SUCCESSFUL SELF DIRECTION - APPLICATION TECHNIQUE #1

REACTION STEPS-
1. See something
2. Feel Something
3. Take action

Life Force
Dual Force of Knowing and Loving Powers
Manifested in stepped down degrees as an augmentative power

Nature K power Type of Knowledge L power Purpose Behavior Pattern

I. Animal Senses Instinctual Self Love Survival at all Costs

II. Human Reason Imagination Memory Acquired Self Love with Altruism Survival with Altruism

III. Inner Self Faith/Intuition Revealed Selfless Love Acquire Virtues

DAM Warning Signal

TRAP or SPU thru Fight and Flight, can lead to IDL-ing and GUF-E / BLAT States of Mind

SUCCESSFUL SELF DIRECTION - APPLICATION TECHNIQUE #1

REALLY CHART

Purpose and Power
Life Pattern
Begin → End
Immediate Acts
Name Qualities

Inner/Outer STIMs

EXPLANATION:

Inner and Outer Environments stimulate (STIM) an awareness and feelings in the individual, prompting action. These STIMs call forth a degree of our Knowing and Loving powers, and our actions are determined by the degree of development of these two powers. Behind every STIM is its Reality, and this is depicted in the Reality Chart. To have successful reactions, we must know all the aspects of whatever confronts us. Each STIM registers as a Danger Ahead Maybe Warning Signal and prompts a degree of our KandL power. If satisfaction is not forthcoming at the Animal Level, we exercise a LIFT to view the STIM and imagine different reactions to try. If this does not satisfy, another DAM Signal appears that informs us of a lacking Virtue. We then issue the GAP plea, come back to the Intellectual level, analyse our feelings and select their antonyms which are in the form of Virtues.

LEGEND:

DAM- Danger Ahead Maybe
TRAP- Take and Repeat Anything Pleasant
SPU- Stop and Prevent Unpleasantness
IDL-ing- I Don't Liking
GUFE- Guilt Feelings
BLAT- Blame Attitudes
LIFT- Look Into the Future of Things
GAP- Growth Ahead Please
STIM- Stimulus

Definition of Reality-
What exists and registers on our sense perceptions and
What underlies these appearances.