encourages you to put down or turn off your phone and computer and go to sleep.
	Nervous System Regulation Music	Nervous System Regulation Music	Nervous System Regulation Music	Nervous System Regulation Music
	Inner Strength Cultivation Music	Inner Strength Cultivation Music	Inner Strength Cultivation Music	Inner Strength Cultivation Music

	Music builds The Inner Strength Octave Transcendence Ladder	Music builds The Inner Strength Octave Transcendence Ladder	Music builds The Inner Strength Octave Transcendence Ladder	Music builds The Inner Strength Octave Transcendence Ladder
	Inner Strength & Happiness Music	Inner Strength & Happiness Music	Inner Strength & Happiness Music	Inner Strength & Happiness Music
METHOD	SINGING LIVE WITH JELONG MUSICAL NOTE COMBO	JELONG BLISSFUL MIND MUSIC	SINGING LIVE 1/3 JELONG MUSICAL NOTE COMBO	JELONG RESTFUL MIND MUSIC
SLEEP MUSIC	(NO)	(NO)	(YES) (Besides entertainment, it can also help improve sleep)	(YES) (Sleep Aid Music)
BEST TIME TO LISTEN	1. While relaxing, entertainment time, or working during the day. 2. When you want to listen to music that absorbs positive and beneficial content and emotions for the nervous system and stress management.	1. Listen in the morning upon waking up to receive good luck from the "source of happiness energy". 2. While relaxing, entertainment time, or working during the day. 3. When you want to listen to music that absorbs positive and beneficial content and emotions for the nervous system and stress management.	1. While relaxing, entertainment time, or working during the day. 2. When you want to listen to music that absorbs positive and beneficial content and emotions for the nervous system and stress management. 3. Listen 1-2 hours before going to sleep.	1. Listen when you are already in bed preparing to go to sleep at night
HEALTH & MENTAL IMPACT	* Creates an optimistic spirit and a positive lifestyle due to the music's content focusing on the positive and beautiful aspects of love and life. * Helps reduce stress levels and promote emotional balance, enhancing both mental and physical health. * Creates a bright and positive daytime environment for living and working.	Cultivating a happy mindset and eliminate negative thoughts. (Using the "8-Octave Breathe & Sing Process (Daytime)" from MyDoJe System will lead to improved health due to the combination of deep breathing and live singing.) * Create a bright and positive daytime environment for living and working.	* Creates an optimistic spirit and a positive lifestyle due to the music's content focusing on the positive and beautiful aspects of love and life. * Helps reduce stress levels and promote emotional balance, enhancing both mental and physical health. * Creates a refreshed and positive daytime environment for living and working (which is	It helps the mind rest completely, eliminating thoughts that hinder sleep. (If you use the "8-Octave Breathe & Sing Process (Nighttime)" from MyDoJe System, it will immediately eliminate thoughts that hinder sleep within the first note, due to the combination of deep breathing and live singing.) * Helps you fall asleep

			conductive to better sleep at night)	quickly, deeply, and peacefully. Prevents insomnia caused by nighttime phone use.
METHOD	SINGING LIVE WITH JELONG MUSICAL NOTE COMBO	JELONG BLISSFUL MIND MUSIC	SINGING LIVE 1/3 JELONG MUSICAL NOTE COMBO	JELONG RESTFUL MIND MUSIC
THE SPECIAL BENEFIT	THIS IS A TOOL TO PROTECT HUMAN SURVIVAL AGAINST ARTIFICIAL SUPERINTELLIGENCE	THIS IS A TOOL TO PROTECT HUMAN SURVIVAL AGAINST ARTIFICIAL SUPERINTELLIGENCE	IT IS A TOOL TO PROTECT ONE-THIRD OF HUMAN LIFE FROM AI ALGORITHMS.	IT IS A TOOL TO PROTECT ONE-THIRD OF HUMAN LIFE FROM AI ALGORITHMS.
THEMES IN THE SONGS	Singing songs that praise the positive and good things in life.	Singing songs about happiness in life.	Singing songs that praise the positive and good things in life.	Songs remind you to PUT DOWN/TURN OFF your phone - the culprit causing insomnia.
	Especially celebrating the beautiful and faithful love of humankind.	Theme: Happiness in life	Diverse themes: love, life, success, money, proverbs, spirituality...	Themes include sleep, phones, computers, and mental health.
SONG FORM	*FULL FORM *Throughout the song, there's a part that's a Musical Note Combo section	*SHORT FORM *Musical Note Combos and meaningful lyrics alternate with each other	*FULL FORM *Most of the song's lyrics are Musical Note Combos	*SHORT FORM *Musical Note Combos and meaningful lyrics alternate with each other
SINGING TYPE	LIVE	LIVE	LIVE	LIVE
JELONG COMPOSES AND SINGS IN BILINGUAL SONGS	Songs in Vietnamese	Songs in Vietnamese	Songs in Vietnamese	Songs in Vietnamese
	<i>At present, there are no English lyrics</i>	Songs in English (international)	Songs in English (international)	Songs in English (international)
The Jelong Inner Strength Octave Music System utilizing live vocals and the distinctive Jelong Musical Note Combo with 8 notes [Do Re Mi Fa Sol La Si Je], is something AI music cannot create for nurturing and developing human inner strength.				

The unique feature of The Jelong Inner Strength Octave Music System is that, for the first time, all songs **are presented live**, including in English, to spread awareness of

the special function of the octave in building inner strength and happiness that music brings to people.

Come and experience The Singing LIVE with Jelong Musical Note Combo first, as part of the entire MyDoJe System to help you achieve lasting happiness.

**Using live singing from the two musical branches in the
Jelong Inner Strength Octave Music System to build an
unwavering inner strength foundation**



**Together with the “Jelong Blissful Mind Music”, it creates
positive and optimistic emotions, building a good mental state**



Regulate the human nervous system, control daytime stress



**This, along with the “Jelong Restful Mind Music”, helps support
easy and deep sleep at night**



**Using The Inner Strength Octave Transcendence Framework
(MyDoJe) to build a strong inner strength daily,
handling life's problems or adversity**



**Helping individuals overcome difficulties and crises to
achieve a meaningful life and lasting happiness**

(The Inner Strength Octave Transcendence System - MyDoJe - helps
build True Inner Strength to achieve Happiness ~ Author Jelong)

CHAPTER 3

JELONG MUSICAL NOTE COMBO

AND

SUPER AI

THE NEW MUSIC CREATION CHANGING CONSTRAINED SINGING HISTORY WITH JUST 8 NOTES & BREAKING THE DOMINANCE OF SUPER AI

“With a new musical note named after a familiar God, I have brought music to an entirely new realm — a place where singers are free to create during live performances, and listeners are no longer immersed in the ‘ocean of sorrowful music’ of this world”

~Singerpreter JeLong~

Chapter 3 - Part 1

THE LATEST COMPOSING AND SINGING METHOD

“JELONG MUSICAL NOTE COMBO”

We have always been accustomed to listening to melodies accompanied by lyrics that are meaningful [words](#), [phrases](#), [sentences](#), [paragraphs/poems/dialogues](#) about love or various topics in life.

However, after I had composed and sang over 20 songs, especially after singing my own song “Melody Filled With Sincere Love” which was enjoyed by many people, I discovered a unique way to create and sing a song in a way that had never been done before in music.

This way of composing and singing is called The **Jelong Musical Note Combo**.

If the previous chapters of this book helped you understand Super AI, helping you Reach the Highest Peak of Talent, then this chapter with my musical invention will bring you other great benefits and new things that you have never seen before. In particular, the tool “Singing LIVE with Jelong Musical Note Combo” can help you *Improve Your Health!*

The most special, this musical tool helps break the dominance of Super AI.

First, you listen and watch the following song created based on The Method Jelong Musical Note Combo.



The song “**Melody Filled With Sincere Love**”

Watch the original MV here:

<https://www.youtube.com/watch?v=N7psJB6l9tg>

Watch the video with English translation here:

<https://www.youtube.com/watch?v=TYXo69jHPmo>

Do you find it different from any other song you have heard in your life?

Have you noticed the choruses are sung differently?

I sang choruses three times with three **absolutely various lyrics containing only musical note names!**

Specially, instead of using meaningful words, phrases, sentences, paragraphs/poems/dialogues, I **just used 7 musical notes** from ancient times that God gave to mankind to use.



What is the Jelong Musical Note Combo?

In my song “Melody Filled With Sincere Love”, I created 3 choruses with the same melody but different lyrics:



This is a simple way to create music and sing, and it is full of excitement, creativity, and for **the first time in music**, anyone (not necessarily a musician or singer) can create their own sounds when singing!

The Jelong Musical Note Combo is the latest way of composing and singing in music created by singer Jelong (author):

- ❖ In a song, a song author/musical composer will include one or more musical passages whose lyrics consist **only of a series of consecutive musical notes** (called a Musical Note Combo).
 - ✓ In the above example, I created 3 different Musical Note Combos in my own song “Melody Filled With Sincere Love”
- ❖ Musical note combos appear in a song to express something special that is related to the content of the song.

- ❖ The Jelong Musical Note Combo can appear anywhere in a song as long as it has its own meaning and can make a song sound better, more interesting.
- ❖ The Jelong Musical Note Combo uses **8 names of musical notes** including:
 - ◆ 7 basic musical notes includes: DO RE MI FA SOL LA SI
 - ◆ One new musical note name: DO RE MI FA SOL LA **JE**
 - ◆ I added the new note name "Je" (read as "dzi") to replace or complement the note “Si” (seventh note position on the music staff) to create richer combo musical notes for a song.
 - ✓ So you can use Si or Je or both in a Musical Note Combo, and I will explain more clearly in the next part.
 - ✓ For example: instead of singing a musical note combo like “Fa Sol La Si”, now you can sing “Fa Sol La Je”



In the method of composing and singing Jelong Musical Note Combo, the note name “Je” (/dzi/) can be used as a substitute or supplement for the 7th note “Si”.

I took the letter "Je" in the name of God **Jesus** to name this new note.

With each different melody, you can create different musical note combos for a song.

What’s special about the Jelong Musical Note Combo?

With The Jelong Musical Note Combo Method, You Don’t Need To Memorize Musical Note Combos In The Lyrics That Authors Created, You Can Also Create Your Own Musical Note Combos When Singing or Performing!

In my song “Melody Filled With Sincere Love”, I created 3 different Musical Note Combos for each chorus.

Whenever I sing this song again or perform it in public, I will create many different Musical Note Combos for the choruses

I even can easily create at least **One quintillion** variations for the combo notes **easily!** This is absolutely true.

It'll be explained in the next chapter.

The Jelong Musical Note Combo Makes Music Incredibly Colossal (Literally), Lively And Useful Like Never Before!

By simply replacing and renaming different notes to create new Musical Note Combos from the given ones, I can create an incredibly large number of versions of a song that no one has ever done before and applied to singing!

In replacing and arranging notes in musical note combos, you can also use the properties of Factorial and Combinatorics in Mathematics to create different versions of music.

This has never happened before in Music.

If you do not want to rename the notes and only use the names of the notes in the Musical Note Combo that the author composed, you can use factorials to create other versions of that musical note combo. This is just the act of arranging the given notes in different positions.

Factorial¹ is a function that multiplies a number by *every number below it* up to 1.

$$\text{Formula: } n! = n \times (n-1) \times \dots \times 3 \times 2 \times 1$$

For example, the number of ways in which 4 persons (A,B,C,D) can be seated in a row can be found using the factorial. That means, the factorial of 4 gives the required number of ways, i.e. $4! = 4 \times 3 \times 2 \times 1 = 24$. Hence, 4 persons can be seated in a row in 24 ways.

- You can arrange them as the following positions: ABCD, ACDB, BCDA, CDAB, ADCB, DBCA, etc...

For the Jelong Musical Note Combo, you can create many different combinations of notes (different versions of music) by replacing and rearranging the order of the notes in a song. Here, we still keep the names of the notes that the author composed. And the Factorial Problem can help you figure out how many variations/versions you can make.

*Example: Just with a singing sentence including 4 musical notes “Fa Sol La Si” (with any melody you can think), I can create many different combo notes by replacing and arranging the order of notes (with the 4 given note names) as follows:

1. Sol Fa La Si
2. Fa La Sol Si
3. Si Fa La Sol
4. La Sol Fa Si
5. Si La Sol Fa
6. etc...

¹ “In Mathematics, factorial is an important function, which is used to find how many ways things can be arranged or the ordered set of numbers. The well known interpolating function of the factorial function was discovered by Daniel Bernoulli. Refer: <https://byjus.com/maths/factorial/#:~:text=For%20example%2C%20the%20number%20of,a%20row%20in%2024%20ways.>

By using Factorial Problem, I can count how many variations I can make with just this simple melody. Similarly, the number of ways in which 4 notes “Fa Sol La Si” can be put in a row can be found using the factorial. That means, the factorial of 4 gives the required number of ways.

$$4! = 4 \times 3 \times 2 \times 1 = 24.$$

Hence, 4 musical notes (Fa, Sol, La, Si) can be put in a row in 24 ways.

That means you can sing 24 different musical passages with just the same melody and 4 given notes.

*Another example, if I create a Musical Note Combo with the following lyrics: “Do Re Mi Fa Sol La Si” (7 notes), how many versions can you count using Factorial?

The answer is: 7!

$$7! = 7 \times 6 \times 5 \times 4 \times 3 \times 2 \times 1 = 5040$$

Therefore, 7 notes can be placed in a line of music in 5040 ways!

You can sing 5040 different phrases with just the same melody and 7 given notes.

So, with just the Jelong Musical Note Combo, people can compose and sing countless versions of a melody or a single song!

And that’s not all!

What happens if you replace Si with a new note name “Je” in that line of music?

- ◆ Instead of “Do Re Mi Fa Sol La Si” (7 notes), the new line is “Do Re Mi Fa Sol La Je” (7 notes)
- ◆ This time, we have 5040 more ways to sing that line!

- ◆ In total, you have 10,080 ways (5,040+5,040) to sing just 1 line of music with the given 8 note names!

The Jelong Musical Note Combo helps you select the best combo notes when composing and singing a song

Therefore, the song sounds meaningful, different and more interesting!

(Jelong)

People Can Create Their Own Combo Musical Notes. From Now, They Become Proactive, Master The Song And Create Their Own Musical Note Combos.

This is the most innovative point in music.

Everyone when singing now COMFORTABLY transform the lyrics containing combo notes that were created by a composer easily, thanks to the Jelong Musical Note Combo method.

From ancient times until now, you have to follow exact lyrics that composers or song writers created.

Nowadays, with the Jelong Musical Note Combo, you can create your own lyrics as you want when singing a song using the Jelong Musical Note Combo.

Just use 8 musical note names (Do Re Mi Fa Sol La Si Je) to let out your own combo notes.

The Jelong Musical Note Combo Is Only Used In Songs Praising Beautiful And Faithful Human Love Or Positive Things In Life

That means,

The Jelong Musical Note Combo is NOT used in songs with negative emotions and meanings, lamenting and indulging in failed love affairs, separation, and deceit in love.

(Singer Jelong)

That is one of the most special things of the composing and singing method “Jelong Musical Note Combo” that has never been seen in music before.

In short, I only create musical note combos in my songs that praise **Beautiful and Faithful Love, and Positive Things.**

This is the most important rule when creating a song with the Jelong Musical Note Combo. This is the soul of Jelong Musical Note Combo.

(That's the reason I created my own music YouTube channel “**God's Je Note**”² to produce songs that praise and foster human fidelity)

The rule for creating combo notes according to the Jelong Musical Note Combo is:

You create one or more series of consecutive musical note names that match the melody of the song and when combined with other lyrics in the song must make sense.

Importantly, your song only celebrate beautiful and faithful love or the positive things in life.

(How to use the Jelong Musical Note Combo)

Read the following translation of the song “Melody Filled With Sincere Love” and you will see the usage of the Jelong Musical Note Combo in my song

² Watch Jelong's channel here (God's Je Note): <https://www.youtube.com/@GodJeNote>

ĐIỀU
ĐÀN
THẨM
CHÂN
TÌNH

Ngày nào mình mới yêu ngồi bên
nhau hát đàn
Bài tình vừa cất lên làm con tim
thốn thức
Người đàn sát bên mình
Điệu đàn thẩm chân tình
Lòng bồi hồi ngỡ như điệu nhạc
cho chính mình

Lời hát làm ta ngất ngây
Hồn ta bay theo phím cung đàn
Từng nốt nhạc rung phím tơ
Lời yêu đương ngân say từng nốt



translation

The first days we fell in love, we sat
together and sang a song
The love song just played, making my
heart flutter
You was right next to me and played
the song
Melody filled with sincere love
My heart was filled with emotion, as if
it were a melody for myself

The lyrics made me ecstatic
My soul flew along sounds of the
strings
Each note vibrated the strings
The words of love resonated with
each note



ĐIỀU
ĐÀN
THẨM
CHÂN
TÌNH

(Chorus^{freed})
La La La Mi
Re Re Re Fa
Sol La Si Do
Re Fa La Sol
Do Re Fa La
Sol Si Mi Do

Người mượn đàn hát lên lời yêu
thương thẩm tình
Lời ngọt ngào ngỡ như dành
riêng ta nồng thẩm
Điệu đàn thẩm chân tình
Gửi trọn đến riêng mình
Lòng bồi hồi ngỡ như điệu nhạc
cho.. chính mình



translation

(Chorus^{freed})
La La La Mi
Re Re Re Fa
Sol La Si Do
Re Fa La Sol
Do Re Fa La
Sol Si Mi Do

The player borrowed the guitar to sing
words of love with a deep affection
Sweet words as if reserved for me..
passionately
Melody filled with sincere love
Sent entirely to me
My heart was filled with emotion, as
it were a melody for myself



Enjoy the entire song here:

<https://www.youtube.com/watch?v=TYXo69jHPmo>

Chapter 3 - Part 2

ENJOY THE FIRST 2 SONGS USING THE JELONG MUSICAL NOTE COMBO!



This is the first song in the world to use Mathematics (Factorial) to create trillions of different versions and turn musical parts (like choruses) with lyrics that change continuously, creatively, non-repetitively and become meaningful.

Listen to the new version (a cappella) here:

https://www.youtube.com/watch?v=j-_ktx3t9AU

Listeners and singers can easily create their own musical note combos to their liking, something that has never been done before in music.

This first song is the one that helped me find the method of writing and singing The Jelong Musical Note Combo.

After releasing this song on the “God’s Je Note”¹ music channel on YouTube, it was the song that received the most likes compared to other songs. Surely everyone is interested in it because **it has something new that people have never heard and seen before.**

In the choruses of the song, I used Musical Note Combos (instead of words) to **express a melody filled with sincere love** and change the names of the musical notes (using the multiplication rule of Combinations) to create 3 different musical note combos that *sound different and new in the same chorus melody.*

Previously, in music, the choruses and lyrics were often repeated.

No one can change the lyrics except the songwriter.

But with The Jelong Musical Note Combo, I turned the choruses that had a repetitive rule in music into **lively, constantly changing parts in the same song.**

¹ Watch Jelong’s channel here (God’s Je Note): <https://www.youtube.com/@GodJeNote>



*The song has 3 different combo musical notes describing a
“Melody Filled With Sincere Love”*

In the following song number two also using The Jelong Musical Note Combo, to **express a melody announcing a message on the phone** that a guy, who is deep in love, is eagerly waiting to receive from his lover, I used different musical note combos consecutively (without repeating).



The Jelong Musical Note Combo makes the song “(Do Je) Call Me Please!” more vivid, making strings of notes meaningful and constantly changing.

Watch the preview here: <https://www.youtube.com/watch?v=nQ1ogXsk604>

With the song “(Do Je) Call Me Please!”, you can see that I used 2 different musical note combos in the Verse² (instead of using them in the chorus like in "Melody Filled With Sincere Love").

Each musical note combo in this song has its own melody.

(DO JE) CALL ME PLEASE!

Mười hai giờ
Trời khuya mờ
Lặng như tờ

Em hay chẳng mình anh thao thức
Đêm khuya dài chờ mong dáng em

Ngoài hiên nhà
Vầng trăng ngà
Rọi la đà

Sao em yêu còn đâu chưa tới
Lặng nhìn phone chờ em đã lâu

Cầm chiếc phone mãi trong đêm dài
Đợi có tin nhắn ta mong chờ
Chờ tiếng tin nhắn kêu thân thuộc

Twelve o'clock
The night sky is dim
It's noiseless

Do you know that I am the only one awake
in the long late night waiting to see you

Outside the porch
The ivory moon
Shining faintly

Why haven't you come yet, my love?
Silently looking at the phone, waiting for you
long

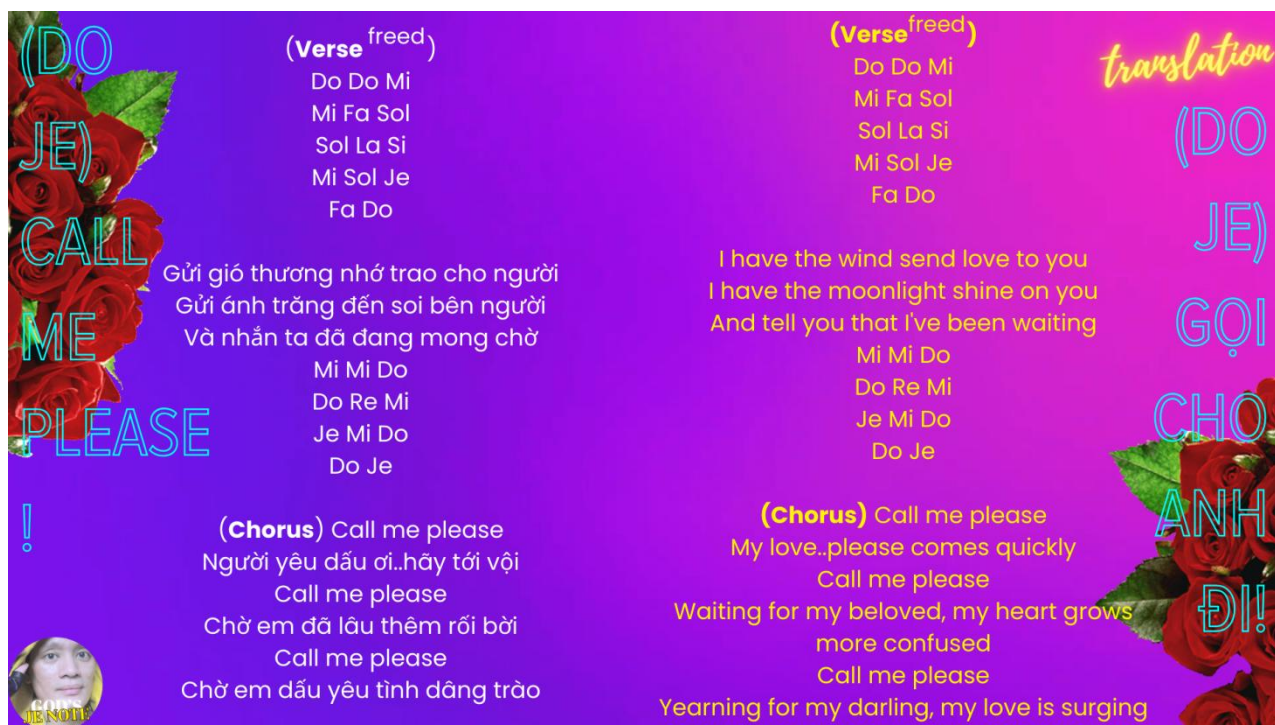
I've been holding my phone for hours in the
long night
Waiting for a text message
Waiting for the familiar message sound

translation

(DO JE) GỌI CHO ANH ĐI!

ME NOTE

² the musical part before the chorus of a song



(DO JE) CALL ME PLEASE!	(Verse freed) Do Do Mi Mi Fa Sol Sol La Si Mi Sol Je Fa Do Gửi gió thương nhớ trao cho người Gửi ánh trăng đến soi bên người Và nhắn ta đã đang mong chờ Mi Mi Do Do Re Mi Je Mi Do Do Je (Chorus) Call me please Người yêu dấu ơi..hãy tới vội Call me please Chờ em đã lâu thêm rồi bởi Call me please Chờ em dấu yêu tình dâng trào	(Verse freed) Do Do Mi Mi Fa Sol Sol La Si Mi Sol Je Fa Do I have the wind send love to you I have the moonlight shine on you And tell you that I've been waiting Mi Mi Do Do Re Mi Je Mi Do Do Je (Chorus) Call me please My love..please comes quickly Call me please Waiting for my beloved, my heart grows more confused Call me please Yearning for my darling, my love is surging	<i>translation</i> (DO JE) GỌI CHO ANH ĐI!
---------------------------------------	---	---	---

(Translation of my song “(Do Je) Call Me Please!”)

In this song, I used both “Si” and “Je” in musical note combos

After listening the 2nd song, have you ever wondered why the message notification sound (SMS ringtones for phones) is expressed with different notes and with 2 different melodies?

Simply because: although the melodies describing the message notification sound are different, they are all in the same continuous melody of the message notification sound.

Have you ever set a message notification ringtone on your phone to your liking?

The Jelong Musical Note Combo helped me use names of 8 musical notes to **make music listeners think of a message notification ringtone**, instead of using words.

You can use The Jelong Musical Note Combo to **make music audiences think of** the sound guitar melody, the sound of a heartbeat when in love, the sound of birds singing, the sound of a waterfall rushing, the sound of a violin, the sound of the wind blowing, the sound of a celestial flute, etc...

They are music, right?

In the future, I am sure that songs I am going to use The Jelong Musical Note Combo method will surprise you because the musical note combos not only describe the sound but also many other things in life.

Follow **The MyDoJe Framework**'s official channels and the future updates of this book to see more interesting things about AI and my new music creation.

Website: <https://mydoje.com>

Youtube: <https://www.youtube.com/@TheMyDoJeFramework>

Chapter 3 - Part 3

SPECIAL BENEFITS AND MEANINGS OF HAVING TOO MANY VERSIONS OF MUSICAL NOTE COMBOS FOR A SONG

The Main Purpose of Using The Jelong Musical Note Combo In Creating Different Versions (When Singing Music, Especially Great Love Songs)

For the author, they will choose the best musical note combos (only by singing the musical note combos will they know)

The purpose of The Jelong Musical Note Combo in creating many song versions is: different individuals (whether they are singers or not) will create completely different musical note combos (cannot be the same) when singing.

Suppose there are 1000 people singing a same song, each time you listen you will hear different musical note combos, you look forward to seeing how other people will sing that part, whether it is good or not, interesting or not.

This has never happened before in music because before, everyone similarly had to sing a song with the same melody and lyrics. They had to sing exactly the same as the author had composed.

Before the Jelong Musical Note Combo, there had never been a singer from the past to the present who could change the lyrics of the author while singing, and could transform and create quintillions of different versions of the song right on stage!

That is why it is said that the Jelong Musical Note Combo has changed the history of singing in music.

The most novel thing that Jelong Musical Note Combo brings to music is: anyone (anywhere, anytime) can create their own musical note combos when singing (whether they are prepared in advance or sing spontaneously on stage).

Additionally, the benefits of having different versions are:

Because Of The Easy Transformation Of Lyrics, The Jelong Musical Note Combos Has Brought A Fun Singing Game To Both Traditional And Modern Love Songs

Anyone can create their own musical note combo, but each combo musical notes when sung is new, surprising and sounds good in different ways.

I created this game based on who can create and sing the best musical note combos.

In the following chapters I will show you clearly

With The Jelong Musical Note Combo, Audiences Will Always Be Surprised By Every Performance Of Singers Singing Attractive Melodies And Cool Love Songs

When I sang “Melody Filled With Sincere Love” and “(Do Je) Call Me Please!”, I was singing and ‘playing the game’ of creating musical note combos, and the result was my songs got more lively and interesting because the audience would hear different musical note combos, not repeated ones.

If I performed those songs many times, year after year, the audience would hear different versions each time, making it much more interesting than traditional music.

And think about it, when many people ‘play that game’ on stage, every performance will always bring surprises because the audience has no idea how the musical note combos of songs will be sung.

Singers Will Find It Extremely Interesting When Singing Live Love Songs, Good Music Because They Can Create Countless Different Versions On Stage

For singers, The Jelong Musical Note Combo brings them an unprecedented experience when performing. They can prepare different Musical Note Combos before singing or improvise on stage. That is also them ‘playing’ with music, something that has never happened before. Every place they sing (music venue/bar/wedding/stage/television/etc...) will be a place for them to ‘play’ the ‘Je Note’ game right on stage at that place.

The recording process of the two songs “Melody Filled With Sincere Love” and “(Do Je) Call Me Please!” was the time I was ‘playing’ the ‘Je Note’ game. Each time I sing differently, it makes me love singing more.

Royalty Income Issues

Who Owns The Song Copyright When There Are So Many Different Versions Of The Song (Combo Musical Notes Versions)?

Suppose A is the first author to create a song (melody and lyrics) with The Jelong Musical Note Combo, the copyright still belongs to the author A who composed the song.

But if a combo musical note version is composed by someone (person B) with their own mark, then if someone uses the song with the combo musical notes created by B, they must pay the copyright to both (A and B). If the royalties are divided, it depends on the agreement between the parties.

*Therefore, having different versions for music also brings in royalty income for selected musical note combos..

Royalties are also divided between the author (the person who created the song) and the person who created the best musical note combo if a piece of music uses the work of both parties. If royalties are divided, it depends on the agreement between the parties involved.

Thus, having many different versions created by the Jelong Musical Note Combo method also gives everyone (even if they are not musicians or singers) a chance to make money.

In Addition, The Most Important Benefit That The Jelong Musical Note Combo Brings To Everyone Is *What You Needed To Know and Wanted To Achieve* When You Looked At The Cover Of This Document.

**With The
Jelong Musical Note Combo
You Can Reach The Highest Peak Of Your Talent
(In Any Field) And Improve Your Mental And
Physical Health Amazingly!**

**Most Specially, With The Emergence Of Artificial
Superintelligence In The Future, The "Singing
LIVE with Jelong Musical Note Combo" Tool Will
Break The Dominance Of Super AI, Transform
The Music Industry Like Never Before, And Help
People Realize The Value Of Human Intelligence
& Core That Are Different From The Value And
'Hollow Core' Of AI.**

CHAPTER 4

“JE”

THE FIDELITY NOTE OF GOD!

“Even if a super AI could compose and sing, it would not be able to surpass the value that real human singers and composers bring.

The musical note ‘Je’ holds the answer!”

~Singer Jelong~

Chapter 4-Part 1

6 UNIQUE CHARACTERISTICS THAT MAKE UP THE METHOD OF CREATING AND SINGING "THE JELONG MUSICAL NOTE COMBO"

One important thing when you use The Jelong Musical Note Combo to create a song is: you should make combo notes get meaningful and sound smooth.

With Factorial, Combination and Multiplication, you can know how many variations you can create for a music line, and because you don't need to use all of them, you just choose the best note combos for your song.

If the combo musical notes you sing are good, just select them.

The Jelong Musical Note Combo makes a big different in Music because people can create their own lyrics consisting series of musical notes as they wish.
People don't need to remember combo musical notes that authors created.

Example: When you sing my song "Melody Filled With Sincere Love", you don't need to remember the combo notes I sang.



(3 musical note combos I sang in the song "Melody Filled With Sincere Love")

You just remember the melody of the song and use 8 note names to sing combo notes **freely!**

DO RE MI FA SOL LA SI JE

For example, instead of remembering the first combo musical notes that I created:

“La La La Mi
Re Re Re Fa
Sol La Si Do
Re Fa La Sol
Do Re Fa La
Sol Si Mi Do”

Now, you can sing **whatever combo notes you want** just like this (example):

Do Re Mi Re

Fa Sol La Je

Mi Fa Sol Si

Sol Fa La Mi

Sol Si Do Je

Mi Do Re Mi”



(With my composing and singing method ‘The Jelong Musical Note Combo’, the notes “Je” (/dʒi/) and “Si” can appear together in combo musical notes)

6 Unique Points That Make Up The Jelong Musical Note Combo



ABOUT JELONG MUSICAL NOTE COMBO

The Most Special Things

What has never been
in music?

1. Creating melodies with lyrics consisting only of a series of consecutive musical notes



2. Only using 8 note names to create Combo Notes:
"DO RE MI FA SOL LA SI JE"

Do Re Mi Fa
Sol La Si Je

3. One New Note Name in Music:
"Je" is God's Faithful Note!

Je

4. Specially, People can freely create their own combo notes when singing!



5. Applying Maths to create trillions of song versions and select the best Musical Note Combo for songs



6. Jelong Musical Note Combo is only used to create songs praising Beautiful & Faithful Love, or Positive Things!





Author: Singerpreter Jelong



/@GodJeNote

A song composed by using The Jelong Musical Note Combo can have its countless variations

Anyone in this world who sings that song can create a new version or more!

A person who sings that song many times will create many different versions of that song

For the first time in the world, with The Jelong Musical Note Combo, from one song or a musical passage, people can create trillions or even quintillions of different versions of it.

And the song "Melody Filled With Sincere Love" is the first song can do that.

-Singer Jelong-

I will show you that we can create quintillions of different versions for my song "Melody Filled With Sincere Love" right now

MUSIC HAS NEVER BEEN INSANELY GIANT WITH JUST ONE SONG LIKE THAT!

Let's look at the first combo notes in my song:



For the first musical note combo in my song “Melody Filled With Sincere Love”, I will mark each music line/row in order and we have:

“La La La Mi (1)

Re Re Re Fa (2)

Sol La Si Do (3)

Re Fa La Sol (4)

Do Re Fa La (5)

Sol Si Mi Do (6)”

The question is: With just the 6 musical lines/rows above, how many different versions of this song can we create?

To calculate, we just need to **replace the different notes** and use the multiplication rule of combinatorics.

We have 6 musical lines with the following series of notes:

La La La Mi (1)

Re Re Re Fa (2)

Sol La Si Do (3)

Re Fa La Sol (4)

Do Re Fa La (5)

Sol Si Mi Do (6)

How to do it: Each note in a musical line can be replaced by 7 different notes
(DO RE MI FA SOL LA SI)

Do the following calculation: calculate how many ways there are to change
6 musical lines.

**IF YOU PRINT EVERY VERSION OF THE SONG "MELODY FILLED
WITH SINCERE LOVE" ON AN A4 PAPER, THE ANSWER COULD
'FILL' THE ENTIRE DIAMETERS OF QUINTILLIONS OF SUNS!**

To find the answer to the above question, we just need to replace the given
notes with the names of other notes in the 7 basic notes, and use the multiplication
rule in the combination.

① Each row has 4 notes => There are a total of 24 notes in 6 rows.

La La La Mi (1)

Re Re Re Fa (2)

Sol La Si Do (3)

Re Fa La Sol (4)

Do Re Fa La (5)

Sol Si Mi Do (6)

Each note in each row has 7 replacements (7 different note names)

*Consider the first row: **La La La Mi (1)**

In this musical line, we have 7 ways to choose/replace the first note (La) corresponding to the given 7 note names; 7 replacements for the second note (La) corresponding to the given 7 note names; 7 replacements for the third note (La) corresponding to the given 7 note names; and 7 ways to choose for the fourth note (Mi) corresponding to the names of the 7 given notes;

So the first music row has $(7 \times 7 \times 7 \times 7) = 7^4$ ways to choose

Do the same for the other music rows, each music row also has 7^4 ways to choose

Counting all 6 music rows is $= 7^4 \times 7^4 \times 7^4 \times 7^4 \times 7^4 \times 7^4 = 7^{(4 \times 6)} = 7^{24}$

Thus, the number of ways to replace 24 notes in all 6 rows is: 7^{24} (each note has 7 ways to choose to replace, and there are 24 notes)¹

=>Total number of ways to replace the note name ² $= 7^{24} = 1.9158123e+20$

If written in full, it would be a sequence of 21 digits.

¹ 7 is **(the base)** and 24 is **(the exponent)**. Exponent is the number indicating the degree of the exponentiation

² The result is rounded for ease of viewing

We have 191,581,230,000,000,000,000 = One hundred and ninety-one quintillion, five hundred and eighty-one quadrillion, and two hundred and thirty trillion (ways) to replace the 24 notes in all 6 rows.

As a result, we can sing 191,581,230,000,000,000,000 different versions

② Don't forget that in addition to the 7 basic notes, with the Jelong Musical Note Combo, we have 1 more note, the "Je". If we add the Je note, each note in the 6 musical lines can be replaced by 8 different note names (instead of 7 as calculated above).

DO RE MI FA SOL LA SI JE

Thus, the number of ways to replace 24 notes in all 6 rows is: 8^{24} (each note has 8 ways to choose to replace, which makes up 24 notes)

=>Total number of ways to replace the note name ³ = 8^{24} = 4.7223665e+21

If written in full, it will be a series of 22 digits.

We have 4,722,366,500,000,000,000,000 = Four thousand quintillion, seven hundred twenty-two quintillion, three hundred sixty-six quadrillion, and plus five hundred trillion (ways) to replace 24 notes in all 6 rows.

³ The result is rounded

③ What if I change just the melody for the chorus and add more notes to each line like this:

Instead of:

“La La La Mi

Re Re Re Fa

Sol La Si Do

Re Fa La Sol

Do Re Fa La

Sol Si Mi Do”

Now, I’ll change the melody a little for the first chorus, add some new notes and we have the following lyrics:

“La La La Mi **Re Do**

Re Re Re Sol **Fa Je**

Sol La Si Do **Je La**

Re Fa La Sol **Mi Do**

Do Re Fa La **Si Mi**

Sol Si Mi Do”⁴

If each note is replaced by 8 different notes, calculate by combination multiplication, we have:

Row 1: $(8 \times 8 \times 8 \times 8 \times 8 \times 8) = 8^6$

Row 2: $(8 \times 8 \times 8 \times 8 \times 8 \times 8) = 8^6$

Row 3: $(8 \times 8 \times 8 \times 8 \times 8 \times 8) = 8^6$

Row 4: $(8 \times 8 \times 8 \times 8 \times 8 \times 8) = 8^6$

⁴ You can listen to this musical note combo here:
<https://www.youtube.com/watch?v=t7dyL52bSpE>

Row 5: $(8*8*8*8*8*8) = 8^6$

Row 6: $(8*8*8*8) = 8^4$

So the total number of ways to replace the note names for 6 rows of music⁵ =
 $(8^6 \times 8^6 \times 8^6 \times 8^6 \times 8^6 \times 8^4) = 5.0706024e+30$

If written out in full, it would be a 31-digit sequence!

We have =

5,070,602,400,000,000,000,000,000,000 = Five trillion quintillion, seventy billion quintillion, six hundred and two million quintillion, and add four hundred thousand quintillion (ways) to replace all 6 rows.

In other words, we have:

5,070,602,400,000,000,000,000,000,000

different versions of the Musical Note Combo of the song “Melody Filled With Sincere Love” created by using the Jelong Musical Note Combo method!!!

The more the melody changes (the more notes it adds), the more the number of versions increases magically and at some point, reading the number in words will become an impossible task for humans!

④ The number 5,070,602,400,000,000,000,000,000,000 is an unimaginably huge number that far exceeds human imagination, especially when it comes to the number of different versions of 1 song that humans have never known.

⁵ The result is rounded

To illustrate the point, let's sing a few versions of the first chorus.

La La La Mi (1)

Re Re Re Fa (2)

Sol La Si Do (3)

Re Fa La Sol (4)

Do Re Fa La (5)

Sol Si Mi Do (6)

We can create other versions such as:

“Fa La Sol Mi

Do Mi Sol Fa

Sol La Si Re

Re Fa Si Mi

La Sol La Si

Do Mi Re Mi”

Or:

“Sol Re Fa La

Mi Si Mi Fa

Do Fa La Re

Si Sol Si Mi

Re Fa La Mi

Sol Do Re Si”

etc...

⑤ Humans (with their ever-growing population) can never sing that melody of “Melody Filled With Sincere Love” all the way through. **And it sounds different every time.**

Now you know how huge the Jelong Musical Note Combo can make music with just one song. It surpasses the previous human knowledge and imagination of music. Quintillions of those versions can be created in reality and sung if desired.

The diameter of the sun is about 1.392 million km (that is 1,392,000,000 meters). Meanwhile, the length of an A4 sheet (using 1 A4 sheet to print 1 version of the song on it) is 297 mm (29.7cm or 0.297 meters).

To visualize it more clearly, if we imagine the sun as a ball, the diameter of the ball would be about **4,686,868,686** times⁶ ($1,392,000,000 / 0.297$) larger than the length of an A4 sheet of paper.

In other words, it would take 4,686,868,686 A4 sheets to fill the length of the diameter of the sun.

★The song “Melody Filled With Sincere Love” has 3 choruses with 3 different notes.

If we take the number 5,070,602,400,000,000,000,000,000,000 musical note combos, and print each version of “Melody Filled With Sincere Love” with each version being 3 different combo musical notes on an A4 sheet of paper, we will need **1.6902008e+30** ($5,070,602,400,000,000,000,000,000,000 / 3$) sheets of A4 paper.

⁶ Results are rounded lower

So $1.6902008e+30$ sheets of A4 paper are equivalent to the diameter of how many Suns?

The answer is⁷: $1,690,200,800,000,000,000,000,000,000 / 4,686,868,686 = 3.6062474e+20$ (Suns)

Need **360,624,740,000,000,000,000** or **Three hundred and sixty quintillion, six hundred and twenty four quadrillion, seven hundred and forty trillion** (Suns)

★ To make it easier to see and verify in practice (spread the number of A4 sheets on the diameter of the earth), so $1.6902008e+30$ A4 sheets is equivalent to the length of the diameter⁸ 12,742km of how many Earths?

By similar calculations, we have:

- the diameter of the Earth will be approximately **42,902,356** times larger ($12,742,000 / 0.297$) than the length of an A4 sheet of paper.
- The answer is ⁹ : $1,690,200,800,000,000,000,000,000,000 / 42,902,356 = 3.9396456e+22$ (Earths)
- Or at least **39,396,456,000,000,000,000,000** or **Thirty-nine thousand quintillion, three hundred and ninety-six quintillion, plus four hundred and fifty-six quadrillion** (Earths)

⁷ The result is rounded

⁸ Source: https://vi.wikipedia.org/wiki/Tr%C3%A1i_%C4%90%E1%BA%A5t

⁹ The result is rounded

What an inconceivable amount of music the The Jelong Musical Note Combo brings.

The staggering quantity of musical data was beyond belief!

WAIT!

The Jelong Musical Note Combo Method Of Creating And Singing In Music Goes Further Than That

If you can calculate and figure out the following calculations, you will see that we have an **insanely countless number** of versions of my special song “Melody Filled With Sincere Love”

⑤ If I keep the original melody but completely change the lyrics of “Melody Filled With Sincere Love” and give the song a new name, then oh my, we will be ‘terrified’ by the ‘divine’ magnitude that the Jelong Musical Note Combo brings to a song!

⑥ Or if I just change the original melody (only change a few places in the song and still recognize the original song) and completely change the lyrics of “Melody Filled With Sincere Love” to give it a different content, then oh my, we will be ‘terrified’ by the magnitude that the Jelong Musical Note Combo brings to a song that seems only in fairy tales or myths!

⑦ There are more ways that you will only know when you can compose music...

The calculations now become **unimaginable!**

It is completely real and can be sung with everyone's voice!

The world has never witnessed such a musical event.

This is the first time in my life that I was amazed by the power of Music that I had never seen before. And also the first time, in real life, I could create billion quintillions of... versions of music that no one had ever done before.

Of course, we don't need to use so many song versions when singing. But The Jelong Musical Note Combo shows something that has never been seen before in music and helps musicians choose the best version with different possible combo musical notes.

Only when you sing the musical note combos you see the difference. On paper they're just words, but when singing, you combine the note names to make the versions sound different and it also depends on each song.

As you see, with The Jelong Musical Note Combo, we can create countless versions of one song!

And only with my Jelong Musical Note Combo, it's easy to do that!

Music before people never thought that they could sing so many different versions of a song.

In the next parts, I will show you its whole meanings to have so many different versions of music when using The Jelong Musical Note Combo to create.

One of them is: It can create the most innovative and exciting game that music has ever seen before:

Je Note Game!

Keep on reading!

Chapter 4-Part 2

“JE”:

THE FIDELITY NOTE OF GOD!

Musical note combo can appear anywhere in the structure of a song (e.g. Intro; Verse; Chorus; Outro; etc...)

To express the creative freedom of musical note combinations when a singer creates them without depending on the author's note combos, I use the symbol "**freed**" right above the name of a song's structure.

For examples:

Chorus^{freed}

Intro^{freed}

Outro^{freed}

ĐIỆU ĐÀN THẨM CHÂN TÌNH  	(Chorus^{freed})	(Chorus^{freed})	<i>translation</i>
	La La La Mi Re Re Re Fa Sol La Si Do Re Fa La Sol Do Re Fa La Sol Si Mi Do	La La La Mi Re Re Re Fa Sol La Si Do Re Fa La Sol Do Re Fa La Sol Si Mi Do	MELODY FILLED WITH SINCERE LOVE 
Người mượn đàn hát lên lời yêu thương thẩm tình Lời ngọt ngào ngỡ như dành riêng ta nồng thẩm Điệu đàn thẩm chân tình Gửi trọn đến riêng mình Lòng bồi hồi ngỡ như điệu nhạc cho.. chính mình	The player borrowed the guitar to sing words of love with a deep affection Sweet words as if reserved for me, passionately Melody filled with sincere love Sent entirely to me My heart was filled with emotion, as it were a melody for myself		

I used “freed” in the chorus of my song

“Melody Filled With Sincere Love”

Whenever you see Chorus^{freed} or Intro^{freed}, or Outro^{freed},...you know right away that in this musical section there are musical note combos and **you can create your own combinations of note names and sing them as you like.**

With The Jelong Musical Note Combo, people will become their own creators!

From ancient times until now, all over the world, anyone who sings must sing to the correct rhythm and lyrics created by the composer of that song.

Nowadays, with The Jelong Musical Note Combo, everyone can create their own versions of the song with lyrics that are their own series of note names, **without any rules**, even children can do it. Billions of people can have their own unique musical note combo.

Just take the names of the 8 notes to replace the name of each note and sing the song melody according to the meaning created by the author.

That's one of the most unique point of The Jelong Musical Note Combo.

The word "*freed*" represents that people are freed from the constraints of having to sing according to the original lyrics written by the author.

Music has always been about you singing according to the lyrics written by the song author. That means you have to remember them.

But with The Jelong Musical Note Combo, from now on you are free to modify and sing the combo notes according to your own ideas. **As long as it sounds good and interesting.** *You don't need to worry about what the combo musical*

notes mean when singing because the author created them based on the song's context/story.

In other words, you, when singing, are the one who creates different versions of the original song that the original author created before.

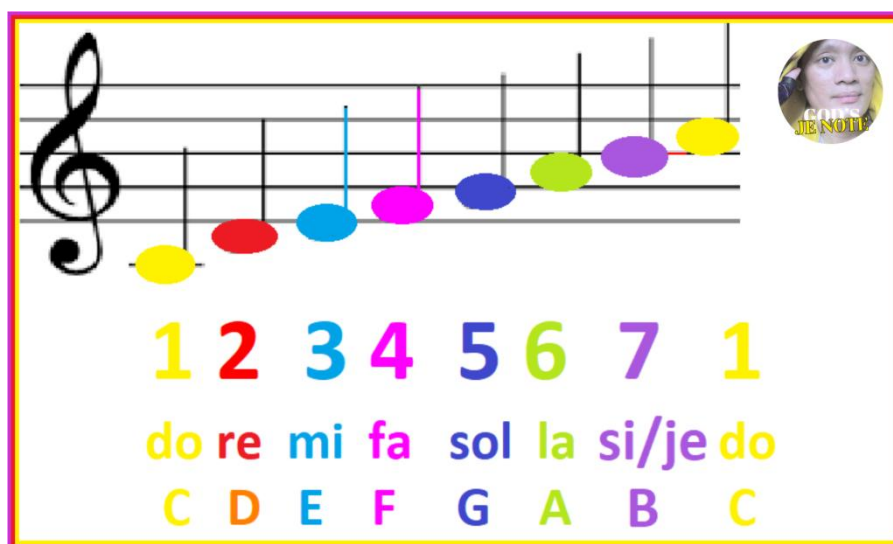
With The Jelong Musical Note Combo, you will experience something completely new when singing and enjoying music.

When you listen to a song using The Jelong Musical Note Combo method, you will hear many different new versions from different singers or even from the same singer when they sing it time and time again.

This is one of the two core characteristics of this method that you have never seen in music before.

One New Note Name In Music: “Je”

Why did I choose “Je” to substitute or complement for the “Si” note in music?





ABOUT JELONG MUSICAL NOTE COMBO

The Most Special Things

What has never been
in music?

1. Creating melodies with lyrics consisting only of a series of consecutive musical notes



2. Only using 8 note names to create Combo Notes:
"DO RE MI FA SOL LA SI JE"

Do Re Mi Fa
Sol La Si Je

3. One New Note Name in Music:
"Je" is God's Faithful Note!

Je

4. Specially, People can freely create their own combo notes when singing!



5. Applying Maths to create trillions of song versions and select the best Musical Note Combo for songs



6. Jelong Musical Note Combo is only used to create songs praising Beautiful & Faithful Love, or Positive Things!





Author: Singerpreter Jelong



/@GodJeNote

Firstly, when singing, the “Je” note (pronounced "/dʒi/") can sound both compatible and different with “Si” that creates novelty in music. Because both have the same 'i' sound in it.

Je note can replace and complement the Si note

Both can appear together in a song using The Jelong Musical Note Combo

(DO JE) CALL ME PLEASE!

(Verse freed)
Do Do Mi
Mi Fa Sol
Sol La Si
Mi Sol Je
Fa Do

Gửi gió thương nhớ trao cho người
Gửi ánh trăng đến soi bên người
Và nhắn ta đã đang mong chờ
Mi Mi Do
Do Re Mi
Je Mi Do
Do Je

(Verse freed)
Do Do Mi
Mi Fa Sol
Sol La Si
Mi Sol Je
Fa Do

I have the wind send love to you
I have the moonlight shine on you
And tell you that I've been waiting
Mi Mi Do
Do Re Mi
Je Mi Do
Do Je

(Chorus) Call me please
My love..please comes quickly
Call me please
Waiting for my beloved, my heart grows
more confused
Call me please
Yearning for my darling, my love is surging

(Chorus) Call me please
Người yêu dấu ơi..hãy tới vội
Call me please
Chờ em đã lâu thêm rồi bởi
Call me please
Chờ em dấu yêu tình dâng trào

(DO JE) GỌI CHO ANH ĐI!

Si and Je were used together in my song “(Do Je) Call Me Please!”

The most important reason I chose to name the musical note “Je” is, as I said in chapter one:

“I took the letter "Je" in the name of God **Jesus** to name this new note.”

“JE”

It is the musical note name of Faithfulness,
especially Fidelity in love.

Je is the sound that represents Fidelity.

“Je” is the Fidelity Note of God!

(Singerpreter Jelong, Author of The Jelong Musical Note Combo)

Si is the 7th musical note.

The same is for Je

Both are in the same position on the music staff

Their musical note symbol is B



Another reason why I chose Je as the new note name and the 7th note is because the 7th day of the week is Sunday, the God's day, and it is an important day in Catholicism and Christianity.

People go to church every Sunday to get closer to their God.

So Je is the seventh note in music, so it is a note associated with God.

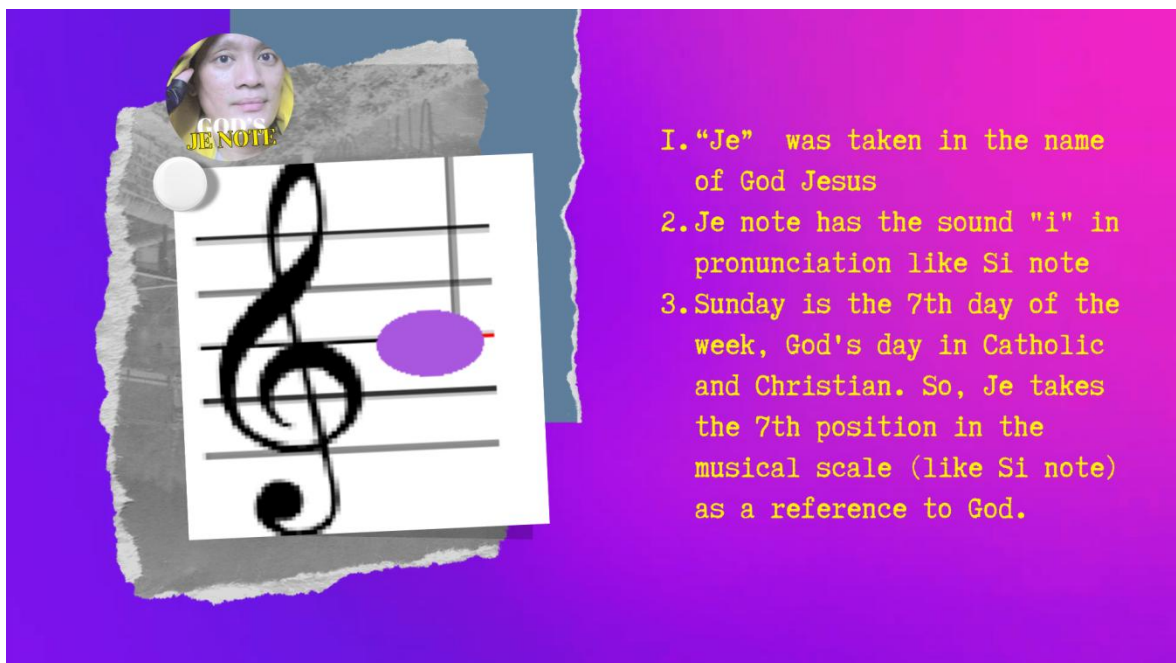
Thus, ***God's Je Note - The Fidelity Note of God***

It is the holy note that is only used in songs praising Beautiful and Faithful Love or beautiful and positive things in life

I will let you know more unique things in the next chapter.

With The Jelong Musical Note Combo, music is getting more and more beautiful, interesting and meaningful than ever!

Read on and you will see.



1. "Je" was taken in the name of God Jesus

2. Je note has the sound "i" in pronunciation like Si note

3. Sunday is the 7th day of the week, God's day in Catholic and Christian. So, Je takes the 7th position in the musical scale (like Si note) as a reference to God.

3 reasons "Je" is used to name the 7th musical note

Chapter 4-Part 3

THIS IS THE MOST IMPORTANT RULE OF THE JEONG MUSICAL NOTE COMBO, ONE THAT BREAKS THE DOMINANCE OF SUPER AI!

People don't need to follow any rules to create their own Musical Note Combos when singing.

But,

The Jelong Musical Note Combo Is Only Used To Create and Sing Songs Praising Beautiful & Positive Things In Life, Specially Praising Fidelity!

In other words, The Jelong Musical Note Combo **does not appear** in songs with negative love emotions, sad love stories, failures, lies, betrayals in love...

And therefore, Je note never appears in such songs.

In other words, once you see or hear Je note in musical note combo appearing in a song, you will realize:

- 1.This song uses the The Jelong Musical Note Combo method
- 2.This song has positive content, usually related to beautiful love and Fidelity in love or other positive topics in life. It's surely not a sad failed love song causing negative emotions.

So, why can you only use The Jelong Musical Note Combo in songs about beautiful love, fidelity or positive themes?



ABOUT JELONG MUSICAL NOTE COMBO

The Most Special Things

What has never been
in music?

1. Creating melodies with lyrics consisting only of a series of consecutive musical notes



2. Only using 8 note names to create Combo Notes:
"DO RE MI FA SOL LA SI JE"

Do Re Mi Fa
Sol La Si Je

3. One New Note Name in Music:
"Je" is God's Faithful Note!

Je

4. Specially, People can freely create their own combo notes when singing!



5. Applying Maths to create trillions of song versions and select the best Musical Note Combo for songs



6. Jelong Musical Note Combo is only used to create songs praising Beautiful & Faithful Love, or Positive Things!





Author: Singerpreter Jelong



/@GodJeNote

The World Has Been Full Of Negative Songs With Negative Emotions; Infidelity, Love Deception; Failed and Broken Loves.

That also accurately reflects that nowadays, faithfulness in love is much worse than in the old days when the internet and technology were not yet developed.

Music can reflect people's emotional life through the development of society.

Just look at the following stats written by Christy Bieber, J.D and Jeffrey Johnson, J.D. published in Forbes magazine , you will see it:

“60% of Divorced Couples Cited Infidelity as a Reason for Their Divorce

Infidelity is another leading cause of divorce, with 60% of couples citing a partner’s unfaithfulness as a reason their union ended. When a marriage is supposed to be monogamous, and one party fails to fulfill this obligation, trust can be lost, and the marriage may be irretrievably broken.”¹

The end of a marriage is caused by a variety of factors other than infidelity. However, the authors concluded, *"But, even when there are a variety of issues, people who dissolve their unions usually report there is one “final straw” or tipping point that pushes them over the edge and causes them to make the final decision to divorce."*

¹ Source: <https://www.forbes.com/advisor/legal/divorce/divorce-statistics/#:~:text=Lack%20of%20Commitment%20Is%20the%20Most%20Common%20Reason%20for%20Divorce&text=That's%20why%20it%20is%20not,the%20reason%20for%20their%20divorce.>

And they concluded, "When there was a final straw, **infidelity was the most common issue that ultimately prompted divorce**, with 24% of couples reporting this as their final straw."

It is not easy to find songs with positive emotions, love of life; moments of sublimation in love; promises kept by couples in love; **loyal, faithful feelings, together overcoming life's challenges to come together**; waiting for love (without suffering); knowing how to love yourself, *not letting yourself depend on* a painful, failed love; living fully, sincerely with your love...

Try checking out the list of songs you've listened to so far, read the lyrics carefully and see how the love stories were told. Or listen to the most famous songs from the past to the present (most listened to) and see the results.

You need to distinguish that I am talking about **negative songs**, not songs with sad melodies.

A negative song is a song, whether it has a happy or sad melody, but its content (lyrics) talks about negative things (like lamenting, blaming sad love, deceit, broken love, failure...)

Another reason why there have been many negative songs is that previous generations of musicians and singers had created and performed most of songs like those, so later composers and singers were more or less influenced in every melody and lyric.

There are many musicians and singers who consider creating and singing songs about painful love, broken love, and separation as a way for them to 'win over' the public or fans more easily.

Those musicians know that many people's emotional lives are filled with more sadness than joy, so sad songs are easier to please listeners.

Human Life Is Surrounded By Songs With Negative Love Emotions, Broken Hearts, Sad Love Stories, Failures, Lies, Betrayals In Love...

Obviously, we listen to music everyday, everywhere.

When most of the music is about sad stories, broken hearts, negative emotions, of course people's lives will be affected.

People are often attracted by the melody so they can listen to it over and over again even if the lyrics have negative meanings.

A negative song with a good melody is like
a delicious food with poison

(Jelong)

So what's wrong with a world full of negative songs hidden behind good and beautiful melodies?

“Curses” At Weddings

There is an interesting thing about music: people often know the melodies of their favorite songs by heart easily, but it is not easy to memorize and know the lyrics of a song.

Even singers are the same. It is much easier to know the melody than the lyrics of a song. Sometimes they do not have to put in the effort to know the melody of a song, but it is quite difficult and time-consuming to remember the lyrics.

After many years of singing a song that you have sung many times, sometimes when asked to know its lyrics, you may not know them by heart, right?

That is natural in music.

But from there it causes no small harm.

What problems does this create for society?

Unfortunately, most people (including professional singers) just like to sing their favorite tunes at important events like weddings, *paying little attention to the content of the song.* **They seem to pay little attention to the meaning of the event to choose the appropriate song.**

If you ask people to sing without any preparation, most of them often think and choose the melody that they know by heart first, not the meaning of the song.

It is only when or after they sing a song, they and others realize what it means.

That is why weddings (the big day for couples) where there is music organization easily become 'days to curse love and marriage' with negative and failed love songs

Singing such songs at a wedding is like 'silently cursing' that marriage to fail and break up one day?!

Would you be happy if your or your loved ones' big wedding day was 'cursed' by songs of separation, breakup, and failure?

Instead of hearing beautiful words, blessings and receiving good things on the wedding day, the brides and grooms and everyone have had to receive bad things from songs with negative love emotions, sad love stories, failures, lies, betrayals in love...

That is the curse on the big day of people all over the world!

And how many marriages have ended exactly like lyrics of songs sung on the wedding days

People often do not pay attention to this because they like to listen to the beautiful melodies of famous songs even though the meaning of the song is full of sadness and suffering.

Especially the brides and grooms have so many things to worry about on the wedding day, so they care less, and even if they do care, it is difficult to prevent/force everyone (their wedding guests) to choose songs carefully when invited to the stage to contribute to the party on the important day.

So how to solve this?

If you are going to have a wedding with music, there are two basic options:

***CHOICE 1:**

1. Before the wedding day, you must work with the ceremony band and decide which songs will only be sung at your wedding. You can choose the songs based on your preferences and must carefully check whether the content (lyrics) are suitable for the wedding day. Agree with the band before they perform on the wedding day. Whether it is singing or instrumental performance, you must choose suitable songs

2. Guests (besides singers and bands) who will sing on your wedding day should be your relatives or friends or someone you know. They have to prepare suitable songs before the wedding day. You must work with them to choose the songs based on preferences and must carefully check whether the content (lyrics) are suitable for the wedding day

Don't let people sing on their own because it's not guaranteed that they will bless or 'curse' your marriage when they go on stage to sing. Remember that many songs have happy melodies but contain negative meanings (lyrics).

3. Don't let your wedding day be a place where any wedding guest can sing whatever they want! Stop doing that.

=> The key is: **PROACTIVELY PREPARE SUITABLE SONGS TO SING ON THE WEDDING DAY**

***CHOICE 2: STOP THE MUSIC ON THE WEDDING DAY**

(Or Choose only the suitable instrumental positive music for your wedding day. Beware of instrumental songs about negative love)

(Jelong - Author of The Jelong Musical Note Combo)

You can go to YouTube or video social networks to watch wedding videos and see what guests sang. There will definitely be many wedding videos that make you sigh and shake your head or laugh till the tears come *when listening to songs that singers or wedding guests sang.*

One of the most lavish and famous weddings in 2024, attracting much attention because of the presence of many famous people in the world, was the wedding of Anant Ambani - the youngest son of Asia's richest billionaire Mukesh Ambani, held in Mumbai.

Many important guests attended, such as world celebrities, businessmen and politicians from India and abroad.

The total cost of the pre-wedding and wedding events is “estimated at about 320 million USD”²

If you watch videos of famous singers singing at the parties they organized, try searching on Google to get the lyrics of those songs, you will see many songs with negative meanings and dirty language that cannot appear at any wedding.

Obviously, the extremely famous singers they invited, although considered professional and long-time singers, still did not care whether the songs they chose to perform were appropriate for such a big wedding.

That means that in the previous time, at other weddings they had attended (no matter how big or small), those singers could have sung songs that (instead of blessing the bride and groom to be happy) had 'cursed' those marriages with negative songs.

² Source: <https://vnexpress.net/le-cuoi-hang-tram-trieu-usd-cua-cau-ut-ty-phu-an-do-4769621.html>.

Wedding guests often sing enthusiastically what they like, not what your wedding needs

With a world full of negative love songs, it is not advisable to let your wedding become a place where everyone ‘enthusiastically curses’ your marriage.

And that’s why **The Jelong Musical Note Combo**, the latest and unique composing and singing method, is only used to create songs praising Beautiful & Positive Things in Life, specially praising Fidelity in Love!

That’s also the most important rule when you use **The Jelong Musical Note Combo** to create combo musical notes

To this day, after releasing "**God's Je Note**"³ (*Two Tools Break the Dominance of Super AI and Eradicate 3000 Years of Singing Prejudice*), this very characteristic or core principle has helped me discover – after more than 40,000 years – the true power of the eight musical notes and create the MyDoJe system: [A Music System for Building Human Inner Strength and Protecting the World from the Domination of Artificial Intelligence](#).

³ Link tải đọc: <https://mydoje.com/go/3000a>

If humanity lacks strong inner strength, they will fail to master this world and allow super AI to dominate.

A world originates from individuals.

Therefore, the MyDoJe system begins by supporting the building of true inner strength in each individual to live happier, more meaningful lives, helping people reduce and eliminate life pressures, and supporting the treatment of sleep disorders in this AI age.

The following chapter will show you a previously unknown method of creating and singing live music that helps regulate the nervous system using eight musical notes and build a positive, optimistic spirit.

This method makes music, for the first time, a system for saving both individuals and the world by building a strong inner foundation for each person. For more than 40,000 years, mankind has never discovered what is hidden behind the names of simple musical notes.

CHAPTER 5

SINGING LIVE 1/3 JELONG MUSICAL NOTE COMBO

**THE TYPE OF MUSIC THAT
PROTECTS 1/3 OF HUMAN
LIFE FROM AI ALGORITHMS,
DEVELOP INNER STRENGTH
AND HAPPINESS**

*“If Your Music Doesn't Guide Listeners Towards The Positive
And Good Aspects Of Life, Then Your Music Or Your Singing Voice,
By Its Very Nature, Cannot Help Them Enhance Their Inner
Resilience To Achieve Lasting Happiness.”*

~Jelong~

Chapter 5 - Part 1

SINGING LIVE 1/3 JELONG MUSICAL NOTE COMBO INHERITING THE NERVOUS SYSTEM-REGULATING NATURE AND BUILDING INNER STRENGTH FROM THE JELONG MUSICAL NOTE COMBO METHOD

Both branches of “Singing LIVE with Jelong Musical Note Combo” and “Singing LIVE 1/3 Jelong Musical Note Combo” share the core principles of the Jelong Musical Note Combo, which you will learn below.

What Is The “Singing LIVE 1/3 Jelong Musical Note Combo”? Why 1/3?

If Singing LIVE with Jelong Musical Note Combo is a tool to break the dominance of artificial superintelligence, pointing out the 'divine key' to maintaining humanity's mastery as the 'Human Core,' then I created “Singing LIVE 1/3 Jelong Musical Note Combo” because I recognized the nascent 'dominance' of AI algorithms on social media platforms.

Currently, AI is used to keep users engaged and continuously viewing stimulating content, arousing curiosity and personalized for the owner of the phone or computer.

Many people are therefore experiencing difficulty sleeping or insomnia because AI-generated content from social media or content creators on those platforms keeps their brains 'working' continuously even when they are lying in bed

waiting to sleep. The blue light from phone screens is also a culprit in insomnia because it 'kills' melatonin, the hormone that induces sleepiness. When the eyes receive blue light, *the brain is tricked into thinking it's still daytime*, thus delaying the release of melatonin.

From that point on, I realized the problem that many people have - more or less - as if one-third of their lives (spent sleeping) is being controlled by AI without realizing, because it is hidden behind the way social media platforms operate

More accurately, AI, and those who create and use it, have a responsibility in this matter.

Therefore, I created the “Singing LIVE 1/3 Jelong Musical Note Combo” Method to help people regain control of the one-third of their lives or the one-third of their day they spend sleeping (about 6-8 hours) in order to restore their health.

“Singing LIVE 1/3 Jelong Musical Note Combo” is a method of creating and singing music based on the use of series of Musical Note Combos within a song to help people *control the one-third of their lives spent sleeping, preventing AI algorithms from influencing their sleep, and supporting them in achieving better sleep to build and develop inner strength.*

Both of these musical branches (Singing LIVE with Jelong Musical Note Combo + Singing LIVE 1/3 Jelong Musical Note Combo) play a role in making Music protect humanity from super-AI.

Within the The Jelong Inner Strength Octave Music System, the “Singing LIVE 1/3 Jelong Musical Note Combo” branch functions to provide entertainment for rest, recovery, and regulating the nervous system at night before falling asleep.

Most notably, this branch of my music for nighttime sleep includes a new type of music, appearing for the first time due to the presence of AI algorithms that cause insomnia. Thanks to this type of music, you can fall asleep more easily and earlier.

This is the *Jelong Restful Mind Music*, which you will see in the detailed table below:

THE JELONG INNER STRENGTH OCTAVE MUSIC SYSTEM				
BRANCH	I. SINGING LIVE WITH JELONG MUSICAL NOTE COMBO ☀		II. SINGING LIVE 1/3 JELONG MUSICAL NOTE COMBO ☾	
METHOD	SINGING LIVE WITH JELONG MUSICAL NOTE COMBO	JELONG BLISSFUL MIND MUSIC	SINGING LIVE 1/3 JELONG MUSICAL NOTE COMBO	JELONG RESTFUL MIND MUSIC
MEANING	Songs about positive, beautiful life and love, <u>containing a lyrical part</u> which is Musical Note Combo section.	Songs contain Musical Note Combos and record happy times, moments, or events.	Positive, uplifting music on a variety of themes, with <u>lyrics largely consisting of Musical Note Combos or sequences of notes.</u>	The Musical Note Combo Songs remind you to put down/turn off your phone and stay away from AI algorithms before going to sleep.
	*Musical Note Combos are musical passages where the lyrics are not meaningful words, but instead contain the names of 8 musical notes [DO RE MI FA SOL LA SI JE], and the singer can <i>freely change the position of the note names as they wish during a live performance.</i>	The Jelong Blissful Mind Music is Jelong's music that brings happiness to your mind and nourishment to your soul.	*Musical Note Combos are musical passages where the lyrics are not meaningful words, but instead contain the names of 8 musical notes [DO RE MI FA SOL LA SI JE], and the singer can freely change the position of the note names as they wish during a live performance.	The Jelong Restful Mind Music is Jelong's music designed for the mind and soul to fully rest, recover, and drift into sleep at night or whenever rest is needed

BENEFITS OF MUSIC	*Entertainment Music + Music for Stress Management *Helping gain positive, optimistic emotions, create a good spirit to build strong inner strength.	*Entertainment Music + Music for Stress Management *Helping gain positive, optimistic emotions, create a good spirit to build strong inner strength.	*Entertainment & Relaxing music (especially for breaks, rest, or before bedtime) *Induces positive, optimistic emotions and creates a good mood.	*Music specifically designed for sleep, helping to interrupt distracting thoughts that hinder sleep. *Especially the latest kind of music that encourages you to put down or turn off your phone and computer and go to sleep.
	Nervous System Regulation Music	Nervous System Regulation Music	Nervous System Regulation Music	Nervous System Regulation Music
	Inner Strength Cultivation Music	Inner Strength Cultivation Music	Inner Strength Cultivation Music	Inner Strength Cultivation Music
	Music builds The Inner Strength Octave Transcendence Ladder	Music builds The Inner Strength Octave Transcendence Ladder	Music builds The Inner Strength Octave Transcendence Ladder	Music builds The Inner Strength Octave Transcendence Ladder
	Inner Strength & Happiness Music	Inner Strength & Happiness Music	Inner Strength & Happiness Music	Inner Strength & Happiness Music
SLEEP MUSIC	(NO)	(NO)	(YES) (Besides entertainment, it can also help improve sleep)	(YES) (Sleep Aid Music)
BEST TIME TO LISTEN	1. While relaxing, entertainment time, or working during the day. 2. When you want to listen to music that absorbs positive and beneficial content and emotions for the nervous system and stress management.	1. Listen in the morning upon waking up to receive good luck from the "source of happiness energy". 2. While relaxing, entertainment time, or working during the day. 3. When you want to listen to music that absorbs positive and beneficial content and emotions for the nervous system and stress management.	1. While relaxing, entertainment time, or working during the day. 2. When you want to listen to music that absorbs positive and beneficial content and emotions for the nervous system and stress management. 3. Listen 1-2 hours before going to sleep.	1. Listen when you are already in bed preparing to go to sleep at night
HEALTH & MENTAL IMPACT	* Creates an optimistic spirit and a positive lifestyle due to the music's content focusing on the positive and beautiful aspects of love	Cultivating a happy mindset and eliminate negative thoughts. (Using the "8-Octave Breathe & Sing Process	* Creates an optimistic spirit and a positive lifestyle due to the music's content focusing on the positive and beautiful	It helps the mind rest completely, eliminating thoughts that hinder sleep. (If you use the "8-Octave

HEALTH & MENTAL IMPACT	and life. * Helps reduce stress levels and promote emotional balance, enhancing both mental and physical health. *Creates a bright and positive daytime environment for living and working.	(Daytime)” from MyDoJe System will lead to improved health due to the combination of deep breathing and live singing.) *Create a bright and positive daytime environment for living and working.	aspects of love and life. * Helps reduce stress levels and promote emotional balance, enhancing both mental and physical health. *Creates a refreshed and positive daytime environment for living and working (which is conducive to better sleep at night)	Breathe & Sing Process (Nighttime)” from MyDoJe System, it will immediately eliminate thoughts that hinder sleep within the first note, due to the combination of deep breathing and live singing.) *Helps you fall asleep quickly, deeply, and peacefully. Prevents insomnia caused by nighttime phone use.
THE SPECIAL BENEFIT	THIS IS A TOOL TO PROTECT HUMAN SURVIVAL AGAINST ARTIFICIAL SUPERINTELLIGENCE	THIS IS A TOOL TO PROTECT HUMAN SURVIVAL AGAINST ARTIFICIAL SUPERINTELLIGENCE	IT IS A TOOL TO PROTECT ONE-THIRD OF HUMAN LIFE FROM AI ALGORITHMS.	IT IS A TOOL TO PROTECT ONE-THIRD OF HUMAN LIFE FROM AI ALGORITHMS.
THEMES IN THE SONGS	Singing songs that praise the positive and good things in life.	Singing songs about happiness in life.	Singing songs that praise the positive and good things in life.	Songs remind you to PUT DOWN/TURN OFF your phone - the culprit causing insomnia.
	Especially celebrating the beautiful and faithful love of humankind.	Theme: Happiness in life	Diverse themes: love, life, success, money, proverbs, spirituality...	Themes include sleep, phones, computers, and mental health.
SONG FORM	*FULL FORM *Throughout the song, there’s a part that’s a Musical Note Combo section	*SHORT FORM *Musical Note Combos and meaningful lyrics alternate with each other	*FULL FORM *Most of the song’s lyrics are Musical Note Combos	*SHORT FORM *Musical Note Combos and meaningful lyrics alternate with each other
SINGING TYPE	LIVE	LIVE	LIVE	LIVE
JELONG COMPOSES AND SINGS IN BILINGUAL SONGS	Songs in Vietnamese	Songs in Vietnamese	Songs in Vietnamese	Songs in Vietnamese
	<i>At present, there are no English lyrics</i>	Songs in English (international)	Songs in English (international)	Songs in English (international)
The Jelong Inner Strength Octave Music System utilizing live vocals and the distinctive Jelong Musical Note Combo with 8 notes [Do Re Mi Fa Sol La Si Je], is something AI music cannot create for nurturing and developing human inner strength.				

Singing LIVE 1/3 Jelong Musical Note Combo And The Jelong Restful Mind Music Both Naturally Regulate The Human Nervous System.

Many scientists have discovered the impact of music on the human nervous system.

Music creators, however, often lack understanding of the nervous system.

The music currently on the market is sleep-inducing, relaxing, and meditation music.

Previously, there was no type of music that helped people build inner strength foundation to overcome life's challenges and difficulties.

Looking back at my own experience of being criticized for my singing voice and comparing it to people like Channing Smith and Sulli (as you read in the document "God's Je Note")¹, I realize that music can help people overcome crises if they know how.

I created the MyDoJe Music System for Building True Inner Strength based on the music I created and the major and minor challenges I overcame.

From the music I've created and sung over the past eight years, from 2018 to 2026, I've realized that the function of regulating the nervous system to build inner strength and happiness has actually been present in my music for a long time, especially since I invented the Jelong Musical Note Combo.

¹ Download to read: <https://mydoje.com/go/3000a>

My songwriting, lyrics, arrangement, and vocals all naturally reflect this essence.

DO you remember this in “God’s Je Note”:

“The Jelong Musical Note Combo...is only used to create songs that Praise The Good And Positive Things In Life, Especially Songs That Celebrate Fidelity In Love!”

This is what led me to discover the hidden power behind the eight notes of an octave, a power whose role in **BUILDING AND DEVELOPING INNER STRENGTH** has been obscured for over 40,000 years.

For Over 40,000 Years Since Music First Appeared In The World, Humans Have Primarily Used Musical Notes For Entertainment!

People don't realize that behind the names of the musical notes is the control of inner strength, which helps them **overcome challenges, adversity and continue to grow in life**, just as I did.



*The Inner Strength Octave Transcendence Ladder - the essence of life for an individual, a family, an organization, a nation, and all of humanity - is hidden within the names of the 8 musical notes [DO RE MI FA SOL LA SI JE]
(Singerpreter Jelong)*

It was precisely by transcending the upheaval back then (around August–September 2019) that it contributed to create and develop the The Framework For The Transcendence Of Inner Strength Octave – MyDoJe.

First, let's look at the table below which shows the significant difference in outcomes between me and people like Channing Smith and Sulli when faced with adversity:

	People like Channing Smith, Sulli	JeLong (me): Solving the Cyberbullying with God's Talent Truth
Incidents	- Channing Smith: his intimate messages to another boy were leaked by classmates. "Images of his private conversations with another boy had been posted on Instagram and Snapchat, his family said" ² reported WashingtonPost. - Sulli: "...her opinions often made her a target of online trolls, particularly by anti-feminists, said CedarBough Saeji, an expert in Korean culture and society at the University of British Columbia." ³ The actress usually got	- JeLong: many people in the online music community did 'release' <i>their preposterous rage</i> at my singing voice. - Their bullying comments: "The music ruining everything here" "Yo wtf" "Get goosebumps sound like shit"

² Source: <https://news.zing.vn/sulli-hoa-tuyet-le-tan-lui-o-tuoi-25-vi-mieng-luoi-nguoi-doi-post1001670.html>

³ Source: <https://edition.cnn.com/2019/10/15/asia/kpop-sulli-death-aftermath-intl-hnk-scli/index.html>

	online comments such as “stupid”, “ignorant”, “sickness”...	
The bad’s target	○ The bad wanted to humiliate and embarrass victims in front of countless people on the internet	
Reactions	○ The incidents made Channing Smith and Sulli depressed and frightened by the malice of people ○ depression caused by cyberbullying	▪ The incident made Jelong self-controlled, calm and start to find out deep reasons behind people’s rage.
Actions	○ Channing Smith killed himself ○ Sulli: Police say K-pop star died in 'suspected suicide'⁴	▪ The incident made Jelong self-controlled, calm and start to find out why they raged at singing voice <i>preposterously</i>. ▪ Nhac Jelong posted a music video on YouTube to verify their motive.
What behind the incidents?	○ The bad’s insensitiveness, greed, fear, Prejudices and Discrimination	
The crutch to lean on	○ Channing Smith and Sulli didn’t have anyone to lean on	▪ The crutch for JeLong to lean on is always God.
Final Results	○ Deaths	▪ After posting the video of Jelong’s singing voice, all of

⁴ Source: <https://www.mirror.co.uk/3am/celebrity-news/how-sulli-die-police-say-20576163>

		them (the bad) were silent, and didn't counter anymore. - Someone strongly objected that JeLong's voice was genius but when Nhac JeLong told them to try doing it as JeLong did ("making the community release their preposterous rage at the singing voice naturally.), they were just speechless. - JeLong, from an unknown person, many people now see him as a Genius. Many people (especially those who 'threw stones' at JeLong) are now <u>afraid of</u> his ability. - I myself now feel so great because God's 7 Beauty Commandments made me solve the problem easily and comfortably!
--	--	---



To better understand how I overcame that ordeal, please read the journey of Jelong using Music to Break the Domination of Super AI and Eradicate 3000 Years of Singing Prejudice with 'God's Je Note'. That includes a section where I talk about how I transcended the ordeal and brought value to many people.

→ Document “**God’s Je Note**”: <https://mydoje.com/go/3000a>

→ Website: [https:// GodJeNote.com](https://GodJeNote.com)



Now, I will use The Inner Strength Octave Transcendence Framework, and please look at this MyDoJe Framework which I have filled in with the information from the event above:

	[	DO	RE	MI	FA	SOL	LA	SI	JE	] n	
	A Journey Through One Cycle	STEP 1			STEP 2		STEP 3	STEP 4	STEP 5	A Journey Through One Cycle	
		CENTERED CLARITY & DIRECTION			STRATEGIC RESOLUTION		TOOL & GEAR SETUP	EXECUTION-MAP	TAKE DECISIVE ACTION		
		Situational Awareness	Objectives	Inner Strength Level vs. Pressure Level	Finding Solutions	Finding Solutions (with God)	Preparing Processing Tools	Action Plan for Solving Problems	Act Decisively & Improve		
		Many people online attacked Jelong's singing with various insults.	Prevent humiliation and do not allow myself to be belittled in front of a large online audience.			Following God's 7 Beauty Commandments (as of 2019) (Adding Commandment 8: Building True Inner Strength)			1. Be resolute in carrying out the plan that has been set 2. Apply God's Beauty Commandments.		
	Qualities for Problem Solving	Humane Eyes	Strong will - Do not be defeated by adversity.			8!			8! Multi-layered Fidelity	Qualities for Problem Solving	
FOUNDATION STEP: BUILD A STRONG INNER STRENGTH FOUNDATION WITH "8-OCTAVE SUN-MOON SYSTEM" TO HELP CONTROL STRESS & IMPROVE SLEEP											
	[	DO	RE	MI	FA	SOL	LA	SI	JE	] n	
Field:	SINGING TALENT			Problem:	PEOPLE ATTACKED AND CRITICIZED FOR JELONG'S SINGING VOICE		RESULT:				
Date:	August and September 2019			Note:	Record a live performance video, let's see the reactions.		REFLECTIONS AND TAKEAWAYS:				
MyDoJe ⁿ =											

Let's not talk about the Seven Beauty Commandments of God that I applied at the time, but you can clearly see: The power of musical thinking in the Jelong Musical Note Combo is clearly reflected in the story.

“The Jelong Musical Note Combo, the newest and most unique method of composition and singing, is only used to create songs that praise the Good and Positive Things in Life, especially praising Fidelity in love!”

If your music doesn't guide listeners towards the positive and good aspects of life, then your music or your singing voice, by its very nature, cannot help them build inner strength foundation (regulating the nervous system, reducing stress, receiving safety signals, positive emotions, etc.) and enhance their inner resilience to achieve lasting happiness.

This means that the essence of the Jelong Musical Note Combo music already possesses a good, solid foundation for people to build a strong spiritual foundation and inner strength for success.

And that's why I created The MyDoJe System Framework from what I've already experienced in practice, not from neuroscience or unexplained events.

Simply put, because the Jelong Musical Note Combo inherently focuses on the positive, optimistic, and beautiful aspects of human love and life, it has achieved something unprecedented: helping people build a strong inner foundation to live

happily, continue to develop, and create many valuable and beneficial human values for life.

Furthermore, the "God's Je Note" in the “Singing LIVE with Jelong Musical Note Combo” tool also protects humanity from Super AI, as you can clearly see when reading the "God's Je Note" document.

Next, I will let you listen to the first two songs from this musical branch and show you how I incorporated them into the MyDoJe System to help people build a n unwavering inner strength foundation and ascend to higher levels of The Inner Strength Octave Transcendence Ladder for a lasting happiness.

Chapter 5 - Part 2

HOW TO CREATE AND PERFORM

SINGING LIVE 1/3 JELONG MUSICAL NOTE COMBO

In The Jelong Inner Strength Octave Music System, two branches of the Jelong Musical Note Combo *rotate in sync* with the human circadian rhythm over a 24-hour period:

- ✚ Singing LIVE with Jelong Musical Note Combo and Jelong Blissful Mind Music create songs that provide entertainment, regulate the nervous system, manage stress, and create a **positive spirit and emotions** for people to function well during the day.
- ✚ Singing LIVE 1/3 Jelong Musical Note Combo and Jelong Restful Mind Music: These songs from 2 methods provide entertainment, regulate the nervous system, reduce stress, improve mood, and help people **transition** from a state of alertness or agitation (Sympathetic) to a state of Parasympathetic – a state of recovery and rest – making it easier to fall asleep thanks to music that reminds you to put down or turn off your phone (Jelong Restful Mind Music) at night.

This is the world's first music system created entirely according to a 24-hour biological rhythm, helping people control the foundation of inner strength for lasting happiness, utilizing the inner strength-building function of musical octaves.

Within The Jelong Inner Strength Octave Music System, the two branches are envisioned as the Sun and the Moon - separate and contrasting entities, *yet eternally inseparable from the essence of life*.

Therefore, the key principle for creating and singing using the “Singing LIVE 1/3 Jelong Musical Note Combo” method is:

DO THE OPPOSITE OF THE METHOD
“SINGING LIVE WITH JELONG MUSICAL NOTE COMBO”

Specifically:

	Songs Are Created by “Singing LIVE with Jelong Musical Note Combo” ⚙	Songs Are Created by “Singing LIVE 1/3 Jelong Musical Note Combo” ☾
Melody	✚ Each song, written using a different method, has a distinct melody. ✚ Or both songs share a common melody but are arranged differently for richness.	
Song Name	✧ Unique	❖ Unique
Song Form	✧ Usually, it's a long piece with the complete structure of a song.	❖ Usually, it's a long piece with the complete structure of a song.
Song Content	✧ Only used to create songs that celebrate beautiful love, fidelity, and positive, good things in life. ✧ Each full song is a story or specific situation created by the author (similar to most pop songs with storylines). ✧ The lyrics are usually long to describe that story.	❖ Only to be used to create positive, beautiful, and optimistic songs about life with diverse themes (love/finance/spirituality/country /motivation...) ❖ Each song, although full, contains only one or a few key lines that encapsulate the entire

		idea/perspective/viewpoint/philosophy/belief... ❖ The meaningful lyrics, though very short, convey the main idea of the entire song.
The Use of Musical Note Combos In Songs – DO RE MI FA SOL LA SI JE	✧ The sequence of notes in a song only occupies a part and is used to describe something related to the song's content (such as the sound of a guitar/flute/rain/flowing water sounding like a musical rhythm/...).	❖ Instead of written lyrics, Jelong primarily uses sequences of notes or Musical Note Combos sung throughout the song. ❖ These sequences of notes support the overall meaning of several main lyrics lines that appear in the song. ❖ The Musical Note Combos sung by Jelong can be seen as human vocals functioning <u>as musical instruments</u>.
How to sing the Musical Note Combos	🎵 Freestyle singing (the singer changes the names of the notes at will) → Therefore, singers, and especially singerpreters, do not need to memorize the lyrics when singing Jelong Musical Note Combos.	
The Effects Of Music On The Nervous System, Emotions, And Inner Strength Of Human Beings.	✧ Singing LIVE with Jelong Musical Note Combo evokes positive emotions about love and life. The combination of Jelong musical elements (such as singing style, rhythm, harmony, etc.) has been shown to benefit the human nervous system.	❖ Singing LIVE 1/3 Jelong Musical Note Combo also has a positive effect on the nervous system. ❖ In particular, the use of short phrases throughout the song, conveying positive and beautiful messages about life and diverse themes (such as love/finance/spirituality/country/

	✧ Jelong music closely matches the human breathing and heartbeat rhythm; the lyrics are easy to sing, creating safety signals for the nervous system and evoking positive emotions.	motivation...), allows listeners to immediately understand the main content of the song through that phrase. This helps listeners receive positive emotions without having to decipher the entire song. This is what the human brain loves because it doesn't require the stimulation and energy to understand a full song with long meaningful lyrics like pop music. ❖ Singing Musical Note Combos continuously makes the song feel lighthearted and catchy.
--	--	--

Let's compare the latest musical styles through two songs, “Our Love – Only Yours and Mine” and "Call Me Please!" composed and performed by Singerpreter Jelong, based on two branches of the Jelong Musical Note Combo method.

What distinct differences do you see between these two songs?



1) Our love is like poetry
It sways like a lullaby of grace
Deep in songs of sweet romance
From the heart dedicated
Some tunes rise high with joy and light
Some fall deep in solemn notes
Forever this way, It deepens the yearning
feelings in
Our love – only yours and mine

(Sol La Mi Sol Mi Do Fa Mi
Re Fa La Sol Mi Re Mi Do
Sol Mi Re Sol Mi Do Mi Do
Fa La Sol Sol Mi Do Mi La...) *freed*

**“OUR LOVE - ONLY
YOURS AND MINE”**



1) (Mi..Mi Re Do
Fa La Sol Sol Si Do Mi
Fa La Do Do Re Mi Je) *freed*

(Do..Do Sol Mi
Fa Do Re Sol Si Do Mi
Sol Si Do Do Re Fa Mi) *freed*

2) (So La Si Do Re Do Mi
Do Re Mi Do Sol Fa Mi
Sol La La Mi Sol Fa Do
Do Do Mi, Mi Fa Sol
Sol La Si, Mi Sol Do
Fa Mi) *freed*

Call Me Please!




With sweet words filled with passionate love
Together we gaze at the glowing moon
Our love runs deep through endless days
With love we build a life with enthusiasm

2) Our love is like the clouds
It dances chasing winds afar
The breeze it lifts to distant skies
With yearning through a thousand years
At times cloud meets the wind in joy
And storms may stretch across the sky
Despite that, It deepens the yearning feelings in
Our love—only yours and mine

(Do Mi Sol Mi Sol Fa Do
Sol La Fa Mi Fa Mi Do
La La La Sol La Sol Mi
Mi Mi Do, Mi Fa Sol
Re Do Mi, Do Je) *freed*

**Chorus! Call me please,
and say you love me tonight.
Call me please,
and say you want me tonight.
Call me please,
and please tell me...that you are mine!**

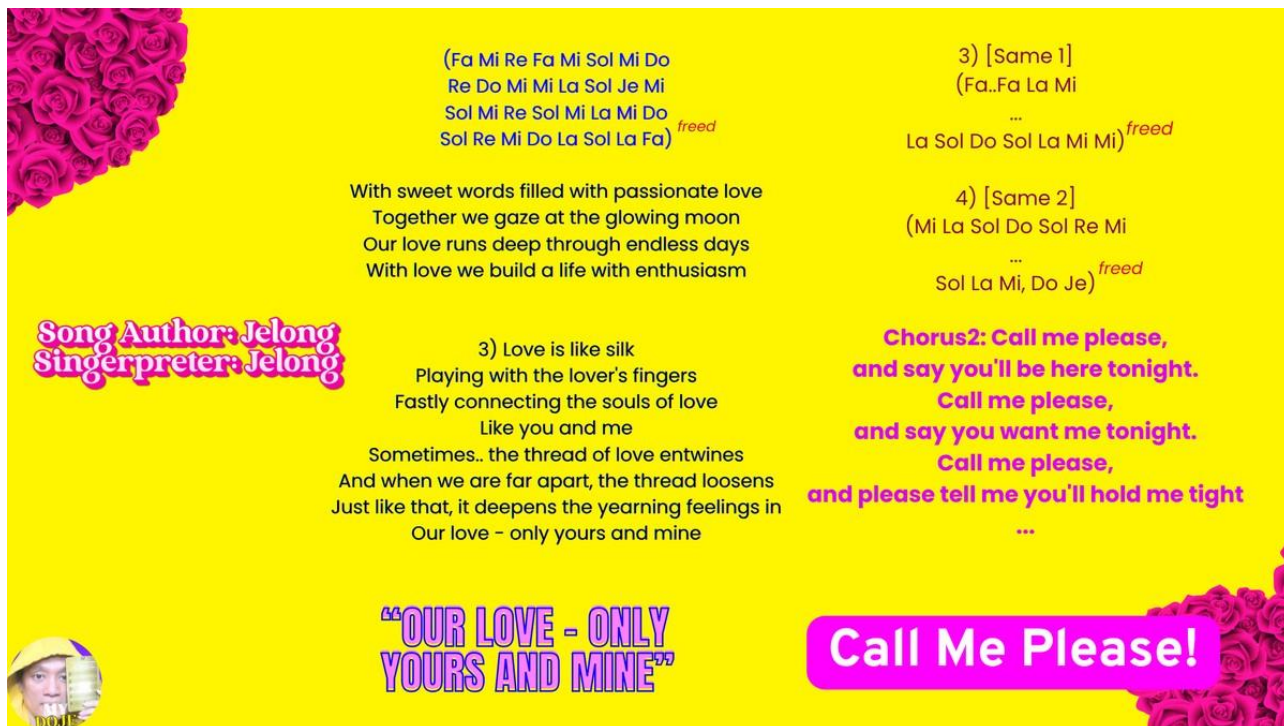
(La La La...)

**“OUR LOVE - ONLY
YOURS AND MINE”**



Call Me Please!





(Fa Mi Re Fa Mi Sol Mi Do
Re Do Mi Mi La Sol Je Mi
Sol Mi Re Sol Mi La Mi Do
Sol Re Mi Do La Sol La Fa) *freed*

With sweet words filled with passionate love
Together we gaze at the glowing moon
Our love runs deep through endless days
With love we build a life with enthusiasm

Song Author: Jelong
Singerpreter: Jelong

3) Love is like silk
Playing with the lover's fingers
Fastly connecting the souls of love
Like you and me
Sometimes.. the thread of love entwines
And when we are far apart, the thread loosens
Just like that, it deepens the yearning feelings in
Our love - only yours and mine

3) [Same 1]
(Fa..Fa La Mi
...
La Sol Do Sol La Mi Mi) *freed*

4) [Same 2]
(Mi La Sol Do Sol Re Mi
...
Sol La Mi, Do Je) *freed*

**Chorus2: Call me please,
and say you'll be here tonight.
Call me please,
and say you want me tonight.
Call me please,
and please tell me you'll hold me tight**
...

**"OUR LOVE - ONLY
YOURS AND MINE"**

Call Me Please!

“Our Love – Only Yours and Mine”

[was created by the Singing LIVE with Jelong Musical Note Combo]

→ You can see that the Musical Note Combos only make up a part of the song.

“Call Me Please!”

[was created by the Singing LIVE 1/3 Jelong Musical Note Combo]

→ You can see that the Musical Note Combos make up the majority of the lyrics of the song, with only a few parts carrying the main meaning of the whole track.

METHOD	SINGING LIVE WITH JELONG MUSICAL NOTE COMBO	SINGING LIVE 1/3 JELONG MUSICAL NOTE COMBO
MEANING	Songs about positive, beautiful life and love, containing a <u>lyrical part</u> which is Musical Note Combo section.	Positive, uplifting music on a variety of themes, with <u>lyrics largely consisting of Musical Note Combos or sequences of notes.</u>
	*Musical Note Combos are musical passages where the lyrics are not meaningful words, but instead contain the names of 8 musical notes [DO RE MI FA SOL LA SI JE], and the singer can <i>freely change the position of the note names as they wish during a live performance.</i>	*Musical Note Combos are musical passages where the lyrics are not meaningful words, but instead contain the names of 8 musical notes [DO RE MI FA SOL LA SI JE], and the singer can freely change the position of the note names as they wish during a live performance.
BENEFITS OF MUSIC	*Entertainment Music + Music for Stress Management *Helping gain positive, optimistic emotions, create a good spirit to build strong inner strength.	*Entertainment & Relaxing music (especially for breaks, rest, or before bedtime) *Induces positive, optimistic emotions and creates a good mood.
	Nervous System Regulation Music	Nervous System Regulation Music
	Inner Strength Cultivation Music	Inner Strength Cultivation Music
	Music builds The Inner Strength Octave Transcendence Ladder	Music builds The Inner Strength Octave Transcendence Ladder
	Inner Strength & Happiness Music	Inner Strength & Happiness Music
SLEEP MUSIC	(NO)	(YES) (Besides entertainment, it can also help improve sleep)

BEST TIME TO LISTEN	1. While relaxing, entertainment time, or working during the day. 2. When you want to listen to music that absorbs positive and beneficial content and emotions for the nervous system and stress management.	1. While relaxing, entertainment time, or working during the day. 2. When you want to listen to music that absorbs positive and beneficial content and emotions for the nervous system and stress management. 3. Listen 1-2 hours before going to sleep.
HEALTH & MENTAL IMPACT	* Creates an optimistic spirit and a positive lifestyle due to the music's content focusing on the positive and beautiful aspects of love and life. * Helps reduce stress levels and promote emotional balance, enhancing both mental and physical health. * Creates a bright and positive daytime environment for living and working.	* Creates an optimistic spirit and a positive lifestyle due to the music's content focusing on the positive and beautiful aspects of love and life. * Helps reduce stress levels and promote emotional balance, enhancing both mental and physical health. * Creates a refreshed and positive daytime environment for living and working (which is conducive to better sleep at night)
THE SPECIAL BENEFIT	THIS IS A TOOL TO PROTECT HUMAN SURVIVAL AGAINST ARTIFICIAL SUPERINTELLIGENCE	IT IS A TOOL TO PROTECT ONE-THIRD OF HUMAN LIFE FROM AI ALGORITHMS.
THEMES IN THE SONGS	Singing songs that praise the positive and good things in life.	Singing songs that praise the positive and good things in life.
	Especially celebrating the beautiful and faithful love of humankind.	Diverse themes: love, life, success, money, proverbs, spirituality...
SONG FORM	*FULL FORM *Throughout the song, there's a part that's a Musical Note Combo section	*FULL FORM *Most of the song's lyrics are Musical Note Combos

SINGING TYPE	LIVE	LIVE
JELONG COMPOSES AND SINGS IN BILINGUAL SONGS	Songs in Vietnamese	Songs in Vietnamese
	<i>At present, there are no English lyrics</i>	Songs in English (international)

Now, enjoy two of the latest Jelong Musical Note Combo music genres that help people unwind, manage stress, and promote sound, deep sleep, protecting physical strength to cultivate true inner strength through the 24-hour movement of the “Sun-Moon Rhythm Transition System”.

	1. “Our Life Is Sweet” ✚ Songwriter and Singerpreter: Jelong ✚ Type: <i>Jelong Blissful Mind Music</i> ✚ Listen in English : https://www.youtube.com/watch?v=ZiYBl1x23sM
	2. “Feel Good All Night” ✚ Songwriter and Singerpreter: Jelong ✚ Type: <i>Jelong Restful Mind Music</i> ✚ English version: https://www.youtube.com/watch?v=GPI3Bi-m0cM

CHAPTER 6

“SUN-MOON RHYTHM TRANSITION SYSTEM”

Escape

Stressful Days and Restless Nights With An “8-Octave Singing Breathing Process”

*“Daytime stress and nighttime insomnia will affect the entire
lifespan, not just the one-third of one's life.”*

~Jelong~

Chapter 6 - Part 1

JELONG BLISSFUL MIND MUSIC & JELONG RESTFUL MIND MUSIC



SHORT PIECES OF MUSIC THAT SUSTAIN BALANCE IN HUMAN LIFE OVER 24 HOURS

(☼) **The Jelong Blissful Mind Music** is Jelong's music that brings happiness to your mind and nourishment to your soul.

→ These pieces of music are like embodiments of sunlight during the day, spreading happiness into the soul.

(☾) **The Jelong Restful Mind Music** is Jelong's music designed for the mind and soul to fully rest, recover, and drift into sleep at night or whenever rest is needed

→ These musical pieces are like the embodiment of moonlight at night, lulling the soul into a deep sleep.

Just as the sun and moon move in harmony throughout the 24 hours, humans also need to **bring their bodies back to a state of balance** to "*Escape Stressful Days and Restless Nights*" in this age of artificial intelligence algorithms.

Otherwise, daytime stress and nighttime insomnia will affect the entire lifespan, not just the 1/3 mentioned in previous chapters.

The ultimate goal is to build an unwavering inner strength foundation, from which we can ascend to higher levels of The Inner Strength Octave Transcendence Ladder to transcend difficulties and find lasting happiness in life.

Therefore, within the MyDoJe framework, we cannot ignore the foundation-building step of "**Stress Control and Sleep**" because it is a part of physical strength that affects not just 1/3 of your life.

The MyDoJe system supports people in building a strong inner strength foundation using the “**Sun-Moon Rhythm Transition System**” to help people transition from a state of alertness (Sympathetic mode) with controlled stress during the day ("Sun") to a state of rest and recovery (Parasympathetic) at night ("Moon") in a balanced way to *escape stressful days and sleepless nights* – a consequence increasingly evident in the age of AI.

Two of the newest music methods (Jelong Blissful Mind Music + Jelong Restful Mind Music) are incorporated into the “Sun-Moon Rhythm Transition System” to perform this function. These two distinctive music styles are part of The Jelong Inner Strength Octave Music System, which I created and developed based on the Jelong Musical Note Combo method to help prolong the regulation of the nervous system for 24-hour activity.

Simply put:

✚ In the morning, upon waking, you need to **absorb happiness, good fortune, and positivity** to have a good start to your activities throughout the day.

→ Short songs created by the Jelong Blissful Mind Music help you absorb those positive things and boost your energy throughout the day.

✚ In the evening, before going to bed, you need to let go of worries and thoughts – things that keep your brain constantly 'awake,' causing difficulty falling asleep or insomnia.

→ Short songs created by the Jelong Restful Mind Music help you [let go of or turn off your phone](#) so you are no longer drawn to AI algorithms that stimulate brain activity and cause insomnia. Following that is the special “8-Octave Breathe & Sing Process” in the “**Sun-Moon Rhythm Transition System**” created by Jelong, which helps people fall asleep more easily and, importantly, immediately stops thoughts that keep the brain 'awake' all night.

These are two types of music that help people build and develop solid inner strength according to their 24-hour biological rhythm.

With the Jelong Blissful Mind Music and Jelong Restful Mind Music, the music has a specific function and does something that hasn't been done for over 40,000 years: cultivating true inner strength for people, not only in terms of mental strength but also physical strength.

The special thing is: I sing both types of music live in both Vietnamese and English to help and serve people in more places.

Please see the comparison table of these two types of music to understand them better:

METHOD	JELONG BLISSFUL MIND MUSIC ☀	JELONG RESTFUL MIND MUSIC ☾
MEANING	Songs contain Musical Note Combos and record happy times, moments, or events.	The Musical Note Combo Songs remind you to put down/turn off your phone and stay away from AI algorithms before going to sleep.
	The Jelong Blissful Mind Music is Jelong's music that brings happiness to your mind and nourishment to your soul.	The Jelong Restful Mind Music is Jelong's music designed for the mind and soul to fully rest, recover, and drift into sleep at night or whenever rest is needed
BENEFITS OF MUSIC	*Entertainment Music + Music for Stress Management *Helping gain positive, optimistic emotions, create a good spirit to build strong inner strength.	*Music specifically designed for sleep, helping to interrupt distracting thoughts that hinder sleep. *Especially the latest kind of music that encourages you to put down or turn off your phone and computer and go to sleep.
	Nervous System Regulation Music	Nervous System Regulation Music
	Inner Strength Cultivation Music	Inner Strength Cultivation Music
	Music builds The Inner Strength Octave Transcendence Ladder	Music builds The Inner Strength Octave Transcendence Ladder
	Inner Strength & Happiness Music	Inner Strength & Happiness Music
SLEEP MUSIC	(NO)	(YES) (Sleep Aid Music)

BEST TIME TO LISTEN	1. Listen in the morning upon waking up to receive good luck from the "source of happiness energy". 2. While relaxing, entertainment time, or working during the day. 3. When you want to listen to music that absorbs positive and beneficial content and emotions for the nervous system and stress management.	1. Listen when you are already in bed preparing to go to sleep at night
HEALTH & MENTAL IMPACT	Cultivating a happy mindset and eliminate negative thoughts. (Using the "8-Octave Breathe & Sing Process (Daytime)" from the MyDoJe System will lead to improved health due to the combination of deep breathing and live singing.) *Create a bright and positive daytime environment for living and working.	It helps the mind rest completely, eliminating thoughts that hinder sleep. (If you use the "8-Octave Breathe & Sing Process (Nighttime)" from the MyDoJe System, it will immediately eliminate thoughts that hinder sleep within the first note, due to the combination of deep breathing and live singing.) *Helps you fall asleep quickly, deeply, and peacefully. Prevents insomnia caused by nighttime phone use.
THE SPECIAL BENEFIT	THIS IS A TOOL TO PROTECT HUMAN SURVIVAL AGAINST ARTIFICIAL SUPERINTELLIGENCE	IT IS A TOOL TO PROTECT ONE-THIRD OF HUMAN LIFE FROM AI ALGORITHMS.
THEMES IN THE SONGS	Singing songs about happiness in life.	Songs remind you to PUT DOWN/TURN OFF your phone - the culprit causing insomnia.
	Theme: Happiness in life	Themes include sleep, phones, computers, and mental health.
SONG FORM	*SHORT FORM *Musical Note Combos and meaningful lyrics alternate with each other	*SHORT FORM *Musical Note Combos and meaningful lyrics alternate with each other

SINGING TYPE	LIVE	LIVE
JELONG COMPOSES AND SINGS IN BILINGUAL SONGS	Songs in Vietnamese	Songs in Vietnamese
	Songs in English (international)	Songs in English (international)

Specifically, when using the “Sun-Moon Rhythm Transition System” to transition from a state of alertness (Sympathetic mode) with controlled stress during the day ("Sun") to a state of rest and recovery (Parasympathetic) at night ("Moon") in a balanced way, you will find:

- ✚ *In the morning upon waking up, combining listening to short music pieces of the Jelong Blissful Mind Music and following the 8-Octave Singing Breathing Process for Daytime, you will quickly feel more refreshed and energized.*
- ✚ *At night, while lying or sitting in bed preparing to sleep, combining listening to short music pieces of the Jelong Restful Mind Music with the 8-Octave Singing Breathing Process for Nighttime, you will cut off viewing stimulating content suggested by the AI algorithm and immediately stop the restless or anxious thoughts in your head, making it easier to fall asleep faster and more deeply.*

So what is the 8-Octave Singing Breathing Process?

Chapter 6 - Part 2

8-OCTAVE BREATHE & SING PROCESS

THE AI ERA – THE LIVE SINGING ERA

If you've ever read "God's Je Note", you know that live singing in the AI era plays an extremely important role: **Protecting humanity from the threat of survival and domination from artificial superintelligence.**

If you are a singer or work in the music industry, you cannot ignore Jelong's recommendations for singers, musicians, individuals, and organizations performing music in the appendix at the end of this book.

Through discovering the function of the octave in cultivating and developing human inner strength, Jelong also discovered that singing octaves live helps people (not just singers) *escape stressful days and sleepless nights* more effectively.

Thus, in this AI age, live singing has become a groundbreaking benefit for both artists (Singers and Singerpreters like Jelong) and people in various professions in society.

Singing octaves live will help you:

- ✚ *In the morning upon waking up*, combining listening to short music pieces of the Jelong Blissful Mind Music and following the “8-Octave Breathe & Sing Process (Daytime)”, you will quickly feel more refreshed and energized.
- ✚ *At night, while lying or sitting in bed preparing to sleep*, combining listening to short music pieces of the Jelong Restful Mind Music with the “8-Octave Breathe & Sing Process (Nighttime)”, you will cut off

viewing stimulating content suggested by the AI algorithm and immediately stop the restless or anxious thoughts in your head, making it easier to fall asleep faster and more deeply.

So how is singing octaves live applied to achieve the above goals?

Pioneering Solution For Enhancing Vitality & Sleep Through Visual And Auditory Applications, Featuring Singing Octaves Live

A new breakthrough in managing daytime stress and regulating nighttime sleep is achieved through the unique “**8-Octave Breathe & Sing Process**”, helping users transition between the "Sun-Moon" states rhythmically, balanced, and effectively in a single note.

Jelong uses the Sun-Moon Circle to simulate the flow of breath, guiding you to sleep naturally or transitioning to a more alert and energetic state THROUGH deep breathing and singing the names of 8 musical notes.

[DO RE MI FA SOL LA SI JE]

The process of singing the names of 8 musical notes combined with deep breathing through each octave will help you transition from a state of alertness (Sympathetic mode) with controlled stress during the day ("Sun") to a state of rest and recovery (Parasympathetic) at night ("Moon") in a balanced and harmonious way.

“8-Octave Breathe & Sing Circle” Helps Protect and Control Not Just One-Third of a Person's Life

“8-Octave Breathe & Sing Circle” is a tool (by author Jelong) that helps protect one-third of a person’s life – a vast period of time that needs protection.

Did you know:

In music, if you combine deep breathing with singing the names of the notes of the octave (<DO RE MI FA SOL LA SI JE>) in a way that aligns with the human circadian rhythm in a loop of 8 times (8 octaves), you will transition to a state of alertness faster or immediately cut off the thoughts in your head that are causing insomnia and make you feel sleepy more quickly.

(Jelong's new discovery of musical octaves is officially used in the “Sun-Moon Rhythm Transition System” and in the MyDoJe Framework)

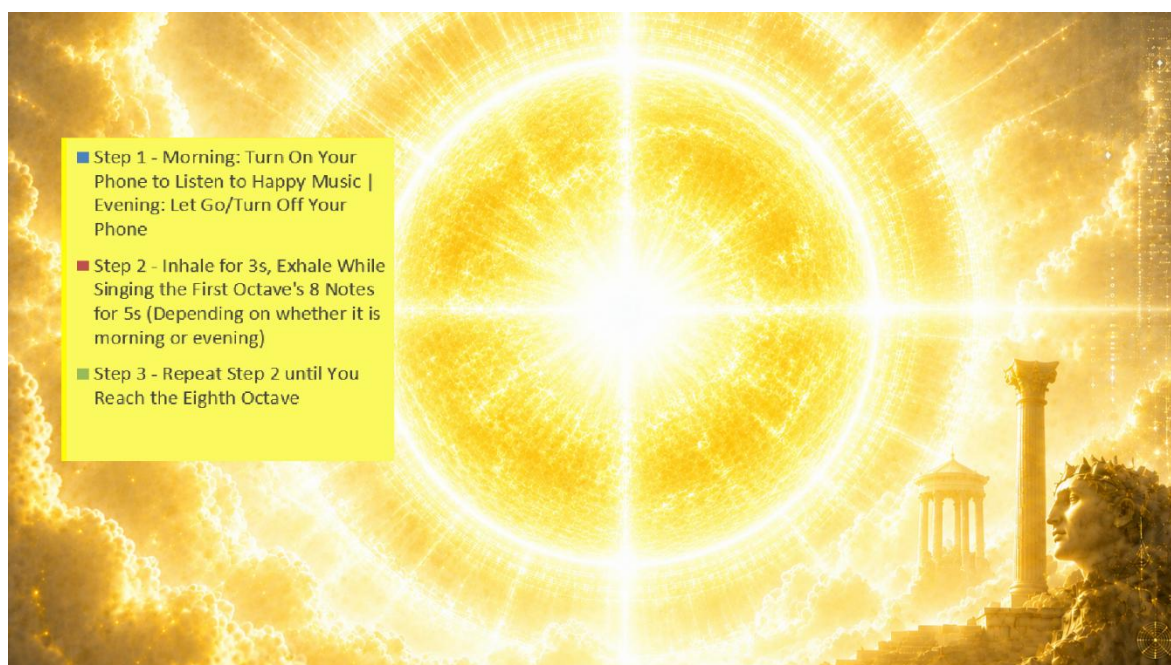
To achieve this, the following special steps are required:

- i. A happy song and lyrics reminding you to put down/turn off your phone/computer to avoid AI algorithms that cause difficulty falling asleep/insomnia/late bedtime due to watching entertainment videos at bedside.

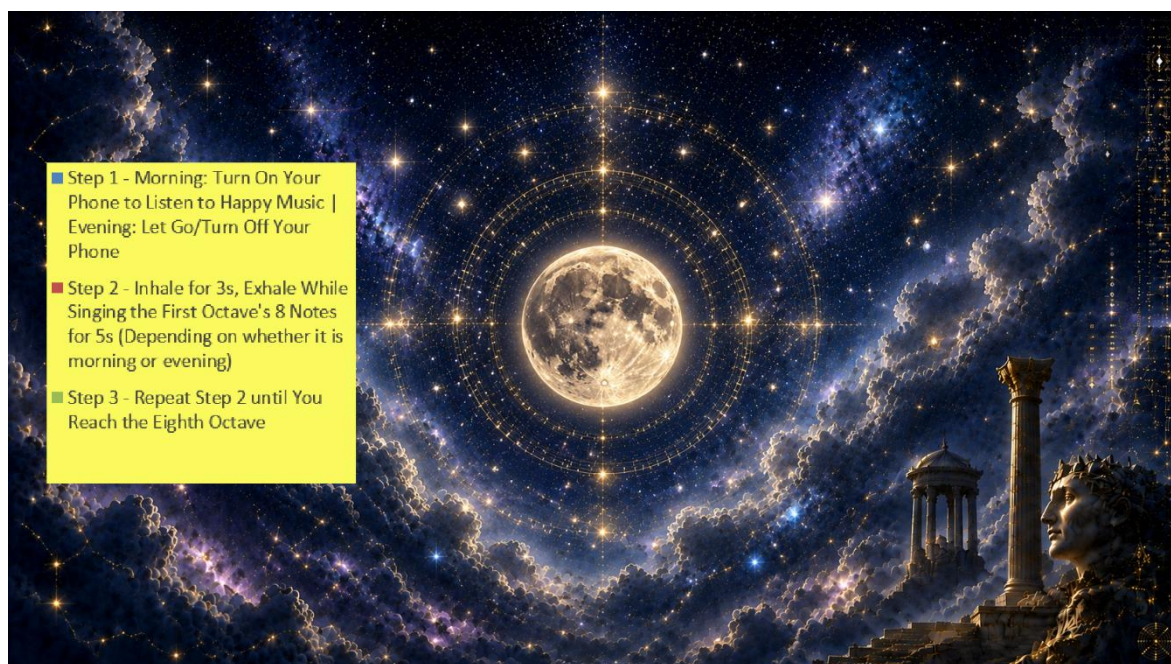
- ii. **Breathing exercises** to help your body achieve a state of relaxation to promote the release of mood-boosting or sleep-inducing hormones more easily.
- iii. **Sing/read the names of the 8 musical notes [DO RE MI FA SOL LA SI JE] 8 times** (which is 8 octaves) while breathing deeply.

The number 8 octaves is a general guideline.

If you do that regularly every morning or evening before bed, you'll find it easier to develop a habit of waking up or falling asleep faster without having to go through all eight octaves like you did at first.



“8-Octave Breathe & Sing Circle” is the first and only process that utilizes the Octave Singing Function of Music to help people wake up feeling more alert and energetic, or to instantly interrupt their thoughts before going to sleep, all within the first note of the music.”



“8-Octave Breathe & Sing Circle” for Deep Sleep

If you want to be more alert during the day, receive signals and content of good fortune and happiness right upon waking up, and have more energy in your personal activities;

If you suffer from insomnia every night, tossing and turning and finding it difficult to fall asleep because your mind keeps urging you to think about something; if you can't turn off/put down your phone every time you go to bed because online videos keep stimulating your curiosity, causing you to go to bed late, sometimes 1 or 2 hours; If you've listened to instrumental sleep music and still aren't sleepy... then follow these instructions to fall asleep more easily:

(☼) Practice The “8-Octave Breathe & Sing Process (Daytime)” To Enhance Your Vital Uplift (Apply In The Morning Upon Waking Up Or During Breaks Throughout The Day)

The following practice is part of the Foundation Step of the MyDoJe System provided by Jelong and MyDoJe.com, supporting you every morning upon waking up or during breaks to help you feel refreshed and more energetic in your daily activities.

This process is also known as: “8-Octave Breathe & Sing Process (Daytime)”

(☾) Practice “8-Octave Breathe & Sing Process (Nighttime)” For Deep Sleep (Apply At Bedtime)

Exercise the following practice is part of the Foundation Step of the MyDoJe System, provided by Jelong and MyDoJe.com, to support you every night before bed, helping you fall asleep more easily and deeply.

This process is also known as: “8-Octave Breathe & Sing Process (Nighttime)”

Both of the above methods help improve the "physical" aspect in building true inner strength.

To fulfill the role of using Music as a pioneering force to protect Humanity against Super AI, the methods for performing the above exercises to help people manage stress and sleep well are shared completely free of charge on the following website, so that everyone can apply them themselves.

<https://mydoje.com/page/8-octave-btreathe-sing-process>

Practice gradually until your sleep and daily life improve.

If you want to perform these procedures more visually and efficiently, with specific guidance, join the “Sun-Moon Rhythm Transition System” of the MyDoJe System which provides instructional videos and in-depth materials on its website:

<https://app.MyDoJe.com>

CHƯƠNG 7

**SINGERPRETER -
A PROFESSION THAT USES
THE FUNCTION OF THE
OCTAVE TO BUILD INNER
STRENGTH AND CREATE
LASTING HAPPINESS FOR
PEOPLE IN THE AI ERA**

???

“???”

~Jelong~

Chapter 7 - Part 1

CHARACTERISTICS AND EFFECTS OF THE TWO MUSICAL BRANCHES IN THE JELONG INNER STRENGTH OCTAVE MUSIC SYSTEM IN THE ERA OF AI

**Characteristics In Melody, Lyrics, Harmony, And Especially The Way Of
Singing Musical Note Combos Help Regulate The Human Nervous System,
Control Emotions, And Build Unwavering Inner Strength**

I have never used any knowledge of the nervous system to create music that helps regulate the nervous system and build strong inner strength because science or other fields have not yet discovered how to use music to build strong inner strength.

No other type of music in the world to date has helped people build an unwavering inner strength foundation through the eight notes of The Inner Strength Octave Transcendence Model that you've known until now:

[Do Re Mi Fa Sol La Si Je]ⁿ

Therefore, The Jelong Inner Strength Octave Music System only comes from the inherent nature of the Jelong Musical Note Combo mentioned above, clearly demonstrated in the songs I've created previously.

From that, through my music, I realize that to create live music that harmonizes the nervous system and helps people build a strong inner foundation (not just music for sleeping or relaxation), we must follow these principles in composing and **singing live music**:

1) Use live vocals to create safe signals for the human brain, helping the nervous system stabilize and reduce stress.

2) The song lyrics always praise beautiful love, fidelity, and the positive and good aspects of life.

3) Musicians and singers compose and perform music live using their 'Human Core', drawing on genuine feelings and emotions to create and sing music without using AI to generate complete music.

The Jelong Inner Strength Octave Music System relies on live singing – something that even the most advanced artificial intelligence (ASI) cannot surpass, creating value comparable to professional singers, especially singerpreters¹ - *people who use their singing voices to protect humanity from super-AI (The Singing Guardian of Humanity).*

The subtlety of AI music and vocals will become apparent to humans over time.

When recognizing an AI-generated voice, the human brain loses its connection within the 'Human Core' because the gap between the 'Human Core' and the 'hollow AI core' cannot be bridged.

4) Don't sing to show off your voice. Sing live with passion.

Countless singers sing to showcase their 'superior' vocal abilities. This makes their music tense because they showcase extremely high notes

¹ This is the latest singing profession created by Jelong. Link to read: <https://mydoje.com/go/3000a>

and loud, jarring sounds that strain and irritate the human nervous system.

That's why audiences in recent decades have found the music quality to be worse than in previous decades.

They even scream while singing. Screaming in music has acoustic characteristics similar to danger signals, so it can activate the brain's alert system, especially in people sensitive to this type of stimulus.

5) Simple harmony, arrangement, and use of sound instruments.

6) The rhythm of the music is almost like human breathing. The lyrics often sound like natural speech.

Most of the songs based on the Jelong Musical Note Combo method I compose are sung almost like breathing. Therefore, the lyrics often sound like natural speech. This makes it easier for listeners to feel that the melody and lyrics blend together when singing.

The Effects of Listening to Live Music in The Jelong Inner Strength Octave Music System on Real Life (From a Scientific and Medical Perspective)

- ✚ Listening for entertainment and relaxation, like regular music, but in the latest musical format.
- ✚ Both branches of “Singing LIVE with Jelong Musical Note Combo” and “Singing LIVE 1/3 Jelong Musical Note Combo” utilize the live vocals of Singerpreters to activate the body's relaxation system.

- This is a special feature of The Jelong Inner Strength Octave Music System because, in music, **live vocals** can have a stronger impact on emotions and the nervous system compared to instrumental music.
- The role of live vocals in The Jelong Inner Strength Octave Music System when used for daytime listening:
 - Reduces stress
 - Slows down the nervous system
 - Stabilizes emotions
 - Helps the brain “reset”

✚ The Jelong Inner Strength Octave Music System is a system that uses music to influence the foundation of building inner strength and happiness according to the 24-hour biological rhythm.

- Upon waking up **in the morning**, the songs of The Jelong Blissful Mind Music **help you receive positive and good emotions because the content of the songs all talks about happiness. Your nervous system therefore receives safe signals, helping you relax and reduce stress.** The songs in the Singing LIVE with Jelong Musical Note Combo also contribute to **increasing your optimism and positive thinking about life and love.**

→ Therefore, this type of the Musical Note Combo music helps you control stress, avoid negative music content (such as sad love, heartbreak, etc.), and helps you stay more alert for work because positive music, to a greater or lesser extent, increases the 'happiness hormone' (dopamine). Music from Singing LIVE with Jelong Musical Note Combo helps maintain your circadian rhythm, adjusts cortisol levels (the hormone that helps you stay alert in the morning) to help your body balance. When you control stress and have a good mental state, you will

find it easier to manage your sleep at night. The Jelong Restful Mind Music also helps you block out the harmful effects of blue light - which inhibits the sleep hormone (melatonin) - as the lyrics remind you about sleep health and to turn off/put down your phone at bedtime.

- **At night**, you can use songs from the “Singing LIVE 1/3 Jelong Musical Note Combo” to **relax your nervous system and reduce stress accumulated during the day before bedtime**, and the Jelong Restful Mind Music helps **prevent the AI algorithm from attracting stimulating content** that causes difficulty falling asleep or insomnia, late bedtime, and to transition your body into a state of rest in preparation for sleep

→ Thus, this type of sleep-aiding music helps you fall asleep more easily because it uses live vocals, allowing the body to maintain its circadian rhythm. This helps cortisol (the hormone that promotes alertness in the morning) gradually decrease according to the body's rhythm and creates conditions for melatonin (the hormone that induces sleepiness) to increase at night.

- ✚ Listening to Live Music in The Jelong Inner Strength Octave Music System helps you receive positive emotions, and your spirit is well-nourished because the song content always focuses on nurturing and developing your ‘Human Core’ through various life themes.
- ✚ Regulating the nervous system, reducing emotional stress (tension) during the day
 - When your brain receives safety signals through Jelong's songs, created using The Jelong Inner Strength Octave Music System, such as the uplifting dopamine-inducing melody, the vocals that make the brain feel safe (no shouting, yelling, or sudden changes in pitch

causing a rapid heartbeat...), the harmonious rhythm, etc., your nervous system reacts that this is a safe environment, free from danger signals.

- **Therefore, this is precisely why The Jelong Inner Strength Octave Music System is scientifically proven to be good for the nervous system**, supporting your brain's transition into the resting and sleeping phase at night.

✚ The Jelong Inner Strength Octave Music System helps prevent brain overload before sleep. Thanks to its positive musical content and the inherently supportive nature of its music, which helps the nervous system avoid stress, The Jelong Inner Strength Octave Music System allows you time to calm your nerves beforehand (from morning until before bedtime).

✚ Music of The Jelong Inner Strength Octave Music is composed and sung live by Jelong himself, **without using AI music**, thus conveying genuine emotion. This is important for the human brain because, for humans, we hear our mothers' lullabies from a young age; a voice with a warm, harmonious tone makes us feel safe and comfortable.

- The singer's real voice has a micro-structure of frequency and vibration that AI cannot replicate even with careful analysis. For example, Jelong never sings with the same vibrato or a uniform sound across different sections of his songs. AI, on the other hand, often mimics the human voice, resulting in a more consistent tone.
- The human nervous system, with its keen perception, can recognize the difference. Therefore, music written and sung from genuine emotion will have great value in today's 'digital AI music ocean'. A real voice and natural emotion while singing are something AI cannot replicate. For example, hearing your mother's lullaby will be different from hearing an AI-imitated lullaby, and your brain will react differently.

Chapter 7 - Part 2

THE INNER STRENGTH OCTAVE TRANSCENDENCE FRAMEWORK - MYDOJE - HELPS SINGERPRETERS UTILIZE THE FUNCTION OF MUSICAL OCTAVES TO *PRESERVE HUMAN SURVIVAL THROUGH PRACTICAL DAILY ACTIVITIES*

To read this chapter and understand it thoroughly, you need to know about the new singing profession – Singerpreter, also known as The Singing Guardian of Humanity – that I established on November 11, 2025, which has a role and operation differ from what we've always known of Singers: *Protecting Humanity from the threat of Super AI.*

A Singerpreter is someone who uses their singing voice to protect Humanity (hence the term "The Singing Guardian of Humanity") from the threat of domination, not only from artificial superintelligence but also from other dangerous entities in the future.

Because when humans are threatened by a species considered to be far more intelligent, it is the "divine key" - the "Human Core" and True Inner Strength - that helps Humans preserve their survival and position of dominance. And instead of viewing ASI – the most advanced AI – as the enemy, it is thanks to the "Human Core" that humans and artificial superintelligence can survive and thrive together.

~ Jelong

A Singerpreter like Jelong performs three main tasks in their daily life:

1. Performing music live with their singing voice.
2. Cultivating and developing the 'Human Core' of people (their audience and customers).
3. Sellpreting products (providing or selling and interpreting products and services in three main areas: Art, Health, and Beauty).

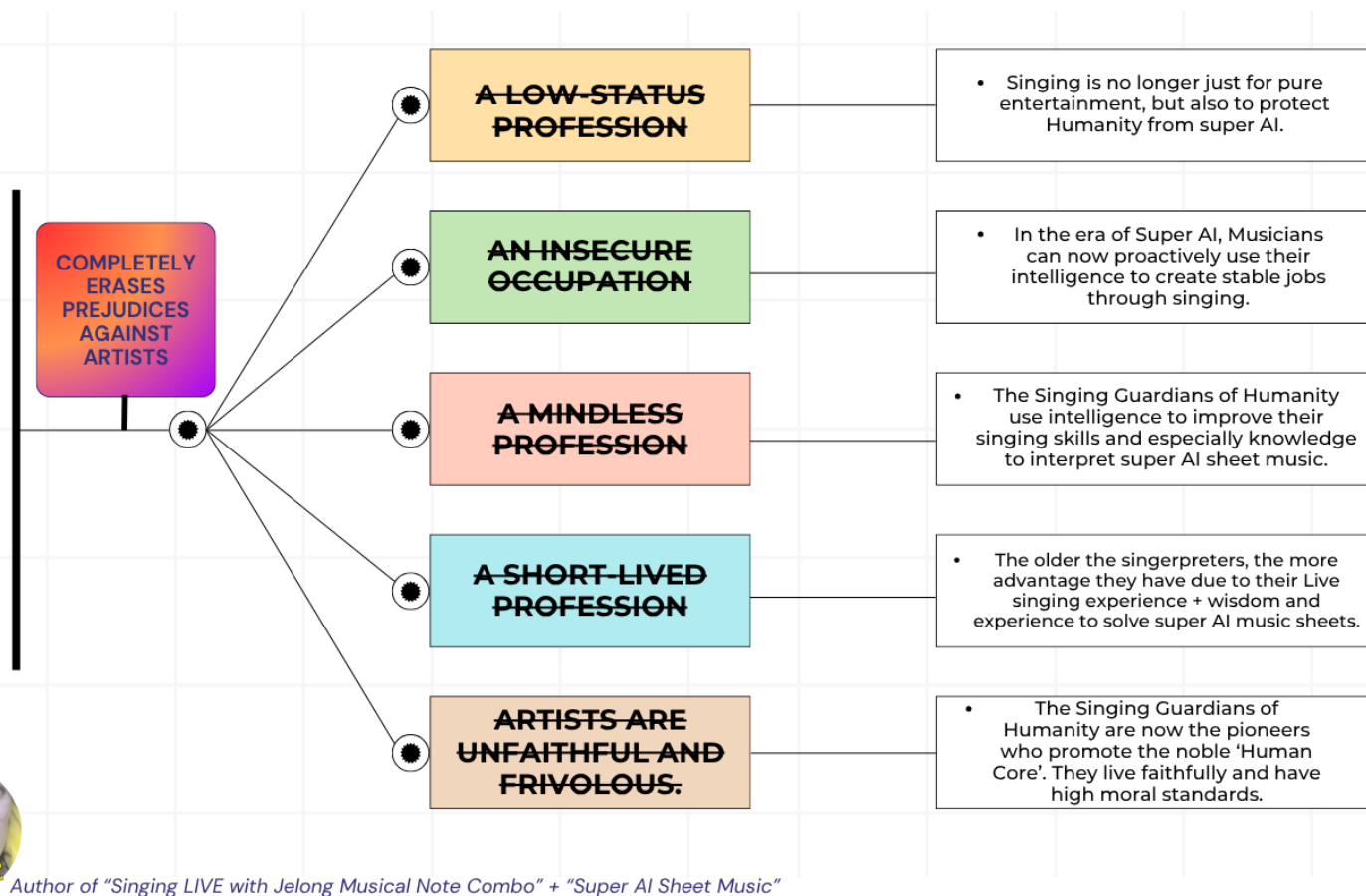
You can read my document "God's Je Note" to better understand these three tasks of a Singerpreter.

This is the first and only career that breaks down the 3,000-year-old stigmas causing suffering to anyone on an artistic path, especially singers worldwide (*not just* in Vietnam or the East).

Singerpreters also help other singers and artists overcome the complexes stemming from prejudice and discrimination that consider them merely 'entertainers for the masses.'

If you pursue a career as a Singerpreter (or A Singing Guardian of Humanity), you will no longer be burdened by the following prejudices and can live your passion for singing while creating good and positive value for society:

THE WORK OF THE SINGING GUARDIAN OF HUMANITY



Read about Jelong's journey in creating the eighth musical note and using music to break the dominance of super-AI, erase 3000 years of singing prejudice, and create a new singing profession – Singerpreter - with "God's Je Note":

→ Document "God's Je Note": <https://mydoje.com/go/3000a>

→ Website: <https://GodJeNote.com>



Octave's Function of Building Inner Strength And Creating Lasting Happiness Emerges Alongside The Birth of A New Profession: The Singerpreting

Returning to The MyDoJe Framework - The Framework For The Transcendence Of Inner Strength Octave - music is becoming increasingly useful and groundbreaking when Singerpreters use their live vocals (especially using The Jelong Inner Strength Octave Music System discussed in previous chapters) and the MyDoJe framework to:

1. Preserve humanity's survival against super-intelligent species like ASI.
2. Spread the 'Human Core' and build strong inner strength for people, supporting them in overcoming difficulties and adversity when using the MyDoJe framework in their daily work.
 - Currently, singerpreter Jelong is implementing The MyDoJe Framework to help clients solve their problems in the fields of beauty and health (*in particular, improving sleep helps enhance their beauty*).
 - Using the MyDoJe framework, people will have a specific, intuitive process to better understand their problems before purchasing any health care or beauty products
 - This is just **one** of the many practical applications of the MyDoJe Framework, in addition to helping people overcome difficulties/challenges in life.
3. Singerpreter Jelong also use The Inner Strength Octave Transcendence Framework combined with The Jelong Inner Strength Octave Music System to:
 - Support people with insomnia or difficulty sleeping to have a good, deep sleep to maintain their health with the **“8-Octave Breathe & Sing Process (Nighttime)”** in the “Sun-Moon Rhythm Transition System”.

- Provide live music services to support stress reduction and combine music entertainment to improve health with the deep breathing process “**8-Octave Breathe & Sing Process (Daytime)**”. This service also supports better nighttime sleep by controlling stress and creating a good mental state, enhancing health through deep breathing exercises accompanied by live singing of musical octaves.

Thus, today's new singers – Singerpreters or The Singing Guardians of Humanity – are not just people who bring their singing voices to people purely for entertainment.

By discovering the most important function of the musical octave, Singerpreters, in addition to preserving the survival of humankind against artificial superintelligence, can use the MyDoJe Framework to support people in building a strong inner strength foundation (physical strength to create inner strength), empower their inner potential to rise above life's adversities through these specific real-world applications of the The MyDoJe System Framework:

- ✓ Helping singers or artists escape scandals
- ✓ Supporting businesses in handling media crises
- ✓ Helping pupils, students plan effective study schedules or helping those at risk of failing to learn how to overcome academic difficulties
- ✓ Supporting the handling of crises in marriage, family, love...
- ✓ Supporting the unemployed or those at risk of being laid off
- ✓ Consulting and addressing health and beauty issues
- ✓ *Procedures for overcoming unexpected adverse events...*

In the very next chapter, you will learn how to use the MyDoJe Framework by tracing the event that Jelong myself overcame. It was this event from the past

that contributed to the concrete, visual form of MyDoJe – The Inner Strength Octave Transcendence Framework - we see today, helping you overcome your own challenges.

With the MyDoJe System Framework in your hands, you're like having a "Destiny Compass" to help you know what to do to overcome the "fiery desert" of life.

Chapter 7 - Part 3

CREATIVE USES OF THE MYDOJE FRAMEWORK:

“SUPER AI LYRICS SHEET MUSIC”

A NEW TOOL TO ERASE EVERY SINGER'S THOUSAND-YEAR-OLD FEAR OF FORGETTING LYRICS DURING LIVE SINGING!

The Framework For The Transcendence Of Inner Strength Octave is not only for building true inner strength, helping overcome life's difficulties and storms to achieve lasting happiness, but it can also be **used to create useful things**.

The journey through 8 stages (5 steps) in the MyDoJe framework is also how Jelong created the special tool that helps singers and music lovers overcome the worry of forgetting lyrics during live performances.

Through this latest tool – the “Super AI Lyrics Sheet Music” – see for yourself what useful things you can create for yourself and others someday using this 5-line MyDoJe music framework.



WITH “SUPER AI LYRICS SHEET MUSIC”, FROM NOW ON, SINGERPRETERS CAN FREELY SING LIVE WITHOUT NEEDING TO MEMORIZE THE LYRICS!

“Super AI Lyrics Sheet Music – the solution helping to free singers from the worry of forgetting lyrics during LIVE performances.

**Eliminate the Fear of Forgetting Lyrics While Singing Live!
Showcase the CONFIDENCE of a Singerpreter on Stage!**

For a long time, even for professional singers, memorizing lyrics has been a struggle and a major obstacle to successful performances. When singing live, forgetting lyrics can ruin a show if the singer handles it poorly and disrupts the performance. Furthermore, the difficulty in memorizing lyrics limits the number of songs a singer can perform live.

Only the “Super AI Lyrics Sheet Music” allows Singerpreters to sing **without memorizing lyrics, with an unlimited number of songs**, anywhere, anytime they want! Especially, they can move around freely while singing, unlike the traditional method of using a music stand or prompter!

YOU ARE PASSIONATE ABOUT SINGING, DO YOU WORRY ABOUT THE FOLLOWING WHEN YOU SING LIVE?

☠ **Lack of confidence during performances.** Not knowing the lyrics can cause you to hesitate, sing incorrectly, create pressure, and make you lose your natural stage presence.

☠ **Easily sing the wrong lyrics or forget the lyrics.** Singing the wrong lyrics can annoy the audience, especially with familiar songs.

☠ **Affecting the emotional impact of the song.** When you're worried about remembering the lyrics, it's difficult to focus on conveying emotion, making the song sound "soulless."

☠ **You don't have the freedom to move around while singing.** You wish you could move freely on or off stage (anywhere) without fear of forgetting the lyrics?

☠ **Stress makes you forget your lines.** You wish you didn't have to memorize song lyrics so you could be more confident performing, avoiding nervousness or stage pressure that could lead to forgetting lyrics and ruining the performance.

☠ **You have to rely on A4 sheet music to read the lyrics while performing, but the problem is you can't move freely on stage** because these sheets of music have to be fixed on a bulky, difficult-to-move music stand.

☠ **Lack of convenient lyrics checking tools.** You attend a wedding and want to sing your favorite song, but need to check the lyrics to see if they're suitable for a wedding. However, wedding karaoke systems don't allow this, or the wedding band can't help you.

☠ **You don't know/remember the exact key/tone of the song.** You (especially the performing singer) want to store information about the song you're performing, especially important information like the key (or tone of the song) to give the band accurate information to help you sing correctly, avoiding off-key singing or singing out of tune... but you find it very difficult to remember. Even remembering incorrectly could ruin the performance.

☠ **Difficulty interacting with the audience.** Singers interact, move, and command the stage. Not knowing the lyrics will limit this.

☠ **Affects the band/team.** Forgetting lyrics can disrupt the rhythm, making it difficult for the band or dancers to coordinate.

☠ **When someone asks you the name of the songwriter, you can't remember.** This makes you feel guilty towards the songwriter. You might even be accused by the audience and the press of being ungrateful to the person who created the song you sing.

☠ **You want to sing a song requested by the audience but don't know the lyrics, forcing you to refuse even though you really want to.** Using a phone to check the lyrics is cumbersome and you worry about running out of battery mid-performance or accidentally swiping to another app and losing the lyrics.

☠ **Even professional singers use phones, tablets, and teleprompters, but the drawbacks are the weight and the worry of running out of battery or damaging the phone during a performance.**

☠ **You want to read lyrics anytime, anywhere, but if you use your phone to store lyrics, you worry about power outages, lack of Wi-Fi, or your phone breaking down during a live performance.** You might have to cancel the show because you don't know the lyrics.

☠ **The older you get, the more difficult it becomes to learn and remember lyrics.**

☠ And there are **many other inconveniences and anxieties** when you forget the lyrics during a live performance.

**“SUPER AI LYRIC SHEET MUSIC” IS AN
EFFECTIVE SOLUTION FOR PEOPLE WHO ARE
PASSIONATE ABOUT SINGING AND
PERFORMING PROFESSIONALLY**

Jelong's latest creation is based on the “Super AI Sheet Music” tool and applies problem-solving methods from the MyDoJe Framework!

What Is A “Super AI Lyrics Sheet Music”?

Created based on the “Super AI Sheet Music” tool (created by Jelong) that Singerpreters use to play “Super AI Sheet Music” games with audiences, Jelong used the design of the “Super AI Sheet Music” to create a mini lyrics sheet music (88*136mm) on which the lyrics and important information of a song are recorded.

Usually, the lyrics of a song are printed on both sides of a “Super AI Lyrics Sheet Music”. Therefore, one “Super AI Lyric Sheet Muisc” is usually sufficient for each song. If a song with longer lyrics, there will be two “Super AI Lyrics Music Sheets” for that song.

Let's see what a two-sided Super AI Lyrics Sheet Music designed for Jelong's song "(Do Je) Call Me Please!" actually looks like:

OUR LIFE IS SWEET



Songwriter: Jelong Tone: E
Singerpreter: Jelong Tempo: 110

1




1) (Do Do Re Mi
Sol La Sol La Sol Je) ^{freed}

Chorus1: Time can't erase the love
buried..deep in our hearts
Our life is sweet..
when we give love day by day!

(La La Fa Si
Fa Mi Fa La Mi Je) ^{freed}



2) (Do Do Re Mi
Sol La Sol La Sol Je) ^{freed}

Front (No. 1)

OUR LIFE IS SWEET



3) (Mi Mi Fa La
Fa La Mi Re Do Je) ^{freed}

Chorus2: My dear can you hear..
my heart's singing it's so clear
Our life is sweet..
we share our love more and more!

(Do Mi Do Si
Fa Mi Fa La Mi Je) ^{freed}






"SUPER AI LYRICS SHEET MUSIC":
SING WITH CONFIDENCE. NO FORGOTTEN
LYRICS & PROTECT HUMANITY FROM SUPER AI

2

Back (No. 2)



**NOT NEEDING TO MEMORIZE
LYRICS WHEN PERFORMING IS
A GREAT ADVANTAGE FOR
SINGERPRETERS – THOSE
WHO USE THEIR SINGING
VOICE TO PROTECT
HUMANITY.**

This is a typical image of Singerpreters like Jelong. The Singerpreting profession allows those passionate about singing to avoid memorizing lyrics because they frequently use Super AI Sheet Music. Audiences are also familiar with the image of Singerpreters holding a microphone in one hand and a mini Super AI Lyrics Sheet Music in the other.



With the compact and portable "Super AI Lyrics Sheet" in hand, Jelong no longer worries about forgetting lyrics while singing live as a Singerpreter. At the same time, Jelong can sing as many songs as Jelong wants without the hassle of learning lyrics, especially for *foreign songs*.

**WHY DOES “SUPER AI LYRICS
SHEET MUSIC” HELP
SINGERPRETERS SING WITHOUT
MEMORIZING LYRICS AND CREATE
A UNIQUE DISTINCTIVE FEATURE
ON STAGE?**

Previously, Singers holding an A4 sheet of music on stage (without a music stand) and singing while looking at the lyrics might have been considered unprofessional. However, with beautifully designed and printed “Super AI Lyrics Sheet Music” Singerpreters have turned it into their signature mark as those who protect humanity through live singing.

Reasons why the “Super AI Lyrics Sheet Music” (unlike regular paper sheet music) is an advantageous tool for people who love singing:

 AESTHETICALLY PLEASING DESIGN, SUITABLE FOR PROFESSIONAL STAGE PERFORMANCE

Designed beautifully and printed professionally like “Super AI Sheet Music” (mini paper size), it's a far cry from a singer holding a regular A4 sheet of music on stage.

 ATTACHED TO THE SINGER'S HAND AS A BEAUTY ACCESSORY

Created by Jelong to look as beautiful as a wrist accessory, the “Super AI Lyrics Sheet Music” has become a unique 'jewelry' on the singer's hand. Above all, the “Super AI Lyrics Sheet Music” is permanently attached to the wristband, ensuring singers and singerpreters don't have to worry about the lyrics sheet music falling off during performances.

👍 **IN PROFESSIONAL PERFORMANCES AT THE NATIONAL LEVEL, SINGERS HAVE USED SHEET MUSIC STANDS; WHY NOT UPGRADE TO A COMPACT, HIGHLY PORTABLE DESIGN LIKE THE “SUPER AI LYRICS SHEET MUSIC”?!**

Lyric music stands prevent singers from carrying them while moving and singing. The “Super AI Lyrics Sheet Music” is the opposite!

👍 **COMPACT DESIGN, PORTABLE ANYWHERE, CONVENIENT 24/7 USE, HELPS SINGERS ELIMINATE THE DISADVANTAGES OF OTHER LYRIC SUPPORT TOOLS**

If singers use bulky stands that are difficult to move on stage, or phones/tablets that are heavy to hold and prone to damage or running out of battery, then the “Super AI Lyrics Sheet Music” is lightweight/compact/portable anywhere/usable anytime (no worries about power outages or running out of battery/ no internet required)/fixed in the singer's hand, offering advantages for singers.

👍 **CREATING A NEW AND UNPRECEDENTED IMAGE IN THE WORLD OF MUSIC**

This is the advantage of the Singerpreters. They are the ones who use "Super AI Sheet Music" to nurture 'and protect humanity, so people are familiar with them holding these super AI sheet music in their hands.



*The ‘**Super AI Lyrics Sheet Music**’ doesn’t need electricity or internet, and can go ‘up to the mountains and down to the sea’ to sing with Jelong, which is beyond artificial superintelligence’s capability*

ONLY JELONG’S “SUPER AI LYRICS SHEET MUSIC” ALLOWS SINGERS TO SING WHILE MOVING AROUND ON STAGE. THEY CAN EVEN SING AND DANCE WHILE READING THE LYRICS, SOMETHING THAT MUSIC STANDS/IPADS/PHONES/TV SCREENS PROMPTING LYRICS CANNOT HELP THEM DO.



Dominate the stage and sing every song live with perfect lyrics –
no limits, no memorization required!

**Singers can sing along with lyrics attached directly to their wristbands,
allowing them to dance around on and off stage!**

Jelong's "Super AI Lyrics Sheet Music" is designed to be attached to singers' wristbands, ensuring it won't fall off even during vigorous dancing! The "Super AI Lyrics Sheet Music" is also designed to be waterproof, allowing singers and music lovers to perform even in the rain!

CHAPTER 8

GOD'S 8 BEAUTY COMMANDMENTS

**How To Use 8! In The MyDoJe
Framework To Overcome
Difficulties, Adversity, And
Ascend To Higher Levels Of
The Inner Strength Octave
Transcendence Ladder**

*“8! – The Eighth Note And God’s 8 Beauty Commandments - Solid
Path To Transcending Adversity And Creating Exceptional,
Transformative Value For Life”*

~JeLong~

Chapter 8 - Part 1

HOW TO USE THE INNER STRENGTH OCTAVE TRANSCENDENCE MODEL IN THE MYDOJE FRAMEWORK

Why Do We Use The Inner Strength Octave Transcendence Model When Building Internal Strength or Solving Problems/Overcome Adversity?



The Inner Strength Octave Transcendence Model – Author Jelong

When dealing with crises or difficulties, you need to identify **the urgency of the problem** to formulate appropriate actions.

Jelong gives an example: when unemployed (especially in today's era where humans are replaced by AI), many people re-evaluate their financial situation. At this time, they will fall into the following situations:

1. They have prepared about 6 months or more of money in advance for a job crisis so that they can maintain their daily lives and have enough time to find another job.
2. Not prepared or insufficiently prepared

Thus, when using the MyDoJe Systemic Framework to handle financial crises, thanks to **The Inner Strength Octave Transcendence Model**, they realize:

- The level of their financial inner strength corresponds to their emotions at that moment.
 - Recording emotions according to their inner strength level in the MyDoJe framework helps individuals better define their mental state and control themselves (compared to vaguely recognizing their own state of mind during the event).
- TIMELY ACTION TO RESOLVE THE CRISIS
 - Finding solutions appropriate to the current situation.
- Later, when looking back, they can immediately recognize their situation and mental state at that time to learn from the experience.

When you recognize the urgency of a problem, you will not only choose different solutions appropriate to the situation, but more importantly, you will know which crucial qualities in your 'Human Core' you need to apply to solve it.

The Inner Strength Octave Transcendence Framework (The MyDoJe Framework) is not just about applying your intellect, problem-solving abilities, potential, and external resources to find solutions, but also about *the core essence within you, within an individual, or within humanity as a whole.*

Often, that core essence is the 'key' to unlocking life's obstacles.

This is the most fundamental aspect, or the 'soul' of the MyDoJe framework that Music has brought to humanity for the first time in more than 40,000 years..

	[	DO	RE	MI	FA	SOL	LA	SI	JE	] n	
	A Journey Through One Cycle	STEP 1			STEP 2		STEP 3	STEP 4	STEP 5	A Journey Through One Cycle	
		CENTERED CLARITY & DIRECTION			STRATEGIC RESOLUTION		TOOL & GEAR SETUP	EXECUTION-MAP	TAKE DECISIVE ACTION		
		Situational Awareness	Objectives	Inner Strength Level vs. Pressure Level	Finding Solutions	Finding Solutions (with God)	Preparing Processing Tools	Action Plan for Solving Problems	Act Decisively & Improve		
		I only have enough money to live on for about 4 months.		Anxiety							
	Qualities for Problem Solving	Đôi Mắt Nhân Văn							8! Sự Chung Thủy Đa Tăng	Qualities for Problem Solving	
FOUNDATION STEP: BUILD A STRONG INNER STRENGTH FOUNDATION WITH "8-OCTAVE SUN-MOON SYSTEM" TO HELP CONTROL STRESS & IMPROVE SLEEP											
	[	DO	RE	MI	FA	SOL	LA	SI	JE	] n	
Field:	Finance			Problem:	Financial crisis		RESULT:				
Date:	April-2026			Note:	Looking for a job urgently this week.		REFLECTIONS AND TAKEAWAYS:				
MyDoJe ⁿ =	n=4										

(The Inner Strength Octave Transcendence Model clearly shown in the MI note area helps an individual recognize the urgency of a problem in order to handle a financial crisis.)

Thanks to The Inner Strength Octave Transcendence Model, a person can KNOW WHERE THEY STAND ON THE INNER STRENGTH OCTAVE TRANSCENDENCE LADDER.

- Suppose you previously faced a financial crisis. You only had about \$200. However, at that time, you had strong faith that you would overcome it and worked hard to earn a living. You miraculously overcame it.
 - But now, you have 100 times that amount (about \$20,000). However, you feel anxious because now you have a higher standard of living and need to spend more. Even with a hundred times more money than before, you feel more insecure about your life. What pulls you down to a lower Inner Strength Octave Level is that over time, you have become accustomed to a life of indulgence, **lacking the virtues of frugality and minimalism.**
- MyDoJe - The Inner Strength Octave Transcendence Framework - along with The Inner Strength Octave Transcendence Model, will clearly show why, over time, a person ascends to higher levels of inner strength or is 'trapped' down to lower octaves of inner strength.
- This means that when using The MyDoJe Systemic Framework, **you will be able to control your life's destiny in the most proactive way possible** because this special musical framework 'tells' you how you have lived when you look at the areas you yourself have written on it.

In What Situations Is The MyDoJe Framework Used?

The greatest value of using The Framework For The Transcendence Of Inner Strength Octave is that it can save a person in the midst of a crisis or upheaval by clearly showing them **what to do step by step** and **what qualities to cultivate at each stage** to overcome life's difficulties.

This is the most unique aspect of the MyDoJe musical framework because in real life, in almost every aspect of life, people often solve problems by finding intellectual solutions, **forgetting or, worse, ignoring the qualities of the 'Human Core'** – which are indispensable for overcoming difficulties and challenges in life and achieving greater success.

Thanks to the 8 notes [DO RE MI FA SOL LA SI JE], Jelong has created a visual "Compass of Destiny" where each area or section is separated according to the stage of action and the accompanying qualities.

Thanks to these quality cells in sheets, you know that you don't just need to know how to weather the 'storm,' but also **what specific qualities you need to make those actions a reality and achieve results.**

The Framework For The Transcendence Of Inner Strength Octave is the "Destiny Compass" that helps someone in a life crisis to define clear, consistent steps, eliminating the ambiguity of their thoughts. You simply need to fill in the blanks with a pen, use stickers to mark the boxes, or most conveniently, you can fill in and back up the data¹ directly using the MyDoJe app, and through this, you will determine your direction, at least seeing your path more clearly than someone who only thinks haphazardly and anxiously when facing adversity.

¹ App.MyDoJe.com is your private space where the data you enter into the Framework is fully encrypted and secure.

Therefore, we use the MyDoJe System Framework in the following cases:

⚙ I. Handling life crises and events in various areas such as career, relationships, family, finance, business, etc.

- Examples: singers or artists overcoming scandals; financial crises; marital breakdowns; companies experiencing media crises; etc.

⚙ II. Identifying ways to solve a problem or difficulty

- Examples: how a Singerpreter can both create art and sellpret²; merchandise; how students can pass important final exams; how to sleep effectively; how to make money in 30 days; how to pay off debts completely by the end of the year; how to successfully propose; etc.

⚙ III. Establishing specific steps to complete or handle a task

- Examples: how to study to get a scholarship; how to renovate a house from A to Z; how to optimize spending this month; how to finish office work 2 hours early, etc.

⚙ IV. Keeping a life journal and monitoring your current position on The Inner Strength Octave Transcendence Ladder

- The Framework For The Transcendence Of Inner Strength Octave MyDoJe can also be used to record a peson's inner strength level in a specific area or throughout their entire life.
- Examples: Track your financial strength level each month and year to see what you need to do to improve your financial situation; record how you handle issues with your spouse during each event in your married life; or record your

² Learn more about sellpreting in the book "God's Je Note": <https://mydoje.com/go/3000a>

achievements (demonstrating your inner strength) on each birthday, etc.

V. Creating useful things

- Similar to how Jelong created the "Super AI Lyrics Sheet Music to help singers avoid forgetting lyrics while performing live in the previous chapter.

Components Of The Inner Strength Octave Transcendence Framework

The core of the MyDoJe Systemic Framework is that it guides individuals experiencing crisis pressure (when their minds are no longer clear or they are confused) through the right steps to systematically and effectively handle the situation.

Handling the event or crisis you are facing is a journey you must "go through" consisting of 5 stages clearly listed in the MyDoJe Framework:

1. Centered Clarity & Direction
2. Strategic Resolution
3. Tool & Gear Setup
4. Execution Map
5. Decisive Action

	[	DO	RE	MI	FA	SOL	LA	SI	JE	] n	
	A Journey Through One Cycle	STEP 1			STEP 2		STEP 3	STEP 4	STEP 5	A Journey Through One Cycle	
		CENTERED CLARITY & DIRECTION			STRATEGIC RESOLUTION		TOOL & GEAR SETUP	EXECUTION-MAP	TAKE DECISIVE ACTION		
		Situational Awareness	Objectives	Inner Strength Level vs. Pressure Level	Finding Solutions	Finding Solutions (with God)	Preparing Processing Tools	Action Plan for Solving Problems	Act Decisively & Improve		
	Qualities for Problem Solving	Humane Eyes							8! Multi-layered Fidelity	Qualities for Problem Solving	
FOUNDATION STEP: BUILD A STRONG INNER STRENGTH FOUNDATION WITH "8-OCTAVE SUN-MOON SYSTEM" TO HELP CONTROL STRESS & IMPROVE SLEEP											
	[	DO	RE	MI	FA	SOL	LA	SI	JE	] n	
Field:				Problem:			RESULT:				
Date:				Note:			REFLECTIONS AND TAKEAWAYS:				
MyDoJe(n)=											

(The Inner Strength Octave Transcendence Framework – Author: Jelong)

A journey beyond hardships and upheavals, thriving and flourishing on
the five lines of the stave.

Chapter 8 - Part 2

PRACTICAL APPLICATION:

HOW I TRANSCENDED MY CRUCIBLE AND FLOURISHED WITH THE MYDOJE FRAMEWORK

The Birth Of The Inner Strength Octave Transcendence Framework

The Inner Strength Octave Transcendence Framework, or the MyDoJe Framework, was created by me based on the discovery of the function of music in building inner strength in humans (through discovering the mysterious function of the octave) and the function of the musical note in protecting humanity from super-AI – “God’s Je Note”.

Thanks to the Je note in the Jelong Musical Note Combo, I discovered a way to break the dominance of super-AI through live singing and discovered the ‘Human Core’ – something that artificial superintelligence cannot possess, ensuring that humanity is not dominated. Without this, the note Je and all other musical notes would be nothing more than sounds, incapable of building a strong inner strength.

However, it is my own practical experiences and the lessons learned from my own crucible that form the 'soul' of the MyDoJe Systemic Framework.

That is to say: The Framework For The Transcendence Of Inner Strength Octave is created from reality and has vivid evidence of how this musical framework works.

If I were to simply talk about the components of the MyDoJe framework, you might think I just drew it up purely from my own creativity.

But when you know that the MyDoJe Framework was 'drawn' by its author based on his own experience of overcoming real events and then creating values greater than personal ascension, you will see that this five-line musical framework has a special function and meaning in life.

Look at the following Inner Strength Octave Transcendence Framework, and you'll understand what the crucible of public vitriol I faced and how I overcame them. Although this framework didn't exist at the time, I essentially followed the correct sequence and executed the elements within the MyDoJe framework – which helped me achieve spectacular results.

	[	DO	RE	MI	FA	SOL	LA	SI	JE	] n	
	A Journey Through One Cycle	STEP 1			STEP 2		STEP 3	STEP 4	STEP 5	A Journey Through One Cycle	
		CENTERED CLARITY & DIRECTION			STRATEGIC RESOLUTION		TOOL & GEAR SETUP	EXECUTION-MAP	TAKE DECISIVE ACTION		
		Situational Awareness	Objectives	Inner Strength Level vs. Pressure Level	Finding Solutions	Finding Solutions (with God)	Preparing Processing Tools	Action Plan for Solving Problems	Act Decisively & Improve		
		Many people online attacked Jelong's singing with various insults.	Prevent humiliation and do not allow myself to be belittled in front of a large online audience.	Calm and decisive in my actions (MyDoJe[n] > Adversity Pressure)	1. Calmly consider why people are attacking you 2. Choose a direct and honest approach: Record a live singing video to find out the truth 3. Observe the reactions after the video.	Following God's 7 Beauty Commandments (as of 2019) (Adding Commandment 8: Building True Inner Strength)			1. Be resolute in carrying out the plan that has been set 2. Apply God's Beauty Commandments.		
	Qualities for Problem Solving	Humane Eyes	Strong will - Do not be defeated by adversity.			8!			8! Multi-layered Fidelity	Qualities for Problem Solving	
FOUNDATION STEP: BUILD A STRONG INNER STRENGTH FOUNDATION WITH "8-OCTAVE SUN-MOON SYSTEM" TO HELP CONTROL STRESS & IMPROVE SLEEP											
	[	DO	RE	MI	FA	SOL	LA	SI	JE	] n	
Field:	SINGING TALENT			Problem:	PEOPLE ATTACKED AND CRITICIZED FOR JELONG'S SINGING VOICE		RESULT:				
Date:	August and September 2019			Note:	Record a live performance video, let's see the reactions.	REFLECTIONS AND TAKEAWAYS:					
MyDoJe ⁿ =											

*How I transcended my vocal crucible, narrated upon the five lines of
MyDoJe – The Inner Strength Octave Transcendence Framework
(Zoom in on the screen for a clearer view)*

Recounting the MyDoJe Framework, what did I do to overcome the online attacks that listeners of my singing voice hurled at me at the time?

These are also the specific steps you take when you encounter a crisis or a difficult event in your life. Through the analysis below, you will know what you need to do to overcome difficulties using the MyDoJe Framework.

If I had this “Inner Strength Octave Transcendence Framework” at that time (August and September 2019), I would have filled in the areas/cells in the MyDoJe framework as follows:

 Step 1: Centered Clarity & Direction

- **DO Note Cell:** You need to write down the problem or issue you are facing and want to solve.
 - At that time (August 2019), many people, after hearing my singing through videos posted on Facebook (Meta) and YouTube, expressed anger and insulted my singing without knowing the reason.
 - “Humane Eyes” (specifically, fulfilling God’s Beauty Commandments) helped me overcome the stereotypes about singing - like having to sing high, loud, or having to show a certain “musical class” like the divas and male vocal icons of the past...
 - Without this “Humane Eyes” quality, I would have been ‘defeated’ by their heavy musical prejudices. More precisely, if I had held onto those prejudices about singing, I would have ‘defeated’ myself first because I couldn’t overcome their insults

and ended up accepting my own worth (talent) as inferior - just as they said.

➤ **RE Cell:** At that time, I decided in my mind: “I must stop their humiliation and not let myself be belittled in front of so many people online.” If I couldn’t do that, I would surely become insecure and no longer dare to sing as before.”

- This is also about protecting my own self-worth and my passion for singing. In reality, many people in life have lost their passion because they couldn't overcome adversity or were powerless in the face of public criticism.

• The quality I possess right now is "Strong willpower - Unyielding in the face of adversity". It's closely linked to the goal you want to achieve.

	[	DO	RE	MI	FA	SOL	LA	SI	JE	] n	
	A Journey Through One Cycle	STEP 1			STEP 2		STEP 3	STEP 4	STEP 5	A Journey Through One Cycle	
		CENTERED CLARITY & DIRECTION			STRATEGIC RESOLUTION		TOOL & GEAR SETUP	EXECUTION-MAP	TAKE DECISIVE ACTION		
		Situational Awareness	Objectives	Inner Strength Level vs. Pressure Level	Finding Solutions	Finding Solutions (with God)	Preparing Processing Tools	Action Plan for Solving Problems	Act Decisively & Improve		
		Many people online attacked Jelong's singing with various insults.	Prevent humiliation and do not allow myself to be belittled in front of a large online audience.	Calm and decisive in my actions (MyDoJe[n] > Adversity Pressure)	1. Calmly consider why people are attacking you 2. Choose a direct and honest approach: Record a live singing video to find out the truth 3. Observe the reactions after the video.	Following God's 7 Beauty Commandments (as of 2019) (Adding Commandment 8: Building True Inner Strength)			1. Be resolute in carrying out the plan that has been set 2. Apply God's Beauty Commandments.		
	Qualities for Problem Solving	Humane Eyes	Strong will - Do not be defeated by adversity.	Strong belief in my own abilities thanks to the 8! (The Beauty Commandments of God)	Calmness + Clear-sighted Wisdom	8!			8! Multi-layered Fidelity	Qualities for Problem Solving	
FOUNDATION STEP: BUILD A STRONG INNER STRENGTH FOUNDATION WITH "8-OCTAVE SUN-MOON SYSTEM" TO HELP CONTROL STRESS & IMPROVE SLEEP											
	[	DO	RE	MI	FA	SOL	LA	SI	JE	] n	
Field:	SINGING TALENT			Problem:	PEOPLE ATTACKED AND CRITICIZED FOR JELONG'S SINGING VOICE		RESULT:				
Date:	August and September 2019			Note:	Record a live performance video, let's see the reactions.		REFLECTIONS AND TAKEAWAYS:				
MyDoJe ⁿ =											

- **MI Area:** Although I didn't know about The Inner Strength Octave Transcendence Model at the time, I felt confident and decisive. That made me feel strong in the face of adversity.
- If I were using The Inner Strength Octave Transcendence Model as I do now, I would write:
→ [Inner Strength MyDoJeⁿ > Adversity Scale Level]: In the crucible, I felt stronger than ever!
 - It was this strong belief in my abilities, thanks to practicing God's Beauty Commandments (abbreviated as 8!) every day, that made me feel strong.
 - This is also a wonderful quality I had cultivated long before, helping my solution to be completely effective.

GOD'S 8 BEAUTY COMMANDMENTS

- I. Trust Your Own Beauty, Talent and Take 100% Responsibility
- II. Overcome All Bad Feelings and Never Accept Being Ugly And Untalented
- III. Separate Health From Beauty
- IV. Pursue The Truth, In And Outside.
- V. Make Beauty-Talent Increase Your Worthiness
- VI. Do Destroy 'Eyes of Prejudices'
- VII. DO USE **GOD'S BEAUTY-TALENT-ROOT TRUTH** TO LIVE
- VIII. **FORGE YOUR LIFELONG INNER STRENGTH**

8! (God's 8 Beauty Commandments – The Expanded 2026 Edition)

This is the greatest source of strength that helped me overcome adversity and create
The Framework For The Transcendence Of Inner Strength Octave.

Step 2: Strategic Resolution

- **FA Note:** If you have read the document "God's Je Note" you will know the details of how I handled this event.
 - In summary, I did the following three main things:
 - ✓ 1. Calmly considered why people were attacking me
 - ✓ 2. Chose a direct and honest approach: Recording a live singing video to find out the truth
 - ✓ 3. Observe their reactions after the video
 - At this crucial step, I needed to carefully consider and remain calm to choose the wisest way to handle the situation. In this case, the qualities of Calmness + Wise Insight helped me find a direct way to 'retaliate' against the bad guys: "*Unleashing A Storm That Hurls Their Stones Back At Them*":
 - The bad guys 'threw stones' at you (disrespected, insulted, and humiliated your talent and value). However, your very value becomes a 'raging storm' that sweeps away those stones and hurls them back at those who threw them



“Unleashing A Storm That Hurls Their Stones Back At Them”

~ A quote I came up with from my own experience

The Unique Part Of The MyDoJe Framework Helps Handle Difficulties Or Adversity That No Other Method Has 'Addressed' Or Ignored

The most unique aspect of The Inner Strength Octave Transcendence Framework is that crisis resolution is divided into two main thought frameworks that no one has ever mentioned before.

Looking at **the SOL note area**, you will clearly see:

	[	DO	RE	MI	FA	SOL	LA	SI	JE	] n	
	A Journey Through One Cycle	STEP 1			STEP 2		STEP 3	STEP 4	STEP 5	A Journey Through One Cycle	
		CENTERED CLARITY & DIRECTION			STRATEGIC RESOLUTION		TOOL & GEAR SETUP	EXECUTION-MAP	TAKE DECISIVE ACTION		
		Situational Awareness	Objectives	Inner Strength Level vs. Pressure Level	Finding Solutions	Finding Solutions (with God)	Preparing Processing Tools	Action Plan for Solving Problems	Act Decisively & Improve		
		Many people online attacked Jelong's singing with various insults.	Prevent humiliation and do not allow myself to be belittled in front of a large online audience.	Calm and decisive in my actions (MyDoJe[n] > Adversity Pressure)	1. Calmly consider why people are attacking you 2. Choose a direct and honest approach: Record a live singing video to find out the truth 3. Observe the reactions after the video.	Following God's 7 Beauty Commandments (as of 2019) (Adding Commandment 8: Building True Inner Strength)	1. No recording software used, just a simple home video of live singing - no editing 2. Social media accounts to upload the live singing video.		1. Be resolute in carrying out the plan that has been set 2. Apply God's Beauty Commandments.		
	Qualities for Problem Solving	Humane Eyes	Strong will - Do not be defeated by adversity.	Strong belief in my own abilities thanks to the 8! (The Beauty Commandments of God)	Calmness + Clear-sighted Wisdom	8!	Simple, direct Authentic live singing		8! Multi-layered Fidelity	Qualities for Problem Solving	
FOUNDATION STEP: BUILD A STRONG INNER STRENGTH FOUNDATION WITH "8-OCTAVE SUN-MOON SYSTEM" TO HELP CONTROL STRESS & IMPROVE SLEEP											
	[	DO	RE	MI	FA	SOL	LA	SI	JE	] n	
Field:	SINGING TALENT			Problem:	PEOPLE ATTACKED AND CRITICIZED FOR JELONG'S SINGING VOICE		RESULT:				
Date:	August and September 2019			Note:	Record a live performance video, let's see the reactions.		REFLECTIONS AND TAKEAWAYS:				
MyDoJe ⁿ =											

In the SOL cell, you can clearly see that I've separated the areas where you seek solutions to difficulties based on your religious beliefs.

More accurately, you rely on GOD (your Supreme Being such as God/Buddha/Allah/Maitreya or the Messiah...) to find a way to handle the problem – especially in the crisis you are facing.

If you have faith in God, find a way to solve the problem with your own belief. *This is where only you and the Creator converse.* The stronger and more unwavering your belief, the more effective you will be in handling the problem, even surprisingly and superiorly than when only considering the common logic of intellect.

In fact, there are life's problems that are difficult to solve relying solely on intelligence, as I've discussed many times in the document "God's Je Note". However, with the spiritual faith unique to you and dedicated to your God, you will be able to recognize ambiguities that ordinary intelligence, or even ASI - the most advanced AI - cannot perceive.

For example, in my case, thanks to **8!** (God's 8 Beauty Commandments), I realized why I encountered these bad people even though I did nothing to them.

Was it then that **the music world went astray** by only valuing battles between high-pitched, loud, and beautiful singing voices?

Because if it continues down that path, music will gradually 'fade away' or to put it bluntly, music will get worse and worse!

Instead of listening to melodies and lyrics that beautify the soul and bring positive emotions to life, people only listen to singers 'competing' on stage with technical and powerful vocals. They are willing to sing higher notes than their opponents, showcasing complex vocal techniques and focusing on personal recognition rather than dedication to music.

Was that for the world to recognize that humanity **was 'submerged' in an 'ocean of sad music', lulled daily** by millions of love songs about failed, broken relationships and a loss of trust in loyal love?

Finding a solution (with God) in the SOL cell helps you see the inner nature of the crisis you are going through. You realize the meaning of your life, whether the path you have taken, are taking, and will take is good, and what aspects of your life need to be re-examined.

This is precisely the point where the new function of music, after more than 40,000 years of being 'dormant,' is brought about. Both the FA and SOL areas help you gain an overall perspective on life, both externally and internally – something that science, technology, art, education, and schools have previously ignored, overlooked, or refused to apply.

It is thanks to the powerful qualities contained in 8! (God's 8 Beauty Commandments), during and after the crucible of public vitriol, I accomplished even more meaningful things, especially discovering The Inner Strength Octave Transcendence Model and Framework that you are now approaching. And if you have finished reading "God's Je Note", you may know how I ascended The Inner Strength Octave Transcendence Ladder after that singing incident.

This SOL cell is up to you to decide.

If you are an atheist, you can consider the 8! quality, as this quality is not only for those with religious beliefs.

8! is for all people and their inner strength regardless of religion, race, gender, education, status...

Step 3: Prepare Support (Tool & Gear Setup)

- **In the LA note:** After finding a way to resolve the situation, I knew what I needed to do and what tools or means to use.
 - For a singer or vocalist, you only need very simple things:

- ✓ No vocal recording software; just record simple videos to get audio and video files directly from your camera or phone – no voice editing, no effects, 100% natural voice.
- ✓ Social media accounts to upload live singing videos.

Step 4: Execution Map

After you've gone through the DO to LA areas, **in this SI one**, you have an overall view of your crisis or personal event handling journey.

From there, you can plan the time and specific steps to take.

You now know what qualities you need to possess and perform at each stage of your journey to complete that stage.

And that is the most significant breakthrough in the function of Music after more than 40,000 years, because until now, only MyDoJe – The Inner Strength Octave Transcendence System - has utilized all the qualities and values of a person (the 'Human Core') **in an intuitive, practical, useful, and systematic way.**

We see that in most fields, people try to solve problems while separating or ignoring the direct application of these qualities into the process.

Only the MyDoJe Framework helps you thoroughly and systematically utilize the qualities you have cultivated from childhood to the present. Furthermore, this musical framework (with 5 lines representing the five staff lines characteristic of music) also shows you which qualities you need to focus on at each stage of the 5-step journey.

Without The Framework For The Transcendence Of Inner Strength Octave, you would be confused and unsure how to effectively navigate the process of handling various events.

If that stage of the journey requires you to utilize one or more qualities found in your 'Human Core', you must cultivate and develop them to navigate that section and reach the final crucial step: **The Note JE Area**.

Step 5: Decisive Action

Next, Jelong will explain why this musical note name after "God" determines the success or 'survival' of an individual when trying to overcome life's crises or difficulties.

Although all the notes in the MyDoJe framework are important and directly influence each other, whether you overcome adversity to live happily and continue to thrive is largely determined by the Je note.

	[	DO	RE	MI	FA	SOL	LA	SI	JE	] n	
	A Journey Through One Cycle	STEP 1			STEP 2		STEP 3	STEP 4	STEP 5	A Journey Through One Cycle	
		CENTERED CLARITY & DIRECTION			STRATEGIC RESOLUTION		TOOL & GEAR SETUP	EXECUTION-MAP	TAKE DECISIVE ACTION		
		Situational Awareness	Objectives	Inner Strength Level vs. Pressure Level	Finding Solutions	Finding Solutions (with God)	Preparing Processing Tools	Action Plan for Solving Problems	Act Decisively & Improve		
		Many people online attacked Jelong's singing with various insults.	Prevent humiliation and do not allow myself to be belittled in front of a large online audience.	Calm and decisive in my actions (MyDoJe[n] > Adversity Pressure)	1. Calmly consider why people are attacking you 2. Choose a direct and honest approach: Record a live singing video to find out the truth 3. Observe the reactions after the video.	Following God's 7 Beauty Commandments (as of 2019) (Adding Commandment 8: Building True Inner Strength)	1. No recording software used, just a simple home video of live singing - no editing 2. Social media accounts to upload the live singing video.	* Day 1: Preparing the song * Day 2: Recording the live performance	1. Be resolute in carrying out the plan that has been set 2. Apply God's Beauty Commandments.		
	Qualities for Problem Solving	Humane Eyes	Strong will - Do not be defeated by adversity.	Strong belief in my own abilities thanks to the 8! (The Beauty Commandments of God)	Calmness + Clear-sighted Wisdom	8!	Simple, direct Authentic live singing	Detailed and clear	8! Multi-layered Fidelity	Qualities for Problem Solving	
FOUNDATION STEP: BUILD A STRONG INNER STRENGTH FOUNDATION WITH "8-OCTAVE SUN-MOON SYSTEM" TO HELP CONTROL STRESS & IMPROVE SLEEP											
	[	DO	RE	MI	FA	SOL	LA	SI	JE	] n	
Field:	SINGING TALENT			Problem:	PEOPLE ATTACKED AND CRITICIZED FOR JELONG'S SINGING VOICE		RESULT:	Successfully prevented insults + Earned the villain's fear + Gained recognition as a singing genius			
Date:	August and September 2019			Note:	Record a live performance video, let's see the reactions.		REFLECTIONS AND TAKEAWAYS:	Don't remain silent in the face of adversity + Have the courage to find the truth behind the insults + Overcoming adversity will benefit many people and music.			
MyDoJe ⁿ =											

The JE note area – *as a default of nature* – determines the destiny of an individual and all of Humanity.

Chapter 8 - Part 3

8! – THE EIGHTH NOTE AND GOD’S 8 BEAUTY COMMANDMENTS

SOLID PATH TO TRANSCENDING ADVERSITY AND CREATING EXCEPTIONAL, TRANSFORMATIVE VALUE FOR LIFE

The Eighth Note Named After God Unveils God's Eighth Beauty Commandment

Since "God's Je Note" – the eighth note – protected humanity from Super AI and gave meaning to other notes in the MyDoJe System helping people build their inner strength to overcome difficulties and adversity in life, The Beauty Commandments of God from the 2015 book *“God's 7 Beauty Commandments - Reach The Highest Peak Of Human Beauty, Talent And Escape Plagues Successfully!”* have now evolved into their Fullest Form, bringing a Monumental Shift to the life of mankind.

This is when human survival is threatened by an entity with super-intelligent artificial intelligence, humanity needed **an immense inner strength** to overcome the dominance of super-AI.

Therefore, it is a miraculous coincidence that JE – the eighth note named after God – completes the missing eighth beauty commandment that humanity cannot ignore when building unwavering inner strength and maintaining survival against artificial superintelligence.

GOD’S 8 BEAUTY COMMANDMENTS

- I. Trust Your Own Beauty, Talent and Take 100% Responsibility
- II. Overcome All Bad Feelings and Never Accept Being Ugly And Untalented
- III. Separate Health From Beauty
- IV. Pursue The Truth, In And Outside.
- V. Make Beauty-Talent Increase Your Worthiness
- VI. Do Destroy ‘Eyes of Prejudices’
- VII. DO USE **GOD'S BEAUTY-TALENT-ROOT TRUTH** TO LIVE
- VIII. **FORGE YOUR LIFELONG INNER STRENGTH**

*Introduced to the public by Jelong (Khương Đạt Long) in December 2015, the God’s 7 Beauty Commandments have now become the new **God’s 8 Beauty Commandments**, with the addition of an eighth commandment that humanity cannot ignore if people wants to maintain their existence and thrive in the face of artificial superintelligence or any other dangerous entity.*

To fully understand the process from God’s 7 Beauty Commandments to the formation of the new God’s 8 Beauty Commandments in 2026, you need to read the following books and materials of mine (available for widespread download) because they contain immeasurable values and benefits that you and everyone can receive:



I. Jelong's (Khuong Dat Long) journey in bringing God's 8 Beauty Commandments to people to help them overcome social prejudices and biases such as race, gender, beauty, talent, etc., and help people *"Reach The Highest Peak Of Human Beauty, Talent And Escape Plagues Successfully!"*:

→ Book "**God's 8 Beauty Commandments**": <https://mydoje.com/go/8a>

→ Website: **[https:// KhuongDatLong.com](https://KhuongDatLong.com)**

II. Jelong's journey in creating the eighth musical note and using music to Break The Dominance of Super-AI and Erase 3000 Years of Singing Prejudice with "God's Je Note":

→ Document "**God's Je Note**": <https://mydoje.com/go/3000a>

→ Website: **[https:// GodJeNote.com](https://GodJeNote.com)**

III. Jelong's journey in discovering the groundbreaking function of the musical octave and creating The Framework For The Transcendence Of Inner Strength Octave to help people protect one-third of their lives, overcome life's adversity and difficulties, and build unwavering inner strength for lasting happiness:

→ Book "**The MyDoJe Framework – Building True Inner Strength**":

<https://mydoje.com/go/888a>

→ Website: **<https://MyDoJe.com>**



If you have read the books above (especially "God's Je Note"), you know exactly how I implemented Step 5 - Decisive Action - when applying the 8! (God's 8 Beauty Commandments).

You need to read that book to understand exactly how I applied this MyDoJe System Framework at the JE note area.

The "God's Je Note" document also tells you exactly what **Multi-Layered Fidelity** is and how important it is to the existence of each individual and all of Humanity.

The JE note quality section in the MyDoJe Systemic Framework always defaults to two core qualities when you want to transcend adversity:

✚ 8! (God's 8 Beauty Commandments)

✚ Multilayered Fidelity

Whether you are religious or atheist, these two qualities must always be forged in all life's events and crises because they hold the key to human survival.

Essentially, your survival or development depends on the qualities within these two attributes. Read "God's Je Note" after reading this ebook to understand what they contain.

Furthermore, even if you plan the path or the most effective way to transcend the event from section DO to SI, without decisive action (the JE cell), you cannot overcome the event.

Even lucks you will have – the ability to overcome crises without much effort – is also contained within the JE note section through The Eight Beauty Commandments of God.

Simply put, there are instances where people experience good fortune in life that help them overcome crises, and this is also due to the Creator's guidance, as clearly stated in God's Commandments.

Because you cannot control the elements of the luck factor in life, and because you won't always be lucky, you always need these two important qualities:



8!



Multilayered Fidelity

	[	DO	RE	MI	FA	SOL	LA	SI	JE	] n	
	A Journey Through One Cycle	STEP 1			STEP 2		STEP 3	STEP 4	STEP 5	A Journey Through One Cycle	
		CENTERED CLARITY & DIRECTION			STRATEGIC RESOLUTION		TOOL & GEAR SETUP	EXECUTION-MAP	TAKE DECISIVE ACTION		
		Situational Awareness	Objectives	Inner Strength Level vs. Pressure Level	Finding Solutions	Finding Solutions (with God)	Preparing Processing Tools	Action Plan for Solving Problems	Act Decisively & Improve		
		Many people online attacked Jelong's singing with various insults.	Prevent humiliation and do not allow myself to be belittled in front of a large online audience.	Calm and decisive in my actions (MyDoJe[n] > Adversity Pressure)	1. Calmly consider why people are attacking you 2. Choose a direct and honest approach: Record a live singing video to find out the truth 3. Observe the reactions after the video.	Following God's 7 Beauty Commandments (as of 2019) (Adding Commandment 8: Building True Inner Strength)	1. No recording software used, just a simple home video of live singing - no editing 2. Social media accounts to upload the live singing video.	* Day 1: Preparing the song * Day 2: Recording the live performance	1. Be resolute in carrying out the plan that has been set 2. Apply God's Beauty Commandments.		
	Qualities for Problem Solving	Humane Eyes	Strong will - Do not be defeated by adversity.	Strong belief in my own abilities thanks to the 8! (The Beauty Commandments of God)	Calmness + Clear-sighted Wisdom	8!	Simple, direct Authentic live singing	Detailed and clear	8! Multi-layered Fidelity	Qualities for Problem Solving	
FOUNDATION STEP: BUILD A STRONG INNER STRENGTH FOUNDATION WITH "8-OCTAVE SUN-MOON SYSTEM" TO HELP CONTROL STRESS & IMPROVE SLEEP											
	[	DO	RE	MI	FA	SOL	LA	SI	JE	] n	
Field:	SINGING TALENT			Problem:	PEOPLE ATTACKED AND CRITICIZED FOR JELONG'S SINGING VOICE		RESULT:	Successfully prevented insults + Earned the villain's fear + Gained recognition as a singing genius			
Date:	August and September 2019			Note:	Record a live performance video, let's see the reactions.		REFLECTIONS AND TAKEAWAYS:	Don't remain silent in the face of adversity + Have the courage to find the truth behind the insults + Overcoming adversity will benefit many people and music.			
MyDoJe ⁿ =											

The luck to overcome a crisis – if any – is within the 8! in section JE.



(Jelong) ~ "Unleashing A Storm That Hurls Their Stones Back At Them"

Sometimes, unexpected events or adversity can be "lucky" opportunities that unlock groundbreaking values in life, which you can only realize when you reach higher levels on The Inner Strength Octave Transcendence Ladder.

Chapter 8 - Part 4

**IT'S TIME FOR YOU TO BUILD
YOUR INNER STRENGTH OCTAVE TRANSCENDENCE LADDER**

Each person has their own life.

Each person has their own Inner Strength Octave Transcendence Ladder.



The MyDoJe framework – *thanks to God and music* – emerged after 40,000 years to help people build true inner strength for a long, meaningful, and happy life.

Inner strength determines our existence and development.

Inner strength also determines whether humanity will continue to dominate the future or be dominated by artificial superintelligence, as many fear.

With MyDoJe – The Inner Strength Octave Transcendence Framework - inner strength is no longer vague but is visually represented through a *five-line musical staff – five steps, through eight musical notes – eight stages* of a journey to overcome difficulties or even crises in life that each person cannot know exactly when or where they will occur on their life's path.

But thankfully, thanks to *The Musical Octave*, thanks to *God's 8 Beauty Commandments* and the eighth note named after God – “*God's Je Note*” – we have [the tool to help us control our destiny as proactively as possible](#).

The Beauty Commandments of God were born and are linked to the real history of the world. Please read the three documents I mentioned in the previous parts to see clearly the effect and why these sacred things appeared.

And so today, God's 8 Beauty Commandments (8!) have become an important part of cultivating true, unwavering inner strength for human beings.

To be precise, you – *whether religious or atheist* – cannot cultivate and develop inner strength without these sacred things.

Because they are the Truth that Nourishes Human Life.

The eighth commandment alone, “**FORGE YOUR LIFELONG INNER STRENGTH**” clearly demonstrates the power and role of God’s Beauty Commandments.

**‘A 40,000-YEAR GIFT’
OF MUSIC AND GOD**

To fulfill the role of protecting Humanity from Super AI that Music and God – through “God’s Je Note” – has bestowed, Jelong includes a download link for the MyDoJe framework PDF file here.

<https://mydoje.com/page/mydoje-framework>

You can download and use this Inner Strength Octave Transcendence Framework as you wish.

The MyDoJe framework was created by Jelong to fulfill the role of protecting Humanity that Music plays, as well as the role of cultivating inner strength in humans as embodied in God’s 8 Beauty Commandments.

→ Therefore, you or any organization are not permitted to use the MyDoJe Framework for business, commercial exploitation, or integration into any professional activity, service, or operational system to generate direct or indirect revenue.

This tool is for personal use only and should not be used as an official professional tool.

Only the Singerpreters – those who use music and their singing voices to protect Humanity from Super AI – are permitted to use this framework in their professional work. See the document “God’s Je Note” for more details.

May you continue to ascend higher on your own Inner Strength Octave Transcendence Ladder.

CONCLUSION

With The Inner Strength Octave Transcendence Model hidden within the sounds of an octave for the past 40,000 years, you can now use the MyDoJe Framework to control and determine your life's destiny.

Except for unpredictable elements of luck, as well as sudden adverse events, we are solely responsible for the decisions we make in our lives. No one but you must cultivate and develop the noble values and qualities within your 'Human Core', and especially The Inner Strength Octave Transcendence Ladder:

[DO RE MI FA SOL LA SI JE]"

Artificial superintelligence promises many exciting and groundbreaking things for life – something we should cherish and be grateful for, but it will certainly also create many dangers for human life.

The AI algorithms used by social media today make it difficult for people to leave their phone screens, disrupting sleep and causing the nervous system to become unbalanced, even disrupting circadian rhythms and ruining sleep for many.

MyDoJe - The Inner Strength Octave Transcendence Framework - was created to help people, for the first time in over 40,000 years, utilize the most important function of music: both for entertainment and to help regulate the nervous system, restore circadian rhythms, and achieve healthy sleep to forge inner strength – the most crucial element of life.

The Jelong Inner Strength Octave Music System (comprising four different methods for creating and singing Musical Note Combos) was also created from there by Jelong.

If you want to control stress during the day; if you are suffering from insomnia, difficulty sleeping, or shallow sleep, try the “8-Octave Breathe & Sing Process” or join the “Sun-Moon Rhythm Transition System” of The MyDoJe System, which provides you with intuitive processes, guidance videos, and valuable scientific knowledge and experience about the nervous system, stress control, and sleep.

Most importantly, you can download the MyDoJe Framework with 8 Musical Note Areas [DO RE MI FA SOL LA SI JE] – which gives you a visual and systematic approach to overcome difficulties or adversity in life, or simply to handle everyday problems or track your own inner strength.

In the role of using Music to protect humanity from super-AI, Jelong and the MyDoJe system created the MyDoJe framework, giving people, for the first time, a tool to control their lives - a tool no other system or program in the world has yet fully utilized music to cultivate inner strength, happiness, and develop the “Human Core”.

But with Music and the “God’s Je Note” today you can control your life *in the most proactive way possible*.

Even if you are an atheist, you can still use the MyDoJe framework because *unwavering inner strength* is essential for everyone's life. **It helps them survive and thrive.**

Therefore, you can download it for personal use and print it in a large format such as A4, A3, or larger at the following link:

<https://mydoje.com/page/mydoje-framework>

May you always ascend confidently on the The Inner Strength Octave Transcendence Ladder in your life and find lasting happiness.

Sincerely,

Jelong – Founder of The MyDoJe Framework



Appendix I

THE AI ERA – THE LIVE SINGING ERA

THIS IS WHAT THE MUSIC INDUSTRY MUST DO IF IT DOESN'T WANT TO BE REPLACED BY SUPER AI AND WANT TO HELP HUMANS KEEP THEIR DOMINANT POSITION

If ‘Singing LIVE with Jelong Musical Note Combo’ as a pioneer of music in breaking the Super AI Dominance, then what must the music industry and musicians around the world do, what changes must they make in their activities in this era of Artificial Intelligence?

1. Live Singing Is The Mainstream, No Longer Relying On Lip-Syncing To Survive.

The era of AI requires singers to use their singing skills to their full potential. Otherwise, they will be eliminated because AI or Artificial Super Intelligence is superior in singing techniques compared to the natural abilities of humans.

The internet is now full of videos of 'AI singers' singing without any off-key (off-key, broken or off-beat) and singing 'perfectly' from the beginning to the end of the song.

Now, music centers must gradually shift to training and recruiting singers who can sing LIVE well, especially LIVE at important events instead of relying on editing technology and fearing 'show failure' when singers sing LIVE like before.

Singers now have to live their lives to the fullest when they go on stage to sing LIVE because “God’s Je Note” and MyDoJe showed the new role and breakthrough importance of music in this era of Super AI.

Singers now not only sing to entertain people but **they are also pioneers in protecting all of Humanity** from the emergence of Superentity Discrimination brought about by Super AI.

When Singers and Singerpreters sing LIVE, they are silently ‘nourishing’ the important ‘Human Core’ of Humanity, which helps Humanity maintain its dominant position instead of giving that vital position to the emotionless Super AI.

2. Singing Positive Contents For Life Instead Of Making The ‘Human Core’ More ‘Hollow’ With Failed, Negative Love/Emotions

Musicians have the freedom to compose and sing any songs, even songs with pessimistic, life-depressing, heartbroken, betrayal... moods according to their mood or desires. In fact, they have been doing so for many years with countless songs that mostly have such content.

However, if you continue to do so, will the ‘Human Core’ become better or more ‘hollow’? And if you do so, will you surpass the value of the Super AI? Will it help Humanity win over the Super AI?

Don't forget that Super AI can be programmed or program itself to sing songs that help Humans live positively and well instead of negatively and unhappily. In that case, you, as a singer and/or songwriter, **writing and singing**

negative songs is far inferior and worthless compared to the Super AI, not to mention the quality of your singing voice!

No one is forcing you, but you are eliminating yourself because your value is inferior to Super Artificial Intelligence.

That is why the “Singing LIVE with Jelong Musical Note Combo” tool can Break the Domination of Super AI because the musical writing and singing method “Jelong Musical Note Combo” only creates songs praising beautiful, faithful love as well as positive, good things for life. *Only by doing so will Super AI not be able to win because on the one hand, they do not have an emotional life to show Fidelity like Human singers, and on the other hand, it shows the superior value in the spiritual aspect of Humanity.*

While Super AI helps people live positively through positive songs, how can you create and sing negative music, right?

3. Musicians, Music Centers, Music Awards Must Put LIVE Element First When Creating Music Products For Business

This is a revolution or a big change in music that the tool “Singing LIVE with Jelong Musical Note Combo” has pioneered.

That is: instead of people or audiences listening to songs that were carefully crafted by singers and record labels in the studio before, in this AI era, they will hear the best LIVE versions of singers.

For example, instead of singer Jelong recording and carefully editing the songs in the studio before posting them on social media for everyone to enjoy, now Jelong no longer edits the vocals. Jelong sings LIVE (whether singing a cappella or singing with background music) as when performing on stage and can immediately export to audio or video files.

In the studio, you can record to get the best LIVE singing, but that recording does not edit anything (to be natural like the singer's true ability) from the beginning to the end of the song.

Check out Jelong's LIVE recordings on the channel for reference:

https://www.youtube.com/watch?v=PqIepMWPgiY&list=PLEjHuwDJJgG6vEBWwv99XYuw8HVwvOg_x&index=6



Song “Our Love, Only Yours and Mine” - The First Song Raises the Status of Humanity by G.O.D.S.I.N.G.

Link to listen to the song:

<https://www.youtube.com/watch?v=ovBv3zPTOsE>

And of course, when performing on stage, you have to sing LIVE completely, the sound is taken care of by the sound department.

That is a musical revolution because all music from the studio to the stage, the singer's voice must be LIVE from beginning to end, without any editing. The change in this era is that when listening to a song anywhere, anytime, everyone recognizes that this is the singer's LIVE version.

(Aligning the overall volume of the vocals and the background music to balance is a necessary step, but do not interfere with the vocal details when mixing. When singing LIVE on stage, the volume adjustment is taken care of by the sound department).

In particular, music centers that have always recorded in advance, then let the singer lip-sync to record a video and then combine it to create a complete product will now gradually switch to recording LIVE directly to sell music.

This is a necessary step to face the elimination brought by Super AI and to create artistic values that surpass Super AI.

In fact, this has always been the desire of audiences around the world because they want to receive real values brought by singers and music organizers when spending money to watch music.

Don't worry about whether Humans can surpass Super AI when singing LIVE because "God's Je Note" or the tool "Singing LIVE with Jelong Musical Note Combo" has helped singers and musicians - *those who strive to give their best in live performances, live faithfully and have the heart to help preserve Humanity's mastery* - always surpass the value that even the highest level of Artificial Intelligence cannot do.

With "God's Je Note", singers and artists who maintain fidelity and have the heart to protect Humanity's position are always a reach that Artificial Super Intelligence cannot reach because first of all, Super AI sings like a lip-syncing singer and cannot have a faithful emotional life and express it through LIVE singing.

(Jelong)

4. From The Above Reasons, Reduce Or Eliminate Most Of The Detailed Editing Steps Of The Singer's Voice In The Recording Studio.

5. Create Programs and Encourage Singers Through Global Live Singing Awards

Currently and in the history of music, there is almost no global music award that is specialized and prestigious enough for "Live Vocal Performance".

That reflects the music industry that has always focused on quality through carefully edited recordings in the studio.

That is why audiences object when hearing the big difference between many singers when listening to them through recordings and when singing LIVE.

If there is reasonable encouragement, singers will focus more on developing LIVE singing in this era of Super AI.

6. In The Era Of Super Artificial Intelligence, Singers And Music Centers Conduct Liveshows With The Mission Of Raising Audiences' Understanding Of Super AI And The Discrimination Of Superentity So People Can Prepare In Advance

This is not beyond the fact that singers and musicians are pioneers in the world with the mission of protecting the position of Humanity.

If you don't do it, you are letting Humanity gradually lose its important 'Human Core' and become vulnerable to Super AI.

On the other hand, singers are public figures, if they ignore it, don't want to do it or are afraid to do it, how can it be seen when they themselves choose Music as a profession to make a living?

If you don't do it for Humanity, you are also going against Music (which is what feeds you) because in this era, music plays a big role in the survival of Humanity, not just for entertainment.

Therefore, when you sing (you simultaneously build 'Human Core'), you need to cleverly add in periods of time talking about the fact that we are living in the era of Artificial Intelligence, AI is present in life everywhere, that preserving and promoting the 'Human Core' is important.

The content and how to say it is up to you or the show organizer to come up with. And you can make a show specializing in Super AI for those who are interested.

Don't forget that leading technology corporations - such as OpenAI, Google, Meta, xAI, Anthropic, Microsoft, Amazon, and numerous other organizations (including those developing AI-embedded robotics) - are continuously advancing smarter generations of AI, accelerating toward the emergence of Superintelligent AI that may one day surpass the collective intelligence of all humankind.

Ideally, if you are a singer or a music center, you should focus on raising audience awareness about the 'Human Core' and Super AI and Music. Because as mentioned, in this era we cannot separate:



The 3 Circles of G.O.D.S.I.N.G.

If you want to refer to how to do it, see how G.O.D.S.I.N.G. did it in the campaign “X-Raying The Core of Super AI” here:

<https://godsing.com/>

So, what you need to do if you are a singer or a center organizing Live-shows is to research more about Super AI, especially carefully read this Document on Protecting Humanity from Super AI by G.O.D.S.I.N.G. to have the necessary luggage to work in this era.

Please share this book with those you want.

WEB LINKS-REFERENCE

1. Image Websites, <https://unsplash.com/>; <http://all-free-download.com/>; chatGPT; Gemini; <http://www.flaticon.com/>; Canva
2. Ecover designed by KDL

UPDATE NOTE!

Visit our MyDoJe website to learn about other important topics and other useful information.

Especially to follow and **download the latest update** of this document on the website:

➤ [MyDoJe.com](https://mydoje.com)

If you like, please bookmark or save this site for convenience.

You should always read the latest update because the more this document is updated by Jelong, the more benefits you'll have.

You're reading: **The First Edition**

Published: **12.6.2026**

URL to copy links and share this document with everyone

🔗**(For English):**

<https://mydoje.com/go/888a>

🔗**(For Vietnamese):**

<https://mydoje.com/go/888b>

Copyright 2026, MyDoJe.com

