

Level I — Beginner:

Foundations of Vitonomy™

Course numbers: VIT 101–106 - Recommended for newcomers

These courses introduce the vocabulary, core models, and foundational ideas of Vitonomy.

Understand the map: Learn the vocabulary, Seven States, systems concepts, Be–Do–Have, and methods of inquiry.

VIT 101

Introduction to Vitonomy: The Science of Life and Existence

An overview of Vitonomy's purpose, scope, central questions, systems perspective, and proposed role as an interdisciplinary framework for studying life and existence.

VIT 102

The Ultimate Map of Existence

Introduces the Seven States of Being—Hell, Material Universe, Subhuman Life, Humans, Geniuses, Holy and Enlightened Beings, and Heaven—and their place in the proposed map of existence.

VIT 103

Fundamentals of Systems Thinking

Explores relationships, boundaries, hierarchy, feedback, emergence, adaptation, and

interconnectedness as tools for understanding complex systems.

VIT 104

The Be–Do–Have Principle

Examines how a being's condition and orientation influence its actions and outcomes, and how feedback from those outcomes can shape future choices and conditions.

VIT 105

The Science of Games: Goals, Barriers, and Choices

Introduces games as structured systems involving goals, barriers, freedom, choice, information, feedback, and consequences, with examples from everyday life.

VIT 106

Methods of Knowing: Observation, Reason, and Inquiry

Introduces observation, experience, logic, mathematics, scientific investigation, philosophy, intuition, and comparative analysis while distinguishing evidence from interpretation and hypothesis.